

Regeneration - Healing the Glands of the Brain

Rev. Julie Renee Doering

Julie: Well, welcome everybody to The Body Electric and we'll get started. I want to welcome each one of you and I feel the divinity in each one of you and the same fitness of each one of you. So, thank you so much for bringing your sacred selves along this morning. We're going to have an amazing day of breakthroughs and we're going to be working on, really this is a retreat about regeneration.

And today, we're going to be working the entire endocrine system and in really incorporating and really uniting spirit and body. So this is going to be like phenomenal. You're going to be all bright and energized when you leave. And I know you already are, you've already brought your bright selves in. So, it's really exciting.

Clear and restore the glands and organs, right? And upgrade your relationship with your physical body to more joy and happiness and increase your spirit and body harmony and connection with a sparkly golden healing and it's something that I've been developing which is you'll find out about a secret.

And I'm Julie Renee and everybody knows me. And what lights my fire? Well, I'm really, really passionate about the healing work I do. Also, I really, really love music. You know, if you know I'm a harpist and I've just recently had a harp built for me. And so, harp playing has been really wonderful. I love dancing. I love running in nature. And this lights my fire. Welcome!

So why don't we all take a nice deep breath. Really feel our self present in the room and I'm not going to take you into meditation but I just really want us all to get really present now. Leave whatever journey behind. I know we did, some wonderful things before we started the workshop and the driving and the getting ready and all of what it took to get here and even the other processes as you've gotten here. Let's let that all that just go down into mother earth and just free yourself in the room. Now intimately connected with everyone else sharing this amazing day.

So today, we're going to put the spring back in your step. We're going to do this by opening the secret door to energetically clearing the 11 key players in your body - in your body's operational systems. By the end of the day, you will be refreshed and renewed. You will have more energy, vitality, ready to meet your passionate life with great joy, ease and

enthusiasm. So imagine your physical life related to your body without limitations of aging or degeneration. Pretty cool picture.

So, we're calling this workshop, 'The Body Electric' and it's pretty spectacular. And I am just deeply honored as I look around the room. I can't say this enough, I'm just deeply honored to be with each one of you. You're so beautiful. I feel your presence and I really get who we are, you know, thrilled that you're sharing the day with me. So thank you.

Regeneration is a topic that truly lights my fire. Are you in touch with the fact that life, your life, right here and now is a gift? I'd just like a few people to share their insights on that because sometimes we just take it for granted that this life or we even are frustrated that, "Oh, I've got something that's broken down." And I want to start the day with really the place, from the place of gratitude that this life is a gift. So, would a couple of people like to just pop in and share their experience of that, that I am aware that my life is a gift.

Audrey: I'm Audrey. I just came through the eye of the needle over the last three years and there's nothing more incredible than going through some really dark, painful, difficult, almost unbearable stuff and coming out the other side and just feeling so much grace and wisdom and ease and joy and gratitude about just being alive and being so detached from your physical world. But just feeling such wholeness and a richness within yourself like deep healing my relationship with my core and healing from the inside. So I feel really grateful for everyday that I wake up and I'm happy to get out of bed and simplicity of just being alive is a gift.

Julie: Beautiful, thank you.

Audrey: Thank you.

Julie: Yeah, awesome.

Female 2: I feel lucky to be alive. And I feel very privileged to be with all of you here because three weeks ago I couldn't even move my legs. So, I feel blessed to know everybody in this room and to look out that window and to know that spring is here and were going to be grace the Easter season and my 10 year-old is sitting over there. You know, happy and preparing for our trip to Mexico instead of my funeral. And I'm just blessed to know Julie Renee because she literally saved my life and I'll always be indebted to her for that.

Julie: I'm glad you're here and I get the gift of your life especially. Anybody else want to share something about this kind of sense of knowing that this life is a gift?

