

## Q5 Relax Release

Hello darlings, it's time to relax and let go. We're going to release all the excess energy in the body in this very wonderful, quick Q5 tune up. Sending a grounding cord down from the base of your spine to the centre of the earth.

Make the grounding cord nice and wide, and set the grounding cord on release. Release all the excess energy in the body. Ladies with a line of energy as wide as your wrist let's ground the ovaries down through the perineum, down to the centre of the earth.

Gentlemen grounding your testicles with a line of energy as wide as your thalamus center down to the center of your earth. Men we're releasing aggression and competition, ladies we're releasing all the healing projects, all the people that you're working on.

Let's go ahead and set those glands on release. Put a little release button on them and let it go. And then popping up to the adrenals the adrenals sit on top of the kidneys at waist level, an inch off the spine with a line of energy as wide as your wrist hollow in the center, down through the perineum, and down to the centre of the earth.

You can use that same cord or you can use a new cord it doesn't matter. The one that exists for ovaries and testicles, let's go ahead and set the adrenals on release. Let's release excess energy on the body, let's release stress, tension, worry and concern. While you're releasing let's go ahead and pulse little golden suns on the adrenals.

Let's plug the nervous system, the sciatic nerve runs right next to the adrenals. Let's plug the nervous system into the adrenals and let's release the nervous system now. The nervous system is an electric blue colour if you look at it ethereally so if there's black and gunk in there you want to really let it all go so it returns to that electric blue.

You're doing a great job. We're going to pop up to the center of the head leaving the nervous system continuing to drain out. In the centre of the head I'd like you to just as spirit get up there. Now you're in your golden temple of silence. You're in your cave, this control center.

I'd love for you to turn the lights on and take a look around, what do you see? Is it full of excess boxes? Are there problem energy? Is it full of dust? Does it have cobwebs? What do you see in the centre of your head? Have you owned this place, do you have squatters in there? Like apartment squatters, homeless people?

This is time to clear this out. We want to clear out the looping thoughts, we want to ask the squatters to leave, maybe to show them out the back door the trap door. And go ahead and wash out the center of your head. I use the spiritual fire hose, whatever is sensible to you. You might use a vacuum cleaner, you might use a rake, or a leaf blower. Whatever is going to make sense and get it done now quickly, that's what we're going for.

As this golden temple of silence begins to clear, begins to refresh I'd love for you to sit on your golden throne. Maybe you have purple velvet pillow or red velvet pillows. I'd love for you now to look around in your golden temple of silence. I want you to really feel the sense of ease, the peace of relaxation, of clarity, this is your moment.

Imagine that there is gold light surrounding you. That in the center of your head you are now in your control room and in this control room its surrounded and supported by the quantum pleasure field. Now you're just seeing layers upon layers of fields of love, fields of release, field of support, of gratitude, of appreciation.

Take a moment for yourself breathing in and out. It's time to come back into the room, opening your eyes. Breathing and out, feeling wonderful. Relaxed, refreshed and renewed.