

Quantum Quickies:

for Healthy Living

*Quick ways to take a quantum leap in
consciousness.*





With the Busy-ness of today's World, we all need a quick solution to life's challenges.

You don't have time to spare on long, drawn out procedures for change.

It is time to take control of your life, emotions, thoughts and feelings Now.

I created Quantum Quickies for those of us on the go.

These are quick exercises (two minutes or less) to keep you on track.

Put these into practice right away and pull from them anytime you need to take back your power as your Higher Self and create transformation.





Quantum Quickies

Quantum Quickies are your solution to keep you *focused, grounded* and *clear*...

...so that you can live as your Higher Self in the Now.

Living as your Higher Self in each Now moment, allows for greater levels of Consciousness to be accessed.

Then, you can pull from your reservoir of Consciousness to make powerful choices along your path.

Transforming each moment to align with your Higher Self, adds up to a life of:

Love, Health, Joy, Success and Prosperity...

And Much, Much More!!

Enjoy your Quantum Leap of Transformation in your Life.

May all of your challenges in life be easily shifted into lessons of Love and Light... Stepping stones leading to true enlightenment.

Many Blessings on your Empowered Journey,

Christel 



“How does one become a butterfly?” she asked, “You must want to fly so much that you are willing to give up being a caterpillar.”





Here's What's Inside:

Quantum Quickies:

- 1) The Healing Blanket
- 2) Gift to Me, Gift to the World
- 3) Practicing The Peaceful Pause
- 4) Filling up your Fuel Tank
- 5) Meet My Higher Self, Mantra
- 6) The Balancing Act
- 7) Awakening the Heart
- 8) Let it All Out
- 9) From Mind to Heart
- 10) Foundation of Power

Gratitudes



The Healing Blanket

Do this exercise to reinforce your commitment to Nurturing your Self: *(Use this when you feel hurt by someone)*

- ❖ Instead of making someone wrong, or blaming them for how you feel...
- ❖ Instead of acting out of pain from being triggered...
- ❖ Instead of seeking nurturing from someone else, by telling them what happened...

Say to yourself:

- ❖ I recognize this moment as a gift and...
- ❖ I take full responsibility to love and heal myself.
- ❖ Imagine wrapping a powerful Healing blanket around your body and being cocooned in Nurturing and Acceptance energy...
- ❖ Allow this energy to penetrate your body Let yourself be Healed by this magical blanket of Love.





Gift to Me, Gift to the World

Do this exercise to reinforce your commitment to Bringing Vitality into your Body:

- ❖ Find a quiet place where you can sit and be present.
- ❖ Sitting in a grounded state of silence,
- ❖ Breathe in high vibrational, positive energy and say to yourself “gift to me”
- ❖ Then exhale, imagining your breath traveling around the globe and say, “gift to the world”
- ❖ Repeat as many times as times as you like, until you feel filled with vibrancy and stamina.





Practicing the Peaceful Pause

Do this exercise to reinforce your commitment to Being a Presence of Peace:

- ❖ Are you constantly talking to yourself while others are talking to you... thinking of what you will say next?
- ❖ **Or** are you actively listening by breathing, tuning in, feeling and pausing?
- ❖ The peaceful pause is the practice of creating space between what someone says and your response to it.
- ❖ By being aware and choosing to pause instead of responding right away when someone says something to you...
- ❖ You are creating a space of Peace between yourself and the speaker.
- ❖ The next time someone speaks to you... consciously take a full belly breath.
- ❖ Upon your exhale, release the need to respond and briefly pause instead.
- ❖ Feel how what they said impacts you, your body, your energy, your mind, then respond accordingly.





Filling Up Your Fuel Tank

Do this exercise to reinforce your commitment to Restoring Your Energy: *(Use this exercise anytime you need an energetic pick me up)*

- ❖ Imagine your body is your fuel tank...
- ❖ It needs energy in order to run efficiently and effectively.
- ❖ Ask your Higher Self to show you where on the fuel gauge your energy is indicated...
- ❖ Is it empty, $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or full?
- ❖ Imagine a giant hose coming down from the sky and filling up your system with positive, high level energy.
- ❖ Keep fueling your body, until your gauge reaches full.
- ❖ Now you are ready to go, fully fueled and energized.





