

RELEASE, RELAX, RECHARGE and RETUNE, The Eartheart Pathway to Paradise Way™

The following is an exact transcription of what you will hear on the audio version. Use it as an extension to better understand the program. Reading it will enhance **The Eartheart Experience®**. Use this written version before using the audio version for maximum effectiveness.

Track 1:

Greetings and welcome to the Eartheart Pathway to Paradise program to Release, Relax, Recharge and Retune a method of Mental Ritual for everyone a coming home to the love the peace and the happiness that is rightfully yours.

Hi, my name is Charles Lallo I will be presenting this program to you.

The Eartheart Pathway to Paradise coming home method will guide you to a place where you can experience you life in a most fulfilling and joyful manner. Don't hesitate, come home now. Begin.

When you were a child playing games like hide and seek or tag, the idea was to get home to be safe. That idea was not so far fetched. Home was safe then and is safe now. That was the way of the Universe making us ready for the game of life. Life has a way of playing havoc with us if we allow it. The if in life makes the choice ours. If we do not realize that much of what happens to us in life is due to the choices we make then we are going through life with closed eyes and where it might stop nobody knows.

We are moving with no sense of direction or destination. Make happiness your destination. In the words of Jesus Christ "seek the kingdom first and all else will follow. So seek happiness first and all else will be gravy so to speak. Our mind sets the course. It would be wise to see and know where we want to be. Be a human "being". Not merely existing which for me is a word to closely related to "exiting". Exist, exit! Let us begin. Being.

The Earth is a living, breathing organism.

The Earth has a Heart.

You and me and we are the Heart of the Earth.



Together



We are

E a r t H e a r T®

Before we begin The Eartheart Pathway to Paradise Program™ to Relax, Release, Recharge and Retune intended to bring you” HOME” to a space of peace, comfort and well-being it is important for me to share and convey to you a very important visualisation. This visualisation will help you to understand the logic of the program and the perspective from which I present it. It is like setting your heart over the fence and then your body will follow.

I'd like you to visualize the Earth from afar. Imagine you are in space looking at the earth. Around the earth is an aura of static. I call it an aura of “psychic static”. This static is the result of the impurities of humankind. It comes from greed, corruption, lack of integrity and lack of truth and all other non virtuous qualities that prevent us from living in accordance with the undeniable truth that we are all one and of the same God-Source and Universe.

This “psychic static” causes interference and inhibits us from accurate connection and communication with our Universe, that is an ordered affair. This “static” prevents us from experiencing the peace and order of the Universe. At times when this perfect order of the Universe seeps through the static or when we happen to slip through the static and connect with the perfect grace and order of the Universe we suddenly experience this perfect order by way of what we call coincidence. It is a coinciding of our mind (*I consider “mind” to be the bridge between body and spirit*) with the perfect order and grace of the Universe and it becomes YOUiverse. Everything suddenly syncs up and everything fits. This is the nature of the Universe and it is our nature once the “psychic static” is dissipated or bypassed by way of our intention and purpose to do so.

To accomplish this we need to purify our intent and direct our purpose. This reality that exists beneath the “psychic static” is our present day reality of “modern day society”. In this society we use words and language to communicate. (*It is my position to believe that the English language is at the core of all language and quite possibly the original language of humankind. I can't prove this however it is my opinion and it appears to me that the English language has certain synchronistic characteristics that are non-occurring elsewhere. It seems to play a very important part in our evolution and purpose as well as that of America itself.*)

The Eartheart® Pathway to Paradise Program™ is based upon this position of purity and connection with Universal order by getting through the “psychic static”. It takes the position that the two most important elements to each of us and to all life, and the two most basic “common denominators” to every one of us our EARTH and our HEART, our home external the EARTH and our home internal the HEART just happen to be two words with identical characters in exact same sequence with identical numerological value. Together they produce a most perfectly balanced word “Eartheart®”. And, it only occurs in the English language.

