

Q5Quantum_Chakra_Synergy

Alrighty, and breathing in and out, and welcome to your quantum chakra regeneration meditation. It's going to be fast and energizing. Sending a grounding cord down from the base of the spine we don't want you to float away, and let's ground yourself to the center of the earth. And chakra one is that the perineum, pointing down. Let's go ahead and use the quantum field, the field that is supporting you and regenerative, let's use that field to clear away any dark energy or any muddle. We want this first chakra pointing down to be vibrating at 100% capacity. We want the energy to be flowing in the body. That is fantastic.

And let's pop up to chakra two. And chakra two points out the front just above the pubic bone, 6 inches off the body. It looks a little bit like an ice cream cone. And it's also out the tailbone, just exactly straight through the body. And let's go ahead and use the quantum field to ground off any dark energy or any sluggish energy, and let's allow chakra two, the chakra for creativity on a physical level and for sensuality sexuality. And by the way chakra one is your grounding chakra. You might have already figured that out. So let's get chakra two rocking and rolling at a hundred percent function in front and back, and then we're going to pop up to chakra three. That is your will chakra. It is the chakra of power. And we're going to again, it is out the front an inch above the belly button, and out the back at just above the waist line. And we want it to be vibrating at 100%, let's allow any dark energy or stuck energy, to go down to grounding cord. Chakra four is off the sternum. And ladies around the bra line for you, and gentlemen kind of just below your traps and shoulder blades. Just below the shoulder blades. And it's right in the spine in the back, and out the front on the sternum. And let's go ahead and chakra four of course is your heart chakra, your chakra of love. Let's clean it off, let's allow any dark energy to go down the grounding cord, both in front and back. We want to get it spinning and vibrating at 100% both in front and back. Severely important to pay important to what's in back of you in the heart chakra especially, and of course we'll also just make sure that you have cleared, maybe disappointments from the past you just want to clear that off so that you're fully empowered with the chakra. And then popping up to the fifth chakra, that's at throat level, again using the quantum field to remove the dark energy from the throat chakra. The chakra extending out the bottom of the throat, and out the bottom of the neck where that little bump on your spine is, that little extra knobby thing there. That's about where the chakra is. So let's go ahead and get the chakra for communication vibrating at 100%. You want to be heard in the world. And then we're going to pop up to the brow center. And that is coming out the front, it's the sixth chakra out the front between the eyebrows and out the back of the head kind of straight out behind, is the sixth chakra, and let's get that vibrating and pulsing, let's clear off the dark energy. This chakra is the Ajna chakra. It is really the chakra that supports your spirit and body. And it's considered your personal wisdom chakra. Of course it fills a lot of the brain so that's a very important chakra. And then finally we're going to pop up to the top of the head, and again just like the first chakra being a singular component, this one is also singular, popping out the top of the head, let's get that vibrating. It's pointing up to the divine, and it is your divine connection chakra. So you want to really clean this off and really sparkle it up and get it vibrating at 100%.

And breathing in and out, and really feeling the quantum pleasure field now getting the

chakras to talk to each other. We're going to bring a golden ribbon through the first chakra, the second chakra front and back, the third chakra front and back, the fourth chakra front and back, the fifth chakra front and back, sixth chakra front and back, and seventh chakra, golden ribbon connecting all the chakras, they are now all in communication with each other. Breathing in and out, wiggling your fingers and toes, coming back into the room energized