

IBS – MEDITATION TEACHING, CLEARING & HEALING

Intro:

The vital or pranic body contains the Pranas that sustain our life force – Digestion, elimination, breathing are just some of them, manifested through the physical body, which we are going to look at today which are an essential contemplation for experiencing physical IBS symptoms.

WITH THIS MEDITATION WE ARE GOING INTO THIS MORE THROUGH A MEDITATION TEACHING, CLEARING AND HEALING. ONCE YOU HAVE READ OR EVEN BETTER RECORDED IT IN YOUR OWN VOICE, KEEP LISTENING TO IT. OBSERVE AND ACKNOWLEDGE WHAT IT BRINGS UP FOR YOU AND YOUR BODIES, YOUR SYMPTOMS AND WHAT CHANGES IT HAS CREATED, IF ANY.

THE MORE YOU LISTEN TO IT, THE MORE IT WILL CLEAR AND GIVE YOU MORE AWARENESS OF WHAT IS REQUIRED, WHAT YOUR BODY IS TRYING TO TELL YOU WITH THE SYMPTOMS AND WHAT OTHER STEPS ARE TO BE TAKEN.

Now, close your eyes and relax. Breathing through your nose, take in a deep breath all the way from your tailbone up into your crown and exhale. Come into that space of no-time, of no-thought, where nothing and everything exists in non-hierarchical order in non-competition -in non-separation.

Our physical and emotional bodies are guided and nourished through, diet, breath, exercise and the thoughts we are thinking, the emotions we allow ourselves to be run by. Vitality, health and wealth is determined by the attention and intention we give to our day to day experience. As you keep breathing it is now time to start noticing what diminishes your vitality ie emotional turmoil, exhaustion, stress, worry In order to stay healthy and happy we NEED A BALANCE between radical aliveness and awareness.

Empty your mind, be formless, shapeless like water. As you keep breathing up and down the spine, allow your mind to step outside the realm of thinking. This time in no-time is now - for the mind to stop running, away from anger, hurt and fear towards ease and joy and bliss.

Allow yourself to feel again, feeling your beingness to expand into infinity. Use every exhalation as an opportunity to let go of stuck energetic emotional patterns to be released out of the soles of your feet directly into the centre of the earth for recycling.

With every breath you take demand the shackles of social conditioning to break open, the barriers of separation to disappear and allow yourself to connect to the innate WISDOM OF YOUR GUT. Let go of all the dualistic thoughts of others projected onto you, perceived and received by you. WHAT IF NONE OF THOSE THOUGHTS ARE YOURS? Those thoughts and lies that you bought and made your own, in unawareness, choose now to send them back to sender with consciousness attached.

Use this moment of the now to be, to let go of work and all the doing you think you have to do in order to overcome your body's symptoms. What if there is nothing to overcome but much to listen, to become aware of? Guide your breath up all the way along the spine into

your brain. Now, imagine strings of harmony to form between your left and right brain and then drop the brain into the heart. The brain, the heart, working in union and communion for the greater good of your health. Now allow the heart brain to drop down all the way down into your GUT, YOUR BELLY, BELOW YOUR DIAPHRAGM, THE POWER CENTRE OF YOUR BEING.

Now, stop for a moment and breath into that power centre. Imagine now as if you are now igniting a fire - of healing and purification - in YOUR GUT. Can you allow this fire to burn away all those obscurity, obstruction, stagnation, irritations, old fears and anxieties and visualise them shrivelling in this heat, like paper trails that lead to nowhere?

Now ask those questions and allow anything to show up when you ask those questions. You might have words, colour, shapes or just an energy that you cannot define as yet? Or you might have nothing come up – just space, infinite awareness trying to communicate to you, and that's ok too.

WHO am I being with my body when these symptoms of irritation and anxiety show up?

.....Don't rush now , stay with the questions and keep breathing into it

WHAT am I being with my body at the time of pain and intensity?

.... Inhaling/exhaling..... Allow any awareness to bubble up

WHERE am I being with my body?

..... Don't judge what comes to you, just acknowledge it with curiosity.....

Now, allow all old concepts, implants/explants and imprints of fear, lack of money, anger, sadness, loneliness melt them down into little drops of tears, and allow them to evaporate in this cleansing moment of the now, allowing pure inner knowingness and clarity to arise in its place.

If your gut could talk what would it say to you? Listen.....

WHEN am I not being with my body to create the bloating and the pain?

WHY am I not being with my body?

HOW am I not being with my body?

Contemplate those questions. Perceive, receive, know and be whatever comes up for you.....

All the decisions, judgements, conclusions, computations, separations, projections and expectations of self and others of being damaged, being rejected goods, not ever been good enough to be loved, being worthless, being bad stock, not educated enough, being singled out, being targeted, please now destroy and uncreate and return them to zero balance minus infinity.

What do you regret so passionately that keeps you endlessly looping through the circles of doubt, disdain and the wrongness of you?

What if there is nothing you did wrong? What if there simply is no right or wrong and you can just choose freedom instead? All of that and more can you now RELAX YOUR BELLY, UNWIND YOUR INTESTINES and destroy and uncreate all that stress please and send it back to sender known, or unknown, with consciousness attached?

Everywhere you are mimicking and have taken on other people's thoughts, beliefs, pains, pathways and realities into your own gut, trying to digest those energies, are you now willing to eliminate, eradicate and dispose of them? Please acknowledge now your gut is not a processing machine for other people's stuff.

Now talk to your GUT, working in conjunction with your HEART & MIND, to let go of lack of confidence, physical pain, anxiety, rejection, envy, unhealed traumas, stresses, decisions and judgments or anything else that is being projected onto you and your body and allow healing to take place in this space now.

Take a couple of deep breaths, in and out, and with each in and out breath you are increasing your ENERGETIC GUT frequency to be high, to be powerful, to be full of healthy organism, grounded in our body, allowing yourself to be supported, nourished and nurtured through every breath you breathe. Can you see the flames of transformation burning without end.

Connect back into the space of inner discernment, the natural flow of your inner waters, your innate knowing, your inner trust and sacred neutrality. Use those waters to cleanse and bring purity and health back into YOUR GUT, your inner fire.

Scan your body from top to toe, right into the marrow of your bones, up and down the skeletal system right into every single CELL In your gut. With every sound you make, with every breath you take, let go of the numbness, the excessive thinking that clouds your natural triad vision and keeps you from listening to your inner voice of reason.

What is it that you know that you have always known and chosen to forgo to play the game of fitting in, the game of false connection, irritation and stagnation? When did life become the game of control supporting the fear of losing the something you didn't need in the first place?

Breathe, allow the breath to bring you back into the present moment of the now. Observe the concept of time losing its power over you. Breathing in, filling up your lungs with air along the spine of illumination all the way from your tailbone to the crown. Breathing out, extinguish the inner gut fire, draw down the innate healing power, clearing and cleansing the kidneys and the bladder, grounding our holograms of existence into the womb of our earth mother.

A few more breaths of knowingness, of clarity and beingness and whenever you are ready to venture back to the now and allow the world to celebrate you in all your magnificence, open your eyes.

SUGGESTION: KEEP A JOURNAL AND WRITE DOWN YOUR FINDINGS. IF YOU HAVE ANY QUESTIONS PLEASE FEEL FREE TO CONTACT ME. Magic & Gratitude MG