

Chapter 4: Relationships And Love

Grandmother Grace was a Catholic woman. She and her two sisters were sold off to families as indentured servants. They somehow managed to keep in touch even though they had all been sent to different families. I honestly think their mother Katherine (Kennedy) Petite, who was an immigrant from Ireland, could see no other way to feed them and put a roof over their heads. Their younger brother stayed on with Great Grandmother Katherine.

Grace had had a difficult start to life; the patterns were set for struggle and striving for her adult life. She married young to a military man, my grandfather Frank Gable. In short order, they had produced a batch of children. Military life was hard. Grandfather was always stationed somewhere other than where his family lived; Grace was left in the lurch with six children, one of whom sadly died at a young age as a result of a cough syrup overdose.

Frank was stationed in Germany. Since Grace wanted to keep the family together, she loaded the children onto a ship. With the hope of a better life together, they endured rough seas and horrendous seasickness over a two-week period. As you might have guessed, my grandfather was a member of the troops occupying Germany. The family set up in Hamburg, but no sooner had they settled, when Frank received a transfer order to Frankfurt. When they could, the family followed.

As the years progressed, Frank was always stationed in different ports, which made it virtually impossible for a devoted Catholic wife to follow. Whatever romantic hopes and dreams she had for her relationship with Frank were dashed. He was really no more than a mate and financial provider. Grace had to face the challenge of effectively being a single parent under extremely difficult circumstances, with virtually no support. To make matters worse, Frank was prone to infidelity.

The idea of family, which had been such a hopeful ideal for Grace, became the bane of her life. The grand finale played out as Frank partnered with a Korean woman my mother's age and had children with her, giving them the same names as his children with Grace.

There was of course no annulment and I do not know the details of the divorce, but I can tell you with absolute certainty that the aftermath of the divorce left my grandmother unforgiven by the church. She was never again allowed to receive the sacrament of communion because of the infidelity of her husband and their eventual divorce.

As you can see, Grace married a man who had virtually no loyalty to her or their children.

Predestined for failure, or so it seems

We come into this life with a set of internal programs that guide our decisions. The internal programs that attracted the situation that Grace was dealing with were held in four aspects of her body: the cellular body, the DNA, the mental body and the lungs. Grace was up against so many failing pictures within her body's field, there was actually no possibility for a cherished love relationship unless she could clear a lot of these programs.

It's not so easy sometimes. You can do all the right things, take all the right classes, read all the right books and yet it can still feel like there's some secret you're not privy to or even some habit of self-sabotage you can't stop. It's as if you are not in control of the fact that you're thwarting all attempts to love and be loved.

We are so much more than our thoughts or our bodies. Many people experience a real handicap from their DNA: these relationship patterns are embedded in the cellular information and play out as archaic or dysfunctional.

In the past the normal recourse for these kinds of problems was prayer and a gradual shifting through lifetimes to a more palatable or even enjoyable love life. The great news is that we can now get to the bottom of love and relationship failures and transform them. We can reach into the DNA to remove the problematic programs, and activate successful patterns for aspects of love.

Is it only Our DNA programming?

DNA is not the only place we find hidden patterns related to relationships. What follows is a list of places 'failure' patterns have been discovered and from which they can be removed:

- Group mind and viruses: memes and miasms
- Glands and organs
- Timelines: spiritual emotional, mental
- Mental body and the human brain
- Early emotional entrainment, largely formed in the amygdala
- DNA as mentioned above
- Bloodline
- Nurture; love wisdom
- Chakra system
- Gestation-womb pictures
- Failed love and relationships; residual energy and karma

As you can imagine, it is a big job to rebuild a love system where there is significant dysfunction. I recommend a lifestyle of balance. Take out of the love-renewal equation things related to high drama and unhappiness.

Included in this book are the guidelines to follow for living life in balance. In addition, on the website you'll find a valuable home-study program that was originally created for a women's coaching program (geared towards women aged 26 to 42) yet it is appropriate for everyone.

Make a commitment to:

- Be loving
- Allow love in
- Fill yourself up first
- Be a good listener
- Listen through the other person's point of view
- Be compassionate with yourself
- Turn off self-criticism and harsh self-judgment
- Be responsible for things when they don't work out
- Step back, learn from the behaviors that you repeat but yield poor results.

I will give you the tools to be more loving and fulfilled than you ever thought possible. At the same time, you will want to begin the journey of becoming the wise-elder, embodying love wisdom. Your goal is to be the safe abode for yourself and all others. Your job is to become love; your version of love.

Memes (Group Mind) and Miasms (Group Viruses)

In my thirties, I lived in India for a half year. During that time, I witnessed an extraordinary meme among the women and, especially, the mothers of India.

Picture the scene. You are in a typical Indian home, a movie is playing on the TV and all family members are present. They are glued to their seats as the story unfolds. The two main characters (who are not from the same caste) fall in love. Then the parental scene comes, the mother cries out; *"My son how could you do this to me; how could betray us all? I forbid you to love this slut; she is nothing to us. You must disavow any ties to her here and now!"*

There are two examples of 'group mind' influence here. This movie is like every other in the depiction of the mother who feels she is being betrayed by her son or daughter not loving the person he or she should according to "societal rules." This is an example of a **meme**. Certainly well over 90% of Indian mothers experience this group thinking or meme. Since everyone in the Indian culture is thinking this, it is a societal fact. A meme is a group agreement: we will all think this way and we will create a thought form of

control for everyone to conform to this thought. On higher planes, however, this does not resonate with Truth.

Typically memes are stimulated by emotions and drama; they serve to control and make others conform or they become wrong.

Here, the *miasm* or group virus is the idea that someone is more or less worthy because of caste, color or creed. It is a virus of a kind, typically prejudicial in some way. I meme or miasm always excludes someone or something and causes pain.

Removing Memes and Miasms

Using kinesiology, muscle test for a meme or miasm affecting the full expression of love.

If you get a yes:

- For a meme, look for a concept that is from family or church. An example of a meme: *"I must be married to have value and importance."*
- There are literally thousands of possibilities. Test until you find what's right. A good clue will be to look at how love is thwarted.
- When you find the meme and get a *"Yes, this is it,"* use your right hand to pump gold energy into the concept of the meme forty times to clear it. When it is cleared, it will no longer be an influence.

