

Q5 Clear Stress

Imagine how it would feel to have your stress melt away, simply by breathing in happiness & peace. I can help you experience a peaceful calmness **and you will** gain focus and clarity.

The Q5 Clear Stress Meditation will do many things for you.

It will

- *Clear and Ground your Adrenal System*
- *Drain your Nervous System*
- *Engage both the Survival & Emotional parts of your Brain for grounding*
- *Provide a Rainbow Color Reset*
- *Re-program the Cellular Body*

The Q5 Clear Stress meditation is full of luscious imagery that will guide you into a calm serenity to restore your center. You will become grounded in your own competence and capability and you **WILL** be ready for action.

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