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Cellular Healing Meditation 154**Meditations to Heal Parkinson's
Set One**

Many people on the road to recovery tell me that meditation is a tremendous help. This inspired me to develop and record a series of meditations that can help anyone with Parkinson's find relief from their symptoms.

The seven themes in this meditation series gently direct your attention to places, experiences and events in order to release the stress and trauma that is trapped at the cellular level. These meditations taken together offer a wide variety of approaches that can help shift your own reactions to daily stressors and release the residue of trauma that is trapped deep inside the tissues of your body.

Once trauma in tissues is released and your own reactions to stress are altered, it becomes much easier for your body to balance the interrelated hormones in your body.

Meditations in this series can help you become aware of how you hold tension in your body. They also offer concrete suggestions for how you can release the tension that grips the tissues of your body and tugs your hormones out of whack.

Past experience suggests it is probably best to listen to the medications first. The written text of each meditation is provided for later reference and reflection.

Meditate Daily and Your Body will Thank You

Listen to the meditations over and over and you will be drawn into deeper and deeper healing states. People tell me that their experience is different each time they listen to a meditation.

Hormones are unbalanced if you are in a perpetual state of high energy, intense activity and anxiety. It is the daily practice of meditation – not the haphazard practice of listening some days and not others – that gives the most consistent help in relieving symptoms.

- *People with Parkinson's tell me that meditations have a profound impact on their symptoms when they are integrated into a daily routine.*
- *When you integrate meditation into your daily routine, you are giving your body the consistent support it needs to balance your hormones.*
- *Listen to a meditation every day and you will help your body re-adjust the thermostat that manufactures your stress hormones.*

Each time you listen to and experience the guided meditations you will have new revelations.

- *You are the one taking the journeys.*
- *Meditations give you the road map.*
- *Meditations are your guide*
- *You are in control of your own healing*

Content of the Meditations

In total, there are over 5 hours of recorded meditations, seven CD's, seven subjects and 42 meditations. Each CD contains 5 short meditations and one long meditation. The shorter meditations were designed for those days when you do not have the time available to listen to the longer meditation. The longer meditations last approximately 30 minutes.

A breakdown of the subjects for each CD follows along with the recorded times for each meditation.

The Expanding Universe

1. Big Bang (2:25)
2. Expand Out (3:08)
3. Make a Choice Today (2:37)
4. The Pulse of Life (2:18)

5. Coming into Perfect Balance (2:27)
6. Connect with the Life Force of the Universe (31:39)

Pain

1. How to Stop Feelings (2:11)
2. Feelings Just Underneath the Pain (2:14)
3. Do you have a Pain Barricade? (2:14)
4. Sit with the Pain (2:28)
5. Pain as a Handy Crutch (1:59)
6. Mystery of Pain (33:00)

Stress

1. The Little Stressors in Life (2:15)
2. What Stress Does (2:28)
3. A Relaxation Response to Stress (2:25)
4. How to Reduce Stress from Hurtful Words (2:18)
5. A Shocking Statement (2:42)
6. Stress and Parkinsons (32:50)

Manifesting Your Dreams

1. From One to Billions (2:33)
2. Make a List of Your Dreams (2:30)

3. Make a List of All the Reasons Why Not (2:46)
4. Weigh the Dreams Against the Reasons "Why Not" (2:24)
5. Choose a Disposal Method for Each List (2:31)
6. What do You Want to Create? (22:51)

The Race of Life

1. Remember a Pet You Loved (2:19)
2. Jockey and Horse Together (2:08)
3. Slow Down Time (2:44)
4. Miracle of the Mundane (2:48)
5. Your Body is not Worried (3:00)
6. Race of Life (33:05)

Mothers

1. Finish Any Unfinished Business with Your Mother Today (2:03)
2. Receive your Mother's Love (2:01)
3. Receive the Support of Your Mother (2:04)
4. Remember the Joyous Times with Your Mother (2:08)
5. I am Just Like My Mother (2:12)
6. The Greatest Gift of All (36:18)

Cellular Meditation

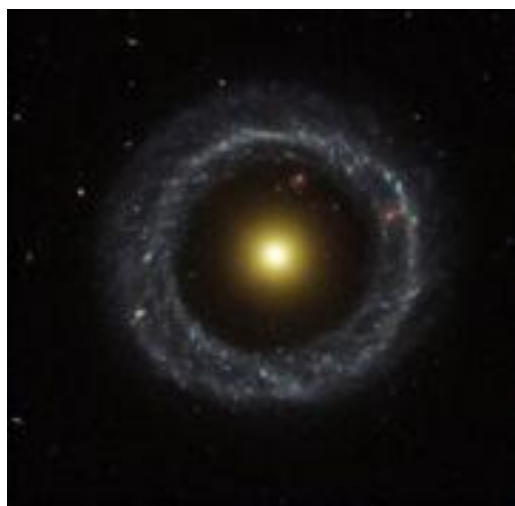
1. Celebrate the Awesome Number of Healthy Cells Today (2:27)
2. Shrink Yourself Down Today (2:42)
3. Give Thanks to a Healthy Cell in Your Body (2:11)
4. Connect with a Single Cell in Your Body (2:23)
5. The Impact of Stress on Neurons (2:14)
6. Cellular Healing Meditation (33:39)

I am deeply grateful to my son Jonathan Rodgers who provided the cello interludes for each meditation and who took many of the photographs that are inserted into this book of the meditations.

Robert Rodgers, Ph.D.
Parkinsons Recovery

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Join with the Energy of the Expanding Universe



The Big Bang

You are invited today to
go back in time ...

- One day
- Two days
- One week
- One month
- One year
- Ten years
- 20 years
- 100 years
- 500 years
- 1000 years

- 10000 years
- 100 000 years
- 500 000 years
- One million years
- 10 million years
- 50 million years

Go back in time. Go back.

Go back to the time when the universe was a single point. Go back to a time when all that existed was compressed in one place.

Go back to that point in time...the place of the beginning of all that is and become an observer.

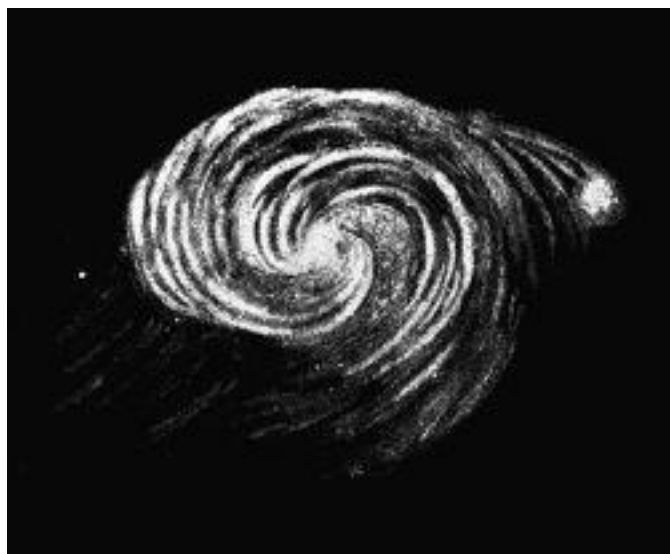
Watch the big bang.

Watch the universe create itself.

As you do, feel the awesome life force penetrate each and every cell of your body, for this is the life force that is all of you.

Accept it and ride that glorious ride out.

Now.



Expand Out

Imagine today what the universe looks like at its outer edges. Go there now. Go to the outer most galaxy that is the newest creation of the universe.

- *Settle onto a particle.*
- *Onto a piece of dust.*
- *Onto a planet.*
- *Or any element out there in this place of nowhere. Connect with this physical particle or entity.*
- *Take a ride out.*
- *Take a ride where no one has ever ridden before.*

There is no steering here. Note that if you try to control the direction this ship does not steer. Once you have chosen to take the ride –

It somehow steers its own course

In its own way

To a destination that is unknown to you.

Take the ride. Expand out.

Accept the exhilaration of the

- Adventure and
- Mystery and
- Miracle

Of what is yet to come.

Peak around the corner to what no human has yet seen

- See it
- Feel it
- Accept it
- Know it
- Make it a part of who you are



For you are ever
expanding into a new
place of being

Minute by minute

Day by day.

Make a Choice Today

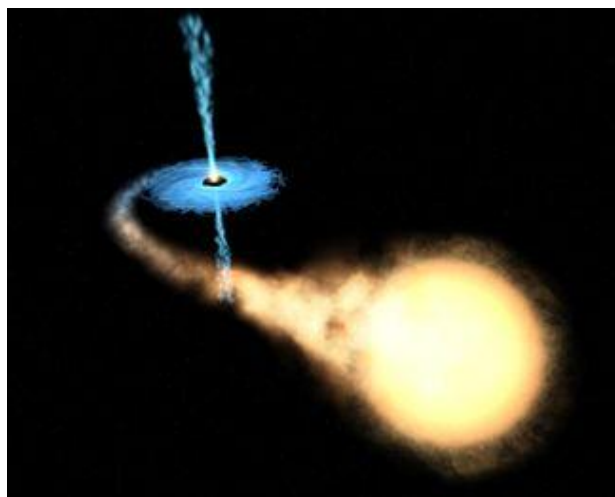
Transport yourself today to a place in the universe where you can observe two miracles.



On the left side there is the creation being formed of a new planet, of new life.

On the right side there is a black hole.

This black hole too is being formed as you watch.



Which of the two are you more curious about, the new planet or the black hole?

Which of the two are you drawn to?

Make a choice - one or the other. Move

- *closer and*
- *closer and*
- *closer*

Until you can get close enough to see everything that is happening in this place at this time. Take in the energy of this event for you.

Live it.

Experience it.

Revel in it.

Know that you can make a choice by setting your intention to shift over to the other – whatever it may be. Know that you can make a choice to visit the other at any time. There are no irrevocable choices here.



The Pulse of Life

Everything that exists in the universe is ever so slowly pulling apart from one another

Such as it is, the universe is always expanding. This change and this expansion are at the very fabric of life itself.

- *Cells eventually are oxygenated and become rusty of sorts.*
- *Hairs become gray.*
- *Bones becomes somewhat more brittle as we age*
- *Bodies wither and lose some of their mass.*
- *Cells begin to separate a bit from one another*

Accept the inevitability of this expansion. Ride the wave.

Know that this is as life should be:

- *Ever expanding*
- *New opportunities*
- *New visions*
- *New ideas*
- *New places to visit*
- *New people to see*

Life is always changing. Those we love sometimes pull apart from us.
Be that as it may life moves outward and inward.

It is the pulse that has been in existence since the beginning of time.



Coming into Perfect Balance

I invite you to connect with the energy of the universe today.

It is true that more of the universe is expanding than contracting.
Everything is getting farther and farther apart.

Connect with the life pulse of the universe. What you may sense is a pulse ... a pulse of

- Expansion and then contraction
- Expansion and then contraction

Just as the waves come in and go out on the tidal shores of the oceans.

There is a pulse of life to the universe of expanding and contracting that creates a supreme balance that makes it possible for all things living to live.

Today I invite you to connect with the life pulse of the universe. Use the energy of the universe to help balance you and your pulse of life in its expansions and contractions.

Allow yourself not to force or push either the expansion or the contraction.

Give yourself permission not to stop it when it needs to move in the other direction.

Once we can accept and embrace the pulse of life, hormones in our physical body come back into perfect balance.



Connect with the Life Force of the Universe

This week you are warmly and cordially invited to connect with the fabric of the universe, the universe that each living person is a part of.

Go back in time ...

- Centuries,
- Millenniums,
- Millions of years,
- And I mean millions –

All the way back to the time when there was no time, to the time when there was no universe.

All that existed was captured

In one place

In one point

In one nothingness.

As it is, this one place of nothingness exploded – an explosion never before imagined. The universe is created. Connect with the life force, the power and the excitement of this event.

- *It is the same feeling*
- *It is the same excitement*
- *It is the same surge of life force*

That riddled throughout every cell of your body at the moment you were conceived.

Ride the wave now of this big bang.

Sit on it.

Allow yourself to explode outward.

There is no reason to worry for you are on this wave that leads into eternity. Have no fear of never getting to your destination. You are at your destination now.

Find

- A particle
- An asteroid
- A gas
- A molecule
- Any tiny part of this Incredible universe

Attach yourself to it and now ...

Ride out.

Watch your neighbors as you explode at trillions and zillions miles an hour out into the vacant space of nothingness.

Know that as you are connected with this entity of the universe all is well. You are safe. You can never fall off as long as you set your intention to be connected.

Take the ride now. Take in the full experience of this ever expanding universe as it grows larger and larger.