Female 3: Through my study of spiritual stuff, in Buddhism they have a reference to the traitor tower and it means this tower that is phenomenally big that emerges from the earth and its like all the people rise up. It's just like the wealth that we have as human beings. We see in our inside, our treasure, our individual treasures and we could share it with anybody. Just this abundance, this joy, these gifts, all we have, all the gifts we have as individuals to share. That to me is just so beautiful. I just feel like I'm not quite in touch with it yet.

Julie: Okay, good. And thank you for sharing that concept. And that's something that you really will be in touch with by the end of the day. Wonderful!

So you can take a moment, everybody has a journal to write three things that you're grateful for in your life today. Just three things - just one, two, three. Just simple. Get it done in 60 seconds. We just really want to keep the energy of gratitude present throughout the day because we're going to be looking at raising your vibrations in your body to produce a miracle. Now, how I do that is by keeping you kind of sparkly through the day.

So again, as you're pulling out your journals, the thing to write are three things that you're grateful for. So in our first session and then, the meditation that will follow, so what we do is, we do a 20 or 30 minutes of teaching to begin at each session and then we follow up with about 30 minutes of guided meditation when we're tuning up.

So in this first one, we're going to work with three key players in your body for joy and vibrancy. And in our meditation, we'll take time to tune them all up for the next level of health and vitality. And the three tune ups that we do in the first session are sleeping beauty, the pineal gland, the very movie director of your body, the hypothalamus, and our fountain of youth which is the pituitary gland.

And so, I'm going to begin for the next few minutes talking to you about this and we have some nice illustrations here. Also, I've passed out little charts for you. I'm going to be talking about the gland and you should be able to find that on your chart. I'm also going to be talking about the chakra related to the gland.

So, we'll start with the glands that are in the head. We're going to work from the seventh and sixth chakra. We're working from the top down. So the first session is all the stuff that's going in the endocrine system that's up in the head. So that's where we're starting. And we're going to start with the pineal gland and that is, imagine sleeping beauty sleeping in her glass box and there she is resting peacefully.

So you kind of get an image in your mind of sleeping beauty that Disneyland image of this dark haired beauty sleeping in her glass box. And she's been resting for a hundred years or very long time, a century. And a handsome prince finally discovers her and he gently kisses this radiant being and awakens her. And she is so utterly and completely rested that she is ageless. She has not aged a minute in a hundred years that have passed. And that is actually the role of pineal gland.

So the pineal gland helps us to sleep. It produces the hormone called melatonin. And the two properties or the two things it's responsible for in our body is to cause us to sleep, and sleep deeply. And it also helps us with deep meditation. And so, if there's something off in the pineal gland you're going to notice that you are having sleep problems, that often is the pineal gland, sometimes it's the adrenals but often, it's the pineal gland. And then, if you have difficulty going into meditation, this is another area where we would look at doing the pineal gland tune up.

The pineal gland, let's see, when it's healthy, you're a good sleeper and you have gentle easy time in meditation. Okay, I'm sorry. We've got double printing here. That's good. I'll just talk spontaneously.

So the pineal gland on the astral when I'm looking and doing tune ups for people, the natural color of the pineal gland is brown and it's in the shape of a coffee bean. It's small and it has a very important role, it's connected with the seventh chakra. And the seventh chakra is your direct communication with the Supreme Being. And so, that would make sense when we think about this kind of pulse where you're going to in astral relationship, whether it be sleeping or it be meditating.

Okay, good. And who here in the room has participated in the film industry? Andoney, Michelle. Okay. And this is, we're moving into the next gland and yes.

Female: Can I ask a question?

Julie: Absolutely

Female: You say that the gland is a brown coffee bean when its healthy, what color do you see when its not healthy?

Julie: So there are many things that can happen. One thing that I see in pineal glands on the astral, so this is not your physical gland but this is what I see, it's like the lights are turned on. So it's either like a bright white or a bright yellow and that just never goes to sleep. Something much worse, but certainly correctable is if it's black. If a gland has got kind of death energy on it, so it's just failed. In other words, it's not really operational

and it's a really good question because especially in the glands in the head and in this upper part, the glands can get calcified especially these smaller ones.

