

Transcending Fatigue...Activation Audio (8:48)

This is a short sensory exercise and activation to energize when you need a boost... Fatigue is a program...if we lived beyond programs fatigue would not be part of our reality. That said, we live with some level of programming and so we do get tired from time to time. If you need a boost of energy during the day, and would like options other than napping, caffeine, or snacking, you may play this short audio meditation.

There are two music elixirs¹ in this audio.

- The first transmits color through tone, designed to provide clarity of mind and endocrine balance. It targets the pineal and pituitary, and also has a beneficial effect on the hypothalamus, which helps to regulate appetite and food cravings. It also helps to cancel illusion.
- The second is an angelic elixir that transmits light—it is from the One who reveals self-empowerment through alignment with the might of unfolding existence.

In the audio you are first led through a process to awaken the senses (multi-sensory experience). Using the senses to full capacity will ignite the 24 chakras of the body. As well, the senses are the bridge between the chakra and the endocrine system—the gateway to the magical life. This audio is one of many that explore awakening of the senses.

I have included the general script below.

- *Image yourself taking a hot shower and the water cleansing skin and the hot steam entering through the pores...creating a sauna environment in the body...and all toxins being drawn out of your organs. Now imagine the water from the shower going right through the porous skin and washing all the toxins out.*
- *Imagine standing on a rock in the middle of a deep stream and jumping playfully into the ice cold water; splash about to stay warm...you run out and wipe your skin vigorously with a rough towel. Now run along the edge to warm up and you veer off to an open field.*
- *Hear horses galloping at a distance and coming closer...wild horses running by. Hear the thunderous hooves crashing and feel the rumbling in the earth. Now hear the thunder of hooves in your veins, quickening your blood...*
- *Feel a cool breeze on your skin, and feel it penetrating through the pores of your body and entering your cells, feel every cell breathing in the cool breeze and being oxygenated.*

¹ Sung by Almine, www.spiritualjourneys.com

Engaging Senses to shatter density and release obsolete Programs (Activations for Fatigue)

<http://www.innermasterytools.com/>

- *You catch a warm ray of sunlight, and feel it penetrating your skin and bringing solar power to pineal gland and spleen... the pineal lits up and ignites all other head glands...and the spleen rays out like a sun—all density and toxins being pushed out on these potent rays. The powerful sphere of solar/spleen rays of tiny light fibers all around you keep your body and space purified.*
- *The purified air invigorates and enlivens your being.*
- *Angelic transmissions follow.*

Below are trigger affirmations that you may use to magnify the activations.

- *I am the light of the world.*
- *In integrity and transparency of being, my blood ignites with the codes of the true Self.*
- *In love, praise, and gratitude, my cells reach bliss states that allow greater absorption of light and oxygen.*
- *As I practice the ascension attitudes, so my inner terrain is in perfect pH balance.*
- *All pathways of nourishment of light and frequency are opening within my being, through continual emanation of love, praise, gratitude.*
- *In clarity of mind I have effortless knowing.*
- *I release obsolete programs of tension and density, and am continually revitalized.*
- *I float gracefully through life in emotional equanimity and peace, no longer expending precious resources on drama.*
- *I release the illusion of fatigue, and embrace a state of perpetual regeneration, rejuvenation, and revitalization.*

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