

## INTERMISSION TWENTY TWO - MEDITATION WITH TY BETTERIDGE

*Original transcript created Orion and edited by Orion and Jenah*

*[BEGIN Intermission XXII.]*

**CRYSTAL TY:** Hello there, this is Crystal Ty, welcoming you to this healing meditation. You may be with us here in the Compound, or you might be elsewhere, but wherever you are, get yourself into a relaxing position where you can safely let go of the world around you.

Once you're in position, take a nice deep breath all the way into your tummy. Notice the breath flowing in and out all on its own as you settle into a deeper and deeper feeling of ease, like waves flowing to the shore. Breathing out slowly and completely. Breathing in and breathing out.

So natural to pause in the out-breath. So relaxing to enjoy the breath flowing in and out. Waves upon the shore. Noticing the relaxation beginning to rise and flow through you. Flowing into the top of your head, into the center of your mind. Relaxing waves flowing with the breath. As you notice that even the little muscles at the side of your eyes can relax. Completely at ease. Settling down. Flowing.

Noticing the relaxing feeling. A relaxing feeling spreading now into your shoulders and down into your arms, your hands, and your fingers. And your arms, hands, and fingers are completely relaxed as you follow the waves of your breath in and out. *[Pause.]* In... and out. And pausing in the out breath as you go deeper. And the deeper you drift, the more you notice the relaxing feeling spreading into your chest, easing and soothing all the muscles as it flows. More and more peaceful. Listening to the waves. Flowing upon the shore. So natural to allow the waves to support you. Legs relaxed, feet at ease.

As you begin to notice there's a warmth at the base of your spine, a warmth in your hands, or perhaps one hand might be slightly warmer than the other as you let go, listening to the waves.

Waves upon the shore, your breathing flowing freely now as you relax. Relaxing upon the shore, more and more peaceful, drifting and floating, allowing a little space between your teeth as your throat relaxes and you begin to dream.

And any thoughts passing through your mind, you see them floating on the surface of the water. Floating on the water then easing away as you focus on your breathing. And any sensations that you feel, you just breathe them in and let them go, becoming lighter and lighter, floating and drifting. Perhaps noticing sensations in your chest or throat, breathing them in and feeling the releases in your out breath, your hands relaxing more and more.

Gradually becoming aware of the peaceful space around you. The waves flowing upon the shore, looking up into the sky and feeling lightness, a lightness of being, a lightness of mind. Expanding through that lightness. Leaving the world, looking into the sky, feeling, and perhaps noticing, a warm breeze gently flowing over you. Soothing your mind, soothing your body, as you allow yourself to drift.

And as you do, you begin to remember, as if in a daydream way in the distance, people carrying heavy things, struggling along, burdened and questioning, gripping things, objects, desires, problems. So many things, so, so many. And as you listen to the waves, you feel yourself letting all of that go, letting it go and feeling life becoming richer, richer and fuller as you open to new possibilities, new ways of being.

Dropping the bags, releasing the energy, feeling a return, a return of potential, a return of vitality. Simply taking the next step, listening to your intuition, feeling that you can be guided as you relax upon the way, enjoying the journey, listening to the waves, waves of your breathing flowing upon the shore.

And you seem to notice, as if in a dream, a time half remembered, where everything is natural, everything is flowing from within, where action is peaceful and kindness is king. And you seem to hear a voice, a voice saying yes, a voice saying take the next step, a voice saying explore, explore the world and all that you are.

Feeling that lightness flow into your chest, opening, expanding, and enjoying

Rising and lifting into a new timeline effortlessly, your authentic self emerging naturally.

Continuing to breathe and feeling those waves, those waves of relaxation, those waves of yes, those waves of healing.

Listening to the waves around you, feeling the breath flowing in and out.

Cleansing the spirit, cleansing the body, cleansing the mind.

Letting go.

And focusing once more on the breath.

Finding your awareness returning to a mind that is clear and focused, with fresh purpose. And with a lightness of being. And as your awareness returns, feeling the urge to stretch [*Deep inhale.*] and breathe in all that fresh new energy. You may even want to stretch, enjoying the feeling of just being.

*[Gentle, light music plays out.]*

*[END INTERMISSION XXII.]*