Test again, *"Am I/are they being influenced by a meme or miasm?"*

If this time, you get a yes on miasm:

- Look for wrong thinking that is exerting an invisible control or causing mental pain. A meme is exclusive to the mental body, whereas a miasm has an emotional charge as well as coming from the mental body. A meme may feel logical (even though it is not); a miasm will feel screwy (that's a technical term). It will feel like there is something wrong or the person experiencing it is really messed up.
- With a miasm, follow the same procedure, but, since the emotional body is also involved, pump sixty times instead. Remember to muscle test if it is clear. I am giving you a general average; it can clear faster or it may take more pumping time. When your kinesiology reads a 'no' you can check what has cleared in percentages. Say you are 85% clear, you can pump a little more and be complete.

My clients are absolutely blown away by the freedom they've experienced once the clearing is complete.

Glands And Organs

Bobbie was full of grief. Her husband, fifteen years her senior, had recently passed. While he was eighty-one years old and ready to go, she, at sixty-five years old, was still needed by her family and students. After becoming profoundly ill, she called me. She was filled with guilt over the way her husband passed. In addition, she was also left with no money and a mountain of debt, without even life insurance money for house payments. She collapsed into an emotional funk.

The physical ailments became overwhelming. First came an uncontrolled asthma, then pneumonia took over her lungs. She confided, *"I would be better off dead than with all this debt and no way out."*

The lung illness was directly related to the feelings of not having a 'right to take up space.' She no longer felt she should occupy space on planet Earth. With her moral and religious background, she saw no other options. Later, as we talked, she could begin to see a way out: a bankruptcy with a restructuring of her home loan and family situation, moving in with her sister for a while, and renting the home to her grown children.

The first thing to do when clearing a gland or organ is to just clear the black, grey or brown energy by pumping gold. The gland or organ may have white energy, which represents someone with a body (in other words, a live person) exerting control on them. If the gland or organ is experiencing illness, for example, an infection, you will need to go through the protocols for healing. It is important to restore color and function, as well as restore the energy source. For example, if the lung function is down, you will need to check the fourth and fifth chakras to insure they are functioning properly, both in front and in back.

Table 4-1 Relationship of Organs to Emotions

Organ	Symptom of malfunction	Vitality Affirmation
Heart	Lack of self-love, disconnection with God, inability to receive love, broken hearted	Self love, appreciation (God connection) receiving love
Lungs	Emotional constriction, inability to breathe deeply, unsafe	I have a right to take up space, I have a right to be alive and to love
Spleen	Betrayal, back stabbing	Everyone supports me and I live in a friendly world
Liver	Anger, jealousy	I am relaxed and at peace in all my connections. I am enough
Kidneys	Hurt, underdog, inability	I am a compassionate self-actuated individual
Stomach	Overwhelm, out of balance, too	I naturally find my balance in

	much	
Pancreas	Poor personal connections outer focused	Relationship, self-love, in balance
Gallbladder	Slave, anger, injustice	I am the authority in my life and am well respected
Intestines	Parts of life difficult to digest	I have enough time to learn from my life's difficulties
Appendix	Out of phase, spiritual body elsewhere	I love being in my life here and now
Pineal	Sneaky, omitting parts of the truth, fudging	Integrity
Pituitary	Grudge	I am able to forgive and let it go
Thyroid	Overly responsible for others	I enjoy going in and learning the secret longings of my heart
Thymus	Endure and survive	I am consistently strong and vibrant
Adrenals	Misunderstood role, responding to everything with high priority	I have awareness naturally by taking time to check in with myself
Ovaries	Drained, depleted, abused	I enjoy fueling my spiritual emotional mental and physical reserves and when I choose to share, I share from strength.
Uterus	Lacking divine acceptance, guilt, shame	Compassion and tenderness flow to all my parts
Testicles	Strangled suffocated, shame	I naturally take the time and space I need and successfully breath life into my male body
Prostate	Guilt	I choose the thoughts I think and the emotions I feel. I easily recognize my own authentic emotions as opposed to those borrowed from others

When you remove the dark energy from the affected area in the body, use kinesiology to find out if these same issues are in the DNA and/or spiritual timeline. If so, keep clearing until the harmful energy found originally in the organ is entirely removed.

The above list is by no means complete. If there is an area not explained above, questions are welcomed on our contact page: www.julierenee.com/contact/.

Lungs have been one of my issues. As a long distance runner, my legs would carry me long distances and never complain. However, my lungs and heart were another story. If you have a lung issue you will understand. I would feel a pull in my chest to slow it down

and never allowing me finish first in my race category. Typically, I was in the top ten as my legs were strong, but I never could make it to the top.

I can attribute this to a sense of not having a right to take up space personally. I felt my mission was to take care of everyone else's needs. Ideally, this would lead to someone coming in who would make sure I was also taken care of. However, if you have this pattern, you will eventually realize that if you always take care of others and put your own needs on the back burner, you will always draw folks to you who will 'need' and 'take' from you. You will not draw in givers because that is not what you are sending out as a signal to the universe.

The higher expression of this, and the step up, is to shift from a reality of over-giving to a realm of filling yourself up well. Then you can offer your gifts to healthy individuals in terms of them receiving rather than taking from you. The process is led by you; you teach those around you how to receive. It feels tangibly different.

You become the good example of self-care, taking enough time to fill yourself up and being generous and compassionate with yourself all the time.

The problems do not actually generate from other people. Your issues around taking up space come from what you are broadcasting to the world. You may have brought these challenges in with you to learn some new information in this life. However, you can learn much more by accepting control and balancing this issue with good choices.

Once you have cleared the lungs, and perhaps DNA and spiritual timeline or memes etc., you will then begin a journey of self-inquiry with behavioral adjustments. You will, in a paced way, learn to be a loving wise-elder with yourself. This process provides the inner landscape for a huge step up energetically in your love vibration and in the love you are able to provide for others.

Spiritual, Emotional, and Mental Timelines

I want to acknowledge that, for some, the concept of living a previous incarnation or experiencing past lives can seem fantastical and unreal. Most religious texts have a way of helping explain this. The current day teachings seem to overlook these references and there is a strong meme (group thought) in place that we only have one life to live and then it's heaven or hell.

If you are open to the idea there is something you may not know and you would like to release any group mind block preventing you from having the full experience of human spirit, here is a simple process to clear it.

Even if you have an awareness of other lives, I suggest you use this process to clear the residue of influences that prevent you from accessing your full healing information. Some folks get all caught up in the importance of who they were and what they

accomplished in another life. They bring that to bear in the life they are now living, making them much less effective in their present life. It becomes an obsession, a spiritual illness, and/or a hook to the past preventing real growth in this life.