Meet My Higher Self, Mantra

Do this exercise daily to reinforce your commitment to living confidently as your Higher Self:

- ❖ Find a quiet place where you can sit and be present...
- ❖ Start by placing your hands over your heart.
- ❖ Take a deep, cleansing breath and say this affirmation out loud:
- ❖ I love myself, I honor myself, I respect myself...I feel, heal and reveal myself as my Higher Self.
- ❖ Repeat this a minimum of 3x...
- ❖ For added intensity, look at yourself in the mirror while doing this mantra.





The Balancing Act

Do this exercise to reinforce your commitment to becoming and living a balanced life:

- ❖ Find a quiet place where you can sit and be present...
- ❖ Bring up a visual representation of a scale in your minds eye.
- ❖ Ask your Higher Self to show you how balanced you are in the present moment, with this scale.
- ❖ Is the scale out of balance?
- ❖ If so, ask your Higher Self to work with you to adjust whatever needs readjusting in your Body, Mind and Spirit.
- ❖ Feel your body tingling or moving to readjust the inner workings of the Body, Mind and Spirit until the scale is in the balanced position.





Awakening the Heart

Do this exercise to reinforce your commitment to Being the Love that you are seeking:

- ❖ Find a quiet place where you can sit and be present...
- ❖ Awaken your heart, by gently tapping your heart three times.
- ❖ Imagine a flower that has yet to blossom open, in your heart.
- ❖ With each breath you take, the petals of your heart begin to open.
- ❖ Continue breathing until the flower is fully open.
- ❖ Turn the center of your flower into a bright golden Sun.
- ❖ Project the ray's of Love to the world...
- ❖ Imagine this love touching and reaching everyone in need of Love in this moment all across the globe.
- ❖ You are contributing to spreading Love throughout the world.





Let it All Out

Do this exercise to reinforce your commitment to Releasing the pressures of Life:

- ❖ Find a quiet place where you can sit and be present...
- ❖ Set an intention to release the accumulated pressures of Life.
- ❖ Bring to mind a picture of a pressure cooker.
- ❖ Notice that there is a knob that can be turned to let the pressure out.
- ❖ Imagine turning the knob in your mind and releasing the pressure out of your head.
- ❖ All of the pressure is like steam, spraying out into the Universe to be recycled into supportive energy.
- ❖ Call this energy back to you as something positive...
- ❖ It could be Confidence, Joy, Strength or anything you choose.
- ❖ Fill up your body with this from the tips of your toes to the top of your head.





Moving From Mind to Heart

Do this exercise to reinforce your commitment to Living From Your Heart:

- ❖ Find a quiet place where you can sit and be present.
- ❖ Place your attention on your Mind.
- ❖ Imagine looking through your Mind's eye.
- ❖ Notice what it is like to see things from your thinking point of view.
- ❖ Now pull the Mind down and into your Heart and Lock it into the Heart.
- ❖ Begin seeing with the eyes of your Heart.
- ❖ Notice the difference when you are in alignment with the Heart and are seeing from this connected perspective.
- ❖ When you are in the Heart, you are connected to your Highest Intuition.
- ❖ Come from your Heart and your Mind will follow.





Foundation of Power

Do this exercise to reinforce your commitment to Building a Powerful Life:

- ❖ Find a quiet place where you can sit and be present. Close your eyes.
- ❖ Ask your Higher Self to show you a picture of your current Foundation.
- ❖ What does it look like: Is it Shaky? Unstable? Is it falling apart or is it made of some material that can erode or deteriorate easily?
- ❖ It's time to build a powerful foundation for a powerful life.
- ❖ Take a moment to consciously create a foundation that you can trust to withstand all of life's circumstances and challenges.
- ❖ What do you want it to be made of... Concrete? Metal? or Marble?
- ❖ How deep do you want it secured into the ground to assure a strong structure from which to create?
- ❖ Feel the sturdiness of your new foundation. This is your new platform from which you will build a powerful life.



About Christel:

Christel Hughes is a Multi-Sensory Energetic Intuitive, Medium and Holistic Life coach, known by many as the "Spiritual Trainer to the Stars", specializing in self-development, energetic healing and rapid transformation for celebrities and individuals throughout the World.

Most people know Christel for her lightening-fast and laser-focused Intuitive readings. Christel's work has broadened to include multiple programs and pathways to Higher Consciousness and Energetic Transformation.

The Academy for the Soul was born through Christel Hughes, as the 'Online School for Intuitive Arts'. Christel's purpose is to bring and shine light into the world, and to operate as a conduit of Divine Truth, working with people as they identify and develop their gifts, and step into their purpose-work.

The Academy for the Soul helps people discover and develop their Intuitive Gifts, and then share those gifts with the world as an offering.

