

-- Speaker 0 00:00 Welcome to another edition of closeness in light of the events happening in the world today. This sensual meditation is our offering just for you. We strongly recommend not operating heavy machinery or driving or doing anything that requires your intense focus. In fact, if possible, we strongly recommend taking a nice deep breath, settling into your favorite chair or bed or lying down on the floor, tuning in and listening moments before touching down at Louis international airport in <inaudible>, you could feel your excitement building up in you for what's about to happen. Being in the air and looking down through your first class window is an experience all into itself. Everything that your eyes take in is exciting, large expanses of tropical ocean water, beautiful mountains covered in green, rich, rich colored soil. But now that you've landed, what's even more exciting is the feeling you're about to get stepping out of the plane when that fresh, moist, humid, tropical air breezes over your skin and the intoxicating feeling that comes with your first several inhalations takes you over almost completely.

Speaker 0 01:29 This air is lush, heavy, easy to breathe. The sun is shining down on you. The sky is clear, hardly a cloud to be seen and suddenly realize any emotional baggage you had been carrying with you. Any stress from work, home health, illness, relationship, any of this just melts off of you almost instantaneously. It just melts off of you. It can't survive here. It can't continue to exist in a place that looks and feels like this. And as you begin to walk and make your way down these open air passageways to the gorgeous Island of Kauai, excited about not knowing what's going to come, not knowing what's going to happen, but resting peacefully in the knowing that it's all going to be good and it's all going to be working out very well for you. You make your way over to the exit lot where you discover the keys are waiting for you inside the glove box of a brand new convertible.

Speaker 0 02:43 Do you need to open the door when you jump inside? Not really. You've always wanted to do it. So with one hand on the windshield, another on the driver's seat, you jumped right in. You take another few deep breaths just because you can and it feels so good you let it out and as soon as you exhale, you want to breathe. And again, all the delicious goodness of the air as you push the button to start your car and rev it up on the, what is this? No engine, fully electric, peace and quiet. Sounds good. Even as you're exiting the parking lot, you're noticing green, lush life, waterfalls in the distance, lush life. This Island is alive and is magical and you can feel it in every inch of your being. One simple road and one simple highway practically takes you around the entire length of the Island.

Speaker 0 03:44 First things first, it's time to get wet. You spend five or 10 minutes driving North up and around the Island, heading towards Hanalei Bay, taking in all of the sites, tropical green foliage you've never seen before. Vividly colored flowers that burst out at you like you're watching something on an eightK television. But it's real life birds, small animals, ocean on your right. Everywhere you look, everything your eyes can see, it puts a smile on your face. And soothes you on the inside dirt roads of rich red lava rock, plush green, and plenty of little chickens with their chicks pecking around the edges of the Island after a very, very minimal amount of easy convertible driving. You come across a pathway that looks as though it's not going to lead you anywhere. Then looks like no one's turned down at an ages. Does anyone even know it exists?

Speaker 0 04:44 You receive a message, an intuition, something pulling you toward that path so you follow it. The road is a little rough and as you begin to bounce up and down working your way down this trail, it gives you a sense of excitement that you're getting off the beaten path. As you begin to wind down and make your way closer and closer to the ocean, away from tourists and anyone else, you start to feel like you've discovered your own private Haven and you hope to yourself that no one else is going to be there. A little more winding, a little more driving down the dirt road, and finally your car practically reaches sand. You park and there's no one else around. And before you every where you look, 180 degree views of u --

-- ntouched unscathed, ocean landscape off come your shoes off, come your clothes. You quickly whip out your bathing suit that you kept in your carry on for easy access and slip it on in the car.

Speaker 0 05:49 A quick smattering of some block and you are golden <inaudible> a few more inhalations. As you make your way over to the rich warm sand and he sink your foot in on your first step, it sinks right in, warmly engulfing your foot with millions and millions of tiny sand crystals. It almost looks like gold flakes. Oh, it feels so good. Another and another and another. As you work your way closer and closer to a very peaceful, calm Azure ocean, some gentle waves are rolling in behind you are exquisite mountains and to your left and right. All you can see is beautiful tropical, pristine water. You can't take your eyes off the color, but will it be warm enough? You're in <inaudible>. Of course it will be. When you start to make your way to the edge, right where the water begins to break your toes, reached the shore and water trickles up over them and it feels so good, so warm, so right.

