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Hello, welcome back, I hope you had a wonderful time playing with your grounding cord and trying out different places.

Grounding at the supermarket in the car or wherever, I really hope you had a great time.

But this time what we are going to do “yes we are going to do grounding again” but this time we are going to add something that we call a “gold sun”

But it could also be a gold globe, it could be a gold ball, it could be any of those things, but i'll use the term “a gold sun”

So what is a gold sun and why do we have gold suns?

Well you know, with the grounding we “let go”, we “released” and now you need to replenish like anything else that you finish or empty out, you need to fill up, and that's what we are going to be doing with our gold suns.

The gold suns are your essence, your song.

At this moment, let's just stop and imagine just for the heck of it so we can feel that sense of a gold sun. Just imagine that sunset, that lovely ball when it's setting with all of its amazing colour and warmth.

Imagine being on a beach and having that sun really shining on your body, that warmth, that amazingness of just being present and relaxing.

So this is what we are going to add to our grounding cord.

So first, get comfortable and have your feet on the floor, firmly on the floor but you can wriggle them, they don't have to be so firm that they are tense. You can also sit in your chair comfortably, palms up.

If your palms are down, what tends to happen is that you don't allow the energy to come. So palms up, on your lap or even if you like, on the side of your chair depending on where you are sitting.

Get comfortable.

And then let's take that elevator down to the base of our spine and from that base of the spine let's take that elevator down to the centre of the planet to that lovely iron, magnetic orb and have that connection.

Make sure it's connected and now release.

Allow yourself to release and just remember that experience of letting go and I can see that you have all got a little more comfortable with it and you've been playing around

And just for fun "I don't know what grounding cord you have used" but make it as wide as your hips or make it even wider and just allow yourself to release, if you want a new one, that's fine.

And don't forget to breathe, you are human, the spirit does not need breathing, the fastest way to become spiritual is to stop breathing.

Yea, so we need to breathe to validate the body.

Ok so remember that gold sun that I asked you to imagine that gold setting sun, well imagine it about two feet above your head and imagine it as big as you can.

And it's a magnet, a magnet pulling all of your energy to you. And that magnet is almost like the female energy, the female principle, the female paradigm just pulling and magnetising all your energy to you.

And in the middle of it you could also have a furnace which will retract and move any energy coming to you that is not yours to go back to where it came from.

And that you could say is actually like the male principle, the male paradigm, the male energy, sending back that energy.

If you read my book Sing Your Song you will notice I talk a lot about female principle and the male principle and how it's part of our world as long as we live on this earth.

Everything has a female side, a male side, you can also call it "Yin and Yang" , you can look at it that way.

Now when you have filled up just imagine that this gold sun is like that shower that you have in the morning and all that water comes down and is gushing down.

So turn on the tap and allow that gold shower to shower you right through. It's like it's cleansing the inside of your body and the outside of your body and just really filling up with your essence.

And imagine that when you get to the grounding cord, it's like a plug and a drain and all the energy you are ready to let go, goes right down that drain.

And just enjoy that shower.

And imagine this is not like your water system provided by the government, no no no!

There is an abundance of this energy and if there is one thing to get addicted to, its gold suns, bringing more of your essence and more of your song.

And you can bring another, just keep on that shower, keep it going just bringing that gold energy and cleaning out all that stuff, all that gunk and sending it down that grounding cord.

Great, I can see you really getting the hang of this

Now let's just change gear a little bit. We have learnt how to have this gold shower and we are enjoying this shower, but for the moment I want to really feel this shower, this new energy that I am bringing in.

You know before it was like you have these music notes that were playing and just going down as they are playing with all those gold drops coming past and going down the grounding cord.

Now I want us to shift and imagine another gold sun

Yea, make it as big as you can, make it as big as that setting sun, but this time imagine it like gold caramel.

It is oozing down into your system. It's oozing down your head, your eyes, your brain, your throat, down your shoulders, your thorax, your spine, your lungs, your stomach, your intestines, your hips, your legs, knees, feet.

Don't forget about your arms, really coming down your upper arms, lower arms, into your hands, even oozing out of your fingers,

Just imagine that lovely gold caramel just filling in any nooks and crannies that the gold shower you had may have not filled.

Yes, just keep your eyes closed and keep breathing and allow this lovely sensation of filling up fully and enjoy that gold caramel feel.

And if there is any energy that does not really vibe with you anymore, let that caramel push it out, out of the way down the grounding cord.