- *As it expands*
- *As it grows*
- *As it becomes more than anyone ever imagined.*
- *Creating galaxy after galaxy after galaxy.*

Endless opportunities await you. Take the ride now without fear, without anxiety. Know that you are safe. Ride your ship out.

You are now in a place of no time.

Be not worried you will miss appointments for time is of no consequence in this place.

On this ride into space take in the sights. These are places you have never invited yourself to visit.

Absorb the feelings of this every powerful force that is you and is greater than you at the same time.

Notice if feelings come up or if you want to jump ship. There is no place to jump. You are now out in a place of nothingness and everythingness.

You are in a place now of life as it was meant to be lived, taking the ride into a future yet defined ... without an end in sight.

- *No reason to control anything here.*
- *No reason for worry.*

All is as it was meant to be. Feel the exhilaration of your life force, the thrusting of the energy that moves throughout each and every cell of your body on this journey.

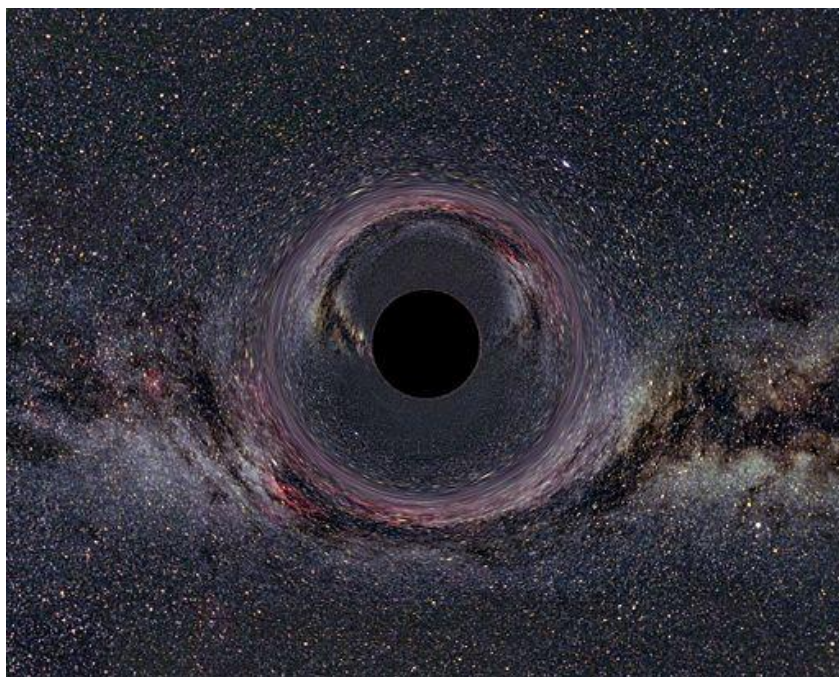
Do you want to steer the particular element that you have attached yourself to? Not possible. No way to control this trip.

Powers far greater than you determine the rate of this enormous and glorious expansion into a place of immense creativity and creation. Feel

the expansion in every cell of your body. Take the ride with pleasure and with joy.

The universe is ever expanding. You are a part of this ever expanding life force.

- *There is no way to deny it.*
- *There is no way to refute it.*
- *There is no way to refuse it.*



On your journey today have you by chance passed by a black hole? You will if you have not yet. And you will have a choice – a choice to get close enough so that you are sucked in, so that you implode.

- *This is the place of stagnation.*
- *This is the place of nothingness.*

It is a choice. No one is pulling you into this black hole but you.

Make a choice. If you pass by a black hole either stay far enough away so you can continue on your journey or - if you so choose - implode yourself. Dive into this place of nothingness and hang around for a while.

You can always choose to explode out. No one is stuck in a black hole unless they choose it to be so. Make a choice now to continue on your journey or to implode into this black hole. Support yourself now with whatever choice you make in the moment in this place of no time.

If you have now or if you choose at any point in the future to dive into a black hole,

Be not afraid or concerned!

Exit is instantaneous when you set your intention to expand outward –

- *As you become all that you are here to become*
- *As you express to the world all of who you are.*

On this journey into the expansion of the limitless universe feel the life force travel through your body. Hold onto the power. It is as much yours as anyone else's. Claim it.

- *Nothing to grab here.*
- *Nothing to compete for.*
- *No Ivy League degrees are necessary.*

- *No certificates or large bank accounts or successes heralded by millions are required.*

Everyone connects in this place of limitless power and balance if they so choose.

There are no tickets to be a member of this universe.

There are no membership fees.

There is no black balling.

All are welcome to join if they so choose.

Some choose to implode themselves in black holes to kill this life force within them. Might this be you?

All of us implode ourselves in one way or another. Set your intention now to connect with the power of the universe that gives you control to make whatever choices your heart so desires.

- *Symptoms of pain*
- *Troubling anxieties*
- *Sleeplessness*
- *Tremors*
- *Walking difficulties*
- *Balance problems*

They all can emerge in our physical bodies when we make valiant attempts to slow down this trip or to force a direction that is not in the direction of expansion. It is the forcing that creates the challenges.

Connect back with this part of the universe you are attached to - whether it is a particle or a piece or an element.

Connect yourself to your space ship and ride on into the space of expansion, as you enjoy

- *The vistas*
- *The new sounds*
- *The new places*
- *The excitement*
- *The new friends*
- *The new experiences*

That are encountered in the galaxies that you are now visiting.

Feel the exhilaration of the expansion. Accept it as a part of life. Do you feel as though you are not in control now?

Guess what? You are not.

There are far, far greater forces than you ever imagined that have created this ever expanding life force that scientists call a universe.

Can you stop the inevitability of death? You know the answer to that. As do I.

As you now ride on your space ship I invite you to embrace death. Accept it for what it is. It is part and parcel of the bargain of life. There is no way to slow down the ship.

There is a final destination no one can avoid. The beauty of it all is that when death is embraced it is only then that life begins. In its fullest.

The mantra I invite you to carry with you this week is:

"I accept my own death however it may happen. I will determine the day and the hour of my own death. In my own way. I embrace death and therefore I embrace life. I allow the exhilaration of life and of living to be a part of every moment of my existence."

It is also true that part of the universe is contracting. I can connect with those places too if I so choose.

- *Creating what it is that I am here on this earth to create.*
- *Giving to the world and to myself all that I am here to give.*
- *Receiving from the world and myself all that I am here to receive,*
- *Having the courage to receive happiness, joy, pleasure and bliss.*
- *Receiving life in its fullest on this space ship of life called our body.*

A body that is all it needs to be. Your body can take you wherever you so choose – whether it be galaxy after galaxy or whether it be black hole after black hole. The choice is yours - moment to moment.

Make your choice today and live with it – whatever the consequences.

Many blessings may you embrace this week to its fullest.

Pain



How to Stop Feelings

Are you in the moment having any particular feeling or feelings?

Acknowledge whatever they may be – whether they have a name or not.

Also acknowledge whether or not you are breathing now.

- *Are your breaths deep?*
- *Are they short?*
- *Are they quick?*
- *Are they haphazard?*

If you are having any feelings - however mild or inconsequential - the chances are very good that you are breathing now. Your body is getting oxygen.

As an experiment, I invite you simply to

Slow your breathing down for just a minute to a standstill.

Slow your breathing down to a trickle.

Notice that when you do this, the feelings stop. They are dead in the water.

When we have feelings that we do not wish to have, we have all learned the best way to stop them is simply to stop breathing. It is a sure and quick fix that always works.



Feelings Just Underneath the Pain

Do a quick scan of your body now to see what place is calling out to you in pain. Check from the top of your head to the tippy tip of your toes and be drawn to whatever physical place in your body is screaming out to you now in discomfort and pain for whatever

reason ...

- *Perhaps a minor ache*
- *Perhaps a very loud shot "I hurt"*

With you intention

Connect with this place in your body now.

Connect with the feeling of the pain

Explore whether just underneath the pain there is also a feeling or feelings...

- *Perhaps anger*
- *Perhaps regret*

- *Perhaps shame*
- *Perhaps sadness*
- *Perhaps sorrow*

Ask yourself – just underneath the pain what is the feeling?

Just underneath ...

What is the feeling?

Do You Have a Pain Barricade?



Are you having pain in the moment as you listen to this daily meditation? Is there discomfort in your body?

Connect with that place now wherever it may be - the place that is screaming out to you.

- ***Notice me.***
- ***I am here.***
- ***Pay attention.***

As you bring your attention to that particular place envision what is also connected to this place of pain.

- Is there a barrier in this place?
- Do you see a barricade?
- Do you sense a formidable structure in place?
- Can you feel a blockage -- an energetic blockage -- that is connected to this place of pain?

Go there now. Feel into whatever obstacle may be present

In this place

At this time

During this hour.

Ask yourself – is this obstacle serving you now? If so, be sure to keep it.
If not. Begin thinking of ways to dismantle it.

Sit with the Pain



The most familiar response to pain is

- To simply ignore it.
- To pretend as though it does not exist.
Or,
- To numb the pain through some form of medication.

I invite you today to do just the reverse.

- *To connect with whatever pain you may be experiencing today.*
- *To sit with that pain*
- *To be with that pain.*

Consider the possibility that there may be information just underneath the pain that will be valuable to you.

- *Sit with the pain.*
- *Be with the pain.*
- *Tolerate the pain.*

Ask the questions –

What is here for me now?

What is this pain all about?

What is it I am supposed to learn from this pain?

As you move through these questions today I invite you to breathe deeply and thoroughly. Oxygenate every cell of your body.

As you do, notice how the pain shifts. Acknowledge whatever feelings may be linked to the pain. Allow those feeling to wash through you and dissolve.



Pain as a Handy Crutch

For each and every one of us pain can be a handy crutch. It focuses our attention on something other than our feelings.

The truth is it is actually easy to feel pain, not pleasant to be sure but it is easy. It is familiar.

Consider the possibility that the pain is actually masking feelings - feelings that we are burying deep inside our souls

- *Feelings from the past*
- *Feelings from our childhood*
- *Feelings from being in embryo when there were no words*
- *Feelings from yesterday or last week.*

Consider the possibility today that acknowledging this as possible will allow you to make conscious feelings that may be buried beyond the barricade of pain.

The exciting news is this. As you acknowledge and feel those barricaded feelings, the pain will gradually and gently dissolve.



The Mystery of Pain

Take now a very slow
breath in. Fill up your
lungs. Hold your breath
there for a count to:

One

Two

Gently release all that you
have taken in.

Settle into your chair or -
if you are lying down -

allow your body to nest against the surface as feathers do when they
float down on top of the bed.

Soften up your tissues.

Allow whatever thoughts you are having now to dissolve.

Bring your attention to your body.

What part of your body calls out to you now?

Do you have pain anywhere now? Pay little attention to doing a scan – just do a quick check. What pain in your body is presenting itself to you now? Draw your attention there.



For most people a barrier is constructed, a barrier of pain that protects us against feeling what it is that we are in actuality feeling.

Pain can be a welcome distraction. It is oh so easy to put this barricade up – to defend ourselves against feeling those uncomfortable feelings that we do not want to feel.

Notice when you draw your attention to this place in your body that sends out a signal of pain your attention - if you are like most people - is drawn to the pain.

That is what you think about.

That is what you worry about.

That is what you agonize about.

Drop down now as you focus on this place of pain in your body where ever it might be for the moment.

Drop down one layer.

Drop just underneath the pain.

See if you can acknowledge any feeling that might be present there at that point in your body.



- *Is there fear here?*
- *Is there anger here?*
- *Is there hopelessness here?*
- *Is there helplessness here?*
- *Is there shame here now?*

So it is that there is still another barricade, a barricade constructed over many years, a barricade that protects against feeling the unthinkable.

See or

Sense or

Feel or

Smell or

Taste your barricade now.

It is physically linked to that place in your body that is calling out to you now. Focus your attention on this place at this time. Connect with this barrier.

Honor all that this barrier has done for you.

- It has protected you.
- It has comforted you at times when you needed comfort.
- It has helped you get through the most difficult of times.
- It has helped you keep your job or perhaps your jobs, for you were able to tame your anger - to subdue it - to a place where it was not expressed in rage or inappropriate ways.

Be not angry at your personal barrier for it has accomplished much for you in your lifetime.

Consider Now another Way



Consider the proposition that this barrier that you have constructed serves you no longer. This barrier of pain is now a wall that protects you from feeling what it is that you are truly feeling in the moment.

Consider the possibility that it may be time today and this week to dismantle this barrier of pain, this magnificent structure that has served you for so well for so long.

