# Quiet Your Mind in 5 Minutes

Discover the Secrets to Quieting an Overactive Mind and Restoring Your Brain's Function to 100%



by Julie Renee

The #1 Brain Rejuvenator

#### Introduction

Are you easily distracted while trying to work? Do you often find yourself in overwhelm as you traverse your day? Is it hard to relax because your mind is constantly racing?

Good news - this does not have to be your normal state of being. It's possible - and in fact, it's TIME -- to distill your thoughts and quiet your mind. A peaceful mind provides clarity that will help you control your world with grace and ease. When you silence the looping thoughts that serve to distract and annoy you, your life will improve. Your stress levels will lower. And joy will return in abundance.



I know because I, too, used to have a busy, unfocused mind.

Before I learned to quiet my mind at will, I'd catch myself thinking obsessively about one thing or another ... never able to follow through because the mind chatter kept taking me down rabbit holes. At that time, I had 18 meditation recordings, 5 manuscripts, several instructional DVDs, and a couple of unfinished programs. I was constantly telling people I was "working" on a book. But I was never able to complete any of my projects. I was miserable. I was so discouraged and disappointed in myself. And I'd get upset when I was overlooked and not treated with the respect I felt I deserved.

Back then, I was still learning how to access the quantum field. Through daily meditation and long walks in nature, I began to turn it all around. I gradually learned how to quiet my mind, tune into my highest thoughts, and maintain focus on whatever was in front of me. Today, I have 81 programs (each with multiple recordings), more than 400 videos in playlists on YouTube, and 6 published books.

The first step to quieting your mind is to start from where you are. Begin with the practice of meditation. All it takes is 5 minutes of the very simple meditation I'm sharing with you in this program to settle your thoughts and restore peace to your inner world.

This program includes the **Q5 Quiet Mind** meditation (as well as a transcript of the meditation if you're interested in seeing what you're programming into your subconscious mind). Use this powerful meditation 4 times daily, and your mind will focus and distill - I guarantee it.

Then, I'll take you further ... explaining how the 6-step process of brain regeneration solves the "noisy/distracted" mind issue - permanently. I hope you enjoy this wonderful introduction and meditation to help you quiet your mind!



# The Q5 Quiet Mind Meditation

A quiet mind is the launching point for a journey of self-awareness and transformation. This simple 5-minute meditation, when used 4 times each day, will allow you to:

- Bathe in positive energy
- Quiet your mind at will
- · Eliminate negativity from your aura
- Own your "Golden Temple of Silence"
- Identify what voice is you -- and what is not
- Feel oneness with unlimited power, grace and love
- Grow younger



<u>Take a moment now to download the mp3</u>. Listen to it throughout your day (I suggest first thing in the morning, midday, late afternoon, and right before bedtime.)

Note: A transcription of the meditation is provided on the last page of this guide.

# The Ultimate Quiet Mind Solution: Brain Regeneration

Meditation is, without question, an effective way to quiet your mind. But now there's a way to establish quiet, calm and focus as your brain's regular state: Brain regeneration.

This unique process involves literally regrowing the cells of your brain from the stem cells up using a technique I've developed over the past seven years. This techniques allows us to access your Divine Human Blueprint via the quantum field.

We use the quantum field to restore your stem cells to 100 percent function - and then cascade new cell growth throughout your brain.

As the #1 brain rejuvenation expert, I'm very excited to see the transformations - in both capacity and use - that my clients and students are achieving using this process.

The types of results this technique produces - such as greater clarity, focus, and calm -- are consistent across all people who use this technique. However, the level of improvement you'll experience varies depending on how much you're able to incorporate. For example, if you're very ill, it takes longer to address related issues and system-wide challenges.

# **What Brain Regeneration Can Do**

Brain regeneration does not change your personality. And in itself, it does not make you smarter.

What it does do is raise to 100% your set point of surviving, learning, emotional ease, creativity, understanding logic and problem solving, and accessing your own genius. As your cells go to 100% function, your body and mind become relaxed and easy. You can learn and grow without the limits you were born with.

Common results achieved with brain regeneration include greater focus, mental clarity, calm, emotional resilience, a more positive outlook, greater happiness, more creativity, better decision-making, improved memory, and a deeper sense of connection and oneness.

### The Six Steps to Brain Regeneration

The journey to improving your brain capacity via brain regeneration involves six steps.



# Removing the programs that caused the brain to malfunction in the first place.

In this step, we remove soul contracts, demonic curses, group mind, (memes) group mind virus, (miasma) black magic, curses, traumatic episodes from past lives, emotional programs and, finally, DNA. With the exception of DNA, you might think of these programs as powerful thought forms negatively influencing your being. Once these programs are completely cleared out, your brain is ready for regeneration.



# Clearing Problematic DNA through a process I call DNA obliteration.

The removal of harmful or negative DNA programs must be completed prior to regeneration for it to hold. For example, if you had a program for dementia in your DNA and left it there, it would lay in wait to spring up at some future date.



#### Removing all dark energies and spiritual parasites.

Spiritual parasites are the topic of an entire book. Suffice it to say that just like the unseen dust mites that live in your eyelashes, there are entities that inhabit the body and brain. We clear these out using the quantum field. The experience is usually very pleasant.