We know how important “balance” is in wholesome and fulfilled living. This word of EARTHEART® when numerologically analyzed gives us the number “8” for the “EART” aspect of the word. This aspect is the element from the EARTH aspect of the word or environMENTAL side. It gives us an “8” for the “H” aspect of the word that is the fulcrum or balance point and it gives us an “8” for the other equal and identical “EART” element that is the HEART aspect of the word or the spiRITUAL side. This triple “8” configuration has been known to represent the “higher mind” and in Greek it is the number for the name of “Jesus”. Eartheart® is a gateway from

$$\begin{array}{cccccccc}
 E_5 & A_1 & R_{18} & T_{20} & H_8 & E_5 & A_1 & R_{18} & T_{20}^{\text{®}} \\
 5 & + & 1 & + & 18 & + & 20 & = & \text{'s } 44 & \text{which} & = & \text{'s } 8 \\
 \text{Therefore this perfectly balanced word gives us} \\
 8 & - & 8 & - & 8
 \end{array}$$

our language that will help catapult us from the reality of modern day society through the “psychic static” and into the realm of what I call Truth Reality™.

Track 2:

Truth Reality™ is the reality of Divine principle and Universal order. It is our goal and intention to pass gracefully through the “psychic static” and become accustomed to the perfect order and grace of the universe so that we can bring it into our lives and into our hearts, minds and entire being and come back into the reality of modern day society carrying with us this perfect order so that our lives can be that of a fulfilling and wholesome quality of life as well as a means to help begin the process of dissipating the “psychic static” that abounds and surrounds our earth and our heart. This psychic static begins when our intentions are impure. The static then accumulates around our hearts and reflects outwardly around our earth. We alone as “a heart of the earth” individually can begin this process and by way of our minds psychic ability can clean up the static and start to clear the air so to speak. Earheart® is environMENTAL and is spiRITUAL. It is in fact a ‘MENTAL RITUAL’ that is a necessary to transform our planet and become a vehicle to connect us with the flow.

Earth is the environMENTAL aspect of the Earheart® concept.
Heart is the spiRITUAL aspect of the Earheart® concept.

Together a “mental ritual” of appreciation for all that we have and all that we are.

This is not intended to be some sort business manipulation it is in fact a busyness manipulation of proper intent that we need so as to make this happen. So whatever you are doing make it second to this first and foremost purpose I put before you. You will see how all the other things in your life that you desire for good will come about once you begin to place your intention on what is most important for the times. And, what is most important is to place your intention on getting this job done. (*Seek heaven first and all things will follow...flow*)

Getting our world on the right and righteous track is the goal. It begins within our heart/mind connection. Remember this doctor is always in..MinD™. I’m not saying to neglect your other duties. I am saying to start your day with this perspective of what is most important and having faith and purpose that the Universe will deliver to you what you need as you begin or BEgin to process what the Universe needs from us so that our world can be as God-Source intended. Make His will first and all will follow. Furthermore you will experience the greatest fulfillment as you see your life becoming fulfilled according to His will and not your own. There is no greater fulfillment then being aligned with the will of God-Source and Divine principle. This Earheart® Pathway to Paradise™ coming “HOME” method will set the course for you and for us...U.S. America has a very special purpose and potential for the transformation of this planet. I know you can sense it and feel it and maybe even

see it. The frustration comes in when this potential is not being realized due to self-centered decision making on behalf of our leadership and as individuals in our day-to-day lives. Let's be more of a "Brother to Each Other" and "An Assister to A Sister". We are here for each other. Let's set a precedent for doing so. Much of America's industry is going to other nations. We can make our industry one in which we set a precedent and an example to the world for living according to the truth that we are one. Let's begin it right here at home with each other.

This doctor is always in.....MinD

Track 3:

Introduction to Release, Relax, Recharge and Retune

Before doing this "method of Release, Relax, Recharge and Retune" please read this introduction booklet or listen to the introduction on CD so that you have clarity and understanding about what you will be doing. Your understanding and ability to logically see the sense of it will increase its effectiveness many times over.

Please do not do these exercises while driving. Do them in a safe comfortable environment.

