

Q5 End Depression

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Hello darlings this is your guide Julie Renee and we are on the most loving amazing journey. And we are going to restore and refuel and fill your emotion tanks and bring you to a place of joy, of contentment and happiness. I'd like you to breathe in pink and gold energy during the meditation and breathe out any negativity worry or concern. I'd like you to send a grounding cord down now from the base of the spine to the center of the earth. Make the grounding cord nice and widen, let's go ahead and set that grounding cord on release and release the worry and concern, release the depression. Let's let it all go. Maybe release pain and achy. Very good you're doing a wonderful job, I'm so proud of you.

Now what you want to do is get to the source of some of this and of course there will be outer things and there will be inner things. What I really would like to do with you right now is take you on a journey up into the center of your head. And one of the things that happen when we feel low is where not really producing the right endorphins and the right chemistry for our body to feel fully juicy and happy and excited. So right now I would like you to imagine a meter. A Chemistry meter in your head and let's look at where you're at with good chemistry for joy, happiness, contentment. And on the opposite end of that meter it's depression, anxiety, sadness, grief. And so let's go ahead and look at where you're at.

Very good and then let's go ahead and push that meter using the quantum field. Using a field that supports this shift, let's go ahead and push that meter up, two up up up to 100%. And feel yourself now surrounded by the quantum field. And feel the dopamine, the endorphins, the serotonin and all the precursors just rising, rising and restoring the chemistry in the body, and that's step one.

And I'd also like you to sit in your mind's eye right now. I would like you to sit in the center of your head and I would like you to now look at all you're grateful for. All that is good in your life and sometimes when we are sad we forget to acknowledge the blessings we have. Acknowledge your body, acknowledge your home, your vehicle, your friends, your job, the income you have, the food you eat, perhaps your garden, your clothes. Whatever it is that gives you some happiness that provides something for you, that allows you to be safe, let's be grateful for that now. Because that amplifies organically naturally gratitude, lifts our chemistry. So we have the quantum field helping us lift our chemistry and now we are beginning to use our thoughts to lift the chemistry in our body. And as you go about your day, as you meet your day head on. Each moment that you can, I want you to bring your presence into that moment. Breathing in pink and gold and being grateful for all that is. Allowing that which does not support you, that keep you in sadness falling away.

And know that you have choice; you can go down to depression rabbit hole, but you also have choice to fuel and fuel and fuel your body with gratitude, with love and appreciation. And I know this deeply and profoundly as I had gone through a deep depression myself. And you can heal this but you have to choose. Choose gratitude, choose love, choose connection and start with baby steps.

Breathing in and out now I would like you to take a vacuum cleaner a little spiritual vacuum cleaner at the top of your head. Maybe it's golden and let's go ahead and clean out the aura and just vacuum up all the muddle that's collected in there. Spiraling down around your body, and down around your feet. Beautiful, beautiful, beautiful, cleaning up the muddle from your aura. And breathing in and out, you've got earth energy now flowing up through your legs. Through your feet, legs and out the hips down the grounding cord. I would like you to also use cosmic energy in the back of your head, bringing that down into the back of your body. And looping it up through the pelvic cradle. Bringing it up through the neck and head, out the head and down the arms and out the fingertips.

And just a little quick cleanup for you; remembering as you go about your day, I have choice; I choose to be involved in life, to be grateful for everything, to be in love with all that is.