Dave Dodge, L.C.S.W.

***Helping People Get Better Faster***

 128 Radio Circle Mt. Kisco, N.Y. 10549

 dave@acceleratedhealingsolutions.com **(914) 242-3484**

 [www.AcceleratedHealingSolutions.com](http://www.AcceleratedHealingSolutions.com) www.BrainspottingSpecialist.com

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Christie’s Guided Meditation (transcript)

I'm going to start guiding you through it. It's going to be super easy. I'm going to do the talking. You're going to trust whatever kind of answers kind of pop up into your head when I ask you questions and just know that you're being intuitive. When you're being intuitive, the answer will come to your head within the first two seconds. When you're being logical and overthinking, it takes longer, okay? Just allow, and trust, and relax, and just kind of go along with this process. Set an intentionality that, "Hey, I'm open to receiving an abundance frequency that's way better than my current one."

Take your energy up 300 feet where you see, sense, or feel the light, see, sense, or feel the light. We all naturally do this when we say, "Hey, I'm going to pray about it." We take our energy up 300 feet and we kind of connect to the light and we allow that light to start downloading into us. Some people see it. Some people just take a deep breath. Basically, the real truth is when you think of light, you're doing it, okay? Allow this light to start coming in to the top of your heading, connecting you to your true divine nature, which is basically abundance, love, unlimited possibilities, more than enough, right?

I want you to allow this light to start coming in to the top of your head, connecting you to your true divine nature. Your divine nature is basically abundance. It's love. It's unlimited possibilities. It's more than enough. Allow this connection to open and start coming in, filling you with more, and more, and more abundance, filling you with more and more truth, filling you with more and more love and support. Allow this light to come into your eyes so you can see the amazing skills and talents that you have and you can see where your abundance and opportunities are, and you can see the things that will give you pleasure. Allow the light to come through your ears, opening you up so you can hear your guidance about what your talents and skills are. Allow this light to come into your throat, opening up your communication between your heart and your head so that you can have an amazing balance between what your head says to do and what your heart motivates you to do.

Allow this light to come in. Again, we're asking for truth, and we're asking for your talents, and we're asking for your abilities, and skills, and creating abundance to show up so that you can get paid for being you. Allow the light to come into your heart, opening up the connection to the things that give you pleasure, the things that you love, the things that motivate you, the things that give you a positive energy. Allow the light to come into your solar plexus and ask it to wash away anywhere you feel blocked today. Allow the light to wash away anywhere you don't trust yourself, wash away any of the barriers to finding out the truth about what your shining talents and skills are so that you can get paid being you.

Allow the light to come into your stomach area, opening it up so that you feel empowered, so that you can take action, so that you can step forward. Allow the light to come into your hips, washing away anything that makes you feel stuck, like that you can't take a big giant step forward into the future using your talents and skills, being paid for being you. Allow the light to come in and help support that. I want you to decide that today is the day that things are going to change. Today is the day it's not going to be very forceful. It's just going to come in. It's going to be easy. It's going to be light. It's going to be happy. It's going to be life-changing.

Allow this light to come into your legs. Allow the light to connect to you to the center of the planet, so you just see the light coming all the way through your body, and see it going into the ground, into the center of the planet. In the center of the planet, there's actually like another light bulb, all right? Some people see it as a crystal. Some people feel it. Some people just take a deep breath. Some people see it as a pyramid. Whatever the vision is, there's this light that comes, a dimensional light that comes from the center of the planet that feels like supportive, mother's love.

We're going to ask this light, we're going to invite into your body as well so that when you go to manifest things you feel supported in it. Allow this light to come back up like a big elevator up into your feet, your legs, your hips, your stomach, your heart, your shoulders, your throat, your head, and you're now connected to energy from above and below. We're going to ask this energy to create safety and security. We're going to ask it to show you that opening up your gifts and talents today is good. It's right. Living in your truth is the best way. When you're ready, I want you to see the energy kind of come from above and below into your heart. I want you to expand it out 360 degrees all the way around you like a big sunshine filling you with truth, love, life, happiness, abundance, joy, more than enough. This is the energy frequency that creates your abundance, okay? Being connected to this is what creates your abundance feel.