It is wonderful that you have done something important in another life. However, spiritual ego will take you down and you will not move forward in this life. The knowledge of past lives is a blessing when you are able to incorporate what you have learned, good and bad, into your current life to make shifts for yourself and humanity. In addition, we are looking into what we call timelines to remove influences from other lives that became imbedded in the spiritual, emotional, or mental bodies and that are influencing your health (physical, emotional, mental or spiritual) in a negative way.

Process for clearing the past life meme

1. Muscle test this meme: “Am I in some way affected by a past life experience?”
2. If yes, using your right hand, pump gold energy into the meme for up to ten minutes.
3. Muscle test again this meme: “Am I affected by the past life awareness?”
4. At this point you should be reading ‘no.’ However, if you are reading yes proceed to pump gold for what ever time it takes to get a ‘no.’ By doing this, the steps for this section will be incredibly effective and complete. If you do not take the time to clear this, your healing processes will be less effective and incomplete.

Spiritual Timeline

You may notice that I refer to this timeline, the *spiritual timeline*, most of all. This is the timeline that retains a majority of life-changing information, providing accessibility to the material in a future life.

When we are asking about the spiritual timeline, we are really not looking for anything other than the very specific issue on the timeline that is causing the current problem. There are four ways timeline issues create challenges in a present time life:

1. **A recurring illness**, like a time bomb, goes off at the same moment in numerous lifetimes. For example, in one lifetime, Mark, at age thirty, had a yeast infection in the mammalian brain (emotional or second brain). Now in this life, at age thirty, he has the Epstein-Barr virus and it is primarily affecting his emotional brain. He has an illness in the second brain that is set to trigger at age thirty. The illness was drawn to him because of the timeline “time bomb.”

2. **Physical family abuse dysfunction.** This is typically found on the spiritual-mental body timeline. The individual is coming in with a mental pattern that is continuing the cycle of receiving and/or delivering abuse, lifetime after lifetime. In this case, the pattern that keeps it locked into the timeline is the mental identification with the issue. As you claim 'this is me' or 'this is my problem,' it becomes embedded into the timeline. If this is one of your recurring themes, you will be happy to know that you can clear this permanently from your past, so your future can play out in freedom.
3. **Death Pictures.** These can include both traumatic death and torture. Essentially these strong 'mysterious' forces will surface in your life at a particular age and your body will respond rapidly. Often the person will feel like they are dying, have the experience of a life that holds no value, or even die prematurely. Life becomes dark.

This can also surface prematurely when you come into contact with someone who administered the torture or killed you in another life. You will, through some internal signal/mechanism, know something is wrong and will want to distance yourself from this person for no obvious reason. Muscle testing the life and circumstances can be particularly helpful, followed by clearing the pictures and karma with that person.

I had a date with a fellow from church. We met at the Marin Brewing company in Larkspur close to the main terminal for the ferry into San Francisco. Don was prompt and gregarious and very happy to see me. We sat in the outdoor patio area and put in our order. A live rock and roll band was playing, and the music drew us out onto the cobblestone area where we started to dance. As we began to feel into each other's moves, I was overcome with the awareness that this man had, in a previous life, been responsible for my torture and brutal demise.

I felt his aggression even now, and abruptly said 'I need to sit down.' He followed me, aware something was wrong, but chose not to address it. As we sat he told me of his life, he was a practicing Rosicrucian and had been divorced three times with lots of obligations to former partners. While he was pouring out the details of his life, my body was screaming inside: RUN! Get Out OF HERE!!!!

I somehow tolerated the meal, but as soon as I was complete I had to leave. He then started pressing me. He said, "You saw something out there when we were dancing, what was it? I know I must have done something horrendous to you, please tell me what I did."

I could not answer. All I could say was, 'I need to go.... thank-you for the meal... I need to go now'. He followed me to my car, still wondering. I got into my car and, on high alert, drove home.

This man had been part of the inquisition. He had been responsible for the order to tear my fingernails out, remove the skin from my hands and shave my hair. He also gave the order to burn me alive.

Oddly my fingers have not been the same since that day. As I remove the spiritual timeline issues and heal the anomalies in my three fingers, I have tangible proof of how present an atrocity in another life can still produce a painful reminder in my present life.

4. **Spiritual illness can come forward from lifetime to lifetime.** It is a fallacy that once you leave your body, your problems go away. A key component to a spiritual illness is that you have somehow separated yourself from the Divine. It may show up as a belief you are not loved and cherished by the Divine or the universe. You feel you were never meant to live, that you are alone and do not receive assistance from 'above' and/or that somehow your life was a mistake.

Clearing all four varieties of spiritual illness

As mentioned earlier, illness appears like a time bomb and will 'explode' at the same instance, circumstance or age in numerous life times. When clearing this, you will discover that if it is affecting you in this lifetime and has possibly affected three or four lifetimes. It is important to look back as many as nine lifetimes ago to find the first significant lifetime where the problem began to occur. Most issues I clear have impacted the timeline up to six lifetimes ago. However, in rare (and profoundly bad) circumstances, the source could begin as many as nine lifetimes ago.

This circumstance is wired into the *Human Blueprint* to give us the opportunity to discover that we have power and the ability to restore and heal even the worst of life's challenges. All illness is an opportunity to discover your magnificent God self.

Clearing recurring illness from the timeline*

** It is not important to identify the specific timeline for any of these clearing, i.e. spiritual, emotional, mental, or physical.*

Identify, using kinesiology: "Is this recurring illness caused from a past life?"
If the answer is 'yes,' then ask: "From what lifetime?" Query 9,8,7,6,5,4,3,2,1 and present.

With my lungs as an example, prior lifetimes five and three as well as the present lifetime came up as positive for influencing my lungs. The present time read is important, as it has already set itself to influence a future lifetime.

Now that you have identified the original lifetime there are two choices:

- a. Identify the age of the problem occurred in that original lifetime.
or
- b. Clear directly without doing more research.

Curiosity may be the motivation for learning more, and that is all right if this is part of your learning process and you feel it would be helpful to know. However, for a complete clearing, it is unnecessary to know the time or age in the first lifetime where the challenge appears, and learning this will take extra time.