Speaker 0 07:01 This is unlike any ocean you've been in before. The warmth takes you over, it feels like bath water. It's easy to slip in. It's easy to get inside of. It's easy to feel like you just want to fall in and float away forever and ever and that's exactly what you let yourself do. Stepping into the ocean, salty and warm, the sun beating down. As you think about it, you can almost feel your body making vitamin D, making you feel better than you did before in each new now moment. You feel so held, held by this Island, loved by it, nurtured by it, and you've only just arrived. As you're waiting in the water, suddenly you realize this bathing suit, far too much fabric. Do you think anyone would notice if you just slipped everything off? That's a very, very good idea. Off comes the bathing suit and you toss it just beyond the shoreline where you know it will be there for you whenever you need it and you quickly jump back into that ocean that you feel like you own.

Speaker 0 08:18 You hear the sounds of water splashing. The color of it alone excites you and dazzles you. You love looking at the water. Do you know this feeling? Have you had it before? Being naked and a large, warm body of water? Have you ever just laid there floating while beautiful colored fish dart in and out beneath you? Just barely kicking your leg softly, gently. Inhaling, as you move up and down the ocean, the entire ocean is all yours. Sometimes you just close your eyes and take it all in. Using your other senses to feel what's around you for a few moments. You softly delicately just move your fingertips back and forth and run them over each other and you feel the water moving between them. Other times you can't believe what you see when you open your eyes lush green as your blue and warm golden sand.

Speaker 0 09:25 The visuals play like a memory when the sun hits your eyes and reflects on the water and you just catch little shimmers of everything around you. Wildlife, birds, fish, dolphins, turtles, any remaining concern or angsty or fear or anything that you were holding onto, buh-bye. All done. All gone, removed permanently. It's almost as though you can feel it as it just drips off of you. How could it be so easy to let it all go? It's just you here and now savoring this moment and you feel the warm ocean. Water gushing between your thighs. Even in your most sensitive parts, you can't help but notice how pleasurable it is. Just having water running over your entire body. Warm, tropical, salty, perfectly temperatured bath water feels like you can stay here forever and so you do. When was the last time you were able to fully let go? Not think, not try, plan or worry do. When was the last time you did something for more than a few moments uninterrupted, something peaceful and calm. Something just for you.

Speaker 0 11:11 Water continues to lap over your body. It's warm. The sun beating down on you is hot. There's nothing wrong with this moment. Everything is good. Everything is right. Everything is perfect in this moment. He languishing it. Have you ever thought about asking yourself, how much pleasure can you handle? How much goodness can you take in the sun wants to nourish you, wants to turn your skin. Golden Brown wants you to feel good from the inside out. The air you breathe moves into your lungs, nourishing you, I --

-- oving you, you breathe in, you breathe in again and you breathe in some more over and over. There's no shortage. There's no lack. There's only an abundance of air, beautiful, rich breathing, filling your entire system. No pain in your body anywhere. You're floating just floating safely in the ocean. Somewhere between the shallow end and the deep, deep blue. It's easy to get out if you want to. You're safe, you're secure, you feel loved, you're at peace with yourself and you don't need anyone else with you. You feel loved.

Speaker 1 12:42 <inaudible>

Speaker 0 12:43 how many minutes could you handle of this? Could you go for a half an hour, an hour, five or six hours of floating and bliss? Hearing the sound in the water, listening to all the different sounds of nature, delighting your senses as if they're singing just for you. How much bliss can you take before you decide to slowly, softly rollover and swim naked, back to shore, to your own private beach? Maybe the sun is just barely laser, only starting to go down. What's that? You notice a few footsteps away.

Speaker 0 13:35 Is that a waterfall, unnatural, warm waterfall to rinse often instead of a shower, I think it is pristine drinkable water gushing off of a beautiful mountain. You walk over to it and it's like a dream. Can you step into it under it and get behind it? The very first thing you do is stick your head underneath and you feel the natural salts or in soft view, you open your mouth and the fresh mountain water pours into your mouth. You swallow, you taste it, no burns, no stress. Just the intoxicating sensation of your whole body being kissed by the sun while you're being drenched by a fresh natural waterfall. It's so refreshing. You almost begin to laugh.

Throwing your hands up over your head, opening your arms to the sky, broadening your chest.

Speaker 0 14:43 You could pinch yourself. It feels so good. You want this water all over you. You want to drink it, you want it covering you. It feels so nice so you rinse your entire body off or rinse off the day and everything else that you left behind on your beautiful trip to Hawaii. When you're finally feeling cleansed and pristine and clean, you reach for a beautiful plush six foot long ultra thick bath sheet that dries you almost instantly your hair, what little clothing you're wearing. You put just a light layer of warm clothing back on because the temperature is still so perfect outside and it doesn't look like that's going to change anytime soon. But now as you look up and further down the beach as you survey the territory, what is that in the distance? It looks like something tropical, something delicious. You see Palm trees and coconuts and fruit growing, dangling, expressing the full nature of their being.