Alas, there are now problems created for you that are troubling and dysfunctional. For the barrier of pain now draws all of your attention and drains all of your energy.

Have you been numbing the pain in one way or another? When you do this, you construct a more formidable barrier

- Thicker –
- More robust –
- Taller –
- Wider –
- More difficult to penetrate.

So it is that as you attempt to numb the pain with medication, the medication lasts less and less time. More and more medication is needed to accomplish the deed of numbing.

How then does this agonizing pain vanish for you? How does it dissipate? Make conscious the reality that the barrier was constructed by you and can be dismantled by you – with your intention to do so.

Make conscious its value to you. Acknowledge that underneath and beyond this barrier lies the full range of human feelings and experience that you have been protecting yourself not to feel or to experience.

Everything is there inside waiting to be acknowledged, waiting to be felt. Know that all of those feelings are not bad. Many of the feelings

that this barrier protects you against feeling are those of joy and exhilaration.

Barriers do a good job of numbing us against the full range of life experience.

So that the stronger our barriers ...

So that the more formidable our barriers ...

So that the higher our barriers ...

So that the wider our barriers ...

We are more and more assured we will not feel what we choose not to feel.

Know that there is nothing dangerous in any of the feelings that are beyond the barrier. Know that there is nothing per se dangerous about the feeling of anger. Everyone has anger against even those that they love the most. It is a normal human experience to be angry, even angry at ourselves.

Be clear now about what is really happening. There is real pain in your body where you are now focusing your attention. This is not a fabrication or a fantasy. The pain exists there because the tissues are oxygen deprived.

How can this happen? When we do not wish to feel our feelings we stop breathing. This is an instant method for assuring that you will not feel the feelings that are beginning to surface.

It is possible for some people that the pain they are experiencing will fade away into the distant sunsets as they acknowledge the truth that the pain is a barrier which protects them from feeling what they do not want to feel.

If you now wish to do so -- and only if you wish to do so -- connect with this barrier you have constructed for yourself. Dismantle it in whatever way you choose.



- A sledge hammer might work nicely.
 - Burning might do the trick.
 - Dynamite is sometimes a quick and easy fix.
-
- You may wish to blow it away as a hurricane blows away people at times.
 - You may suck it up into the ethers of the universe and allow it to dissolve there.
 - You may need to untie it or untangle it or untwist it.
 - You may need to de-colorize your barrier.
 - You may need to shoot it down with a machine gun or a pistol.

Choose your weapon. Choose your method and dismantle your pain barrier now ... piece by piece ... allow the barrier to dissolve.

Notice that as your pain barrier becomes

- Smaller.
- Shorter,
- Narrower,
- Thinner,
- More transparent,

That certain feelings will surface. Invite those feelings to be received and acknowledged now.

Permit your body

To shake if it must or

To become rigid if it must

For your body knows what is necessary in this moment of time. And breathe. As you breathe the feelings are much more likely to surface.

Allow them to run through every cell of your body for when they do so these feelings will vanish -

- *Making a space available for new experiences.*
- *Making an opportunity for you to experience new feelings – both those that you like and those that you would prefer not to feel.*

The pain you see is just a façade. It is just your intricate way of making sure you do not feel all of who you are.

Here is the Deal

As you are able to go through this experience and reduce the barrier between you and your feelings, you will find relief from the pain that you have been experiencing, the physical pain that has oh so aggravated and frustrated you. Breathe deeply and experience all that is there in that place in your body.

It is likely those feelings have been stuck there a very long time. Free them now.



In doing so you will become all that you are and ever have been.

You will come in to your full power.

Stress



The Little Stressors in Life

Consider the possibility that your life is replete of

- *many*
- *many*
- *many*
- *small*
- *little*

Tiny stressors.

Every day.

What has stressed you today since you woke up?

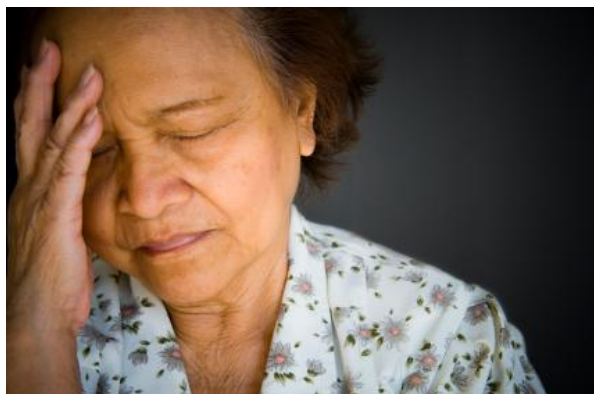
- Was your sleep last night stressful because it was restless or difficult?
- Have you had a stressful conversation with anyone today?

- If you have pets, has your pet stressed you out?
- Are all of your machines working as they are supposed to?
- Light bulbs working?
- Electricity on?
- Are you warm enough?
- Do you have the food that you need to eat? Or is even that stressful?

Bring to your consciousness the reality that each and every day there are

- *many,*
- *many,*
- *many*

Small events that give us physical and emotional and spiritual stress. Bringing those to consciousness is the first step in being able to change your reactions to them.



What Stress Does

Focus your attention today on an event that has stressed you out this week. Make it a minor event – not something huge or overwhelming, something that perhaps irritated you or bothered you today or yesterday or anytime over the past several days. Anything will do.

- Bring it to your consciousness now.
- Imagine it.
- Recreate the event in your imagination.
- Put yourself in the situation physically.
- See the situation.
- Hear the sounds.

Experience this same stressful event again in your imagination.

Now check in with your body.

- What is happening? Check in.
- What about your breathing?
- How about your perspiration?
- How about the tension in your neck or shoulders or belly?

Do a check of your physical response and notice what a profound impact even a small little event that may last only seconds has on our body's physical response.

This is the place ...

This is the time ...

This is the reason ...

Why hormones get out of balance in our physical bodies. Just notice with each stressful situation what happens to your body when you are in it.



A Relaxation Response to Stress

Bring to your mind now something that happens in your life over and over that is always irritating to you.

- Perhaps the way someone else puts the dishes in the dishwasher.
- Perhaps the way someone else responds to you when you give them a compliment.
- Perhaps the look back of someone you love when you tell them that you love them.

Whatever the irritant is, bring it to mind now - a little one, not a big one.

Now with your intention, I invite you to relax your whole and entire body. Take a breath in slowly and without any stress. Hold it for a couple of seconds. Then let all of the air out.

As you do this, allow all of the tensions that permeate throughout your body to dissipate. Bring yourself to a place of total and complete relaxation – a place of perfect harmony and balance.

Recreate in your imagination that little irritant that happens time and time again in your life, but this time allow yourself to encounter this irritant with a body that is totally and completely relaxed.

Allow yourself to be an observer if you can. Even find something that is funny about this event because it does happen time and time again. Receive and observe the event in a total state of relaxation.



How to Reduce the Stress from Hurtful Words

One of the most stressful occurrences is to be the recipient of hurtful words that are spoken

- By another person,
- By a friend,
- By an acquaintance,
- Even by a stranger.

Words often hurt more than we can ever imagine. Words can create significant stress that riddles throughout every cell of our body.

You clearly cannot stop another person from speaking the words that they will speak to you, words that are hurtful.

I do have a thought to offer you today that I invite you consider when you hear hurtful things said to you. The thought that I offer is simply to realize – when another person says a hurtful thing to you - that it is about them.

- It is about their limitations.
- It is about their feeling of inadequacy.
- It is about their feeling of internal weakness.

It is not about you.

You see, it is actually a projection about them. It is not about you. It is about them.

Carry that thought with you during the week. When you hear a hurtful word from a friend or a loved one or a stranger, bring that thought to consciousness. Notice how the stress in your body is immediately and profoundly relieved.



A Shocking Statement

I am about to make a shocking and stressful statement to you today so be forewarned.

My shocking statement to you is:

I have a very good suspicion there is a near 100% possibility that you are stressed right now.

- The reality is that stress creates the hormones in our bodies that precipitate the symptoms of Parkinsons.
- The reality is that many people are in a suspended state of stress.

Because they are always suspended in this tumultuous state, they are not even aware that they are under stress. Consider the possibility that:

- where you are now
- what you are doing now

Is actually a stressful experience.

- Where are the stresses for you in the moment? Check in with your body.
- Are you really totally relaxed or are you on alert?

Change that response now if you are on alert and simply invite all the tissues in your body to relax totally and completely.

Invite your body now to take the opportunity to manufacture the hormones that balance out that "go to it ness" that we so treasure.

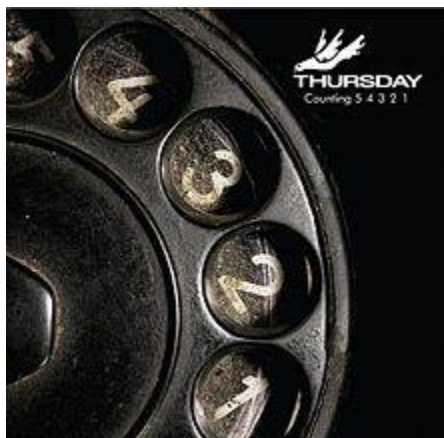
Stress and Parkinson's

Stress has a marked a profound and a significant impact on the symptoms of Parkinson's. Stress takes on many, many different forms.



- *The loss of a job.*
- *Money difficulties.*
- *Loss of a spouse.*
- *Friendship challenges.*
- *Physical challenges with being able to get through the day.*
- *Pain, both physical and emotional.*

The list is endless.



Of course, when one stressor is added to

- A second and
- A third and
- A fourth

Symptoms will flare.

We know that there is an immediate and a direct connection between experiencing stress and the symptoms of Parkinson's.

This week I invite you to explore the direct connection between the two, between the stressors in your life and the symptoms of Parkinson's.

Typically we think of stress as a significant event, just as those that I have listed. The truth is we encounter stress each and every moment of our life. Some of the stresses are more difficult than others.

Consider the proposition that a way to manage your symptoms is to address the little stresses that you confront every day. Set aside the big problems. Instead, focus this week on addressing your reactions to the little things in life that stress you out.

Settle in now – wherever you may be.

Take a gentle breath in ever so effortlessly.



Hold that breath for just a couple of seconds ever so effortlessly.

Allow that breath to leave your body.

Feel all of the muscles and tissues in your body relaxing and giving thanks of appreciation for this moment to take a break.

- *Are you stressed in the moment?*
- *Do you have a concern that you may be interrupted now?*
- *Does part of you say – be alert – the phone may ring at any moment?*
- *Are you concerned about someone that you love who is troubled or facing difficult circumstances?*

Check in with your body. Is your body physically stressing you now?

How about the sounds that you hear now? Are there sounds that are stressful to you in the moment?

How about smells? Are there any smells that are stressful to you in the moment for whatever reason?

Since you arose this morning have you been preoccupied and worried about one thing or another – perhaps business that needs to be done that has yet to be done?



- *Clutter.*
- *Mess.*
- *Commitments unfulfilled.*
- *Expectations of yourself that have yet to be met.*

Think about it. The sources of little stressors moment to moment are quite frankly overwhelming.

Some of the stressors we create for ourselves. Others are imposed on us.

The trick of it all is to begin acknowledging the presence of stress and become aware of how our bodies react to each little stress in our lives.

The work this week then is to focus on a small and a manageable event that

- *You encounter or*
- *You have encountered or*
- *You will encounter*

Which is sure to stress you out.

Think through what has happened with you today so far. Has there been one event that has stressed you out?

- Perhaps a word said by a friend that was troubling?
- Perhaps a look from a stranger?
- Perhaps a thought that you are unable to forget?



- Perhaps an appliance, a simple appliance that simply will not work the way it is supposed to work?
- Perhaps your computer – if you have one – that refuses to work as you wish it would work?



Focus on one circumstance for you that you know creates stress.

Not a big thing. A little small thing. An event that has a beginning and has an end. Something you can focus in on.

This may be a stressor that comes around day after day and week after week, but still it comes in little small events that last seconds.

Identify the stressor that you would like to work with this week whatever it may be.

- *The stressor might have already happened today,*
- *Or it might have happened yesterday,*
- *Or you know it will happen tomorrow.*

Make it an event that is close at hand, something that can be clearly:

- *Remembered,*
- *Experienced and*
- *Felt.*

Not a big one. A tiny one.

Filter through the choices. There are many. See which one percolates to the top.

Focus now on this event that you have selected to work on – whatever it may be. Place yourself in that very situation now.

Using your imagination see yourself in the situation.

- *Where are you physically sitting or standing now?*
- *Who is with you?*

Note the sounds if any.