And so, that's a really problematic and can be helped through meditation. There isn't a cure for calcified glands in Western medicine but there's certainly is in the work that I do. Calcification means that the gland is still there but it's almost like a bonelike structure that encircles the gland. So the hormones aren't getting out into the body. It's encapsulated and I see that a lot in another gland that we're going to talk about in this section which is the pituitary gland. And we'll talk about that a little bit so, very good question. Anybody else have a question with pineal gland?

Female 4: What color brown?

Julie: Kind of a color of coffee, chocolate, dark chocolate, yeah.

Female 5: You started to comment. Has anybody in the room _____
0:13:47 You're going to have problems sleeping or wake up any time during the night?

Julie: It's two components in the endocrine system that really cause problems with sleep. When the pineal gland isn't functioning properly and when the endocrine system or the adrenals are too stressed. And so, the adrenals will wake you up and they're our adrenal cycles. There's an excellent book to read on adrenal fatigue syndrome which is on my website if that's one of the things that you're having problems with and however, we work with those in sessions. But adrenals will wake you up.

So you need to, if you have the adrenal fatigue syndrome, you're going to need to be in bed before 10 because the adrenals will be waking you up all night long. Especially if you kind of, you get tired during the afternoon and then you don't go to sleep like before 10 then, you're going to be waking up at 1 and at 3 and at 5, you know, like the adrenals keep turning on. It's because they're so impacted and they're so stressed that they keep waking you up.

Female 6: So they control anxiety.

Julie: No, adrenals are, yeah, they're the control button for anxiety. Yeah, so the adrenals control the nervous system. They're in charge. They're like the directors of the nervous system. So yeah, absolutely. Good questions. I love questions.

Okay so, I was just starting to talk about the next gland and I was asking about the film industry since like there are a couple of people at least in

the room that had participated in the film industry. And our gland that we're going to talk about next really is in the center of the brain. It's the hypothalamus. Can everybody see this? Do we need to move this a little bit? Can you see it? Yeah. Yes?

Okay, and the hypothalamus is like the big movie director of the whole body. It's a director producer and what the hypothalamus does is it tells all the different glands in the body and some of the other components of the body like some of the organs, it tells when to release chemicals. So it's saying, "Okay, adrenals, you turn on. Okay, ovaries, release estrogen right now. Okay." You know, it's actually telling even the digestive system, "Turn on and release enzymes to digest that food."

So that's what that does, it has a big responsibility. When I look at the hypothalamus on the astral, it looks kind of brilliant yellow if it's healthy and looks kind of like a fountain shooting at the top of the head. This is actually more of what it looks like. The hypothalamus isn't technically a gland, it's part of the brain and related to. So, the other glands that are kind of attached to it, they're encapsulated, you know, are the other two, the pineal gland which we've already talked about and the pituitary gland. And so, they're all kind of interrelated.

But the hypothalamus being one of the big key players in the endocrine system is getting everything rocking and rolling. Saying, "You do this. You do that." And when you have like a good director to show is really scene less. But when you think about being part of the production, and I've been part of seven films, and if you have a good director everything is kind of flowing along. If you have a director that really isn't in touch with particular elements, even though they're not doing it, they kind of need to know what's going on. If that director's kind of absent or you're going to have a mess. You know, you're going to have things malfunctioning.

And so, the hypothalamus, I always see as one of the really key players for the endocrine system entirely working and for the whole body.

If I can tell you that, when I was working in the film industry, the first film I worked on was Purple Rain. I was modeling in my 20s and a bunch of models went down and auditioned and, of course, they're like, "We want you. Wear the clothes you're wearing. Come in and be in the film." And that was blast and we had a great time and there were like thousands of people on the set and it was really, really fun and I was in my mid-20s when I was in Purple Rain.