I would like to begin by bringing something to your attention. That is the power of the word. I want to begin with the word "home". The first and last letter of the word "home" or it's alpha and omega are the letters "H" and "E". This spells "HE" and refers to the Godhead. The last two letters of the word "home" are "M" and "E" which spells "ME" and this refers to the individual in relation to the Godhead. As in yoga the essence of yoga is for "union" of the individual or Atman as it is called, with the Godhead". In meditation there are moon sounds, planet sounds, sun sounds but it just so happens that in the word "home" the two center letter just happen to be "OM" which is the earth sound and the simplest sound uttered by the human mouth. I also mentioned that the "HE" represented the Godhead. Please know that the Godhead is not only "HE" or male energy. It is in fact Male and Female energy. It is all energy. The "HE" is the best representation of the Godhead. It is no coincidence that out of the word HE comes the word sHE and out of the word MALE comes the word feMALE and out of the word MAN comes the word woMAN.

So now through the power of the word you are about to come "HOME". Don't hesitate a moment longer begin...BEgIN now and start making every day, and every moment of your life to be filled with the energy, the joy, the fulfillment, and the well being that is rightfully yours. It is simple. You do not need to be a Reike master, a qi gong master or any other kind of master. You simply need to realize that as a human being you have a need to comfortably recharge with the universe and Divine Source in a manner that is as simple and as natural as sleep should be. And, as a matter of fact if your sleep is not as normal as it should be this recharge and retune technique will most definitely adjust your sleep to become as deep and natural and restful as it is supposed to be. A sleep ease.

As you recharge your batteries in your cell phone and other technological items know that you are the most important item to be recharging. We work similarly to these items and need to recharge other than as in sleep.

Just as a master musician needs to tune his instrument before going on stage to perform we must also tune our instrument (ourselves) prior to going out into the world to perform our daily functions. No matter how great the musician may be, his performance will suffer greatly if he does not tune his instrument. As we make a habit of using the following exercise we will begin to experience every day of our lives in a fulfilling manner as we are tuned to the nature inside of us and outside of us. We will draw on the grace of the universe to instill within us a sense of order, wellbeing and fulfillment. Enjoy every moment and not be a slave to outer stimuli. As you master your instrument by way of this simple and natural method you will become the master of your life. And not be a slave to the material stimuli that surrounds us and beckons our attention.

Just as sleep is and should be a natural method of recharging at a below conscious level it is just as important to recharge at a conscious level. By doing this method of recharge and tune at a conscious level with full awareness we begin to recharge and retune at a level of awareness whereby we rejuvenate ourselves at a part of our spectrum of being that we don't normally reach and give attention to. Patience and gradual consistent practice of this method will become something you will look forward to and feel the benefits from almost immediately. Beware not to rush yourself since rushing and anxiety are counter productive. Stick to it and the rewards will be yours to enjoy.

Know that the slower you go the faster you achieve results. Also, approach this exercise with the attitude that for the next 20 to 40 minutes you have no concerns about anything else except for the performance of this recharging and retuning. Chase anxiety away! One of the greatest benefits of this method is that not only will you exude an aura of well being, self confidence and joy, you will also begin to attune to universal grace and divine principles as well as generate the vibratory rate that is innate in others therefore assisting the elevation of humankind by way of every individual you come in contact with to a state of "modern enlightenment" as well as effect many you will never meet consciously. Know that this Earheart® Pathway to Paradise™ method is based upon the very high vibratory rate of EARTH and HEART the two most common denominators to every one of us. The power of the word is greater than anything else we know as human entities and here you will be influenced by the strength of these common denominators combined to create the gateway into "Truth Reality"™ the next level in the evolution of human mind. The mind is the bridge that connects body and spirit to bring about a balance of soul and E-motion...NRG in motion. Body is the physical, mind is the mental, soul is the spiritual.

Track 4:

This method works from the simplest mind to the most advanced. *(Know that the simplest mind may be the one with the most intense emotional energy that is necessary*

for the planets transformation. Intelligence is not the cure all.) Love is! It is work that can be done by all of us from the simplest to the most advanced. It allows us the opportunity to work together in a capacity that unites the most simplistic with the most advanced so that we can be united and cooperative in our intent. It is an opportunity for all of us that realize the potential of our nation and see this vision ahead but are segmented due to different locals. It is an opportunity to unite at a psychic level and transcend all our differences and unite in the energy of our common denominators the Earth and the Heart. We can transform by way of our entrance into multidimensional reality as we pass from ‘the reality of modern day society’ through the “psychic static” into the realm of “truth reality” and multi dimensional manifestation of heaven on earth. **IMAGINE...COME TOGETHER...LET IT BE!**

One last thing before we begin. I want to make mention of a few things for you to bear in mind and then let them go and proceed with the method.