It hasn't happened yet but it is about to happen. Settle in and become aware of all the circumstances that surround the stressor event that you are working with this week.

Now, allow the event to unfold in your imagination, allow it to happen now. Direct your attention to your body. What is happening with your body?

Notice.

Notice.

Allow the event to continue – whatever it is – the thought, the circumstance, the discussion. Allow it to unfold –

- Hearing the sounds
- Smelling the smells
- Looking at what is happening.

This time, be aware as the event continues to unfold what is happening deep inside your body.

Stress hormones are being produced now even as you imagine this event.

1. Can you sense the production line in action?
2. Can you feel your body pumping out the stress hormones now? I assure you **that** is what is happening.
3. Can you feel the tension in your muscles and your tissues?

Allow the event to unfold. What is happening to your breathing?

- *Are you sweating?*
- *Are your symptoms worse in the moment simply because you are imagining this event that is not even happening?*

So, notice. Just notice the profound impact on your body when you simply imagine a stressful event that truthfully speaking is not even happening now. You are simply imagining it.

Know that the ante is upped when you are in the real situation.



We are in such a continual suspended state of stress moment to moment that we do not even acknowledge the profound impact it is having on our bodies. It is not even within the realm of our consciousness because it is always present.

The event that you have just focused on is one among many that you encounter every day.

The beauty is you can change your physical, your emotional and your spiritual reaction to each and every tiny stressor that you encounter

- *Moment by moment and*
- *Day by day.*

It is something you can learn when you acknowledge the profound impact that stress has on your body and on your symptoms.

Let's do it differently

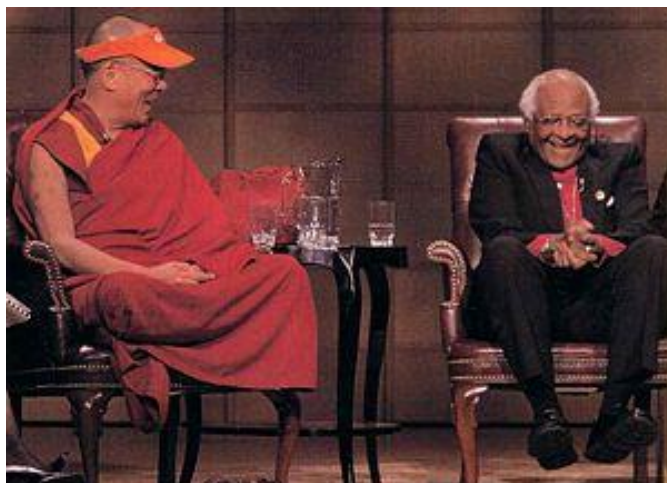
Take a breath in ever so slowly and effortlessly,

- *very deep,*
- *Very deep.*

Hold it to the count of two.

As before let all of the air out of your lungs ever so gently as you give each cell in your body permission to rest, to slip into that delightful space of nothingness.

Scan your body from your toes, moving up to your legs noticing if there is any muscle that is tense or tight and with your intention just allowing that tension to dissipate up through your trunk and your stomach and your chest and your arms.



There is usually much tension in the neck. Allow that as well to dissipate. Breathing in and breathing out, inviting yourself to move into a state of total and complete relaxation - a place where hormones are balanced in your body.

Take another breath in and out. With your intention invite all of the tissues in your body to relax.

Here is the Deal Now

I am going to invite you – in your imagination – to re-create the same event you just experienced in a state of stress and tension. This time - with your intention - you will imagine this event with a body that is totally and completely relaxed.

You can accomplish this when you notice that your body begins to tense up by simply taking a slow breath in and a slow breath out. Breathing works miracles with our bodies. It invites all of our tissues to take a break.

Bring now the event that we worked with a few minutes ago back into your consciousness. Go to the place that you were at before.

- Look at what is there.
- Hear the sounds.
- Breathe in and out.
- Invite all of the tissues in your body to relax.
- Smell the smells.
- Take a breath in and out.
- Invite all the tissues in your body to relax.
- See what it is that you see with this event however alarming it might be.
- Take a breath in and out.
- Allow all of the tissues in your body to relax.

In this place and in this state of total relaxation allow this tiny, seemingly inconsequential event to unfold again. If you notice any point when you become tense either

- *with your breath or*
- *with your perspiration or*
- *with the tension in your body*

Take another breath.

Let now the event happen again. Slow down the event. Change your reaction to one of total relaxation

- *Changing your response to the event.*
- *Coming fully into yourself.*
- *Noticing the balance in your body.*
- *Acknowledging that the manufacturing center for hormones is not on triple shift now.*
- *Allowing yourself to enjoy the nuances of this stressful event.*



Isn't there anything funny about what is happening? Perhaps there is something funny about your usual reaction?

Notice- just notice here that nothing has been changed about this event. The difference is your reaction.

The challenge for the week is to bring to your consciousness the

Many,

Many,

Many

Stressors that happen every day - the little ones – not the big ones. You know what those are - the little ones. As you make conscious those stressors, also make conscious your physical and emotional reactions to those tiny events that come down to you in seconds or in minutes many times a day.

Make changes in how you respond to the little stressors in life. I can assure you that your body will thank you.

Symptoms will subside when you shift your reaction to the little stressors in life. Those won't change and will never change for any of us. What can change is your reaction, your

Moment to moment

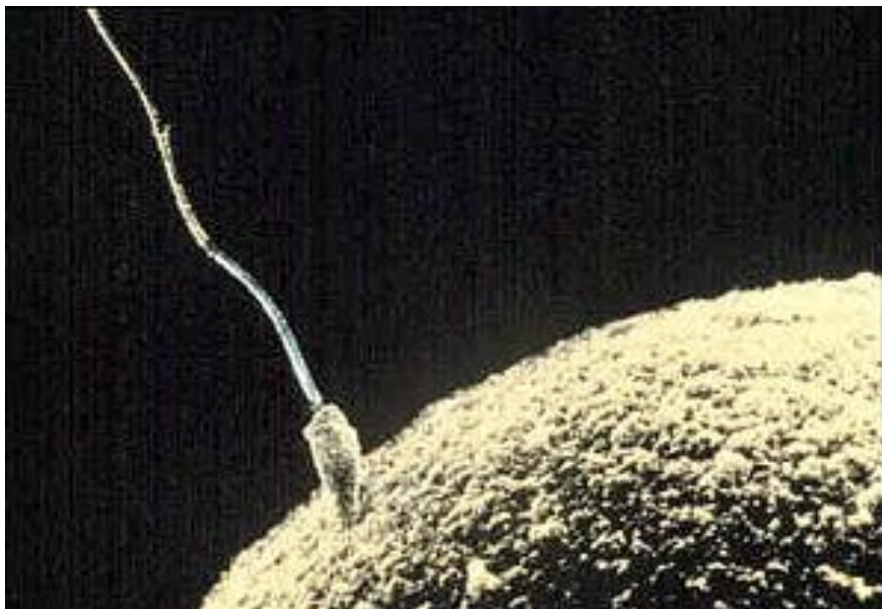
Second by second

Reaction to the little events in life.

It is your reaction that will encourage the intricate manufacturing systems in your body that create hormones to come into full balance and harmony.

May you have a stress free week moment to moment, day by day, all week long.

Manifesting Your Dreams



**From One to
Billions**

Focus your attention on one moment in time –

The moment when you were conceived in your mother's womb.

The moment when you became one single cell.

Connect with that cell now.

Treasure the essence of all that you were as one.

Skip ahead in time now:

- 5 years
- 10 years

- 15 years
- 20 years

To the years ahead to the time when you are now.

Notice the difference between you now and you as one.

Acknowledge the miracle of what has happened.



From one to

- *Billions and*
- *Billions and*
- *Billions and*
- *Billions.*

From one when there were no words

To now when there are many words.

From one when thought forms were in their concept only

To now where thought forms are conceptualized logically and
analytically,

Acknowledge all that has transpired over this period of time.

Declare for yourself that from this moment onward

Anything is possible

Absolutely anything.

Make a List of Your Dreams

I have an assignment for you today only of course if you wish to accept it.



Find a piece of paper and a writing utensil.
Throughout the day form a list of every dream
you hold for yourself.

List everything you would like to do in your life before you die.

Censor not yourself.

Write whatever comes into your consciousness.

- Phone calls to make
- People to see
- Places to visit
- Things to make or repair
- Unfinished business to finish
- Creations to envision
- People to influence and to be influence by others
- Love to be given

- Community service to be awarded
- Organizations to be created

The list is endless.



Monitor yourself throughout the day, noticing how many pieces of paper are necessary to write down all that your heart wishes to accomplish before you die. Leave nothing off the list however minor or inconsequential.



Make a List of Reasons Why Not

Your assignment today – only if you wish to accept it – is to make another list and to get out another piece of paper and another writing utensil.

On this list write reason after reason why you find yourself saying and thinking

You cannot manifest your dreams and

You cannot do what you have always wanted to do before you die.

Censor not yourself in making this list. The challenge is honesty for you know what these reasons are.

They are all familiar to you. Many are typically physical.

Number the list:

1. One
2. Two
3. Three

Leave nothing off.

It is important that you acknowledge all of the reasons that keep you stuck and that keep you from manifesting your heart's desire.



Work on this list throughout the day and as thoughts come - grab the list and add that thought or thoughts. Notice how many additional pieces of paper are needed before the day ends.

Leave nothing off. Censor not anything. It is important to acknowledge all of the reasons you give yourself and tell others why you cannot do what you are here on this earth to do.

Weigh the Dreams in your Left Hand with the Reasons "Why Not" in Your Right Hand

Have you accepted the first assignment this week to make a list of your dreams?

Have you accepted the second assignment to make a list of the reasons why not?

If you have not done either assignment – ask yourself today –

- Why not?
- What stops me from thinking about what I dream of?
- What stops me from thinking about the reasons I get stuck?

Feel into that place that stops you now...

If you did make the lists, compare the difference today.

Hold the list of your dreams in your left hand.

Hold the list of the reasons why you cannot manifest your dreams in your right hand.

Feel into the difference. Is the right hand weighted down relative to the left hand?



Does the right hand want to fall to the floor?

Does the left hand want
to rise to the ceiling?



Notice the difference between the two. Connect with the feelings of each.

Which of the two hands are you drawn to?

The hand of the dreams?

or

The hand of the "why nots"?

Acknowledge the truth of what you discover with this investigation.

Choose a Disposal Method for Each List

I have given you one assignment for three days. Three hard assignments. Did you do them?

If not, ask yourself why not. If you did, you have felt into the weight of your two lists and compared:

The weight of the list of your dreams and wishes and wants

With

The weight of all of the reasons why you cannot manifest your dreams and your wishes and wants.

What do you wish now to do with your list of "why nots"?



- Put it in the trash?
- Burn it?
- Eat it?
- Chop it up and put it in a dish to eat?
- Put it in the trash can?
- Give it to a neighbor?
- Flush it down the toilet?

There are so many alternatives. Consider what you want to do with that list and do it Today.

What do you wish to do with your list of dreams and wishes and wants?

- Tell your most treasured and closest friends?
- Place it on a mirror?
- Put it on the dashboard of your car?
- Stick it on your refrigerator?
- Stuff it in your pocket book or purse?

Or

- Paste it onto your heart?



Make a choice and dispose of that list too today.

So, two lists and a challenge to figure out how to dispose of each one.
Many blessings and best of luck.

May each list find the disposal method that is right for you.

What Do You Want to Create?

Put aside any physical limitations you may be experiencing today. Ask the following questions of yourself:

What do you want to see happen in your life?

What do you want to create for yourself and for others?

What is there still left to do?

What unfinished business do you have that yet needs to be finished?

Do you find that you have many reasons for not attending to what your soul wants you to do?

Today and

Tomorrow and

This month and

Next year?

Do you have oh so rational reasons why you do not fulfill your heart's desire?

Do you claim that there are physical limitations that preclude you from doing what your heart drives you to do?

Do you stop yourself every day from doing what you truly want to do?

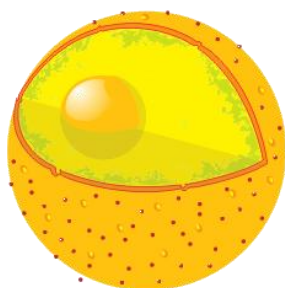
One possibility to consider is simply to declare it is over.

"I am not doing this anymore."

You may be surprised at the outcome.

Another possibility is to consider the proposition that all of the reasons you give to yourself are silly and nonsensical however intelligent and bright they may seem to you and to others.