Yea, earth mother is enjoying sucking all of this energy and recycling it. It's part of her new information to recycle and recreate.

So yea, just enjoy that for a moment

Yea, we are getting so grounded that we are even pulling in other obstacles

I am not sure if you can hear that helicopter at the moment, it's almost like we are pulling it this way because we are just bringing this gold sun and grounding.

Yep, it's a lovely energy

Yes, great, now I am just going to say, take a deep breath, and breathe out, and take another deep breath and breathe out.

And take a third deep breath, and breathe out. Bend over, dump out.

It's amazing as we got more grounded and enjoyed our gold sun, the helicopter decided to go another way. The miracles we create

So how was that?

So I am just going to ask you and encourage you again, using your journal, to write down the feeling you had, you might even draw the gold sun.

Just take a moment, five minutes, to write down the experience, and to draw the gold sun and describe it, so that you can just sort of make it real to yourself.

Not just the imagination, but real, real physical 3d, yea

So I will just give you that five minutes, and if you want more time of course you can pause, take the time and when you're ready, you can continue.

So great

Ok, how was that?

How was it writing down your experience with the gold sun and also what it was like, what did the gold sun look like, feel like, did you draw it?

You could have had separate papers, that's fine

Now I am just going to give you again, let's do it again with another way we can enjoy this gold sun.

We are really playing now with gold suns and the different ways we can play with them, and you can find the one that works for you and you may even discover others.

So for now I am going to say again, close your eyes, feet on the ground, palms up.

Get comfortable and say hello to your grounding cord from the base of your spine connecting to the centre of the planet, and imagine another gold sun.

And again if you're struggling just imagine that "huge" cold sun as it is setting.

And this time I am going to ask you which notes, which music notes do you want to put in there?

Known or unknown, just imagine all those wonderful playing music notes.

And as you fill up with that orchestra of notes and the music it is creating, just bring in that gold sun, slowly like the caramel this time, and just fill up.

And you might just imagine you filling up just like a bottle where this time you are starting from your feet, coming up your legs to your hips, to your stomach, to your chest, down your arms, up your throat to your head and coming up above your head and just showering beside you in an energy.

Almost like an egg shape around you.

And at the bottom we have our drainage, our grounding cord.

And as you have filled up, yea were really filling up, were really filling up.

Can you hear it?

Really filling up with those notes, really getting nice and pulsating and starting to pulse.

Yep, we are pulsing.

Feel it pulsing in every part of your body, just like it's pulsing.

And as it's pulsing you can also imagine the centre of the earth pulsing with you as it's taking all the energy that you are letting go, as it's filling up with the gold sun.

Just pulsing, and you can imagine all those music notes in different parts of your body playing. A tune playing music, having its own orchestra.

Yes we are having all the noises that are beginning to be part of that orchestra.

Enjoy that

And as you are feeling the pulse, just imagine you are breathing in more gold energy from breathing in.

And you are releasing all that gunk down the grounding cord as you are breathing out.

And you're having all this pulsation happening, full of your vibration, full of your frequency, full of your essence and your song, just all filling up with you.

And if you like, for fun, you can decide if the music that you are hearing is one of abundance.

One that's allowing you to be in the moment, one of courage, one of certainty.

You can actually create the frequency you want with this gold sun.

What frequency of your soulness you would like to have

Sometimes you just might want all of it, and just say I want the whole big deal.

Sometimes you may feel I want a booster of something, of joy, of amusement, of neutrality. You can actually make the gold sun the frequency that you want.

Great' I can just see you all pulsating there, full of that lovely gold energy and breathing in more each time with your breath and releasing more each time as you breathe out, and just really enjoying that space.

So I am going to just ask you all again, now that you have experienced this other way of doing and having your music play within you, have that orchestra.

Just breathe in, and breathe out, and breathe in again and breathe out, breathe one more time and breathe out.

Now bend down, fill up, open your eyes.

And yes you guessed it.

Your assignment for this week is to practise being gold suns and playing with it.

Playing with the different types, whether it's a shower, golden caramel, pulsating, breathing, whichever way.

Even you might find other ways and maybe even do research on gold suns or gold globes, things that really just get your imagination going.

And to being addicted to gold suns.

And write it down in your journal, the experiences you have.

And for now I think that's where we finish this session and in the next session we will be looking at that egg shape around us that I did mention, but did not focus on.

So until next week "oh yes" 7 days is always the best.

Enjoy