Julie came to me with extreme anxiety. Given her family background and her wonderful match for a partner, the level of anxiety did not match her present time information. As we researched her spiritual timeline we discovered that the original anxiety and panic issues started five lifetimes ago. It played out in lifetimes three, two, one and in this lifetime skipping her fourth lifetime back. While this is enough information to clear the issue, sometimes there is the question, what happened to make this so awful for so long?

At that point we can look back and see what got it started. Five lifetimes ago, as a young woman of twenty-two she witnessed a violent attack of her husband and thus the cycle started.

An example of spiritual illness a present life is Mathew, age fourteen, who has suffered from a mysterious fatigue and depression virtually untreatable for about three years. His Doctor, Dr Hyla Cass, referred him to me. It was a pleasant surprise to his mom and the whole family that after four sessions Mathew was again laughing and responding to life like a young fella this age would.

We did many healings, but the healing that seemed to unhook the pattern was the removal of a piece of information about an incident with an older boy who acted inappropriately two years seven months prior. By removing the impact of this incident, the post-traumatic stress melted away and he returned to his natural emotional response to life.

Path A: Discovery

1. Start with the first lifetime affected and muscle test from birth; age 10 age 20, 30, 40, and so on. When you get the range, so stop at age 20 then go down 3; age 19, 18, 17 or go up 7; 20, 21, 22, 23, 24, 25, 26 (In my case my lungs were affected five lifetimes back and I read that the problem started at age nineteen).
2. Next, pump gold into that specific lifetime and age to clear the health issue.

*Pay special attention to the fact that we are not looking at personality or life details. We are literally going in and finding the source of the condition and then moving on.

3. Next, clear all other lives affected, repeating the process above.

Path B: Streamline Clearings

1. Using kinesiology, identify which lifetimes initiated the issue, and are still affecting the recurring illness: 9,8,7,6,5,4,3,2,1 and present.

2. Pumping gold into the timeline, clear from the farthest back to present time.

For example, for my lungs, I cleared prior lifetime five first, then prior lifetime three, then finally my present life (which would be lifetime zero). Confirm each clearing using kinesiology.

The discovery of this super simple healing is one of the main components that prevents the recurrence of illnesses and poor emotional and mental patterns once cell regeneration or other healings have been completed. This is vital to producing incredible results.

Mental Body And The Human Brain

Many people ‘think’ that their emotions are the cause of their relationship trials and tribulations and, sometimes, this is the case. However, what I have discovered is the mental body and the thoughts we think (rather than emotions) are a larger contributor to the problematic issues in matters of relationship. This is why a lot of ‘therapeutic models’ are successful as they lean heavily on behavior modification, which results from a decision not a feeling.

Common conversations about being stuck are “I can’t change how I feel.” For example, in the old movie, “*South Pacific*,” they deal with issues like these. The Young woman falls in love with a mature gentleman and then after she accepts a proposal of marriage she discovers he has Polynesian children from a Polynesian wife who passed away. Several songs are devoted to this feeling of prejudice, hate and fear for people who are different from you. She was from Iowa, and everyone thought that way.

At the completion of the story she shifts out of the miasm (group virus) and takes on the role of a loving mother to the beautiful children as they wait for their father to return home from war.

Miasms and failures (or illnesses) related to love and relationships stem from the same place. *You have to learn how to hate and fear, you are not born this way.*

Clearing the mental body and brain may require ‘DNA obliteration.’ This will remove the cellular program or the memes and miasms influencing the faulty thought process.

If these processes don’t fully release the challenge, I encourage you to look for unwanted squatters. These can be ‘entities’ that have a stake in keeping you stuck in your negative

mindset. You'll find the removal process in Chapter 29, "All Things of Spirit," helpful if this test results in a 'yes.'

Test with kinesiology: "Are there evil spirits, spirits, demons, aliens, entities, spiders, or snakes affecting thinking around relationships and love? If this answer is 'yes,' use kinesiology again to discover what type.

When I clear folks, and this is an issue, I might read that there are a number of spirits. Let's say, for example, there are three. Once I have cleared the three spirits with the process laid out in the protocols, I will again ask the question: "Are there evil spirits, spirits, demons, aliens, entities, spiders or snakes affecting thoughts and beliefs around relationships and love?" Don't be surprised if get another answer that you didn't get before because this is a layered and multifaceted healing.

If you needed this healing, once you have successfully cleared all unwanted 'spiritual parasites' from your mental body and brain, you will feel fresh, relaxed and more peaceful than you have in many moons.

Do not attempt to battle with them. Aggressive energy from you can give them ground to hold on more tightly, making them more difficult to clear. Move them out in neutrality and authority. Do not expect to be perfect at this, be patient and persistent. Slow and steady wins the race. Practice being the tortoise and avoid the behaviors of the hare. No jumping, darting or erratic movements.

Early Emotional Entrainment

Jesus said; *"It would be easier for a camel to go through the eye of a needle than for a rich man to attain the kingdom of heaven."*

The difficulty of sending a camel through the eye of a needle is similar to the concept of willing or mentally trying to change the early pre-three year old emotional training. The amygdala in the brain contains and stores the emotional background from which you will understand and interpret the rest of your emotional interactions and experiences. Much of that information is stored before the age of three.

It also helps you understand a safe or unsafe world based on how you began your first three years of life. This programming is considered by the medical community to be virtually impossible to shift. Basically the thought is: what you start with is what you end up with.

The medical community is correct: you cannot, by thought or action, alter the early emotional training. Just like the rich man who wanted to attain the kingdom of heaven through mental knowledge or physical attainment and yet could not, the emotional programs are not altered by ways of man but, rather, by ways of the spirit.

'You must become like a child.' In other words, you must let go of the mind and become present to what is. You need to be present to the essence and the nature of things in order to effectively address and alter the programs of the amygdala.

If you had a loving safe, nurturing experience during your first three years, this will need no altering. If, on the other hand, you had parents who were struggling with self worth and self love, you will not have the foundation you need to generate the deep honoring sense of self and love. This means that of the experience of true authentic love through the fifth seventh stages will elude you. I am referring to the love of 'soul mate' and above.

The concepts of the seven stages of love are covered in my upcoming book with the same title. For now let us look at and address how to prepare your emotional nature to support deeper levels of connection if this is a challenge for you.

Since there are endless versions of interruption to the serene emotional brain, I have selected five statements that address many of those disturbances. Feel free to create your own that offer solutions to issues unique to your situation.

