

And taking a deep breath in and allow this breath to trigger a relaxed signal in the body. Breathing in and noticing that high alert and stress is falling away as you drop into your parasympathetic system, the system of making things right of clearing things that no longer suits you. Breathing in pink and gold energy the energy that makes you younger and breathing out any negativity worry or concern. And continuing to breathe in and out. And as you breathe in I want you to begin see yourself in a new place as your body just becomes relaxed and at ease.

Let's go ahead and open those feet chakras to earth energy. And bring energy up through the feet, through the ankles, through the knees, through the thighs, through the hips, and out the grounding cord. And if you don't have a grounding cord go ahead and put one there. And we really getting you grounded to the earth and as we clear your feet, you're so understanding. You begin to understand that you are part of the divine. And that this confidence, this presence, this state of being is your divine birthright. And as you bring the energy of earth up through your knees, the ability to honor yourself becomes very clear. The knees represent the ability to honor the self.

And now you stand relaxed in confidence as you bring earth energy up through the thighs. And through the thighs you're releasing the history, the history of anxiety, the history that caused you to stress, that history is in your right and left legs. Let's go ahead and release that and just let that wash out through the hips.

And then I want you to feel really part of your heart and your stomach. And right now let's go ahead and ground the heart and stomach which are very close to each other. And releasing anxiety from the heart and the stomach. So if you get a little queasy or you get a little extra heartbeats when you get nervous or anxious. Let's clear things that allow that to happen. So just set that on release and maybe put the beautiful red rose in your heart and a beautiful red rose in your stomach and let's do one little erasure. So you can either imagine it as you can erase things. So you just take the beautiful petals of the rose and erase the anxiety and the stress.

Beautiful you're doing a great job. Or you can do a little cartoon bomb and blow it up, that works just as well. I want you to bring some cosmic energy into the back of your head. And let's go ahead clear out the neck and shoulders, arms, elbows, forearms, wrists, out the fingertips. And bring in more of the cosmic energy down through your back channels.

And you know what this is the perfect time to run it to write down the spine. Let's clear out that yellow streak in the spine so to speak. Let's let that go and see that go to like a brilliant green, beautiful confidence in the spine. And just allowing that cosmic energy to loop up through the belly, through the chest, through the neck, through the head, fountaining out the top of the head. And as you clear out the cleansing organs letting go of any stress, you step into your confidence and your certainty.

Sitting in your mind's eye, sitting in your throne room in the center of your head this golden temple of silence. Imagining that you are surrounded by a quantum field and that you are a creator; God or Goddess on the planet and feeling yourself powerful beyond measure. Feeling love without limits, feeling connection and gratitude, feeling the ability to be generous with others, which allows confidence to soar.

Breathing in and out, allow your spirit to spread out through the fingers and toes, arms and legs, torso, neck and head. Imagine now being totally engulfed in this amazing quantum healing. This quantum field is now vibrating in every cell of your body, feeling the wonder and joy of quantum confidence.