Before we begin, I would like to do a little mini assessment so that you can see that things have changed before and after this meditation. So scale of 1 to 10, 10 being yes, and 1 being no, I currently create a lot of abundance using my authentic talents and skills. 10 means yes, you're kind of doing what I'm doing. I get to get paid for being me and using my intuitive skills, right? And helping people. One is, "No, Christy, I'm really not using my talents and skills. I'm just doing a job." Okay? Another scale of 10, 1 to 10. I get paid for being me. 10 means you get paid doing something that's authentically aligned with who you are. 1 is no, I'm not. I'm not aligned with that. Okay, scale 1 to 10, I'm happy with my current job. Even if you're a stay-at-home mother, are you happy with that? Scale of 1 to 10. I have plenty of abundance. I have more than enough. Okay, where are you at on that scale?

Now, we're going to do a clearing so that you can start changing some of these and at the mini assessment that you do afterwards have some improvement, okay? Are you ready to begin? Okay, so now, I'm going to start guiding you in the meditation. I'm going to ask you some questions so that you can find where your hidden blocks are, okay? Because the point is we want to open those file folders so that you can see for yourself where you have hidden these energies that are stopping you from having your talents and skills show up in your life.

All right, I'm going to as this question and allow the answer to just come to mind. If an answer doesn't come right away, just trust that your soul has opened the file folder, okay? And all the information is going to be there. What hidden skill have you shut off? What is one of your talents or skills that you have shut off? Maybe it's like something like being a diplomat. Maybe it's I know how to make people get things done, right? Maybe you're an organizer. Maybe you're an amazing communicator. Maybe you should be a speaker, teacher, healer, whatever it is. What hidden skill or talent have you shut off? What comes to mind.

Now, I'm going to ask a question, because we want to know where you imprinted this in your reality field. What age is the first age that you started shutting off this skill and this talent? And because we're often influenced by other people around us, did you shut this energy off because of your mom's influence, your dad's energy, your own energy, or someone else, okay? Whatever awareness you had come up, we're just going to trust it, okay? Then, we're going to bring in a lot of light, so you're now connected from above and below. I want you to feel where does this feel dense in your body. Where does it feel kind of heavy? Start sending some light to that part of your body when we're talking about shutting off your hidden skills and talents.

We're going to do a clearing statement. The clearing statement is I clear and transmute it across all time and dimension, space and reality. Now, if you want to say it out loud at the same time, you can do that. Whatever you feel comfortable with. I clear and transmute everywhere I shut off my hidden skills and talents across all time, dimensions, space and reality. Clear and transmute everywhere at the certain age that you shut off your skills and talents. Clear and transmute it across all time, dimensions, space and reality. Any other skill or talent that you want to clear right now that you shut off at any age, clear and transmute it across all time, dimensions, space and reality.

Now, we're going to fill it in with an energy-clearing statement. What would it take for me to allow my hidden skill and talent to be opened? What would it take for me to allow myself to get paid using my skills and talent? What would it take for me to allow myself to start using the skill and talent every day in every way? That's how energy clearing works. Now, some of you guys might be having some physical symptoms. You might be yawning. You might be crying. You might be wanting to go to sleep. All of those things are just indicators that energy is moving, and it's totally fine, okay?

Let's ask the next question. What guidance or awareness of how you could make extra money did you shut off? What guidance or awareness on how you could make extra money did you shut off? Maybe you had an idea. Hey, I had an idea a month ago that I could make extra money selling some things on eBay, or hey, I had an idea of this cool invention that I know I can make millions of dollars with, right? Whatever it is. What guidance or awareness about how you could make extra money did you have that you shut off?

Then, I'm going to ask you this question: what is the first age that you started discounting your awareness or guidance? What age is the first age that you started discounting and saying no to your guidance, and your awareness, and your inspiration? Did you do that from your mom's energy? Did you dad's energy influence you? Was it your own choice or was it somebody else's? And again, often time, you will start doing things, like shutting off our guidance, because we don't want to be too much for our mom, or dad, or something like this, or maybe they were critical, and so you just decided, "Hey, I don't even want to do what I got to do."