When you were first conceived – at that precise moment in time - your life began. At that moment you were one cell. Within this one cell was embodied everything that you are today.



At the time of your conception this one cell was all that it needed to be.

This one cell contained the wisdom of the entire universe.

This one cell knew all that there is to be known.

Consider the possibility now that your billions and billions of cells - all congregated together - are all that you need to be able to accomplish whatever your heart so desires. What is it then that stops you?



What thoughts do you hear yourself having?

Time over

Time over

Time again?

What same thoughts give you the excuse to be stuck, to refuse to manifest what it is that you are here on this earth to manifest?

The one way to stop creativity is to declare in your thoughts that it cannot and will not happen again. Is this your true wish? Then declare it to be so and be done with it.

If not, connect with that one cell that was created in the moment of your conception. Connect with

The purity and

The vibrancy and

The vitality

Of all that was represented with that one cell.

Know that together with your thought form and your body - holding into consciousness all that you wish to become and be - that it is possible to manifest your heart's dreams in this lifetime.

What are your dreams?

What have you always wanted to do but for one reason or another have never done it?

What is stopping you?

There is all the time that is needed to do whatever you wish to do in this life if you so choose it to be so. Is that your wish? Then choose it to be so Now.

Fondle your dream in your heart.

Treasure its preciousness.

Feel this dream.

Know that you can make it so if you so desire.

If you believe in your mind and in your heart that your body is giving up, then it will give up to be sure.

If you believe in your mind and your heart that your body is just beginning to create what you are here to create and to do what your heart wishes you to do, then it will be so for you too.

How is it possible that one cell has become you now? The answer is – "the thought when it was created has made you what you are today."

I ask you now again. What do you dream about creating?

See it.

Feel it.

Hold it.

Taste it.

Sense it.

Treasure its essence.

If you have nothing yet more to create or to do in this life, then why are you still here?

I invite you now in your mind's eye to write down on a piece of paper all of the reasons you give yourself why it is now impossible for you to manifest your dreams and to do what you have always wanted to do in your life. Write them down ... one after another. You know the list well.

You hear the reasons repeated in your mind

Day after

Day after

Day after

Day.

Number those reasons.

One.

Two.

Three.

Four.

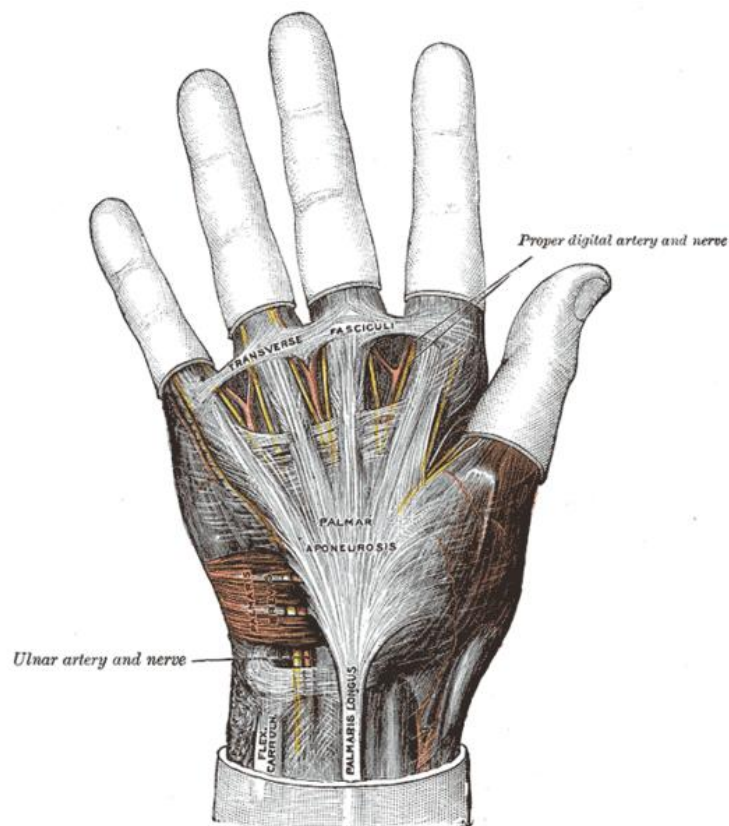
Five.

Are you surprised by how many there are?

Keep writing in your mind's eye for the items at the end are usually the items that are holding you back the most.



Place now your dream ... what you would most like to accomplish in your life while you are here ... in your left palm and allow it to rest there.



Take the piece of paper with all of the reasons that stop you from manifesting your dream and place that piece of paper in your imagination in the palm of your right hand now.

Which is heavier? If you find you are stuck, it is very likely that your right hand is getting

Heavier and

Heavier

Relative to your left hand which is getting

Lighter and

Lighter.

Is this what you want? Is it your wish to be weighed down by all of these reasons why you can't?

What now do you wish to do with this list that you hold in your right palm?

It is your choice and the choices are many.



You can burn it.

You can tear it



up.



You can sit on it.



You can eat it.



You can frame it.



You can give it to your friends as a present.

You Can Color it



You can drown it.

You can flush it



down the toilet

You can put it aside in a place where you will
never find it again



The choices are many. Make one now and do with this paper whatever
you choose to do.

Know in your heart that you can manifest whatever your heart so
desires.

Is it good health and wellness?

Then make it so.

Is it creating what you have always wanted to create?

Then make it so.

Is it doing what you have always wanted to do?

Then make it so.

Now.



The Race of Life

Remember a Pet You Loved

Remember today a pet in your life that you dearly loved.

A dog

Or



A cat

Or



A horse

Or



A donkey

Or



A seagull

Or



A fish

Or



A Guinea pig –

Whatever that animal might have been.

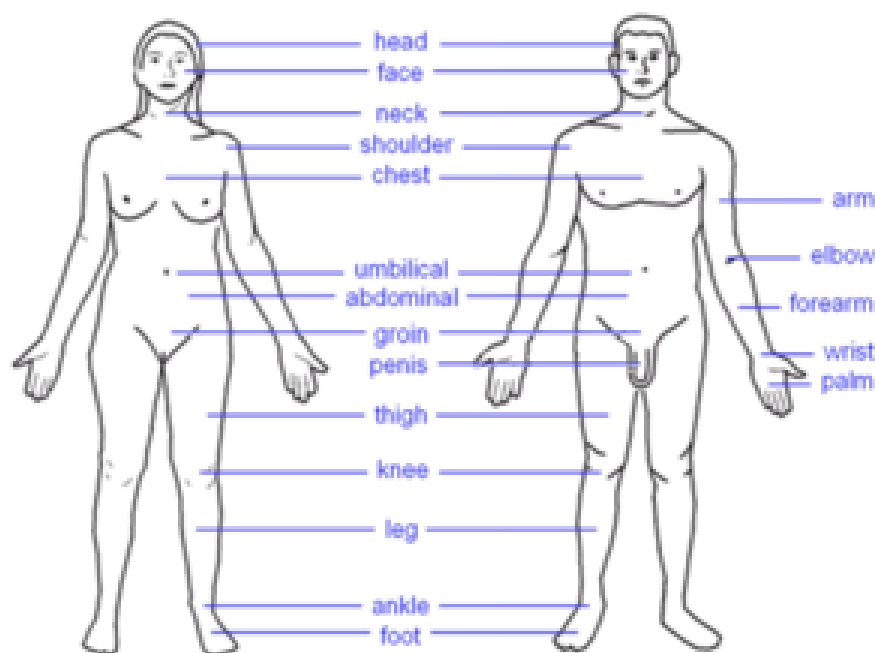
Remember it now.

- Its name.
- Its tenderness.

The reasons why you loved this pet so dearly. How you would do anything for this loved one. Absolutely anything.

- All of the food this pet needs was always given... the food it needed to be healthy and strong and vibrant.

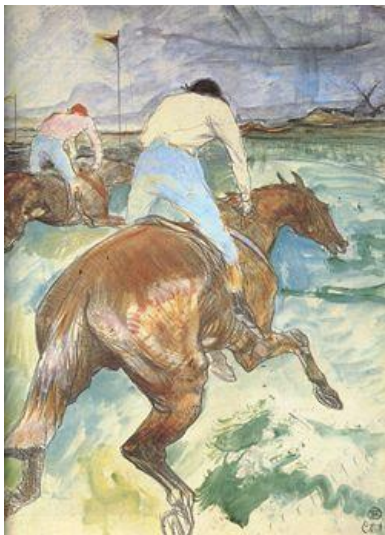
- All of the exercise
- All of the companionship
- All of the fun together
- All of the connection
- All of the unconditional love.



Remember all of that now.

Consider the possibility that this pet is actually your body. Are you doing now everything for your body that you would do for your pet without question?

If the answer is no, then spend time this week doing for your own body what you would always do for your pet without even questioning it.



Jockey and Horse Together

Bring forth in your imagination

- The most beautiful,
- The most handsome,
- The strongest,
- The most amazing horse you could ever imagine.

Bring that image into your imagination this week. Now, imagine that on this horse there is a jockey. Dress that jockey now in the clothes that you would like that jockey to wear. Give the jockey whatever colors you prefer.

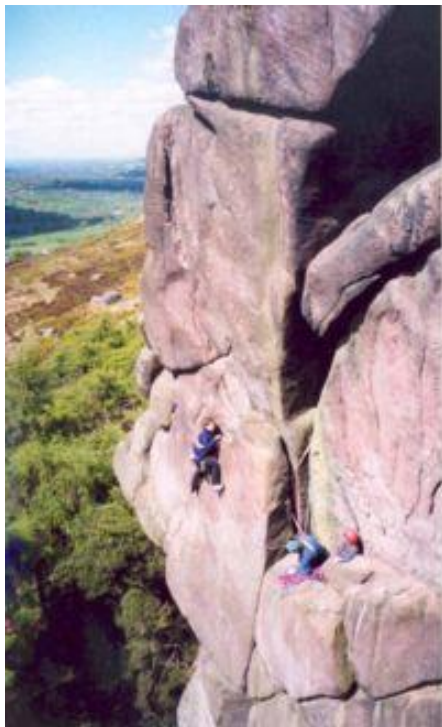
In your mind's eye place your imaginary jockey onto this very strong and courageous horse. See your jockey dressed as you would like for your jockey to be dressed.

As you see this jockey on your horse, know that

- The jockey is your mind and
- The horse is your body.



Know also that the jockey
and the horse together
can win any race they
choose.



Slow Down Time

Bring into your consciousness a challenge you have confronted over the past 30 days that has yet to be resolved.

- Remember the circumstances.
- See the people who were involved, if any.
- Remember the smells and the sounds.
- Remember what it felt like in your

body as this circumstance erupted in your life.

At this place and in this time when this challenge happened in your life, slow down the clock. Make each second of real time now last one long minute.

Relive the challenge now.

- Take in the nuances.
- Take in the agony.
- Take in the frustration.
- Take in the fear.

Allow all feelings to pass through every cell of your body and out.

Be in this place at this time again with the full assurance and confidence in your body that all will be well. This challenge will be resolved in its own way and in its own time

- Without fear,
- Without concern,
- Without worry

For your body knows and your mind knows there is a resolution in sight.

Miracle of the Mundane

Depending on the length of the race and the weather, horse races happen very quickly. After only a few blinks of the eye the race is over and the winner is declared.

Think about your typical day. Consider one activity you do day in and day out the same way, an activity that seems to start and end instantly.

It is as if no time passes between the beginning and the end of this activity.



- Soaping your hair
- Brushing your teeth
- Starting your car
- Walking from your car to work or to the grocery store
- Opening up your door to go inside

Think about something that happens for you every day and you never give it a thought.

With this activity now in mind

Slow

Down

Time.

Make each second of that event last one minute. Take in the essence of all that happens...

- The feelings
- The sensations
- The smells
- The sounds
- The sights

Appreciate the glory and the wonder of all that happens to you with that activity day in and day out that you never actually took time to notice.

Check in with your body when you do this. Acknowledge how good your body feels when you slow time down.

Your Body Is Not Worried

Today you are in the horse race of life. As a jockey on top of a thoroughbred horse feel the pulse of the race as you bounce up and down your horse. Look down carefully now at your horse's mouth.



- Is your horse breathing hard?
- Is there foam coming out of your horse's mouth?

- Is your horse's heart beating quickly and hard?
- Is your horse perspiring?
- Is your horse stretching every muscle to the hilt?
- Is your horse exhausted from putting out such an incredible effort?
- Are you worried about your horse?

Think about it. Your horse is not worried about it for everything is as it should be. All systems are working precisely as they are supposed to work.