First of all I’d like you to recognize the similarity between the words; Danger and Anger. Know that when we harbor anger toward anyone or any situation there is danger nearby. It is danger to our well-being. There is no need for anger, learn to let it go be it someone cutting you off on the highway, or pushing in front of you in a line or the more challenging events of life. Get above it transcend it and be more forgiving. It will contribute greatly to your well-being.

Secondly learn that “Living Is For Giving”. Again get above the human frailties and become more Godly in your perspective. It is human to err and divine to forgive. Be more generous in your thoughts and actions. Learn to give and learn to forgive. “Living Is For Giving”. If your well-being is as important to you as it should be then learn to exercise these concepts. They will do a world of good for your well-being and besides why should you allow anyone to upset your peace and your center. Let it go and live fully.

Thirdly recognize the similarity between the words “Grave” and “Gravity”. In the relaxation portion of this method understand that when humans pass on from this life our bodies go to the “grave”. That is when the Earth takes our physical aspect completely. During these exercises do your very best to let go of your physical being and allow “gravity” to take you as completely as you are able while maintaining conscious awareness. “He who loses his life will gain it”. So practice letting go as much as possible by letting “gravity” take you while you are alive and well. In this way humans can gain fuller life before going to the grave. Let “gravity” work in your favor. ***KNOW THESE THINGS, LET THEM GO AND MOVE ON IN FULFILLED LIVING.***

This regulation of Energy in motion will redirect the radical and unpredictable flow of this energy into a flow that is aligned with the grace of the universe or YOUNiverse to connect the elements of body, mind, and spirit to create a whole soul. A soul that is whole becomes the essence of holistic and that is to be holy or aligned with divine and YOUNiversal principles. You are to become in harmony and union with the creator within you. Join now in this transforming experience of elevation of spirit, mind and body into a single unit of light, love and Godliness.

My preference is to perform this method lying down on a firm yet comfortable surface. I like hard wood floor and a yoga mat. Find what is comfortable for you. But, not so comfortable that you go to sleep. Begin slowly. The main idea for now is to achieve the most completely relaxed state so that the nature within your body can flow through it and remove stress and allow energy flow like an unobstructed stream of water. This will be in time so be patient. Learn to feel and see the end result you are working toward. Understand that the intent behind our actions will dictate the purity and accuracy of the result. If you do nothing else in this program be sure to monitor your intent in all you do. If ill intent exist correct it and amend it to righteous intent. This will bring fulfillment beyond your imagination, your

I – MAGI - NATION

Feel free to use a kitchen chair if you prefer. The important thing is to keep you spine straight so as to not obstruct the natural flow within. It is important to keep the spine straight. If it becomes tiresome then feel free to move a bit so as to remove the discomfort and then resume the position. In time you will gain strength in the weaker areas and feel less and less discomfort until there is none at all. This is good. As we strengthen our weaknesses we become stronger. This is good at all levels of being particularly in the area of morality. Anyway you will eventually get the “SPIN” back into you SPINE. What I mean by this is that you will reach a point where you may experience some light headiness and sort of a dizzy feeling. It is a point you reach through practice that I correlate to a rubber band being twisted tightly and then released. Tension has tightened the rubber band. Now you will learn to “unwind” and release this tension. Each time this occurs you will feel lighter and relieved and relived. You will be loosed and connected to the flow.

This seemingly dizzy feeling is the stress being released from your spine and when you feel it do not fight it but in fact go with it and allow it to release and escape. It is an unwinding of the stress that has accumulated around your spine. After this happens you continue with the exercise and do not attempt to get up quickly. If you do you will only allow the stress to return. Instead you will continue with the method as you have been doing thereby building a strength resistance within yourself that will prevent the stress from returning. When you arise from the exercise you will feel the burden of stress to be gone and you will be one step closer to experiencing a feeling of lithe for you will now be filled with more light and dark shadows dispelled. You will be more airy and lithe. A point to remember is than when we are about to finish up this method of Relax, Release, Recharge and Retune it is important that for the first 5 to 10 minutes afterwards or longer if possible we get up and move very, very slowly and try to stay connected as long as possible to the nature within us that we have made conscious connection with.