Speaker 0 15:52 Why are there so many clusters of tropical fruit together near this stand? Mary abundant fruit trees is that papaya and coconut is that a stand? Is someone making incredible smoothies there with passion, fruit, bananas, mangoes, and coconuts? You think to yourself, I could really go for a custom made smoothie right about now and you make your way over to this incredible tropical paradise of custom tailored smoothies. There's something warm and inviting emanating off of the person waiting there for you. They're beautiful, gorgeous, lovely, warm, friendly, tender. They want to serve you and carefully and attentively make for you the nice tropical smoothie and this beautiful person blends it perfectly for you. Garnishes it with fresh, juicy pineapple, maybe a cherry on top and you begin to sip and sip and swallow and those tangy, tart, sweet flavors of nectar make their way down to your tummy.

Speaker 0 17:04 You can feel it go down. Refreshing, cold, sweet. You feel like every cell of your being is appreciating this. You decide you're going to savor this smoothie for five minutes, maybe for 10 minutes. You just take it in, sipping it slowly, feeling it on your taste buds. You feel warm. Your skin is glowing, your hair is moisturized, your skin feels soft and vibrant. You're composed, relaxed, centered, and decompressed. And as you look lovingly into the person's eyes, who made you this smoothie? They extend their long, beautiful arms out in front of you to offer you an embrace. How could you say no? You set your smoothie down and walk over locking eyes the whole way over, smiling warmly at one another. You're both barefoot and you're b --

-- oth almost naked. And as their soft skin brushes against yours, it feel a wave of excitement. Move through you. You inhale and exhale and then inhale again as you embrace an exhale. As you feel their warm, tender heart center press against your chest instantly. You can feel this energy from their body, appreciating you, loving you, thinking you and smiling at you. Having just connected with nature for many hours, you feel extremely comfortable with this embrace. Why is it easy to hug this stranger? Why is it easy to let them hold you and nourish you and be there for you?

Speaker 0 19:00 You decide like you did many hours ago, it's best to stop thinking and just let it be. Savor the moment for what it is. You dive back into that feeling and realize how good you feel and how lucky you are that everything you see and touch and taste and feel and hear is delicious and soothing to your soul. And so this beautiful person takes your hand softly, sensually and almost as if they're gliding across the sand leads you over to a private cabana there. Feels like it must still be 80 degrees warm ball me, easy to be in. If you fell asleep right then and there without any clothes or any protection, you would sleep blissfully. So you take in this beautiful rustic white cabana with what could only be a mango wood base and smile your tender new friend, smiles at you, gestures for you to climb on.

Speaker 0 20:16 Go ahead. Climb on to those soft plush pillows. Everywhere you look, you're overlooking the ocean. A 360 degree view of everything your eyes want to take in. You just want to slip under this soft thin sheet that awaits you and watch the sun go down. As you look at the ocean once again with almost childlike wonder, you feel a very tender smile, make its way across your face. How this place keep giving and giving and giving, and how can you receive so much without hurting or harming anyone or anything you climb on and lay down flat on your back, hands by your side, and this wonderful, attractive person who made you such delicious nourishment begins to slip their fingers directly onto your head and rub you softly as though you're having your heads shampooed and a salon or a spa. Nice lazy firms, circles on your scalp, you feel loved, you feel cared for. You feel almost a little tired

Speaker 0 21:29 and sleepy like you could just doze right off. Not from exhaustion, but more like a cat falling asleep in a window sill underneath the sunshine. They're warm touch moves over your face and your chest and your shoulders just softly rubbing you down, loving on you, caring for you, adoring you. You feel a wave of excitement move through you that you feel like it's so much easier to just relax. Let go. This person continues to caress your entire body, head to toe, long, soft, gentle strokes. You're not sure you can even take it anymore. You're feeling so sleepy. You just want to drift off. Let your unconscious mind mix with your conscious mind. How can you be so full, so satisfied, so content, all this bliss and all this pleasure you think to yourself, Oh, I'm so happy. I'm just so happy right now. This is what life is about. This is what I want. This is what I want for myself and my entire family. As you begin to lose consciousness, lose track of your senses. You can still hear the birds singing. You feel the breeze outside. This beautiful person's touchstone, warm and tender, soothing you touching you just the way you like it. Your eyes slowly close. As you notice, a sea turtle swimming out in the ocean and you drift, drift, drift slowly, easily, peacefully into the best slumber of your life.

Speaker 1 23:31 <inaudible>

Speaker 0 24:04 thank you for dreaming and for listening and for imagining. I hope you've enjoyed this immensely. If you feel like you'd like to support this podcast during this unusual time, please visit patrion.com forward slash closeness. If you feel like you'd benefit from private coaching in person and especially online, please visit www.getcloseness.com thank you. Then good night.

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