I am whole, perfect and complete.
I am loved and cherished.
I am respected and cared for.
I am comfortable and safe in myself.
I easily connect and am safe with others.
I take my place of honor in my life and the world.

Say statement one. If, with kinesiology, it reads as true, you have this one perfected. Move to statement two. If statement two reads as false, pump gold energy fifty times from the right hand into this statement. As you pump in gold energy, you allow the statement to become true for you in your emotional brain and your cellular body.

Once you have a 'yes,' test to see if any other factors would prevent you from experiencing this as completely true.

Check DNA, memes, and miasms; clear any other negative concepts the same way.

Move to statement number three and proceed until you have completed the six self-love and acceptance statements I have provided you. Once you understand how simply and easily this works, you can alter any interruption as it surfaces.

If you surround yourself with people who have a challenge with knowing they are whole, perfect, and complete, you may have to reestablish this clearing on yourself a number of times until you no longer match their 'pain' pictures.

DNA

DNA and its role in the interruption of the full and free expression of love and honoring relationships lies at the heart of the programs that have permeated generations of your family's history. There are endless possibilities for malfunction and wrong thinking as you move up the evolutionary ladder from survival love to a fully-honoring and expressive love.

I will give you some examples for locating and identifying DNA challenges around love and relationship. This will serve to help you discover your personal lower programs and show you how to resolve them so you can move into the fuller expression of love without being held back by DNA.

Below is the guide for love and DNA programming:

Test for a 'yes' to each of these. For example, "My DNA is programmed to support me in this level of love."

Table 4-2 Seven Stages of Love and Their Vibration Levels

Level	Stage of Love	Vibration Level
1	Obligation	0-130
2	Obligation and Morality	110-190
3	Companionship Basic	170-255
4	Fun Context Partnership	230-450
	Mutual Respect	
5	Mutual Honor and Devotion	370-480
6	Joy is the basis of the relationship	470-720
	Knowing Awareness	
7	Cellular Harmony	630-1000

You can begin to see where your DNA patterns are on this hierarchy of love and relatedness. My upcoming book, *The Seven Stages of Love*, will give you all the processes to allow you to move up to level seven and use guided meditations to keep you at your highest level once you have achieved it. In the meantime, you can begin to clear the DNA patterns that you are aware of in the categories to you have not yet risen.

This is a process of transformation. It should not be thought of as a quick fix to jump you up to higher levels prior to your understanding and embodying the truth found in each level of love.

I realize I have given you enormous possibilities with little to support your process. I promise to give you everything you are looking for in the upcoming book. Needless to

say it is a gigantic transformation. I could not do the subject justice in just a few paragraphs.

Bloodline

Your bloodline will influence the have chemistry you have with others, and the kind of people who appear as a good mate for you.

A shining example of bloodline and love is my dear friend, Katherine, from Scotland and her African American rock star husband, Kevin, from Oakland, CA. It may not seem obvious why a Scottish lass would end up with an African-American rock and roller, but they do indeed fit together perfectly.

The Scottish bloodline is one of clans. Clans are very resonant with the tribal nature of the African history. Both cultures endured suppression by another: the Scottish were ruled over by the English Lords and the Africans were taken into slavery by American aristocracy.

In order to ensure safety to her family, a woman would look for the attributes in a man who is both a hard worker and who would not cause problems with the powers that be in order to ensure the safety of her family. These bloodline survival attitudes ensured that another generation would survive.

Though Katherine is from a level of Scottish Aristocracy, here in America she likes to think of herself as challenging the system and living in an honorable way. Community is incredibly important to her.

Kevin is the perfect match for her. As a back up singer to many famous rock stars, he effectively supported rock and roll royalty. The attraction, even though not the same bloodline, ran deep and a lifetime bond quickly formed with these two meant-to-be partners.

Bloodlines can also interfere with love, however. The Middle Eastern bloodlines prevent marriage to one of another class or caste. Although it is not entirely apparent in the West, these invisible bloodline decisions get made every day. In the aristocracy of the Mayans, Egyptians and European cultures, bluebloods only mated to other bluebloods, and this inbreeding created offspring with genetic anomalies.

Although I do not give protocols for clearing bloodlines, you will want to look to memes and miasms if you find these issues interfering with your freedom to love in the way that you are wishing to love in this lifetime.

Nurture; Love Wisdom

Although there may exist a strong chemical attraction to a very macho strong male, a man who is very caveman-ish will not provide the tenderness and emotional intelligence many women are ultimately seeking.

The chemical attraction, that is, chemistry, is the language of human animal and will not provide the glue for a loving, long-term relationship. A wise woman or man will understand the difference between the chemical attraction and real affection: you must like the person you are considering bonding with.

Some basics: *men are not women*. They do not think like women or experience the world the way women think they do.

If you see a man sitting quietly staring into space and ask him what he was thinking, he will answer, “*Nothing*,” and has quite honestly has given her a truthful answer. He was literally thinking ‘*nothing*.’

A woman, however, is never thinking “nothing.” Her brain never stops, and so she will think he is being evasive and may even be hurt or offended by his answer.

Since a woman’s brain is largely social, she will want to be involved in community and in planning and organizing events where relationships can be nurtured and expanded.

A man’s brain is focused and directed; he is a good strategist and will want to provide and protect his woman. If she wants him to listen as she presents all the challenges she went through during the day, he will naturally want to provide the solution to these problems. She, however, may just want to have him listen to her as she winds her way around to getting to the present moment. When she finally feels like she has caught him up, she is ready to get into present time.

A man is largely in present time.

A good solution for this mismatch is for the couple to have an agreement about how he listens to her catch-up conversations. She could say to him I would like to just have you listen to this or I would like you to help me resolve this issue. Either way, he can now ‘win’ because he knows what is being asked of him and can provide that for her.

Do not assume ever, ladies, that he should know this. Be generous and help him win.

John Gray in his book, *Men are from Mars, women are from Venus*, talks about men going to their cave. This is incredibly important to understand. When a man needs time to be by himself, so as to not have to think or have demands on him, it is extremely important to gift that time to him.

Women, understand that this is not going to get better with processing. He will just get more irritable and flustered. It is **not** about “not loving you” or about “getting away from you” or “avoiding” anything. It **is** about getting grounded and finding his own equilibrium.

If you appreciate him and thank him for the things he brings to the table, he will bring more of the goodies. If you are in his face about the apparent deficiencies that you feel you must cram down his throat until he has changed his ways, you will never win.