By practice of this method you are in essence re-teaching your body the language of peace. You are also learning to unhinge the ego that has become frozen and locked in place and that is preventing you from receiving the nourishment from God-Source to your core essence. The ego becomes frozen as we become superficially infatuated with ourselves. It is vital to love ourselves for who we are in character and essence not so much for how we appear.

If you prefer sitting in a chair that is firm, ok. Make your intention to eventually be able to lay flat on a floor with a mat beneath you. I find that laying on a flat surface really helps alleviate obstructions and allow free flow of energy. But, if you cannot do this don't let this deter you. This method can be performed just as effectively in a chair. Loose fitting non binding clothing is essential. Please realize the importance of remaining awake. Should you fall asleep it will not be harmful however it will not be beneficial either because you would have then drifted from the area of the spectrum of your being that we are seeking to address our attention to. This area of the spectrum of your being is what is referred to as the "alpha state" of awareness. Full consciousness is important for conveying this peace energy to our body and conscious mind. Should you be interrupted for any reason then you should start again from the beginning. Let us now get into the position you are going to take for this exercise and let's begin.

A NOTE ABOUT EGO:

"When you look into a mirror and see a blemish you do not wipe the reflection in the mirror to remove the blemish you go to the original and attempt to repair it at its source. The ego is only the reflection of your true nature. Go to the Source
charles lallo

Track 5:

BEgin

Assume the position that you decide to be your "Release, Relax, Recharge and Retune" position for the journey home. (*Not on a bed if you can help it. It will be too closely related to sleep which is NOT what you want to do.*) Close your eyes gently and relaxed. Direct your eyes gently upward toward your minds eye right before a point of strain. Do not strain and without strain maintain this position.

Be Relaxed.....mmmmmmmmmmmmmm and so peaceful

Simply lay there and listen to all the sounds going on around you. Birds singing outdoors, cars passing by, people talking, dogs barking, rain, thunder the sound of footsteps. In an attitude of indifference just listen and observe for about 3 to 5 minutes. At this time if you need to adjust your body for greater comfort do so now. Slowly bring your listening awareness toward you and start to listen to any sounds that are closer to you and possibly in or near the room you are in no matter how slight these sounds may be. Take your time and as you pull your awareness closer bring it right up to the edge of your ears and listen to what you can hear and maybe even feel what you are hearing.

Now, take a deep breath in through your nose hold it for a few seconds and exhale out your mouth more slowly than the time it took to take in the air and simultaneously feel your body relax more deeply into the floor. Allow yourself to sink into the floor. Take another deep breath and repeat this two more times. Inhale, pause, exhale and relax. Inhale, pause, exhale and relax. *Should you have difficulty breathing through your nose then proceed to breathe however is comfortable for you.*

Now listen and try to hear the breathing at the point of your nostrils. Place your awareness on your nostrils and listen for the breath and notice your body rise and fall with every breath and simply observe for a few moments. Lie comfortably and simply observe sounds around you. Listen and explore.

We are going to now do a countdown so that we may draw your focus more inwardly. Visualize the number "10", vividly, in neon or gold sparkle try to see it in detail and take a deep breath,,,,,,,,,,,,, hold it for a moment, exhale, relax and sink deeply into the floor. Feel your entire body melt through the floor and downward into the earth. Pause for a moment, release and relax.

Now visualize the number "9", vividly see it, see white chalk on a blackboard, take a deep breath, hold it for a moment, and exhale slowly. Once again release, relax and float into the floor. Feel your entire body melt into the floor. Again pause for a moment relax, relax, let go and feel.

Visualize the number "8" vividly in bright colors and take a deep breath, hold it for a moment, exhale, relax and feel your body getting heavier and heavier as it sinks into the floor. Now pause for a moment and relax, let go and feel deeper.

Visualize the number "7". Now I'd like you to place your awareness on your feet from the ankles down. Imagine that you are an inflatable tire and you have just let the air out of your entire body through your feet. See and feel the air leaving out the bottoms of your feet and toes as they deflate, become heavy and sink into the floor. Let them go.

