

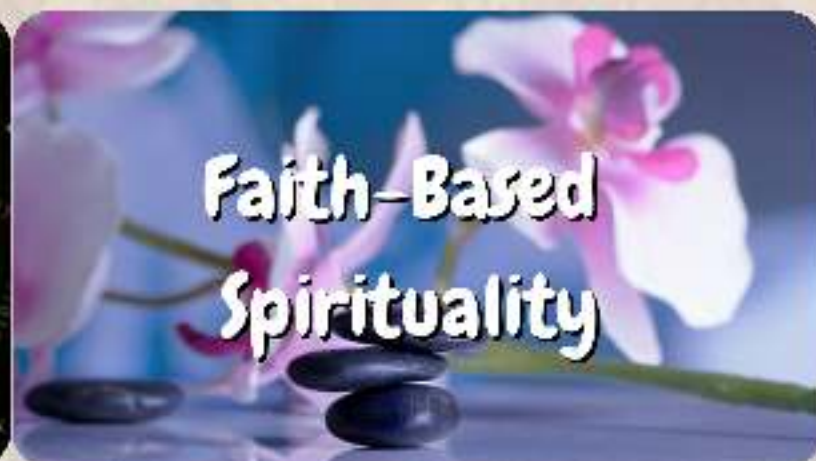


Spiritual Café
Mastering the Art of Living MetaSpiritually
**Quantum
& Wellness**

A series that will transform your life in skin school!
with Revs. Drs. Bil & Cher Holton

Quantum WELLNESS

Integrating MetaSpirituality




QUANTUM
COSMOLOGY



Self-Assessment:

Quantum
WELLNESS





It's
Quiz
Time

Self-Assessment: Quantum Wellness



- Mind-Body Awareness: How often do you take time to listen to your body and notice how it feels in different situations? For example, do you pay attention to how your body reacts when you're stressed or relaxed?
- Intuition and Inner Guidance: How comfortable are you with trusting your gut feelings or intuition when making decisions? Can you recall a time when following your intuition led to a positive outcome?
- Energy and Emotions: How aware are you of the energy you bring into a room or situation? Do you notice how your emotions can affect not only your mood but also your physical well-being?
- Visualization and Imagination: How often do you use your imagination to visualize positive outcomes or healing scenarios? For instance, do you ever picture yourself in a place that makes you feel calm and happy?
- Chakra Awareness: How familiar are you with the 8 Major Chakras, and their impact on your wellness? How have you used this understanding in connection with your health and wellbeing?
- Openness to New Ideas: How open are you to exploring new concepts and practices that might seem unusual at first, like Quantum Wellness and Psi abilities? Are you willing to try new things to see if they might benefit your well-being?

Quantum WELLNESS

Our innate ability to use one mode
of consciousness

**(Our
mind)**

to spontaneously assist the inability
of another mode of consciousness

**(Our *skin-school*
body)**

to heal itself.

WHAT ARE YOU THINKING?

Our healing (and overall well-being) is highly influenced by the level of our positivity and negativity!

Fear
Doubt
Worry

=

Stress, pain, illness

Love
Forgiveness
JOY etc.

=

Healing, rejuvenation, wellness!



the
Extraordinary
you!



Authentegrity

Intuitive Wisdom

Inner Strength

Optimistic Spirit

**Questioning
Unquestioning Answers**

Self-Reliance

Giving Consciousness



This reinforces the

POWER

of our Core Ability

Optimistic Spirit!

One more thing about the nature of both quantum and conventional wellness methodologies:

They both respond to

Placebo
Power

