

## Q5 End Anxiousness

Breathing in, and out. I'd like you to breathe in a calming blue and green energy today, we're going to really work on bringing down anxiety dramatically so one of the things you can do is slow rhythmic breathing or slow cleansing breaths this allows the nervous system to trigger a relaxed state. Your brain and your body go into relaxation. So taking 10 deep breaths in, breath one breathing in green, and blue energy, healing in peace. And breathing out, and breathing in, and breathing out, and breathing in blue and green, and breathing out, and breathing in, and breathing out, continue to keep this rhythmic breathe in and out blue and green energy going. And we wanna just continue to release and relax, send a grounding cord down from the base of the spine to the centre of the earth so let's go ahead and plug the adrenals, and sit at waist level like acorn like glands, and let's go ahead and ground those to the perineum (?) and to the centre of the Earth also, and let's release the adrenals as we release the adrenals and the excess energy in the little glands that turn on fight or flight, let's go ahead and allow the nervous system to plug into the adrenals and start releasing the nervous system through the adrenals down to the centre of the Earth. Pulling the aura into the nine inches away from the body. Putting a blue corona (?), a blue flame on the outer edge of the aura, sometimes we just get in too many people's faces and we start picking up anxiety from everybody around us, so this is a really wonderful response to over stimulation from others pull it into 9 inches around your body. Let's go ahead and just set a grounding cord in the aura, and maybe a little whirlwind or a funnel that's just pulling out anything excess in the aura that's not crystal clear, that's not calming blue and green energy. Just go ahead and allow yourself to continue to relax and release. Breathing in, and out. Sitting in the centre of the head, in your golden temple of silence, opening the trap door, and let's go ahead and wash out anything that isn't you. You want this golden temple of silence, to be silent, to be calm, and serene. You are in charge. Breathing in, and out. Breathing in, and out. And as your aura is now cleaning up, your blue corona is now burning off, energy and information from others, it's stopping the chaos, it's stopping the madness, you are beginning to be part of the pleasure field. The quantum pleasure field comes right into you. And actually becomes part of your molecules and your cells. As you continue to breathe in and out, your brain is bathed with rich oxygenated blood and you know that you are safe. That you love yourself, and that all is well in your wonderful world. Sitting in the centre of your head again, breathing in and out. Feeling very calm, part of everything that is, you are so loved, so cherished, and today in this moment you are completely and totally safe, loved and supported. To test (?) you, so be it.