In your minds eye picture a glass of carbonated water or seltzer. As you tap the side of the glass with a spoon you can see all the bubbles of carbonation rise to the top and dissipate. Use this same visualization to remove all the tension around your toes and ankles joints. Picture little bubbles of carbonation around each toe and ankles as all the stress is leaving them like the carbonation bubbles in a glass of seltzer. Feel your feet totally relax and know that the more you do this method to recharge it will become easier and easier as your entire body re-learns the language of peace. You will be able to recall this feeling of peace and relaxation in any situation you may find yourself. In time you will constantly be in the zone of peaceful relaxed meditation free of all anxiety and filled with a peaceful joyful energy of light. Free to live a life of complete well-being all ways.

Visualize the number "6" and take a deep breath, hold it for a moment, exhale, relax and sink deeply into the floor. Be like a candle melting. See the wax of the candle becoming soft and liquid. Be the candle and melt and sink into the earth. Become fluid. Feel your entire body melt into the floor. Pause for a moment. Use this same visualization to remove all the tension around your knees. Picture little bubbles of carbonation around your knees and all the stress leaving them like the carbonation bubbles in a glass of seltzer. Feel from your knees down to your feet totally relax and know that the more you do this method to recharge it will become easier and easier as your entire body re-learns the language of peace. You will be able to recall this feeling of peace and relaxation in any situation you may find yourself. In time you will constantly be in the zone of peaceful relaxed meditation free of all anxiety and filled with a peaceful joyful energy of light. Free to live a life of total well-being, fun and joyful NRG.

Now visualize the number “5” vividly and clearly with detail. See it from far away and bring it close again. Examine it as though you are looking at it with a magnifying glass. Use your imagination and be creative. Take a deep breath, hold it for a moment, exhale, relax and sink into and through the floor beneath you. Pause for a moment. Use this same visualization to remove all the tension around your pelvic region, hips and waist. Picture little bubbles of carbonation around your pelvic region, hips and waist and all the stress leaving them like the carbonation bubbles in a glass of seltzer. Feel your pelvic region, hips and waist down through your knees down to your feet and toes totally relaxed. Know that the more you do this method to recharge it will become easier and easier as your entire body re-learns the language of peace. You will be able to recall the feeling of peace and relaxation in any situation you may find yourself. In time you will constantly be in the zone of peaceful relaxed meditation free of all anxiety and filled with a peaceful joyful energy of light. Free to live a life of total well-being, fun and joyful NRG.

Visualize the number “4” and take a deep breath, hold it for a moment, exhale, relax and sink deeper and deeper and relax completely. Feel all the air leave through the bottom of your feet as you deflate from your waist down. Feel as if you do not have any body from your waist down...relax from your waist down deeper and deeper. Take a moment and mentally scan your body from your waist down. Relax your tummy, your pelvic region, your hips and thighs. Feel them sink deeply. Relax your knees, your calves your ankles, your feet and your toes as the entire lower half of your body relaxes deeply free of all tension.

Visualize the number “3”, take a deep breath, hold it for a moment, exhale, relax and sink deeper and deeper. Allow all the bubbles of stress from around your shoulder area down your arms and into your fingers float away as your arms, hands, shoulders all relax more deeply. Pause as you allow your arms and hands and shoulders to feel heavier and heavier as they sink deeper and deeper and heavier and heavier.

Bring your awareness to your throat and neck area. Feel a warming melting sensation like a river of warmth flowing down into your chest area. Feel a deep soothing warmth throughout your entire chest region deep into your lungs and heart area. Feel your stomach relax. Breathe deep into your stomach. Hold it a moment and slowly exhale as you release and relax your stomach area. Relax deeper and deeper. Let all the tension go as you relax and release. Release and relax as your body receives a deep recharge. Feel your heart...listen to it...follow the rhythm of your heart.