Men feel happy when their woman understands them, supports them and enhances their life.

As women come into their own as CEOs and leaders, they are finding it more difficult to partner. The nature of our brain is such that we can hold both the male and female role. As a leader, we can provide and protect for our employees. Our brain is capable of doing both. Men, on the other hand, have a male brain, not a female brain. Men's brains are not marinating in estrogen every day of their lives, providing them with all the bonding and socializing aspects of the female brain.

In the age of equality, ladies, you will still need to find a way to support and enhance your partner and let go of the provide-protect role in relationship, even if that is what you do all day long in your career. We may evolve over thousands of years into something new. But the blueprint we currently work from is still defined by brain chemistry roles that we each supply for relationship to really work.

Understand that a man is king in his world when a woman has his back. And a woman is queen in her world when her man listens to and protects her.

There are many studies and discussions of the stages women go through. Men also have their own evolutionary stages. I recommend Alison Armstrong's excellent books, *“The Amazing Development of Men”* and *“Keys to the Kingdom,”* for providing excellent insights into being successful in understanding and loving each other.

Love wisdom comes from genuinely getting out of your own way and learning from the mistakes you have made. This wisdom comes from letting go of ever being in the right again: you can be ‘right’ or you can be ‘loving’ but you can't be both at the same time. Understanding the other's point of view and why or how they do things can be vital to making the shifts needed to transform love to the highest elevations.

Chakra System

Chakras provide the necessary energy for the body and the projects of the your physical nature. In the yogic system, which provides us with the science of chakras and nadis, we discover that healthy blending of chakra energy can enhance many areas of life, including

the arena of love and relationships. If the chakras are not functioning or are missing altogether, relationship or love may not have the energetic fuel needed to progress.

Consider chakras an enhancement to loving rather than the main dish. They are the frosting on the cake.

For love to survive, chakra one must be on and functioning well. Love will manifest even better if the chakras of two lovers are lined up in harmony with each other.

Karl and Cindy's Story

Karl and Cindy really wanted children. They had been married a number of years and had been trying for most of that time. Cindy was a home birth midwife. With every baby she delivered, her body got more agitated and anxious about her inability to conceive. Karl worked for the Environmental Protection Agency and was one of the good guys. He was a “granola” man if ever I met one.

With Karl and Cindy, being out of sync with each other seemed to be the ‘way of things.’ When they finally came to me for assistance they were literally fighting every day. They even fought in the car on the way over to see me.

The air was thick with tension as we sat down to explore the nature of the interruption of fertility and possibly correct it.

Cindy had done a couple of preparatory sessions with me but I felt the missing piece would be discovered if Karl attended a session with her. They were both tense and in emotional pain, both wanting to please the other. Karl was utterly confused about what to do; Cindy was angry that he couldn’t read her mind. She was probably most angry with herself, and her own body, for betraying her and not producing the child she longed for.

After some chatting I set out to bring them together in a safe harmonious space where a baby spirit could find a safe and loving home with the two parents she had always wanted. I restored and cleaned up the couple’s auras, creating room for another family member. I then set about matching up the chakras, front and back, to each other. Thus, for a 72-hour period, the couple would share the same energy and their chakras one through seven were linked and spinning together.

During this process, I discovered that chakras were broken off and even repelling the other person. It wasn’t a pretty picture. Thankfully, by the end of the session, all chakras were spinning in harmony, energetically balanced, and at peace rather than in pieces.

They relayed the events of the next six hours as personalities still having to have drama. They then settled down with each other, finding an ease and natural comfort. They made love in the most connected and beautiful way, even feeling their daughter Juni join them. Within days, they received the confirmation they had successfully conceived. Nine

months later, they brought little Juni home to finally be the family they had always imagined possible.

In most cases, I would not recommend linking up seven chakras as this could be all consuming after a time. However, to get in sync with each other, really in a harmonious connection, was exactly the healing balm this couple needed to produce the miracle they had longed for.

At the end of the chapter on chakras, I have listed a few combinations for using the energy of two or more chakras as a healing vehicle to enhance an area in need of enrichment or fulfillment.

Gestation-Womb Matches with Mother

Eight years ago ‘gestation-womb matches with mother’ was my big project. This was prior to my discovery of the Divine Human Blueprint and it was providing a lot of material for me to assist women who had taken on difficult emotional and mental challenges their own mothers were experiencing during their gestation period.

In a 200-page manuscript on my research and findings of the time, I wrote about ‘parental gunk’ that we pick up while we are forming. Most of it is irrelevant to our life, yet some of it forms our self-concepts and our role in life. These patterns emerge not from our own challenges, but rather challenges our mothers, and sometimes our fathers were experiencing during our fetal development. Until we unhook from these patterns, we can actually stay trapped in a life we weren’t even planning to live, working on projects we never planned to work on.

Sally’s Story

Sally was always sad. She never felt loved or wanted and had a terribly difficult time in life. She was constantly over-extended and was never sure if she was loved and doubted that her boyfriend really loved her. She was never sure if she was lovable and didn’t know how to feel love. It became more of a maneuvering puzzle to her, and a painful one at that.

I could help her get out of the deepest and worst of the emotional valleys, yet there was a breakthrough she had not yet accomplished. We were both looking for a way to find her path to emotional health.

Sally had been conceived after her parents had lost the baby girl they had loved and cherished to sudden infant death in the crib. While her parents were in grief and mourning, their family and friends had suggested they get pregnant and have another child as soon as possible.

Conception happened but the grieving was not over. There was no happiness or joy during the pregnancy. Sally did not feel cherished and wanted while in the womb. Instead she felt sad, lost, and lonely. She had wondered why she was developing a body when her sister (about whom she heard through the emotions and conversations of her parents) was no longer there.

Her parents were not ready for her, and as a finicky infant with a fragile sensitive nature, Sally cried a lot and was often inconsolable. As a result, her parents blamed her for their stress and unhappiness, and rejected her. They wanted a happy baby to replace the daughter they lost; they didn't know what to do with Sally.

Years later, Sally steadfastly worked with me in healing sessions spread six weeks apart. She was routinely experiencing a sense of balance, yet the feelings of contentment eluded her. The breakthrough opportunity came with the conception of her daughter Jade. I was able to provide Sally with guided meditations that she used during her pregnancy to establish a healthy and easy dynamic with her daughter and unhook the negative patterns she experienced while in her mother's womb.

