Prayer to my body

I in this ever present moment of now, manifest in this dna skinsuit, recognise that this skinsuit is my body of flesh and bone, of blood and tissue, of muscle and organs, water and dna , moulded into a being that’s walks this earth. This body has access to all my wisdom . This body is not separate from my mind or my heart. This body is the whole of the physical me . This body walks , talks , sleeps, thinks, sees , feels, and holds memory. I acknowledge that the instructions for these processes do not come from my mind alone for I am a complete unit . Mind body and soul. I am an ever expanding learning growing being .

So I thank you body. I thank you for my skin,my largest organ, that gives everything that is me definition and contour and place to exist. I thank you for my organs that give my body functions, my skeleton that gives me my framework of existence. My heart that gives me life itself . I thank you for my very cells, my marrow and my blood, where I hold memory and connection to everything that is was and will be. Body you are my hub of interconnectivity between my past present and future selves on earth. You are my source connection , my dna connection. You are my matrix , my algorithm to exist on earth in this time space equation. You are my anchor. My portal to experience.

And I acknowledge you’re tired through my choices of being a slave to the system, a slave to my choice of existence, my choices made in unawareness. My times of self defeating habits that did not hold you in honour. I revoke recant and release all of those now. All times I mistreated myself , did not put my health emotional physical and mental as a first choice.

All times i overworked you , over indulged myself in instant gratification , any excess of anything at any time that has put you out of balance I bring forth now for cleansing and clearing. I revoke any contract I have ever made in any dimension timestreams galaxy or universe which does not honour my body as a beautiful divine coat forthis bundle of energy I call “me” .

I acknowledge my eyes, hands and feet are worn and weathered through the course of time of living on earth. I honour them for their work in maintaining my balance in existence on earth. I send them heart spaced healing and unconditional love and ask to return to a time in my space time existence where they are healed and whole and unbroken and healthy.

I acknowledge the wear and tear of my skin, the overload of my organs and sensory and nervous system. And I acknowledge most of all my heart. For that is the very first part of me formed as the foetus in my mother’s womb. My heart I acknowledge all overloads of emotion , the pain and heartbreak , but also the joy and pure happiness and endless love you exude. For that I’m truly grateful.

 For it’s your expression of this love that gives me my place in this world. You give me my path my expression my very meaning and signature frequency. Because you are connected to the divine , to source, to all other versions of myself. You beat with earth mother. You beat with the ever changing flow of the universe. And you beat with the drumbeat of my ancestors past ,present and future. You give this body life and love and meaning.

Body know this . You are me and I am you. We are one. You are my medium of experience to live manifested on earth at this great time of the great awakening and great remembering. I tune you to me and me to you so I may experience the fullness of you and you may experience the fullness of me. For that’s what carries us on our great journey as this time space equation .

Experiencing the fullness of who we are. As I call in and acknowledge the fullness of who I am you too may feel it body. For it can bring great beneficial changes for you and for me . This is where we cocreate body. This is where we share. We overlap experiences and find the ones that best serve our journey together at this time. Those negative experiences we have learnt from can be nullified and transmuted in the fires of cocreation and returned to us in inspiration cocreation and dreams. So we can go forward bound and interwoven together for this journey, sharing, responding, acting and reacting, learning and speaking the same language. I bring my eyes to my heart , to my intestines so body we have a septuple of eyes. And as I bring my brain to my heart and my brain and heart to my intestinal tract, we all then share the great dreamtime together.

For we move through the realities we create ourselves . We share feedback and we communicate for our greater good. And as we step ever forward on the journey together doing our great work I ask that you fully download the codes available to me, the codes of awakening and consciousness I download through ceremony and sacred practice.

The great celestial codes available for all , and downloaded by those who hear their music.I ask you to store these codes so we may have access to them anytime of our choosing. For these are the codes of the new earth which we cocreate with to manifest the 5th world of peace .

Aho