

## Q5Quantum\_Essence

And breathing in and out. And as you breathe in, breathe in positive energy. And as you breathe out, let go of any worry or concern. Today we're going to be using the quantum field to heal and improve our spirit, our soul, and our life force. Quantum essence. The essence of that which continues before body, and continues after we leave the body. And let's go ahead and really greet this essence. Our divine essence, our own makeup, our own light. Sit in the center the head, and you might imagine seeing your own self as a spirit in front of you, and with spirit you might also see a protective skin like maybe you see light for spirit and maybe there's a protective chalice for soul. And soul is, I see it looking often times like brass, and it really protects spirit. It helps keep spirit safe. And then of course life force, which is the parts of essence, the part of us that informs the body about the power of the spirit and how much we can bring in it from our spirit. So another type of force, or power.

And right now what I'd like to have you do is imagine your spirit and bring back any parts of your spirit that were lost. And we're going to use the quantum field to bring parts of the spirit that maybe got hacked off before you got in this body, or got lost. So often I see people at 80% whole, and 20% is off with six other people. So let's go ahead and bring all of your spirit back to you now. And if you are hurt or harmed before you got into this body in a traumatic way, if you had swords or knives go in your spirit, you may have that kind of pain in your spirit and right now I'd like you to take the quantum field, maybe you imagine it as gold energy, and allow that gold energy to fill these pain spots in the spirit, or these holes in the spirit. You begin to really feel alive in a new way. There's a lot more light present in your physical body as your spirit heals. And then I'd love for you to look at how well the soul is holding up in this lifetime. Has it been pretty beaten up and being down? Have you had a lot of medical procedures?

Lets go ahead and bring the soul back to its 100%. And you can do that by using the quantum pump or the quantum field. Just imagining the soul that maybe was reduced, is now coming to 100%. That protection, that which protects your spirit, is now going back, returning to 100%. And as the soul, the chalice, the protective chalice, returns to 100%, then we see it begin to inform the body, the life force from essence, soul, spirit, 100%, now brings a new kind of power, a new kind of relationship to the body, spirit and body, now, vibrating at a stronger, richer, deeper, power. And begin to really relax into the quantum field, allowing pleasure, allowing joy, bliss, certainty, confidence, and purpose, mission, expression, really living into what you came to do, your essence. Now in body, now empowered, remembering who you are with focus and clarity. This essence is now occupying 100%, filling in your fingers and toes, your arms and legs, your torso, neck, and head, feeling alive, feeling joyful, feeling connected, and deeply part of this beautiful human experience. May be the blessings of the