



## Protocol For Basics

Protocol from Laurie

Love - Trust - Allow

States of being can go far in calming a dysregulated nervous system. Quelling a brain on overdrive. This is a "simple" process that I go to when I begin to disintegrate into the mind of worry, fear and judgment. It is for me a refreshing 1-2-3 deceleration into tranquility and peace.

Let's do the countdown:

Take a deep belly breath, release with the out-breath everything but "the now."

When ready...

1. Open your clothes closet in your mind's eye. There is nothing but one hat. It can be as simple or as fancy as you want. It only contains one label or word. It is "love." Put it on. It is the only hat uniform you need.

Now listen to Ohm Unison.

2. A hat of love encourages a sense of deep trust. Trust in life, and more importantly a trust in yourself. You trust each moment and even that arises this day. It flows from and thru "love."

Now place Ohm/Full Moon over the heart chakra. Move in a small figure eight to include the third chakra or "Will" center.

3. By trusting the flow, we are able to allow each moment and even in your day to arise and play out. The need to control or react is quelled. We love. We trust.

Now listen to Ohm/Zodiacal . Allow the peaceful meditative expansion to enter your resonant field. Breathe out the need to judge and control.

Now place Ohm Unison on Kidney I. The state of being is "love."

All I have to "do" is be loving all day long.