Track 6:

Take a deep breath and visualize the number “2”. Slowly exhale and release. Place your awareness at the top of your head. Allow the top of your head to relax. Like a candle melting feel all the tension simply melt down from the top of your head down the side of your face. Place your attention upon your forehead and feel it relax. Melting like a candle all the tension melting away. Feel your forehead feeling like soft wax melting downward and away into the earth. Now feel your eyelids and the skin around your eyes particularly directly beneath your eyes. Feel then tingle with

the circulation of your blood flowing into the skin and nourishing your entire face. Feel your entire face relax. Be comfortable and at peace without a care in the world. Relax, Release, Recharge and Retune as you listen and feel. Listen and feel. Don't think, feel. Imagine yourself looking down at yourself from the ceiling. Use your imagination and pretend you are looking down at yourself. Now, rise higher above and through the ceiling as you look down at the house you are in. Float even higher now above the trees, higher up through the clouds like a bird flying high looking down upon the earth. Now even higher into the peaceful bliss of deep space looking at the earth far away and feel the peace and order of the universe all around you.. Connect your beating heart with the rhythm of the earth and send a ray of love, compassion and understanding into the depths of the earth and feel the warm flow of love from your HEART to our EARTH and back from EARTH into your HEART. Relax and feel at peace as you allow the precious Earth to Recharge and Retune you to the nature and super nature of all things. Feel God-Source within you as you peer out at the Earth and send your love and gratitude for all things deep into the HEART of the EARTH. Now, Rest and Recharge.....Peace, Love and Happiness.

Take a deep breath and see the number "1". You are now 'ONE" into the zone. You are one with everything. You are one with the Earth your home. You are one as your mind and heart align and become one rhythm of love and caring. Relax and know you are loved. You are love beyond any form of measure. Relax in the security and safeness of "home". Home is where the Heart is ... The Earth is your home. Home is safe and secure. You are HOME! ENJOY IT! Feel it! Us the "home base" as your oasis for your R & R, Rest and Re-source.

The Earth is a living breathing organism. The Earth has a Heart. You are the Heart of the Earth. Together we are Eartheart®. Rest in peaceFULL relaxation and know you are now being filled with the true light of life. Every fiber of your being is now being engaged and energized and tuned to the peace of YOUiverse. Pause and rest for a moment before we resume our journey back into the reality of body where you will now be the mindful master of your life. Back into physical reality with the addition of the power of your newly recharged being enabling you to direct any situation to be rightful for you and all of humanity included. You are high, you are energized you are elevated, recharged and retuned.

Slowly and gently, we now begin our journey back as we descend down toward our precious Earth. Descending through the clouds down toward the trees seeing the building we are in as we gently pass through the roof of the dwelling we are in as we view our body from the ceiling and now down back into our physical self. Relax and again feel for your heart. Listen to all the sounds around you.

See the number "1" in your minds eye and take a deep breath, pause and release....relax.

See the number "2" and feel your feet, your calves, your knees, your thighs and your pelvic region. Take a deep breath and gently expand your chest, exhale, release and relax. Feel your body slowly awakening as you feel like stretching a bit. Feel your shoulders, your arms and now move your fingers gently.

See the number "3" and wiggle your nose a bit, open and close your mouth and feel the energy gently flowing through every part of your face, down your neck,

shoulders, arm, chest waist, legs and feet. You are feeling wonderful like you have just awakened from the most restful sleep you have ever experienced..

Know that as your day goes on you are going to experience a feeling of wholesome energized living. You are going to feel well rested and know that it is just as easy for your day and your life to proceed gracefully and positively with everything going right for you. It is your choice and you have made the right and positive choice. All will go right. All is good it is all positive.

See the number "4" and gently open your eyes and notice your breath as your body breathes in and out. Simply notice the movement. Look around. Sound a heartfelt sigh of relief and gratitude. Be happy you are alive. Vocalize this sigh of relief.....oooooh, again, breathe in and sound.....aahhhhh.

See the number "5" and you are now fully awake back to your normal waking state with an added knowledge, understanding and energy. You are now in control of YOUiverse with love, compassion and understanding for all life and all humanity. Be well and go in peace and gratitude. You are now truly a Human **Being!** Be Blessed be at peace, be free, be released, relaxed, recharged and retuned as well as returned.

MUSICAL MANTRA:

I am whole, I am peaceful, I am strong, I am powerful, I am loving, I am harmonious, I am happy hope you are to.

Body, mind and spirit are one, to the very core of my soul, to whether any storm against all that's wrong, to my Lord and life, with all that's right.

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