

## Q5 Grounded and Calm

Julie Renee Master Health Activator

Welcome spirit so glad to have you joining us in this journey of grounded peaceful calm energy. Send a grounding cord down from the base of your spine to the center of the earth. Set the grounding cord on release, letting go of excess energy in the body. And breathing in and out cleansing breaths while you ground and become more and more peaceful.

Going to the center of the body the torso, I'd like you to ground your adrenals, the right adrenal and left adrenal. With a hollow tube, a hollow grounding cord as wide as your wrist, hollow in the center down through the perineum, down to the center of the earth. Set the grounding cord for the adrenals on release and release the fight or flight stress out energy in the adrenals.

And then I also like you to ground your nervous system through the adrenals so you are going to plug sciatic nerves into the adrenals and just see the nervous system release. And continue to do your cleansing breaths feeling very very present and very fortunate. And continuing to release and let go of any excess nervous energy, any dark energy, being more grounded more clear than you've been in a long time.

And going to the center of the head, and let's go ahead and wash out the center of the head. Taking a spiritual fire hose I would like you to open a trapdoor out the back and just wash out any looping thoughts, worries or concerns. This is your time to be serene and peaceful. And when everything has been washed out, vacuumed out, brushed out and scooped out, however you want to clean it out close to trapdoor and sit in the center of your head. Sit on your golden throne in this temple of silence brain Earth energy up through your feet, ankles, shins, calves, knees, thighs and out the hips down the grounding cord. And cosmic energy into the back of your head down your neck, shoulders, arms, elbows, forearms, hands, fingers and finger tips. And more of that energy down through your back channels, looping up through the pelvic cradle, 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.

Let's go ahead and tighten up the aura, it's 18 inches around the body. Let's make sure that the aura is connected and if there's some tears in the aura just go ahead and mend that with some magic spray, aura spray. And now sitting in the center of the head as a beautiful yogini or handsome yogi, repeat a mantra of own, of peace, of love. You are calm, serene and grounded. Breathing in deeply and out completely. Breathing in deeply and noticing the parasympathetic system beginning to restore, reboot and make solid that which was wiggly and wriggly and out of quilter. Breathing in peace, breathing out. Breathing in serenity, breathing out feeling grounded and centered. May it be the blessings of the Supreme Being that this healing is complete, Amen.