But later in California, I worked with indie producer, independent film producers, Paul Barnett, and he was from Scotland. And we worked on a lot of I think, we worked on five films together. I was his healer and his

clairvoyant. And as a director, he needed to have a finger on the pulse of all aspects of the show. He, of course, did not do the different jobs. You know, so I actually got to work really closely with him and see how it was that he directed the show. But he sent out a directive to each individual player. So he was really like the grand kind of overseer of everything. And that really is very much the role of the hypothalamus, so I want you to keep that in mind. The hypothalamus directs everything else in the body and it doesn't direct every single thing but it will tell the whatever to turn on and then tell the other things to turn on. So it's the head dog.

The hypothalamus, where the pineal gland is just the seventh. The hypothalamus is in the center of the head and it is associated with both the sixth chakra and the seventh chakra. Sixth chakra, center of head is the third eye area and the seventh again, the direct communication with God and that really makes so much sense when you think about a golden fountain coming out of the top of your head with all this beautiful information that's going out into your body. And that golden fountain, really the seventh chakra goes straight up and it's often golden. So certainly, the Supreme Being up there is golden.

And then finally, in this section, we're going to be working on the pituitary gland and I love this gland because it produces something really spectacular. It produces human growth hormone and human growth hormone is what gives us the ability to regenerate. You're welcome to come up during the break and take a real good look at these.

Okay. And so, let's talk a little bit about human growth hormone and the pituitary gland. So much research has been done about the function of the pituitary gland. Human growth hormone which serves to regenerate the body has been used to accelerate growth spurts in small birth rate in low growth children. And I had the good fortune of being partnered with a pediatrician and I got to actually go to some lectures of a doctor who is experimenting with children who were just going to be dwarfed because they didn't have enough human growth hormone in their body.

So they were in the lowest 3 percentile when they got to age two. And what they were doing and this was so phenomenal because it's a small group of doctors and I got to be in on the discussions which was really fantastic is they were treating these really tiny children with human growth hormone for like six to eight years. And they were seeing phenomenal results getting them to normal heights and normal sizes. But that is so, so important even early on that pituitary gland be working. So, that was a wonderful experience to see what human growth hormone does and you put them right up into normal human sizes.

Female 7: And that helped with preemies too?

Julie: Yes. But they do not start treatment until age two. So because some preemies will naturally get into a normal range and they take them a year. And so, they wait till age two and at age two, if they were low birth weight and now they're still really under par then they started the treatments.

Well, of course, what I've developed, certainly the babies wouldn't have to go and have injections. We could actually, we could work in the pituitary gland and get that at a higher function and so that we could get the hormone releasing at a higher level. It would be great. So HGH is also responsible for all the regeneration that happens in the body. So the pituitary gland sort of slows down and actually really up until age 28, it's kind of like when we stop being a kid.

So up until age 28, we have this amazing relationship with our pituitary gland and really, it is just a 100%, it is just rock solid. It is just like, we're regenerating and we're like unstoppable. If you remember that before age 28, how you just felt like you were just like, you know, and you didn't understand why people aged. Because like, what's wrong with them?

We got some encoding with the pituitary gland in our DNA that says, "Age 28, oh, that's the time when they're no longer, you know, because in early cavemen when the body was really getting all its programming." Meaning we're done. We're producing at age 28. So we had reproduced from 14 to 28. We were done. You know, it's in that, we'll say okay let the body breakdown and then eventually you're just going to die. So, ha-ha-ha. We don't have to do that anymore.

There's a lot of things about how the body's wired that's been so amazing to me as I've been these studies is to like, "Why did that happen? Why did it like start shutting off at age 28?" You know, you're no longer really useful to the tribe so let's just let the body degenerate. You know, kill over just not regenerating anymore.

So up until 28, you get a cut and you're done. I mean, six days at the most you've healed. By the time you're 50, you get a cut, 45 days later, if you're healing on your own, it's 45 days for that pituitary gland to give you enough human growth hormone to clear up that cut. It's amazing. It's just like it's so, so slowed down.

