

What's Next ~ Your Quantum Rejuvenation VIP Mentoring Program

The Quantum shifts you are moving towards are not about luck: it's really about Science. Sure everyone is different but the same laws of success always apply. You reap what you sow; you can't get out of life what you are not willing to put into it. If you want more love, give more love. If you want greater success help others achieve more. And when you study and master the science of achievement, you will find the success you desire.

You've just undergone an amazing reboot and are reset to build a mindset for unlimited possibility. Understand that your decisions shape your destiny. The future is what you make of it. Every day of your life little decisions will either take you to the life you desire or to disaster by default. In fact it is the littlest decisions that shape your life.

What to expect after your four hour one to one

Some people experience a radical shift instantly while others grow gradually into the upgrades over time. A good rule of thumb is to know that if you came into the program with many health, love and or work issues ~ you may not feel super-duper for a few weeks. The more challenges you had coming in, the more shifts and changes need to ground for your full restoration. Please read this in its entirety.

There are 3 types of people who do the rejuvenation session:

1. Already well, wanting more out of life and looking to get the slight edge over themselves ~ being able to outperform their status-quo and reach for the stars.

The first 12-16 days will be fun, after the initial 2 or 3 days you will find more energy, focus and momentum than you have had in years. You'll want to maximize your results by following the simple steps listed below, including daily meditation, exercise, proper water intake and so forth to sustain and maintain your results for many years to come. If you'd like to, you can quickly add brain plasticity training to your daily routine. (ie a program like luminosity which exercises the brain) You will experience rapidly a new period of achievement and this is accelerated with the 21 Day Accelerate Wealth program for going Big in your life quickly.

Find out more about the wealth program – [Click Here](#)

2. Doing fine but noticing cognitive decline ~ in other words your brain just wasn't giving you what you needed and wanted anymore. You don't have any major health issues however you may have never achieved or accomplished what you feel is your birth rite-mission-fully expressed life. When the brain has slowed down some, understand the reboot is vital for you to get back on track. You will be sleepy for up to 72 hours and will possibly need catnaps for a while. The brain does not regenerate while awake, so the feeling of needing to sleep is a good sign the body wants to restore to a higher function. Fighting the urge to sleep or making yourself wrong for being tired is silly~ we want the improvements, so take a nap!

It is vital that you follow the instructions to a T. Meditation will help tremendously, keeping your mood stable and your body cleaned up just like a spiritual shower from the inside out, so you ~MUST~ meditate at least once a day. Exercise, proper hydration and surrounding yourself with positive people is so important in the regeneration phase 3-4 months. You are laying the tracks in the brain for new ways ~ more powerful and effective ways of being.

3. The third type of individual comes in with a wealth of issues, many of them related to health and a real desire to make rapid improvements. These people have already tried many healing modalities with little luck and have ended up here in the mentoring program as a last and best hope. If you are in this position understand that your journey back is different than a healthy person. Years have gone by with issues that have made life difficult and

you will have a gradual journey back. The trick here first is to restore hope. This is not a 'get rich~healthy quick scheme'. But rather a scientifically proven method for restoring health by literally regenerating the cellular body a step at a time.

Your first reaction after the regeneration day may be of pessimism. Because I got your numbers up to 100% in the session you might think that the next day you should be like superman or wonder woman but instead you are very tired, may have the same symptoms as you did prior to your 4-hour session and feel a bit depressed. You are not alone. You want a quick shift ~ believe me when I tell you I want it for you too. But it will be 4 or more months of rejuvenation so expect little change for awhile.

Your biggest job in this phase is to stay in gratitude and appreciation for what is working in your life and your body every minute of everyday. You will have follow up laser focused sessions with me to keep improving things and it is your job to use your mindset to help the process. If you are telling yourself every minute how awful everything is, it will be difficult to experience any shifts ~ ever. That doesn't mean they aren't happening, as a matter of fact I guarantee the function and capacity of your brain at 100% however you may, with your mindset, enforce an inability to use more than a very diminished percentage in spite of the high capacity. Remember the old adage what the mind can believe and conceive it will achieve. It works both ways what the mind focuses on good or bad is where you will go. Follow all the suggested guidelines below as if your life depended on it and please find ways to celebrate life and have fun every day!

Highly Suggested Self Care During Mentoring Period:

After 4 hours of regeneration you will expect to feel clear and refreshed, and you will need a good amount of rest. Although you will be tempted to push the next few days, you may chose to enjoy a few leisure days off. The more you sleep and rest the stronger the cell growth will be.

Hydrate

Begin a habit of the sip 16 system ~ drinking 16 + glasses of pure water every half hour. To understand the whys and the way to make it easy read the following 2 blog articles:

Dehydration:

<http://julierennee.com/general/dehydration-drinking-water/>

Sip Sixteen System:

<http://julierennee.com/general/implementing-the-sip-sixteen-method-for-proper-hydration/>

If you prefer a video to get the information watch this:

<https://www.youtube.com/watch?v=swK7J4Z3TQk>

Fuzzy Brain Video watch this:

<https://www.youtube.com/watch?list=UUEa68p1DGz0RrQZsedp6GQA&v=doJz7rgDOIs>

Rest & Early to Bed:

<https://www.youtube.com/watch?v=IKcklEtQPfo>

No No's

No Alcohol or drugs, including over the counter medications. (This includes any headache or pain relieve over the counter medications – Advil, Aleve, Tylenol, Ibuprofen, etc.) No smoking and preferably no foods with preservatives. Best to eat from the outer rim of the grocery store, colorful fruits and veggies light protein.

What to do if you have a headache

1. Use the “This is not me” mantra for 5 minutes
2. Use the suggested remedies on this video

Watch video:

<https://www.youtube.com/watch?v=XRqz9OGvXsc>

What's next

Continue to use your pre-work meditations. I will have likely supplied you with several additional meditations to maintain your healing. If you didn't already download them here they are again:

Love in Balance

<http://miraculouslivingtoday.com/secret-key-9-regeneration7uht/>

Regeneration

<http://miraculouslivingtoday.com/secret-key-9-regeneration7uht/>

Decide Commit, Action

<http://miraculouslivingtoday.com/secret-key-6-decide-commit-action9y/>

Fatigue to Fabulous Program ~ Enter email and name and you will get the 5 day Program

<http://miraculouslivingtoday.com/>

Maintain your exercise if you have been in the habit of exercising, if this is a new idea for you please add 2 days of stretching or yoga, 3 – 4 days of walking or cardio and 2 days of light weights, you can choose to double up and get two forms of exercise in one day.

The 4 hour Brain and Body Regeneration is part of your 3 month mentoring. You will experience bi weekly private coaching ~ health activations as well as meditations and business coaching. Expect to feel both up and down, have moments of great joy and despair and everything in the middle. We've shaken it all up, and did a full restart ~ so think of the emotions as detoxing, nothing that will be around too long. If you don't feel these feelings, hurrah ~ but you are completely in the normal realm if you do. No one has it all figured out, take time to go inside and see what it is you are really feeling, breathe into it and it may just disappear that quickly.