

## Q5 Momentum

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And breathing in energy; and breathing out sluggishness. And breathing in the energy of excitement, of enthusiasm, of focus and clarity; and breathing out stagnant air. And breathing in your most magnificent momentum; and breathing out all that stops you. And breathing in and out as we set your body to quantum momentum, feeling your body surrounded by your quantum field. This quantum field can be extremely pleasurable, feeling the quantum field bringing tingles and sparkly energy into the cells of the body.

And now we really focus on the brain, we focus on that which perhaps might have been a little sluggish in the past. Let's go ahead and just imagine spiraling around with a beautiful vacuum, a golden vacuum. And we're spiraling around in the brain and we're vacuuming out all the squatters and looping thoughts and sluggishness. And we're vacuuming out the peas soup in the brain and we are really allowing that quantum field to continue to support this shift. And you see as the brain is clearing out you are really experiencing focus clarity and momentum. And momentum, that ability to take your steps forward. You can see that happening now even as you step forward.

Feeling your legs energized and your will the center of your body, your core becomes energized. As a matter of fact let's focus on getting that 3<sup>rd</sup> chakra will in front and in back spinning and up at 100%. And so anything that might be less we are now focusing an energy on the cone shaped chakra coming out just above the belly button and the cone the ice cream cone shaped chakra coming out at the waist level in the back. And just really seeing that powerfully connecting into the body allowing will to fuel momentum, allowing the clarity in the mind to source and be sustainable, momentum over time to manifest and create and contribute in the most amazing ways.

And continuing to breathe in and out. I'd like you to imagine your spirit now spreading down into fingers and toes, arms and legs torso, neck and head. And really owning your body, feeling the power and the life force in your body. Feeling the clarity in your mind's eye. Feeling the strength in your core, coming back into your body filled and juiced with momentum, enthusiasm and excitement for what lies ahead.