Whatever came up, let's clear and transmute the whole entire story across all time, dimension, space, and reality. Let's clear and transmute the entire story across all time, dimension, space, and reality. Clear and transmute the entire story across all time, dimension, space, and reality. Anywhere else you shut off your awareness or guidance, clear and transmute it across all time, dimension, space, and reality. If any part of your body feels kind of dense, that's where you shoved the belief. If you notice got kind of contracted, or fearful, or something like that, I want you to take your energy, this light, and I want you to pull a lot of light in there, like a big fire house, and start clearing and transmuting all of that energy across all time, dimension, space, and reality.

A lot of you guys should be feeling a ton lighter. Some of you guys may have to relisten to this and do it again and again so that you can clear deeper levels, okay? Everyone's going to be different. It's totally fine for whatever your experience is. But if you're doing a lot of yawning, crying, or getting tired, I promise you you have a lot of energy blocks there that are subconscious to you, and that's why they're heavy and contracting.

Now, let's fill it in with a lot of light. What would it take for me to always follow my guidance? What would it take for me to always follow my awareness? What would it take for me to follow my guidance and awareness and make a lot of money? What would it take for me to follow my brainstorms and create a lot of money? What would it take for me to take action on the amazing awareness and guidance? What would it take for me to be open to the ideas and opportunities that my guidance and awareness can bring me?

Let's do the next one. Often times, you have, remember, intention plus action, right? A lot of times you'll get an awareness of some guided action that could bring you abundance. I'm going to ask you, what guided action did you refuse to take that stopped you from achieving abundance? So you had this idea, like, "Hey, I should call this guy. He's going to be able to help me," and then you didn't do it, right? Or maybe you had an idea, "Oh, I should get a patent on this idea, and it will make a lot of money." What guided action have you refused to do that prevented you from achieving a lot of abundance? Then, what age is the age that you started not following your guided action? Did you pick that up from your mom, or your dad, or yourself, or from someone else?

Again, if you're not getting really clear answers, usually what happens is the file folders are kind of opening anyway. Your soul will be helping you anyway. You might not get clear answers. You might have just like a little thought of something, and there's a lot of energy attached to it. Just trust that it's clearing, even if you're not aware of everything, okay? Because later on, you might have a brainstorm two days from now about what it was about. Some people say to me, "Christy, I don't what the heck I cleared. All I know is my life works now."

Okay, so whatever that is, clear and transmute it across all time, dimension, space, and reality. All the guided action that you're refusing to take that's blocking your abundance from showing up, clear and transmute it across all time, dimension, space, and reality. All the guided action that you're stopping, that you're refusing, that you're not using to make you a lot of money, clear and transmute it across all time, dimension, space, and reality. All the guided action that you're refusing, that you're stopping, that you're preventing, clear and transmute it across all time, dimension, space, and reality. All the moments in time where you didn't follow your guided action, clear and transmute it across all time, dimension, space, and reality. What would it take for you to follow your guided action? What would it take for you to take massive action? What would it take for you to just follow through and make abundance happen? What would it take for you to easily and effortlessly do whatever it takes to make abundance happen for you, okay?

Let's do the next one. What skills could you use to create an extra $10,000 or more? What comes to mind when I say to you, "What talents and skill could you use to create an extra $10,000 or more?" Maybe you're a writer, so you can help somebody do some writing. I know a guy who charges people 20 grand to write their book for them. You know, I just ... I don't know, it came to mind, but what other kind of hidden skills and talents do you have that could create an extra $10,000? What age is the first age that you started stopping or preventing that skill from being used? Did you do that with your mom, your dad, yourself, or someone else?

Everything creating you not using your skill to make an extra 10 grand, clear and transmute the whole entire story across all time, dimension, space, and reality. Everywhere you're using excuses and your yeah-but, like, "Yeah, but Christy, I can't do that because blah, blah, blah, blah," like all those silly stories, clear and transmute them across all time, dimension, space, and reality. All the other excuses, and stories, and reasons, and justifications of why you can't use your skills and talents to make an extra 10 grand, clear and transmute it across all time, dimension, space, and reality. Anywhere you can't use your skills and talents to make more than 10 grand, clear and transmute that across all time, dimension, space, and reality.

What would it take for you to use your talents and skills and generate an extra $10,000 this month? What would it take for you to use your talents and skill and generate even more than that over the next year? What would it take for an extra $10,000 to show up in your life using your talents and skills? What would it take for you to get paid to be you? What would it take for a bunch of money and abundance to show up because you're getting paid to be you?