The transformation was utterly remarkable as Sally was able to step into the role of loving mother. The feeling of being an unwanted little girl left her completely. She made an extraordinary and beautiful transition using the pregnancy and birth of her own daughter to unwind the negative gestation experience.

Gestation matches are easy enough to clear once you have found them. However, a person coming through this experience will often form an attachment to being wronged. In other words the ego formed in this particular dysfunctional gestation period can make it challenging to fully remove the negative patterns.

The wise view is to see that whatever challenges your mother was going through while you were in the womb are not those that you chose to learn and grow from. By simply saying, "This is not mine," you are ready to make everyone right, understand their point of view and move on. With that attitude and a little pumping of gold energy, voila and presto chango, you are complete.

Later in this chapter, I will teach you how to detach from energy and contracts that may apply to gestation imprints. If a little gold healing energy doesn't move them out, then following the complete love clearing process will.

Failed Love And Other Relationships: Residual Energy And Karma

It happens to everyone who has ever lived or loved, that things just don't always work out and you are left with baggage. In the following pages, I will show you, step-by-step, how to clear negative energy and karma with every person you have ever known. You can get free of painful baggage and live a life of ease and connection if you so choose to.

Strangely enough, this process came to me while going through morphine withdrawals nine years ago. This was after probably the most difficult year of my life. The pain and suffering I went through in that year catapulted me into a whole new dimension in the area of love and relationship.

On Thanksgiving day the previous Autumn, I had been given a date rape drug and had been brutally violated. It took months of therapy to regain the ability to get up and walk, sing, even play harp for the first time. And then, right when I had just begun a fresh chapter with a new boyfriend and I was starting to think the world was safe, without warning while crossing a street in my neighborhood, a car hit me. Life became even worse than I could have imagined.

The new boyfriend was more of a fantasy than a reality, as he had fidelity and loyalty issues that were not a match for me. I was now confined to my bed and a wheel chair with a serious brain injury. The pain in my body was off the charts. Nothing seemed to help. At one point, they tried a combination of 2000 mg of time-release anti-inflammatory drugs, nine Morphine tablets, a Fentanyl patch, and three Zanax tranquilizers daily.

As crazy as it sounds, even with this high-level chemical cocktail, I was still in a significant amount of pain, but now I also felt like a blithering idiot. After a relatively short time on this protocol, I had had enough. I went cold turkey off all the drugs on my own locked in my house. For eleven days, I went through the withdrawal symptoms of shakes, hallucinations and panic attacks. I knew it would soon end, however. I used warm baths, many daily, to calm my body down as I transitioned off all pain meds.

Both of the experiences the previous year had been the worst of human violence. This excruciating physical pain, with nothing to help me get through my day but willpower, magnified by the mental and emotional anguish of a lifetime of adversity, forced a transformation in me.

In my pain, which I welcomed, I asked to see the purpose of these and many other atrocities. What became clear to me was that I was creating a reality that was connected to an earlier violence. I understood that if I did not absolutely develop an entirely new emotional landscape, I would perish from the worst of human behaviors.

I had a revelation: Jesus experienced the worst of humanity when his own disciple betrayed him. He was then tortured and hung on the cross.

What if He had actually agreed to all of it? What if Jesus were the director of this show and He told father God prior to coming into this incarnation that He wanted to touch, move, and inspire people to do good and be light in the world? Because He wanted to make such a big impact and that there were so many forces on the planet working for darkness, the way to leave a lasting and permanent impression was to suffer and to die

publicly and horribly. All humans would remember Him for centuries to come for His life, His works, and the purity and goodness He was.

What if He said “Yes”? And what if Judas, prior to birth, said, “I want to help you with this project, and I will play the role of the villain”? What if Jesus, with the big impact He wanted to make, had those who could step up and stand with him take the roles necessary to play out His story?

I thought about these concepts in terms of my own experience; that *my life was my design*. What if I said “yes” to the early abuse and violence so I could grow, learn, and discover the full human experience? What if everyone were simply playing their roles to help me accomplish this task? What if I was the director of this show?

I felt a sense of rightness when I thought this way. I discovered a sense of power that I could now change my path. I could let the people off the hook who I had held accountable all these years for my challenges (in other words all the people I blamed). *I could build myself a life in the Garden of Eden.*

This is how I gained the capacity to love and forgive everyone. I now understood that I had been directing the show and creating the roles everyone was playing. I needed to create some better roles. I could let those who wanted violent or harmful roles to move on to others who might benefit from learning on that energy of vibration.

The first step in this process was to call all fifty-six family members to tell them I loved and appreciated them. If I had been making them wrong for something, I also apologized for making them wrong for things that happened in the past and promised never to do it again. Then, as often as possible I would say to each of these family members something I loved about them or that I loved something that they gifted me in my personality.

If I broke my word and said something negative about a family member or friend, I forced myself (not fun) to call and apologize to the person I had blamed or spoken badly about. In addition to that I called the person with whom I had had the conversation in order to make it right. I kept my word and things began to change rapidly.

I had another revelation. Anything I was saying against a family member was creating a kind of darkness around them and preventing them from healing or letting go of that issue. I became aware that I was causing them harm in their energetic space. I was creating a group miasm of negativity towards one of my family members. Wow. This had to stop and it was urgent. I was on fire to clear my mind of these negative thought forms and become the loving person I knew myself to be.

This amazing work, piece by piece, became clear to me. I transformed from victim to powerful compassionate leader. In between, I practiced being the energy of unconditional love.

How to Pull Your Energy Back

1. Begin by grounding and clearing your energy. An excellent way to get started and do this process from a neutral space is to meditate using “The Definitive Guide to Meditation.”
2. Once you have completed the meditation, reinforce your grounding to the center of the Earth.
3. Picture the person you are clearing energy with ten feet in front of you, also grounded to the center of the Earth.
4. Place two roses, a red one and a blue one, between you. Ground the two roses to the center of the earth so they do not float away.
5. These two roses serve as magnets; they have the power to magnetize energy out of the body. The red rose is the magnet that suctions your energy out of the other person. Understand that it is natural while in any kind of relationship to exchange energy. This process is just to restore your energy back to you.
6. The blue rose serves to magnetize the other person’s energy out of your body.
7. Set the roses to ‘on’ and allow them to remove energy appropriately from one another until all of this relationship energy has been removed.
8. Use kinesiology to test when this process is complete. The entire process can take from five to ten minutes. If you are sensitive to energy, you will feel different, lighter and more positive.
9. Each step can be done on its own. But the complete healing follows all the steps below.