So that is one of the things that we do in this process is we're going to get that gland working better so that you have the human growth hormone. And that really is responsible for skin aging; it's responsible for organs aging. It's really all those things where we see things degenerating. A lot of that is out of pituitary gland not functioning properly.

And that brings me to the conversation about calcified glands. And it could be that the gland is functional, that if it's encapsulated in this, there's like a bone almost around it. That's what I've looked at with some people. The hormone doesn't get into the body. And so, it's really difficult to doing regeneration. So this is one thing that we're going to work on today.

I can tell you that when I've had a really serious case whereas somebody who's does like, really is like a hard as a rock then what I imagine is kind of like the bone disintegrating and you can imagine it over a period of time. So, if that does when you're in meditation and you see that, that's something that you can start working with. That idea of imagining the bone disintegrating around the encapsulated gland and that does actually work because we're seeing it does take a few weeks to remove the calcification if you're doing it in visualization but Western medicine has no option. So this is a good option.

And it's so amazing because really what the mind can believe if you believe that you have the power to break that calcification down because I certainly do. I see it all the time. I know that I can break that calcification down. So if you believe it in your heart and soul, if your mind just gets it, you will do it. If you think that is impossible, you better come to me then because we don't want you having that problem. So, I really think a lot of miracles is sort of like, it's a little bit surreal, but I believe in myself. You know I just like, "I know I can create miracle. I just know it."

And so, you have to kind of go in with that attitude of I'm just unstoppable and, you know, you're going to be in the question of when you're looking at creating the miracles for yourself. You're going to be in the question of, "Well, we'll just see." I know we're going to get an improvement. I don't know how much. I'm just going to do my best. And in that kind of surrender where you don't have to have be a 100% or perfect, you're going to create some pretty profound miracles for yourself.

Oh, and then also, the HGH which will make sense to you, it also has a lot to do with bone's healing and things like that. You know, you've torn a muscle or whatever that has been so all that the regeneration, a lot of that comes from that human growth hormone. And so, again, you know, when you're a kid and you break your whatever, you knee or whatever its going to be, you're going to be running around or you break your arm. You know, four or five weeks later, at the most six weeks, you're done.

When you're an adult, I know a gentleman, a very nice fellow who runs a jewelry shop here in Larksborg and he broke his leg and he literally stumbled around on it for two years and they had to re-break it finally to get it to heal. And he had to take all kinds of bone meds and all kinds of

things because he's in his 60s and it's a whole different story when you're more mature if you don't have that regeneration stuff going. And he's not my client, just a friend of a friend. If I had gotten a hold of him, he would have healed faster.

Okay so that human growth hormone, I really want you to think about that as your fountain of youth. The sweet nectar coming from the pituitary gland that's associated with the third eye, the sixth chakra at the center of the head. Okay, we're going to review the things that we've just talked about. So, we've got the sleeping beauty, the pineal gland, the movie director of the body, the hypothalamus and fountain of youth, the pituitary gland. Alright, wonderful.

I want everybody to just take a moment and turn to your neighbor and really let yourself be present because this is powerful. And I'd like you to turn to each neighbor and I say, "I believe in your capacity to heal."

And a normal healthy aura is about 36 inches out and we're just going to pull it and really nice and snug right now so you can really have a sense of feeling your own energy surrounding you. Let's make the edge of the aura sharp. Maybe like a bubble blow bubble where, you know, you have that kind of luminescent quality to it. And if you're quite permeable, you might want to make the edge of the aura like Plexiglas. Maybe an inch or two of Plexiglas around the bubble of the aura. And you kind of imagine yourself like being in an energetic, like an egg or a bubble.

So you're entirely completely surrounded. There's nothing missing. Some people when they first start working on this notice that they don't have a back to their aura or it's not under their feet. You know, like there's pieces missing. So you want to just imagine that it's entirely encasing you. That you're entirely completely surrounded by your aura. If there's any dings, dents or bumps in the aura, I want you to smooth that out.