- Heart beats are quicker when there is a challenge.
- Breathing becomes deeper and quicker when there is a race.
- Bodies perspire.

Think about the possibility this week that:

Whatever signals your body might be giving to you are simply
signals of information

And

Your body is doing precisely the work that it needs to do
for you and for itself today.

The Race of Life



The time is now. The hour has arrived. The place is here to begin the race of your life. In this race the charge and the challenge is to balance your hormones.

In this race you are a jockey who is racing a thoroughbred race horse who has won many, many races in the past. The victories are too many to count. The successes are heralded by all of the press. It is because of you –



The jockey,

The master,

Who controls all that happens.



Hear the horn sound at the racetrack as you mount your horse. With the other nine horses in the race, trot ever so proudly out to the racetrack.

Hear the fans cheer you on – the one who has always won in the past and who everyone bets on for this race.

Parade down.

Be seen.

Smile.

Take pride in all that you have been and all that you have accomplished. Such a fine horse and on top such an outstanding jockey.

Take your horse now with all other nine race horses to the starting gate. Your gate is number 3. This means you must wait for two other horses to enter before it is time for you to enter gate number 3.

Hear the clanging of the doors shut.

Feel the excitement of the horse and the power beneath you.



Allow the handlers to take you and your horse inside that narrow starting gate - effortlessly - as you have always entered at the start in all races before.

It is unequivocally true that you are ever so qualified to win this race. You have:

- All of the education
- All of the skills
- All of the training
- All of the stamina
- All of the strength
- All of the "go to"
- All of the motivation

That is ever needed to win any race.

Feel your adrenaline race inside every tissue of your body as it has always raced through every tissue of your body at the beginning of a race. Set your intention now to make this race

Effortless

Exhilarating and

Victorious.

Hear the gates next to you close as other horses make noises and groans and as other jockeys convey some sense of their anxiety and concern about the race.

- Gate number 5 shuts.
- Hear the clang of gate 6.
- Horse 7 is having difficulty entering.
- Calm your impatient horse and you both take a long deep breath. The crowd is cheering and anxious. They are ready.
- Horse 7 is now in his gate.
- Horse 8
- Then 9 and

Finally - with just a little glitch - the last horse enters her gate – Number 10.

All ten of you are ready. The bell is about to ring.

Feel your anxiety.

Feel the tension.

Feel the excitement.

You are ready to go.

You are ready to win.

It is now time for that bell to ring. You and the nine other jockeys know the race is about to begin.

The horse race this week is different from the other horse races you have raced in. In this particular horse race time will

Slow down

Slow down and

Slow down further

Until each second of real time is actually one minute of time in your imagination. Everything is now slowed down.

Hear the bell ring, but as it rings notice how slowly the starting gates pop open. Look to the right at the faces of the jockeys in stalls 4 and 5. Look to the left at the disappointment at the face of the jockey in stall 2. Notice the breathing of each horse next to you. Now.



Listen to the heartbeat of your horse as it is synchronized now with your own heart beat. The two of you in this race are now one. As this gate so ever slowly opens up you have all the time you need to collect your emotions and to center

yourself.

Sit solidly on your horse. Give your horse all of the grounding and assurance and safety she needs to run this race successfully.

The gates are now open. All horses are forging full steam ahead.

Dust is flaring in all directions. You need not kick your horse or yelp. You need only - with your intention – to convey the message it is time to do the work that we are here to do today.



Look now to the inside of the field – a place you have never looked in your life before when in a race. What is there on the inside of the field that you have never noticed before?

Ever so slowly look over at the crowd cheering you and the others on. Look at their faces. Acknowledge their excitement.



Pay attention to their clothes.

Pay attention to the colors.

Pay attention to the animals they brought with them.

Pay attention to the white umbrellas that

shade the sun from hitting the tender faces of the lovely women who have come to watch you win today.



In this race – for you – there need be no pushing ahead. All is as it was meant to be. You and your horse are all that you need to be to make this race right in every respect.

Each trot is ever so slow. It is true that you are winning this race now for others to your right and left are already lagging behind.

You may have a feeling emerge – a feeling of inadequacy – a concern you will not win this race as you have always won the races before. Allow that worry to dissipate for it is just that – an unfounded worry.

This is you see the journey of life.

Step by step, together with your body. A body that is everything it needs to be

Today,

Yesterday and

Tomorrow.

Allow each and every other jockey and horse to race in the way that is right for them. Always setting your intention on being all that you have always known yourself to be -

- With integrity.
- With focus.
- With determination.

In a place of

- No anxiety...
- No tension ...
- No regrets ...
- No guilt ...



Only sweet anticipation of what is to be seen around the first corner.

Because this particular race is a slow race in time look now as hard as you can at what is just around the corner as you approach the first turn. What awaits you next?

There is no need to push ahead or force you and your horse to move quicker than necessary. You will arrive where you need to be at the right time. You will be in the right place very soon. There is no need to rush. There is no need to push.

Look to the right. Look to the left again. Notice the expressions on the other jockeys' faces.

- Some have fear in their eyes.
- Others fatigue.
- Still others apathy.

Take pride in what you convey through your eyes – the aura

- Of assurance
- Of pride
- Of confidence.

Know there is nothing necessary to prove to anyone. You and your horse - you and your body - are all that you need to be.



You would not be in this race were that not to be true.

This race is for you and you alone to win in the way that you wish. Victory is not who comes in first. Victory is in

- The solidarity and
- The confidence and
- The assurance and
- The ultimate exhilaration

Of doing it ... of putting yourself in the race.

Hear the sounds on the racetrack. Listen to the shouting of the crowd cheering you on and cheering those of your competitors.

There are no winners or losers in this race for everyone on this race track is alive and therefore everyone is a winner. Feel the pulsation of riding on your horse up and down - giving whatever gentle nudges are needed to insure that your horse moves in the direction needed... not too quickly and not too slowly ... but all precisely in the right time.



Look down at the face and the mouth of your horse now. Connect with her joy in being there for you.

You and she now are one together in symbiosis with a common goal and a clear intention.

There is no doubt but that this is the right race for you and your horse.

There is no doubt but that this is the right time to be here on this earth.

There is no doubt but that your horse has all that she needs to be successful in this race and in all the races to come.

Do you feel some anticipation that you have not yet reached the first turn? This is what recovery feels like. It is oh so ever difficult to see or know what is just around the corner or what obstacles may come in the way of your victory.



Will a neighboring horse nudge against you as you are racing? Is there a possibility of a fall?

Will you become:

Too tired?

Too fatigued?

Too depressed?

To make it around the first turn? The answers to all of these questions are "no" only if you choose it to be so.

Know that this track was made especially for you and your horse. This is the race you were meant to race. This is the place you were meant to be.

Take a slow breath in. Hold it for just a second and let the air out ever so slowly and gently.

- See yourself.
- Hear yourself.
- Feel yourself.

Be in this race precisely where you want to be, unconcerned about any threats or dangers from any other horse or jockey.

It is safe to be in this race. You are all that you need to be for success to emerge.

The challenge this week is to stay on your horse and to ever so slowly ride your horse around that first corner and see what you discover is next.

- Perhaps you will be surprised.
- Perhaps you will be relieved.
- Perhaps you will be excited.

Whatever you discover is around that corner – it is precisely the future that is right for you.

- Feel the place of balance in your body now.
- Feel the place of centeredness.
- No pushing is necessary.
- No anxiety is needed.
- No stress is ordered.

All is as it is supposed to be – now and forevermore.

May you be blessed minute by minute as you continue on this trail of success however you define that to be.

Mothers



Finish Any Unfinished Business with Your Mother Today

Invite your mother to be a full part of your day today... whether she is living or not. Bring her into your full consciousness as you go through your activities today.

A penny for your thoughts?



Is there anything you regret not doing with your mother? If so, in your imagination ... do it with her today.

Is there anything you regret not saying to your mother? If so,

- Say it to her today with your thought forms or,
- Say it to her today in person or
- Say it to her today over the phone.

Finish for yourself any unfinished business with her. The bond between you and her is infinite.

Be with her today.

Receive her love throughout the day.

Receive Your Mother's Love



First relax by taking a slow breath in and then letting that breath out. Allow all of the muscles and tissues in your body to relax. In your mind's eye now bring your mother into your consciousness. See her now.

- Notice the clothes that she is wearing
- Take in her smell and her sense.

Take in all of who she is for this is the one person in the world that gave you life.

- Acknowledge her smile.
- Take in all that she is.

She is here now with you and always.

- Feel her love.
- Take in her support.

Know that this precious woman will always be there for you.

Receive Your Mother's Support

Remember now a time in your life when you were at a very special place in the world. This place might have been



- on a beach or



- in the mountains or



- in the desert or



- In a home that was very special to you.

Think back and remember this very special place that carries a very special feeling for you.

Be there now. Take in the glory and wonder of this special place.



While you are there feel a hand gently being placed on your left shoulder. This is the hand of your mother. She is there with you at this very special place to support all that you will become.

Feel her support now for she is always there for you.

Always.

Remember the Joyous Times with Your Mother

Bring your mother into your consciousness now. Remember all that she was that you treasured and admired.

Remember everything about



her smile
and her laughter
and her giddiness
and her effervescence.

Remember those times when you and she laughed together so hard that your belly ached.

Remember now and for the rest of the day all of those many, many joyous and jubilant times that you have spent with your mother, giving you an appreciation of all

- the wonders and
- the excitement and
- the thrills of what living is all about.

Celebrate with her today the miracle of being alive.

I Am Just Like My Mother

Remember today all of the many



- talents and
- gifts and
- abilities

that your mother has or had. Remember everything that you loved about her.

- Her ideas
- Her thought forms
- The way she talked
- The way she interacted with people (or didn't)

Remember all of who she is or was. Everything you always loved about her. Everything special.

Remember what people would always say about her that would make you so very proud she is your mother.

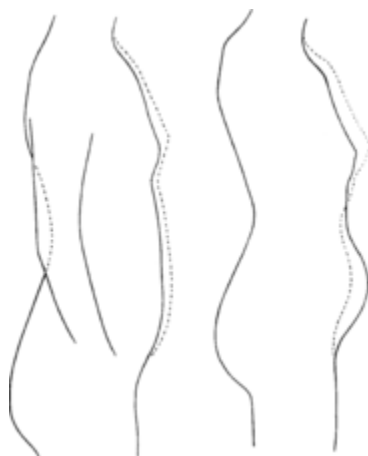
Remember everything she did in life that was so very special -

- Every act of tenderness
- All of the gifts given to others
- All of the gifts given to you

And now acknowledge that all that she is – all of those special gifts and talents and abilities - are also gifts and talents and abilities that are yours.

For

You are just like her.



The greatest gift of all

I invite you now to put your body into a comfortable place. Take one long, slow, deep breath in and hold that breath for just a second or two. Then, ever so gently, blow the air out, giving thanks for the life that resides within you.



Bring your attention to your feet. Feel your feet touch the divine mother earth. Connect with the soul sense of the divine mother now. Allow the soul scent to assimilate into each and every cell of your body. .. for you are a part and parcel of the divine mother.

Give permission to each and every muscle to relax. Invite all tension to dissipate. Take one more slow, deep breath in and once again ... holding that breath for two seconds or three ... ever so gently allow the breath of life to exit.

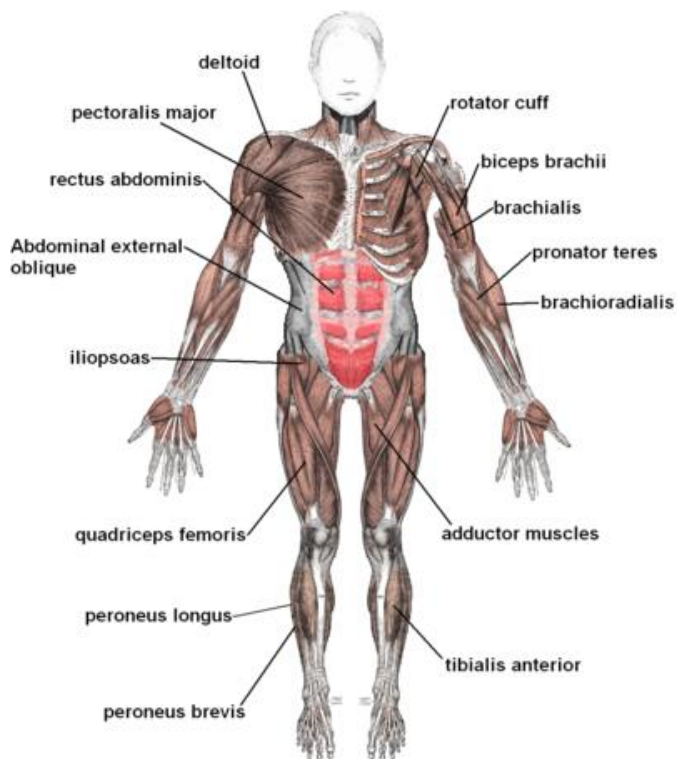
Become aware of the pulse of the life force. Become aware of the power of the breath in and release of the breath out.

