

Q5 Quantum_Weight_Loss

And breathing in and out, allow yourself to sigh and just relax. This is your quantum weight loss meditation. We're going to touch on a few beautiful parts of the body that help with weight loss, and we're going to be improving them.

Dropping a grounding cord down from your perineum to the center of the earth, let's just set the body on release and let's go ahead and send up a cord to the supreme being from the top of your head. Now you're held in stasis in this beautiful way as we begin to rewrite the energetic signature and the metabolism signature of your body.

We begin by looking at the thyroid, we want to bring the thyroid to 100% function. The thyroid is such a key player in metabolism. You can use the quantum field if you're familiar with the quantum pump. You can give yourself a little boost, you can ground the thyroid and clear off dark energies and then we're looking at a regeneration process of the thyroid. Let's just bring that thyroid to 100% function.

Seeing the cells regenerating and going back to full function and then thyroid chemistry, seeing the thyroid actually circulating beautifully through the body. As the thyroid begins to really work well the next thing we want to look at is the liver, we're bringing the liver up to 100% and once you ground the liver with a line of energy as wide as your wrist, down to the center of the earth let's just ground off any excess or alien energies in the liver.

Releasing energetic toxins from the liver and the liver and the thyroid together really design the metabolism for us so let's get them in really great shape and then talking to each other so they're going to be communicating with each other. Of course the liver releases many chemicals that help the body work better.

Then we're going to be looking next at the adrenals. We look at the adrenals for really vibrant health because adrenals can cause us to hold on to weight. What we want to do is get those adrenals really at 100% so that they are not taxed, or in survival, or struggle.

Grounding the adrenals that sit on top of the kidneys, that waistline an inch off the spine, they look like little acorns with hats. Let's ground them down through the perineum and down to the center of the earth. You can use a grounding cord as wide as your wrist, hollow in the center. Let's set the adrenals on release and while they're releasing go ahead and put some golden suns on the adrenals. Let's go ahead and pull some up to 100%. You can use this technique the golden sun on the thyroid and the liver too.

And then we want to look at the nervous system and let's go ahead and plug the nervous system into the adrenals so it has a place to release. Let's let the whole nervous system light up and release, release all the excess nervous energy down through the adrenals, and down to the center of the earth. Beautiful.

Then we're really finally going to look at your sleep center and the gland that helps with sleep is your pineal gland and that's in the back of the head, back center of head. It's a little coffee bean shaped gland. Let's ground that to the centre of the earth, set that on release. Let's go ahead and let that come back to its god state.

You can do a golden sun, you can have a quantum field to shift, you can do the quantum pump if you want to do that. Just see the pineal gland and the chemistry of the body going to its perfect metabolic state, and breathing in and out.

I'd like you now to just wiggle your fingers and toes and really be focused on this new body that you're creating, This slim, youthful, healthy body. Coming back into the room with that clear vision that you are now in alignment and in perfect agreement with yourself to make a shift, a quantum shift in your weight.

Really be completely successful, supported by the quantum field and healthy functioning glands and organs. May it be the blessings of the supreme being that this weight loss mediation is complete. To dust to so be it.