

Quantum Leap to Your Optimum Healthiest body © Gnostic Light INC

Script by Theresa Micheletti , Original source from Raheim. Spirit Guide

**First, think about at least one health issue you want to focus on.*

**Second, Choose your healthiest age. Was it 12 years old, 16? 36? Whatever age you were the most healthy and if you did not have one, you are going to sense that perfect, ideal healthy body in your mind's eye now.*

**Third, think of your mind at its optimum knowledge when you were most enlightened so when we shift time you can connect your healthiest, ideal body and your optimum, enlightened mind.*

OK, so you have your healthiest age and the time of your optimum enlightened mind.

INDUCTION

Ready....

Take a deep breath and when you are ready close your eyes. Breathe in positive energy, breathe out any negativity let your body relax ... breathe in ... and breathe out.... ...

Ready?

Find a comfortable position. Take a breath. Allow your body to relax.... You do not need to see, you may feel or sense or know or even see in your mind's eye ...

Relax your feet, your ankles, relax your calves... Just know you can allow your body to relax...Now relax your knees, your thighs, pelvic area....

Allow your back to relax, the trunk of your body, relax your arms, fingers, relax your neck and head.... Allow your entire body to relax from your toes to your head.....

Mentally put a bubble of protection around you filled with white light. just know it can be there ...like a warm, gossamer blanket... protecting youAllow any negativity within or without to be neutralized by the protective Light.... Just know that is possible... Breathe in.... and breathe out....letting all the stresses and strains of life fall away from you... with every breath you take ... breathing in positive and breathing out negativity.... ..

your whole body relaxing... letting go...

Any outside noises are just the noises of everyday life and only help you relax more.

Remember you have chosen at least one health issue you want to fix... You have chosen your healthiest age ... and if you did not have one you are going to sense that perfect ideal healthy body in your mind's eye now.....

Because our minds need symbols to engage and remember..... we are going to use a Beautiful stream of clear, sparkling water. So in your mind picture that beautiful, rushing stream.....

Now, approach the bank of the stream. ...you are standing on the bank of the stream

.....

At the moment, we will concentrate on any of the negativities effecting you—

Where you are storing the emotion of the injustices,

Where you are storing the emotion of the irritations,

Where are you storing the emotions of your hurts, your what ifs, your unfulfilled

want to be(z), ...all the so-called slings and arrows of life,... your aggravations, your

allergies, your illnesses, your didn't dos,... your wish you had, and especially your

physical pains. ... Think about where you feel these things in your body?

Now in you mind, get a felt tip marker...

Now, think of your body and mentally place an X to mark all places of concern, X

any area you have had pains or illness ... or discomfort as if you were addressing a

mannequin or a wax figure of yourself, a replication of your body with perfect

features... Anyone would recognize you.... Now, step out of the replica now,

sense or look at the replica of you... in front of you Where else do you have a

concern? Mark it with an X..... Perhaps think of using your marker to maybe thin

your hips or bulk them up, maybe carve in your waist, maybe you need to X your

shoulder because you had bursitis..... An X on your head for sadness or worry.... X your

chest if you have had chest problems, wherever you have concern... X your knees, your

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lower back, your groin,.... X areas you want fixed..... Looking or sensing your body in a different dimension , you may notice how concerned you are about some parts of your body.....Make sure to X each and every concern. Even the areas you might be afraid might give you pain or problems later..... Are you panicky about an area? Maybe your heart then X your heart area.Take a moment to think about any concerns you have about the future and X those areas.... Now, look at or sense your replica. You probably have Xs everywhere.

Now, that you have identified what you want fixed, In a moment, we are going to start the transformation of the Quantum Leap. So step back into this covering, this replica of you. Check to make sure the Xs are still there..... Add any last Xs you want to add?

Now, sense or look very closely at this sparkling, beautiful, clear stream. This stream represents the time warp. You notice there is a path across the stream you will take in a few minutes.