Over and

over and

over again.

Acknowledge thoughts that creep in and sneak in your mind about every such thing. Bid them farewell for now. There is plenty of time to think those thoughts later if you so choose.



The celebration today is a celebration of life and of the one who gave you life – your mother. Invite your mother to be present with you now.

See her.

Feel her.

Smell her.

Taste her.

Hear her.



Allow all of your bodily senses to take her essence into the heart of your soul.

As you get a sense of her presence with you now, face her. How far away is she from you now? Can you move closer? If so, do so. Do you need to step back so there is more distance and space between you and her? Then step back.

Do you need to touch her? Then be sure and be close enough so you can touch her. Allow whatever distance there needs to be between her and you to be present now.

I now extend an invitation to her to look you in the eyes. I extend the same invitation to you to look her in the eyes. As you now look at one another ... feeling each other's divine essence, ask her if there is anything she needs to say to you.

If the answer is yes, then listen to what she would like to tell you.

Listening may come in the form of

Words or

Images or

Feelings or

Sensations.

Allow yourself to take her message in now.

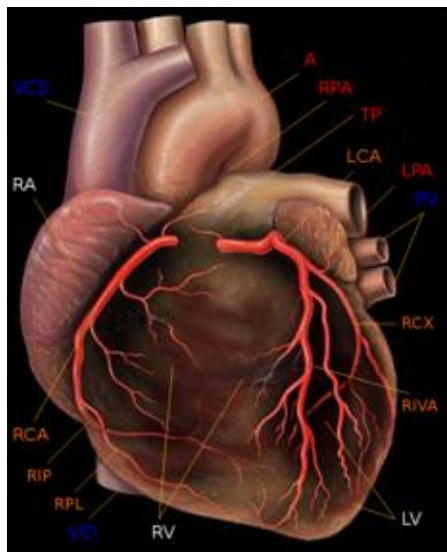
Receive her love now. Do you have anything you need to say to her? If so, say it now in

words or

feelings or

sensations.

Look her in the eyes as she looks at you in all of her essence. See the radiance of her essence exude from her eyes and her face as she receives your love for her.



Your heart came from her heart. Your mind came from her mind. Your body came from her body.

As you now look her in the eyes I invite you to say to her either silently or out loud:

"Thank you dear Mom for giving to me the greatest gift of all, the gift of life. I will make the most of it. I promise you"

Acknowledge her response as you tell her this. I invite you to also say the following either silently or out loud:

"Dear Mom, I am just like you."

Check in with yourself now. How are you feeling? Does it feel safe in this place? Is fear present for any reason? Is anyone :

- nervous or
- stressed or
- traumatized or
- worried?

I invite each of you to take a breath in and out as you invite

- all of the nervousness,
- all of the stress,
- all of the tension,
- all of the trauma

that might have ever existed between the two of you to dissipate now.
For none of that is who she is or who you are.

Connect now with who your mother truly is. Feel her heart beat. Feel her tenderness. Feel her eternal love for you. For what has made her the happiest in her life has been giving you life. Always remember her

smile and

her laughter and

her giddiness and

her silliness.

Always acknowledge

- her sadness and
- her hopelessness and
- her helplessness and
- her shame and
- her guilt and
- her pain and

- her suffering

as hers and hers alone.

I now invite the two of you to stand shoulder to shoulder. Feel her support of you now. For whether she is living or dead she is always there for you – always.

Invite her mother to be present with you now and to stand shoulder to shoulder with her mother. There are now three.



Invite your mother's mother's mother to be present with you now... standing in line with the rest of you shoulder to shoulder. If you are a woman you are standing in a line with other women who have given you life. If you are a man you are standing with

the women in your family who have given you life. Stop not there.

Invite now all of the mothers in your family going back generation after generation after generation - hundreds and hundreds and hundreds of years - to stand in this line with you now. Nudge yourself in this line

Where ever it feels most comfortable for you, for there is a perfect place to stand.

With you now are many women who you have never actually seen. They too are a part of you and they too are the reason why you have life today. Simply make note of the different:

- clothes
- hair styles
- and shapes

of all the women who have preceded you and who are responsible for giving you life.

Stand now shoulder to shoulder with this long line of women – your ancestors. Your great, great, great, great, great grandmothers – invite all to be present. Stand in one very long line shoulder to shoulder with you as you now look straight ahead. To the future.



Feel the solidarity of this line. Feel the strength. Feel the power. Feel the divine connection to mother earth.

I now invite you all – all who are gathered together standing shoulder to shoulder, looking straight ahead - to take one step forward ... and now a second step forward, keeping the line perfectly straight and solid.

Feeling the unity.

Feeling the cohesion.

Feeling the template of your family through all of the mothers who have given you life.

Now in your mind's eye remove any obstacles you see in the path ahead. Allow them to lift or push away. Begin walking ahead. Everyone. All the mothers. Together. In one straight line.



Hear the joy and the jubilation and the exhilaration of everyone looking forward to what is to come for there is much to live for yet to come.

Knowing that all of the women in this line – those who are living and those who are no longer living – are responsible for your life and will always be a part of who you are. As you walk ahead unobstructed receive their wisdom now.



See the line breaking up and allow all of your ancestors, all of the mothers, all of the women to gather around you. You are in the center now as you receive their wisdom and their love and their support for you.

They live on through you.

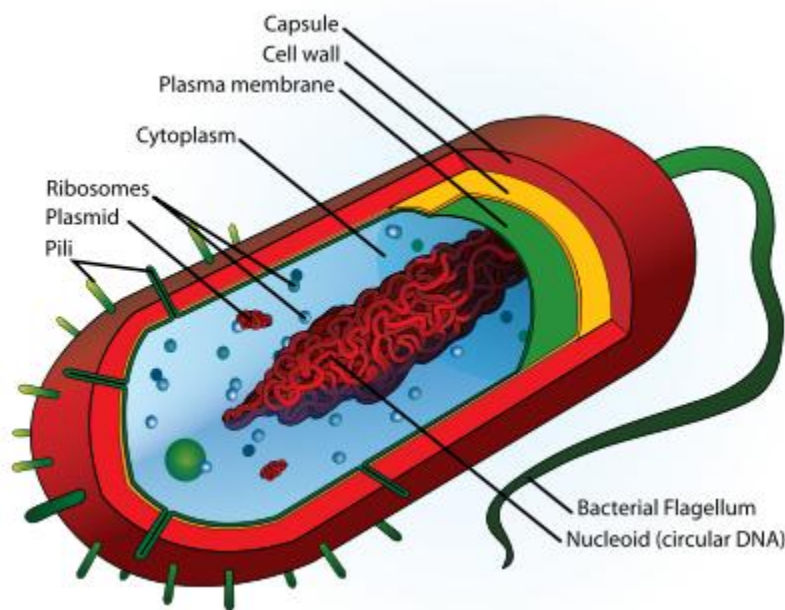
I invite you to say one last thing to all of the women who are gathered together in support of you and all of who you are to say – either silently or out loud -

"Thank you to each and every one – those of you I have known and those of you I have never known - for giving to me the greatest gift of all – the gift of life. I thank you. I will make the most of it. Amen"

As you go through the rest of the day today and rest of the week this week, receive the blessing of each woman who is gathered with you now. Thank each of them for all they have meant to you.

Cellular Meditation

Celebrate the Awesome Number of Healthy Cells Today



Your mission today ... if you choose to accept it ... is to take an imaginary pair of tweezers and - using those tweezers - begin to extract each and every healthy cell in your body one by one. Remove them from your body and line

them up back to back so that you begin to form a straight line of all of these healthy cells. Get to work because this is a very long task indeed.

As you finish this imaginary task then begin to pay attention to extracting (with the same pair of imaginary tweezers) the unhealthy and ill cells that are in your body. Extract them one by one. Place each of those ill and unhealthy cells in a line next to the line of healthy cells so that they too are lined up back to back.

Remove and extract those healthy cells and those unhealthy throughout the day. By the end of the day my challenge is to notice the difference between the lengths of the two lines.

Notice that the length of the line of healthy cells is

Very

very

very

very

very

very

long when compared and contrasted with the length of the line of cells that are unhealthy and that are ill.

Celebrate this difference. Acknowledge and thank the healthy cells for all that they do for you now and will do for you in the future.

Celebrate life as it was meant to be celebrated today.



Shrink Yourself Down Today

In your imagination today shrink yourself down to times when you were much smaller than you are now.

Shrink yourself down to the shape of your body when you were a teenager...

and even smaller when you were a child of five...

and even smaller to a time when you were an infant and had to be fed by your mother and father.

Shrink yourself down even further now.

You are in the embryo of your mother getting
smaller and
smaller and

smaller and

smaller

Shrink yourself down to the time when you were one single cell that embodies all of who you are today. As that single cell now ask yourself:

"What other cell in my body today (as the big one) needs my assistance?"

Scan your body. Ask again:

"Where in my body is that one cell that needs me now?"

Go to that cell now as the little one. Be with that one cell in your grown up body that needs all of you now. Be with them. Connect with them. And best of all, heal that one cell that needs you now.

Give Thanks to a Healthy Cell in Your Body



Acknowledge today that most of the cells in your body are very, very happy doing the work that they are assigned to do.

Scan across your entire body – those billions and billions of cells that make life possible for you.

Connect now with the happiest cell of all. The cell that is delighted to be doing the work it is doing for you today.

Feel that cell.

See that cell.

Acknowledge that cell for all that it is doing for you. As you connect with this happiest cell of all the billions and billions that are a part of who you are –



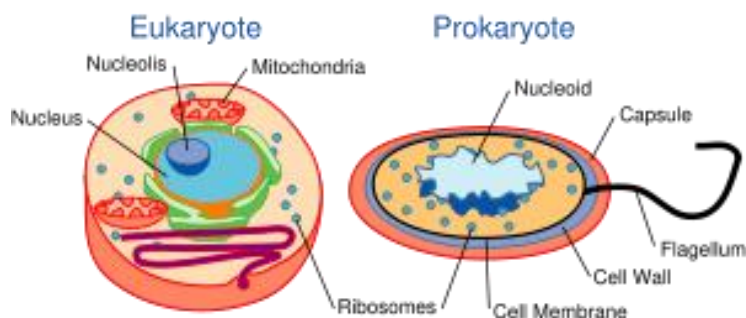
Bow your head down in thanks to them now for being there for you.

For

It is because of this one cell and all of the many others that you are alive today.

Connect with a Single Cell in Your Body

Do a scan of your body now.



Connect with a single cell that is struggling to do the work that is necessary to keep you vibrant and alive and healthy...

Just one...



Wherever that cell may be located in your body – whether it be in your little toe

or



Your ear



Your nose



or

Your heart.

Connect with them now wherever that one cell may be in your body.

Ask that cell:

"What do you need from me now that you are not getting?"

Listen to the answer.

The answer may come in:

*words or
sensations or
feelings.*

The answer may come in the form of confusion for that cell may not know the answer.

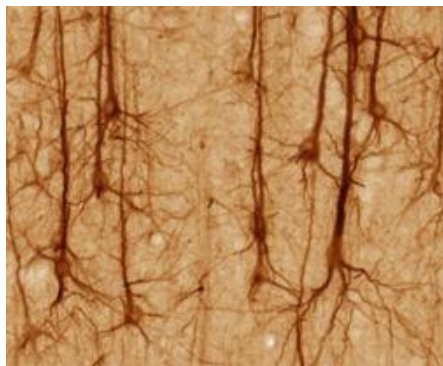
I invite you to spend the day having a conversation with this one cell, exploring what is it that this cell needs from you, whether it is:

- Vitamins or
- Minerals or
- Exercise or
- Certain foods it is not getting or
- Perhaps simply your attention.

Be with them today.

The Impact of Stress on Neurons

Look into your body with your imagination from your neck across your shoulder all the way down your right arm.



See with your mind's eye and your imagination a neural pathway that converses across that space in your body. Appreciate the delicacy of this precious neural pathway.

Now, go back in time and remember a time over the past few days when you were unusually stressed:

- an event
- an encounter
- a phone call
- a concern
- a worry
- a physical bruise
- a fall.