You can also use this healing to clear energy from places, things, ideas, work, communities, banks, religions etc.

How to Clear Energy Cords

Energy cords are formed naturally between a mother and her newborn infant. This provides a direct channel between mother and child. From that cord, information is passed as well as the connection to each other is enforced.

The mother-child cord is the healthy human-spirit cording connection.

When in a relationship, cords typically form between the two parties. Connection is enforced and awareness of the other will be amplified. Cords are not formed without consent. In other words, you have to somehow agree to the connection. Even if you have never heard of cords prior to reading this, you will have consciously agreed to any cords you now have wired into you.

Cords may also form between family members, friends and work associates. People who are very insecure or concerned about control tend to form cords to many people while those who are independent and self-confident tend to form fewer cords.

There is also the “guru cord phenomenon.” It is a very specific kind of cord plugged into the devotee’s right brain from the guru. It gives the guru access to the devotee’s energy, allows both the ability to quickly connect and assist the follower, or to rapidly use all his devotees’ energies to direct in the area the guru chooses.

This is a very old system and was extremely important thousands of years back when access to the Divine and the power of creation was limited. The issue was that the overall average group energy was so low, that little in the way of miracles or inspiration could happen without this ancient tool.

We are now in a new era. The days of the guru to be corded to so many followers is falling away quickly. Instead, individuals are turning to teachers who can show them the way to their own power and connection with ‘God.’ Just as political structures from the patriarchal era are falling away and new dynamics are emerging, this ‘guru’ arrangement is also rapidly disappearing and will not be found for much longer on Earth.

The cord clearing process:

1. Once the energy clearing process is complete, sit quietly in a comfortable seated position spine erect, feet on the floor.
2. Become aware of your body and feel into the areas where cords between the other person and you exist.
3. If you are not sensitive to energy, you can use kinesiology to identify cords;
 - Ask how many cords you have plugged into you connected to the other person: 1? 2? Keep working up till you get a yes.
 - Ask for the location: torso, limbs or head/neck.
 - If torso ask front or back, upper or lower torso.
 - This is enough information to remove the cords.
4. Imagine pulling the cords out, just like pulling an electric cord out of the wall. Remove all the cords to the outside edge of your aura. Important to note: the edge of

your aura after doing our guided meditation should be between 18 inches and 36 inches away from your body.

5. Once the cord is outside your aura, fill in any holes in the aura to prevent further access. This can be done by pumping gold energy into the aura or, for fun, you can use the image of auric spray paint.

Note: it is not your job to remove cords from the other unless you know you stuck them there. You can test with kinesiology to discover this. Once removed from you, the cords are no longer active, even if you do not remove them from the other person. Our general rule is to not alter or heal anyone who has not directly, verbally asked for our help. The less you disturb their space in the process the better and more complete your healing is.

How To Clear Contracts And Agreements

1. Identify with kinesiology if there are any contracts, or agreements still outstanding with the other person. Contracts are different from agreements so be sure to check both.

A contract is something that is more of a legal arrangement between the two of you. It may have to do with your relationship, money, possession or perhaps property.

An agreement is something that, at one point, you had both consented to creating together. For example: "When we retire let's spend a year in the outback and study kangaroos." Here there was never anything written down, however it is something that lives in the astral as an agreement till you clear it. Don't assume these go away just because you have gotten a divorce.

2. If 'yes,' it is good to have a sense of what that might be so using kinesiology test:
 - **Is it physical?** Money, home, property, and even clothing are possible unfulfilled contracts or agreements.
 - **Is it emotional?** Promised to love, honor and cherish, and the agreement didn't end even though you are divorced. Promised to support them during difficult times. Things like this are in this category.
 - **Is it mental?** In this category, I look at logistical things: legal contracts and issues related to justice and righteousness.

You can clear agreements by just pumping gold energy into the space of the agreements. With contracts, I use imagery that unlocks the energetic contract from all realms.

3. Again, sit with spine erect, feet on the floor, and picture the other person seated six feet in front of you. Picture that you are bound to each other with chains and shackles. See

these at the minimum around ankles and wrists. You might also see a chastity belt, a color or even a chain around your brain.

4. In your mind's eye, reach in your pocket and discover a key. Take the key and unlock both the chains and shackles from yourself and, in this case, you must remove the chains and shackles from the other. You are freeing them and yourself and, in so doing, there can be no residual resentments towards you, fueled by your left over control energy in their space.

5. See the chains and shackles sucked down into a vortex between the two of you, making any residual negative energy from the chains and shackles in your space permanently disappear.

Note: The other person may still experience a mental malady and ruminate on you, but it will not affect your energy because you have cleaned it all up from your side. They may sit with their own 'hot potato in hand,' with resentment being the hot potato. It cannot hurt you because you have let go.

How To Clear Karma

The final step in this very thorough clearing is karma clearing. Karma is any unresolved problem energy that needs completion or resolution. Unresolved energy attaches you to the other over many lifetimes until the lessons are learned and problems are resolved. Unless you do this final step, even with all the clearing you have done, you may still end up living out this problem again in a future life.

There actually is great value in clearing with this method, even with the ones you love and have an easy time with. The freedom to operate with no unresolved past problems allows you the joy of discovering each other in this life, without a preconceived notion of who they are.

1. Imagine half a gold ring, like a half new moon, filled in on top and with nothing yet on the bottom. This half gold ring represents the half of the karma you have already both lived out with each other.
2. Pump gold energy into the ring to fill it in entirely, having it become a complete golden circle. As it fills in, you are witnessing the fulfillment of unfinished karma.
3. When the golden ring is 100% complete, place a large white rose under the karma ring and ground it to the center of the earth. The white rose represents both purity and finality.
4. Drop the gold ring into the white rose blossom and toss cartoon bombs on to the white rose until the rose has disappeared.

5. When the white rose is gone, your karma has been cleared. You are free to create new fresh loving karma with them or to walk away completely unattached and free.

I have observed hundreds of lives change for the better with this process. This process is incredibly powerful and supports you in bringing a fresh new you to a relationship free of baggage of the past.

Getting unhooked from everyone and everything, and being free to consciously choose how you show up in life can be amazing! You get to rewrite your own script, step up to higher levels of expression and pace your own personal growth process. Stepping up is easier from a free space.