There are wide, white stepping stones, flagstones, which lead to a spot you can see across the stream.... You realize the stream makes you feel safe, such a positive energy.... You sense the stream is rushing very fast as time moves fast.... As you look across the stream you sense the essence of the healthy you, that healthiest aged body, that ideal healthy body that you will soon absorb. ... Establish the you that was healthy, **Quantum Leap to Your Optimum Healthiest body** © *Gnostic Light IN* 4

age 12 or 28 or whatever and you are not going to bring the mind of that 12 or 28 or whatever year old, so to add your ideal mind, think about the point of your optimum knowledge mind. Make it very, very specific because you can skip time with your age as well as your mental aptitude.... In a few minutes, we are going to connect your most enlightened mind with your healthiest body so bring that optimum, enlightened mind up. You will need to include your ideal mind with your optimum, physiological body. Across the stream, sense this wonderful, youthful, healthy entity that ideal body that will be you...

Now, you step down onto the first stepping stone and you realize that the water has suddenly stopped rushing... The water is still and has stopped moving. You have gone into a dimension of time warp. You created it . You unveil it.

You take the next step and the water is absolutely, completely still. Nothing moves..... You can hear your own breath.

You feel absolutely wonderful much like how you feel if you go out of your body... You take the next step and you feel exhilarated, euphoric because when you stepped on that first stone you stepped out of your time.... You are now in the void. Now, take the

next step. You do not linger. You want to get there, so across all of the flagstones and

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now up, up the bank. ... Now you are sensing, looking into the eyes of this young, healthy you... Force yourself into this mantle. This is nothing more than a cloak you wear... the 12 year old or 16 or 28 or even 36 year old, whatever choice you made... ...intend to accept this body... it belongs to you... know you can step into that body... absorb that body, absorb that healthy cellular structure...accept that body's strength, the health, fill yourself with the vitality of the body, that ideal body is yours.... back again... your renewed cells, renewed vigor,renewed feeling... that healthy body is YOU now..... the last Xs have faded away to nothing because your absorbed body has thrown out all of the old cells that no longer serve you... you have been given an infusion of the fountain of youth... ... Now, pull in your optimum knowledge mind, the enlightened mind... your total I-ness, your total me-ness.. your I-am... Claim this body that is yours... know this body belongs to you... Lock it in... Take a breath and revel in your renewed body and enlightened mind.... ...Breathe it all in.... feeling your renewed body... Sense and look at your renewed body.... Notice the feeling of being in that body... Let that wonderful feeling wash over you..... Breathe in that feeling.... Now... you are ready in a moment to bring your healthy, renewed body and mind back with you to the present...

Looking at the stream... looking at the water... you might even consider skipping across the stones... Stronger.... Healthier...letting any doubts drop away...

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Anything holding you back drops off and away from you...feeling marvelous...

Now, you take a breath and step on the stones and cross the stream to the other bank...

..... Going up the bank easily with effortless movement....

Now, your renewed self has a molecular change.... You have rid yourself of hurts, you let go of congestion, allergies, pains, you have new joints, new knees, issues taken care of, former Xs fixed, you have a new youth. You have bridged time. You are back to your optimum body, your optimum mind.... back to yourself.

You now have the key to bridge time.

The stream is rushing again. You feel cleansed.... You feel renewed, reenergized

.....Fill yourself up with the renewed feeling....

You feel better than you have felt in a long, long time.....

Breathe in that feeling.... ..

You can take yourself across this stream as many times as you wish.

You will easily remember this process and easily remember the specifics of this

Quantum Leap session.

Take a deep breath and lock it in. Ready to come back now.

Subconscious receding. Conscious coming to the foreground. Feeling wonderful.

Energy up. Come all the way back. Ready to do anything you need to do.

Settle in to yourself.....

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Your Homework

To be the most effective and lock in the time shift, you should repeat this Quantum Leap experience every day for a week. You can listen to the audio OR replay the session in your mind using as many senses as possible. Sense the change. What does the change feel like? What does it look like? Etc. And, say to yourself, "I see myself with my healthiest body and optimum, enlightened mind." You've got this. You can lock in your renewed self. You CAN keep this change.