Bring that event into your conscious and, as you do, look at that neural pathway as you remember that trauma. See what happens to those neurons.

- Look at them scatter.
- Acknowledge their fear.
- Notice the shattering.

Appreciate how difficult it is to be a neuron under circumstances that are stressful.

As you encounter the next stressful event bring this image into your consciousness. Acknowledge what stress does to your neural pathways.

Cellular Healing Meditation



Be aware now of your physical presence.

Feel your feet touching the ground.

Feel your body nested against the chair.

Be aware of all that you are in human form, paying attention to your breath.



Acknowledge the miracle of life.

I now invite you to take a journey by becoming smaller. Allow yourself to begin shrinking down so that you are smaller and smaller and smaller ... keeping all of you intact. As you shrink down I invite you to focus your attention on one cell living in your body that needs you now... only one. Listen to the call.



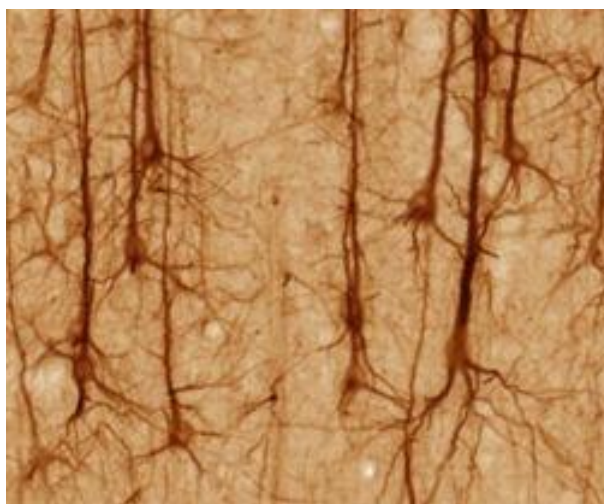
*Allow yourself to connect with that single cell as you become
smaller and*

smaller and

smaller....

So small now that you are as large as that cell that needs you now.

Allow yourself to connect with that cell now.



*See the cell and all that it has
become.*

Feel the cell.

Taste the cell.

Smell the cell.

Hear the cell.

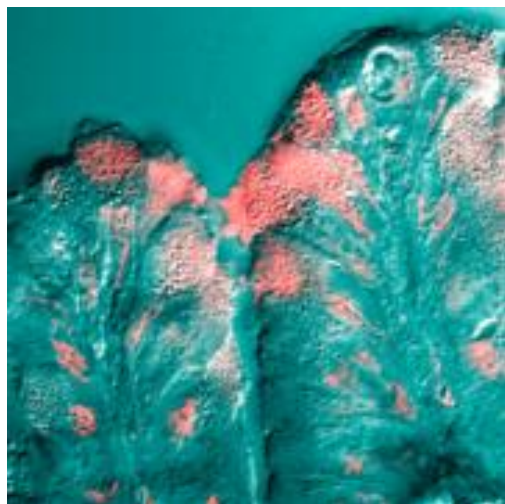
Listen to what this one cell needs to say to you.

Your job is to be present to this cell.

*Your job is to let the cell know that you are there for them now and
always.*

Your job is to let this cell know that you will never abandon them.

As you see and feel and taste and smell this cell just notice if there is anything this cell needs in the moment.



Is it happy?

Is it well fed?

Notice if there is any murky or thick mucus in the cell that doesn't need to be there. With your intention invite this substance and this material to leave now.

Giving this cell a cleansing.

Allow the waste that had accumulated inside to be released.



Give the cell all of the water it needs to release the waste.

Does this cell carry trauma?

Is this cell scared?

Are they frightened?

Let them know you are here for them now ... always.



Notice as you are fully and completely present to this

cell... notice its heart beat become stronger. Feel the expansion of energy moment by moment as this one cell rids itself of the toxins and the trauma that need no longer be present.

Give now permission to this cell to embrace the wonders and the joy and the bliss of living. Allow this one cell to become all that it has ever wanted to become.

As you stay in close contact with this one cell, give an invitation to join a second cell ... a second cell that this first cell is called to be with. Be present now to both cells.

As you are fully present and connected with the first cell who is now healthy and cleansed and happy, support this first cell as it heals the second cell. Listen now to what this first cell says to the second cell.

"It is clear now that we both have much work to do that is left and we have the support to do the work. I choose life and invite you to do the same."

The second cell is having difficulty embracing life as it was always meant to be because it is inundated with the waste of the past.

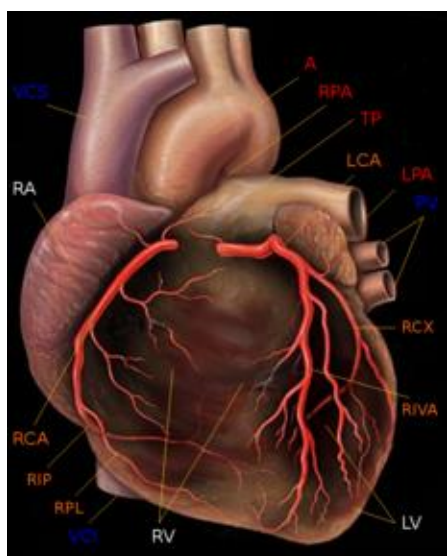
With your intention and with the help of the first cell place your hand inside the second cell and allow all of what has been gathered there to accumulate in your palm –

*all of the waste of the past
all of the regrets
all of the disappointments
all of the debris from living
all of the toxins
all of the pathogens
all of the heavy metals
all of the stress
all of the trauma*



Allow all of that to rest in the palm of your hand. Now, ever so slowly, lift the debris that has settled into your palm away and up to be received by all of those who are gathered now to receive it.

Shift your attention now back to that second cell. With your intention infuse that second cell with all of the nourishment it needs, with all of the water it needs to thrive. Invite that cell to become all that it has ever dreamed of becoming.



Watch the heart beat of now both cells as they become stronger. Feel the surge in energy from both as they accept all of the excitement of the present and they embrace all of the promise of the future.

Notice how their color becomes enriched and more vibrant. Notice how they each have become suppler, more pliable, more flexible and more alive.

Each one now has the strength to continue living life in its fullest. It has always been true throughout the history of the universe that when two are gathered together anything is possible.

See them now – these two cells that are present to you now - join together in a partnership as they commit to a journey of connecting now with two more cells.

Now there are four. Be fully and completely present to all four cells, spreading the good word that life is plentiful. Invite the two healthy cells to reach out and heal the two new neighbors, the two new friends.

And once again give some assistance and support by placing your palms inside the fabric of each of these two new cells ... inviting all of the debris of the past to collect into the center of your palms,

- *the sadness*
- *the regrets*
- *the pain*
- *the trauma*
- *the anger*
- *the fear*
- *the hopelessness*
- *the helplessness*
- *the toxins*
- *the pathogens.*

Allow all of that to collect in the palm of your hands and lift it out - sending it to be received by all who are gathered to be present with you today.

Bring your attention back now to all four cells.

Watch each becoming more vibrant, suppler.

See the energy grow moment by moment.

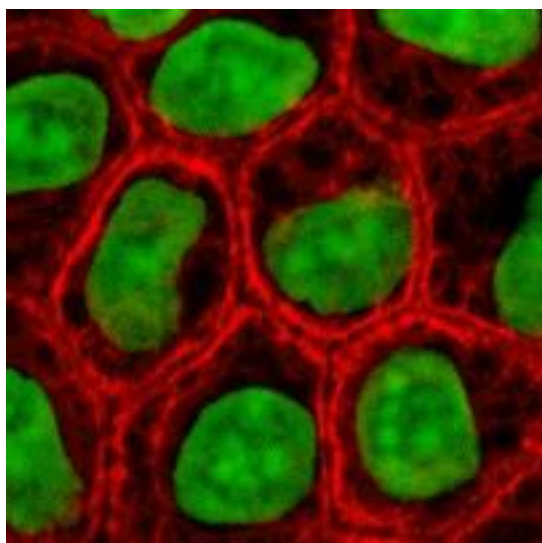
Watch the enthusiasm for life unveil.

Receive the excitement of the four.

There is now the support to embrace the present and the future.

There is all of the energy that is needed to forge ahead -

- *with new dreams*
- *with new visions*
- *with connections to new friends and new communities.*

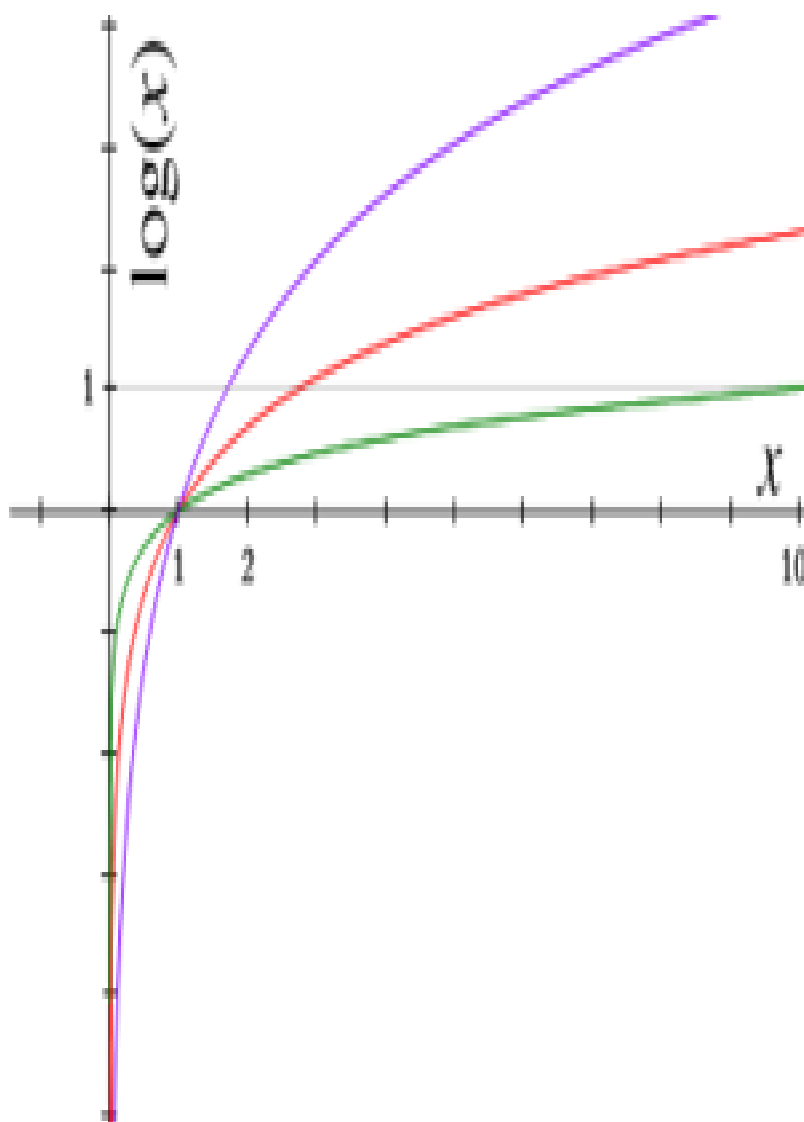


With your intention connect with four more cells so there are now eight. Notice how much easier it is for the healing to unfold and for those eight to connect with eight others so there are now sixteen.

Allowing the golden light of healing to press into the inner soul of each and every cell. Now there are 32 gathered together and then 64 and then 128. Notice how that

*doubles and
doubles and
doubles and
doubles and
doubles and
doubles and
doubles and
doubles and
doubles ...*

*into the millions
and billions of cells
throughout every
nook and cranny of
your body. The
good word is now conveyed.*



Acknowledge that not every single cell will necessarily join, but most will.



Acknowledge and thank all of those cells who choose not to join.

Thank them for all that they have done and bid them farewell.

See now the future of all the new cells yet to emerge and all of the new life yet to be born. Throughout all this journey be fully and completely present to this community of yours who now embrace the breath of life.

I now invite you to nod to all of those cells who have joined in this celebration farewell. I invite you to bid thanks to all of those beings who are gathered to celebrate your life and to allow yourself to become *bigger now*

the size of a pea



the size of a turnip



the size of a squash



the size of a water melon



*bigger and
bigger and
bigger*

As you see yourself growing larger and larger physically.

Notice now the touch of the bottom of your feet on the ground.

Become aware of your chair (or floor or bed) and of how your body feels sitting in the chair.



Bring your attention now to your breath... to your body... to the sounds you now hear in your room.

If your eyes were closed open them.





Take notice of all of the wonders that surround you in a new way.

Be thankful of life.

Take joy in all that is and in all that you will become.