#### Regenerating cells, more properly called cellular neo genesis.

Using the quantum field, we restore the master cell to 100% or "God state." We work on one brain at a time, starting with the survival brain (also referred to as the reptilian brain or Brain One).

To understand how this process works, think of an image of a torn leaf. Using Kirlian photography, you can see the image of the part of the leaf that was torn away, as well as the part that remains. The leaf exists in its perfected state in the quantum field. (This also explains why amputees have phantom limb pain. The missing limb and the emotional trauma related to the limb continue to exist in the quantum field.)

Just like a leaf, the human blueprint in its perfected state exists in the quantum field. This blueprint is an accessible template from which regeneration is possible.



#### Mirroring the healthy master stem cells to all surrounding cells.

Amplified with gold energy, the regenerated master cell helps fatigued and lowfunctioning cells take a big step up and function at a much higher level.



#### Amplifying the magic and transformation.

In this final step, we use the field of amplification to promote the cascade of new cell growth.

Part of this process involves mirroring the healthy 100% restored stem cells to the surrounding cells. This mirroring delivers a big boost to all the surrounding cells.

This process is stimulated by activating a regeneration program in cell mitochondria, which are the fuel generators of cells. This mechanism supports us to begin a cascade of cell growth.

In the early days of brain regeneration, the technique produced 70 to 90 days of cell growth. Now, years later, the refined technique is producing new cell growth for up to 150 days. This is an extraordinary breakthrough from which the client -- whether healthy and alert to begin with or a survivor of a traumatic brain injury -- experiences profound and very deep shifts and changes. Brain regeneration is a foundation for incredible renewal and revitalization!

# **Repeat the Process for Profound Transformation**

For the most profound and comprehensive results, Steps Four, Five and Six of brain regeneration process are repeated in each brain:

- Survival/Reptilian, which helps us deal with basic life and respond to basic situations
- Emotional, which helps with socialization, relationships and early emotional programming
- Creative, from which creative activity (art, music, dance, cooking, etc.) stems
- Logical, which is responsible for calculations and reason, flow and systems
- Genius/Angelic, from which stems the "out of the box" thinking that all great masters create from

# **Quieting Your Mind**

One of the most popular results of brain regeneration is quiet mind balancing. Participants experience a deep peace and a new "emotional generosity." Life continues to happen with its ups and downs. Yet, people who've gone through the brain rejuvenation process experience an incredible sense of well being regardless of their circumstances. Most folks are 100 times more able and ready to



cope with the challenges that arise with a sense of ease.

Additional benefits include more brainpower to solve problems and expanded sense of creativity and divine connection, clarity and sharper focus. Everything in life seems to works better. The regenerated brain finds excitement in learning; it's easier to grasp new concepts and ideas. Life becomes more enjoyable as the 100% brain capacity returns the individual to his or her natural divine intelligence.

Brain regeneration is truly the wave of the future -- and it's for everyone. Think about being a child: Your brain is constantly growing and making leaps in its learning and functioning. Why would we want this to end in our 20s and beyond and live with a brain that no longer gets stronger and smarter?

The brain regeneration techniques of cellular neo genesis and DNA obliteration allow you to return your brain to 100% function. If properly nurtured, your brain's function will continue to improve for up to 20 years! Imagine your bright future and what you could experience with your brain capacity at 100%.

To learn more about brain regeneration, visit: <a href="http://julierenee.com/qhs-training/">http://julierenee.com/qhs-training/</a>

# **Transcription of Meditation:**

And I welcome you to the quiet mind, breathing in and out. Send a grounding cord down from the base of your spine to the center of the earth. Let's go ahead and set the body on release, and opening the field to earth energy bringing earth energy up through the feet, angle, shins, calves, knees, thighs up the hip and down the grounding cord. As we bathe the body preparing it for the quiet mind and bring a line of energy from the cosmos into the back of your head 1 inch above where the spine meets the skull. Bringing that energy that cosmic energy down through your neck, shoulders, arms, elbows, forearms through the wrist and out the fingertips and down through the back channels and up through the belly, through the chest, through the neck, through the head fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura, pulling your oura into 18 inches around your body and lets go ahead and put a golden vacuum cleaner at the top of your head and vacuum out, spiraling around down the body, vacuuming out any dust bunnies, fuss balls anything that is in the aura that would interrupt your quiet mind. When the vacuum cleaner is done you can throw down the big grounding cord and then find yourself in the center of your head.

I would like you to sit quietly now on your throne in the center of your head and I would like you to survey the center of head experience. What do you notice in your golden temple of silence? Is it quiet? Are the things talking at you? I would like you to now really become aware that this is your golden temple of silence. It belongs to no one else.

All that is making noise, all that is calling your attention is not you. Take a spiritual fire hose from where you are and I would like you to open a trapdoor out the back of the head and hose out all those looping thoughts, all that noise, clutter, cobwebs, garbage, wash it out.

You are doing an awesome job.

When you feel like you have got it really washed out and you might want to do this a couple times a day. When you are ready you can close the trapdoor and sit on your throne and now feel the quantum field, the field of pleasure, the field of oneness. Feel that field supporting your quiet mind. Notice from this peaceful place you are one with all that is. There is a deep serenity the body triggers to its parasympathetic system and begins to restore itself. From this place you can grow new cells, you can become younger. The quiet mind, it is your place of unlimited power, of unlimited grace, of unlimited love.