Okay, so let's ask another question. What are you refusing to become that you know you can be? Maybe you know you're supposed to be an author. Maybe you know that you're supposed to be a business owner. Maybe you know that you're supposed to help women. Maybe you know that you're supposed to be an intuitive life coach like a lot of the people that I teach. But, what are you refusing to become that you know you can be? Okay, and what age is the first age that you starting shutting off becoming that? What age is the first age that you starting shutting off becoming that? Did you shut it off because of mom's influences, dad's influence, your own influences, or someone else's? Because your mom and dad were doing the best they could with what they had.

So wherever it feels kind of dense or contracted in your body, I want you to take on a lot of light and clear and transmute across all time, dimension, space, and reality everywhere you're refusing to become who you're supposed to be. Clear and transmute everywhere you're shutting down who you're supposed to be. clear and transmute everywhere you shut down and pretending to be somebody that you're not. Clear and transmute everywhere you're refusing to be skilled, and talented, and amazing, and the full birth right of you. Clear and transmute everywhere you're not being paid being you. Clear and transmute everywhere you're pretending to be somebody else's version of you. Clear and transmute everywhere you're a people pleaser and you want to make other people comfortable being some other version of you, and you don't want to change. Everything that is, clear and transmute it across all time, dimension, space, and reality.

What would it take for you to be you? What would it take for to get paid to be you? What would it take for you to get paid more than enough being you? What would it take for you to become the you that you know you were meant to be? What would it take for you to become the highest and best version of you? What would it take for you to become the happiest version of you? What would it take for you to become the most abundant a version of you?

Let's ask the next one. What are you refusing to do that you know you could easily choose? We all know there's something there's something that we're supposed to do. Maybe it's pay attention to your retirement account, or do a budget, or send out 20 resumes, or call some fellow who told you to follow up for that sales call, right? What are you refusing to do that know you could easily do? Okay? What's the first age that you started stopping yourself from getting what you wanted? It's kind of like a sabotage, right? What age is the first age that you started sabotaging yourself and not doing what you know you should do? Was the influence of that from mom, dad, yourself, or someone else?

I want you to notice where you feel kind of heavy or contracted about that in your body. Send a lot of light there. We're going to clear and transmute everywhere you're refusing to do what you know you should do across all time, dimension, space, and reality. Clear and transmute everywhere you're refusing to do what you know you could easily chose to do. All the reasons for this, all those stories, all the yeah-buts, clear and transmute it across all time, dimension, space, and reality. Clear and transmute everywhere you're refusing to what you know you should do. What would it take for you to easily do what you know you should do? What would it take for you to easily create abundance? What would it take for to easily create new opportunities? What would it take for you to easily follow up with some things that you know you should follow up with? What would it take for you to easily do things that create abundance?

When you're ready, I want you to kind of take now. Now, I want to do that mini assessment again. Let's just see if your attitude or your energy about some of these things has changed, okay? I want you test this out scale of 1 to 10. I can create abundance using my talents and skills. Maybe before your answer was a six, or seven, or a five. Where do you think about I can create my talents and skills right now? All right, I can get paid for being me. Scale of 1 to 10, I can get paid for being me. I can create happiness in my job. Okay, so that means happiness in your job means you can either change jobs or upgrade your job, right? I can create happiness in my job. Scale of 1 to 10, I allow guidance to lead me to better opportunities and more money that feel a little lighter or a little better.

Again, you can come listen to this really quick, but I bet you guys had some a lot of ahas about where some of your blocks were that you weren't expecting. You probably weren't expecting that you would have some blocks at age three, some blocks at age five, some blocks at age seven. The good news is is that this was only a short little mini, mini, mini assessment. The real truth is is for a lot of you guys, something's changed immediately, and you're going to see something happen. For other people, you might have some more blocks that just need to be worked on, and that's okay, too, okay? The general majority of you should just feel either lighter, or happier, or more peace of mind, or you felt like this dense energy isn't in you as much anymore. Those are all indicators that something was shifting and changing, okay? The shift should grow in the next days, or weeks, or months.

Now, remember that what you just did was start building a foundation for abundance in the upcoming months. What you experienced was a shift, is one of the most common blocks that people have, the capability of attracting abundance by literally just being yourself.