

Q5 Body Balance

Have you been finding your chemistry a little whacky and off center? This powerful tune up gives you the tools to tune up your inner workings and get back on track feeling fine!

Highlights:

- Quantum Mindset Control Center
- Become the Director and Producer of Your Chemistry
- Female and Male Hormone tune-up
- Master Peaceful Flow
- Restoring a Relaxed and Serene State with the Quantum Pleasure field
- Bringing Body Balance for the Rest of Your Days

A gentle guide to mastering the communication with your body chemistry and signals you learn to speak lovingly to the parts of you currently presenting challenge and restore grace and ease

My notes

Grounding cord relapse things prevent you from maintaining body balance

Quantum mindset in control center

Sit in center of head fully supported by quantum field send a direction to part off body

Female and male hormone tuneup

Becoming the director peaceful flow of chemistry

Quantum pleasure field restoring relaxed and peaceful

Body balance for the rest of your days

Q5 Momentum 2

Where would you be without will? What could you get done? What could you complete? In this rocking meditation we restore the features in your design that support and drive will helping you stay on track with momentum and vitality moving forward.

- Spiritual Shower From the Inside Out
- Crystal Clear Golden Temple of Silence
- Powering Up the Power Center Will Chakra
- Reinforcing the Will Vibration in Your Aura
- Powerful Beyond Measure
- Surrounded in Bliss and Love

How much do you want to get your momentum moving? What drives you and what blocks you from your mission? Get back in the flow and on track with this energizing

meditation sure to bring your momentum and power back to your day in style and fun!

Ground

Earth energy up the feet

Cosmic energy into back of the head out fingertips through the back channels cradle

Fountaining out bathing cleansing your auro your legs keeping them grounded and clear

Right knee left knee right foot clean sparkling

Top of head center of head open trap door wash out center of head golden temple of silence crystal clear energizing

Activating will third chakra

Will rocking and rolling third chakra moving in front and back

Part of the third layer of aura ad

Color action green and red growth wealth and action

Quantum field into reality for

You have the gift need to fget it out in the world

Power

Quantum pleasure field improving ewill aura charkas

I am powerful beyond measure

And see that power lift you uplift

Standing in power beyond measure bliss and love

Q5 Wealth Magnet

Turn your wealth magnet on and bring on all the goodies! If you're an enthusiast of the law of attraction and you know what's possible with visualization but haven't yet made your big break through this is a great place to get 'er done!

Highlights:

- Vanquish Worry and Concern
- Diamond Magic Connecting Brain stem adrenals and 1rst Chakra
- Sparkly Auric Field Technique
- Intention Bubble Energized and Fully Fueled
- Spirit In Body Best Connection

When would 'now' be the right time to bring in the wealth an abundance you deserve? This little meditation is the firestarter you've been looking for to help you get the ball rolling and make the wealth and abundance flow!

Breathing in and out relasing negativity

Release worry and concern

Upto creating wealth and turing you into a wealth magnet

Ground the adrenals

Set and right adrenal and left adrenal on release
 See a diamond to the brain stem and the instinctual brain stem
 Ground off the survival p
 Challenges
 Diamond begins to be part of you your relaxation grace and ease wash out the
 center of head out the back
 Use a spiritual firehose
 Was out get ride of cobwebs and fuzzy thinking
 Own the center of head seat of spirit palace of honor
 18 inches aura and vacuum the golden rumba dust
 cleaning up gunk walking through other people's aura
 create a magnetic field
 zippidedoodah
 throw rooba down sparkly
 Connecting in with earth energy
 Set into the field
 Create a field that is magnetic to all you desire all you are bringing in
 Bubbling of intentions
 Send out into the universe the universes will bring to you everything you intend to
 create
 Filling out your body

Q5 Owning Your Body

Are you feeling like this is not my body? Are you wondering if you will ever feel in
 charge of your body again? Being connected to and owning your body is a must
 when going for the 100% fully self expressed life. The life you imagine can be yours
 when you really own and love your body, your temple in present time.

Highlights:

- Kicking Out Squatters (that which is NOT ME)
- Male and Female Release ~ Healing Projects and Aggression
- Center of Head Clear Out
- Rainbow Aura
- Reconnection With Legs
- Click in Spirit To Body

Do you currently have a beautiful connection with your body? Loving your body is
 the path to healing and getting back into a wonderful world of action and even
 adventure. If you've felt disconnected or left sitting on the sidelines when it comes
 to self love, use this meditation and break through now. I own My Body!

Sigh and send a signal to release

That which is not me pain squatters and
 Ladies ground the ovaries
 Gentle men testicle
 Ladies releasing healing projects
 Men those things that pull you outward
 Wash ut the cent of heald firehowse vacuum cleaner
 Open a trap door out the back of the head and let it all go
 Rainbow aura
 Golden rooba
 Above head around body
 Thinks disaccociated with body
 Rooba down fgrounding cord
 You as a spirit ceter of head position of love peacefulness
 Surveying in the body
 What parts of the body you love learning to love pain needs lots ovf tenderness time
 to be gentle and tender with self
 Feel more connection with legs
 Quantum pleasure field permiating everyt cell
 Makes a beautiful connection
 One being to timep of toes and tips of finger tips bring spirit into body in a really
 powerful way
 Whan spirit clicks in like a seat bealt
 Fill out the outer edge this skin
 I own this body own love cherish my body

Q5 Your Quantum Chakra Regeneration

You've heard of a chakra, but did you know 5 of them are extended out the frount
 and back? They are cone shaped! Yes not little flat circles on your body! This
 meditation is a quick tune-up for all 7 chakras with an opportunity to improve the
 communication and connection between all 7 getting your energy body aligned and
 feeling fine!

Highlights:

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Chakra one pointing down vibrating at 100% capacity energy flowing in the body
 Chakra
 Out in front and back off the public bone and off the tail boone
 Ground off any sluggish energy
 Creativity and sensuality sexuality
 Chakra 3 will and power out frount belly button and back vibrating 100%
 Chakra4 off the sternum bra line heart chakra of love fromnt and back spinning and
 vibrating in front and back
 Make sure to clear disappointments in bac

5th chakra at throat chakra

chakra extending out the bottom of the throat

for communication vibrating at 100%

pop up to the brow center

out between eye brows and back of head ajuna chakra

personal wisdom chakra

fues\les brain top of head

singular 7th chakra pointing to the divine divine connection sparkly up 100%

quantum pleasure field golden ribbon communication

energized and fully expressing your chakra power