And then, if there's any holes left, go ahead and take some magic aura spray paint or some magic aura weaving thread and just fill in the aura. You really, really need entirely to be surrounded by your own healing energy in your own energy.

Some of you who are big healers that your auras extend out so far, I've seen people have their aura out like two or three blocks and they're just thin. Well, the danger of that is you're picking up everybody's gunk who's that far out. And so, we really, really want to be an effective human being you want your aura, nice and tight around you 36 inches, 18 inches right now while we're doing this clean up. But just in general, you want to be checking in with yourself. You don't want to extend more than 36 inches.

Alright. Now let's put a little golden Roomba, a little automated electronic vacuum cleaner at the top of our head. This little Roomba is going to zip around like a little puppy dog and it's going to vacuum up all the dust bunnies and fuzz balls in your aura and a lot of that comes from walking through other people's funk. So let's put that little golden Roomba, that automated vacuum cleaner at the top of the your head inside your aura and let's have it clean out, so it's going to spiral around and clean out all that funky stuff. A lot of times people see better after we clean out the aura.

So let it start spiraling around the top of your head and around your forehead, your face, in the back of your head. So it's just spiraling around your neck, your shoulders, your torso. Just keeps spiraling around. It's getting everything cleaned up - your hips, thighs knees, calves, ankles and under the feet. Wonderful! And let's go ahead and throw that golden Roomba down the grounding cord. And everybody did a spectacular job. You all look very sparkly.

I like you to imagine that, now the outside edge, we've been looking on the outside of the aura for a while. Let's put a cobalt blue flame on the outside edge of that bubble. Cobalt blue, cobalt blue is going to deprogram other people's energy in your space so that you can really own your space while you're healing.

So, if there's somebody in your family that has an energy that a lot of believe in that stuff that's kind of, "I'm skeptical." And they're throwing right in and they'll reduce your ability healing yourself. We're just going to burn off skepticism. So imagine the outside of your aura is now like a sun where the sun is a golden corona, you now have this cobalt blue corona and just let it flame up and burn off the programs. Beautiful!

Perfect. Everybody got it. Fabulous! Those programs are burned off. That's really wonderful. Let's put a big rose in front of your heart chakra, outside edge of the aura. So that corona has now disappeared and you've got a big two foot rose in front of your aura and we're going to ground it to the center of the earth. This is a protection rose and it's just going to absorb negativity if it comes your way. So, just put that big red rose. Maybe it's two feet wide. It's a giant rose in front of your heart chakra basically, and it's on the outside edge of the aura. Have the stem root or ground down to the center of the earth.

And just for practice, let's go ahead and put a little stick of dynamite underneath it. Blow it up. So just a little carton stick of dynamite and then blow it up. And then, put another rose in its place and ground it to the center of the earth. This really, really helps. So you can hear information people are telling you but you don't have to take their negative energy inside your aura. So that actually holds the energy on the outside and

really doesn't allow it to permeate any be part of you, become part of your energetic body.

So we might be doing this all day long if you're around people that are particularly negative. This is one of the tools that actually helps clear negativity so you don't have to absorb it. Maybe someone you work with or someone at your house has a problem with that right now. Beautiful!

Let's go ahead and open your feet chakras. So they are beautiful lotus-like lenses at the bottom of your feet and let's open those lenses up. And let's let earth energy out through the feet chakras and earth energy is often seen as green or clay colored. And let's bring that energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. And as we're clearing your feet, your energy in your feet, we're clearing your soul understanding, pretty profound. Your feet are so blessed you know of all of their information in them.

We're clearing the shins and knees. As we're bringing that clearing through the knees, we're opening the ability to honor yourself. I kneel at the altar of myself. So we really want those knee chakras and knee channels open. We want to be able to honor our self. And then, out through the thighs, out the hips and down the grounding cord. The right leg is your ability to take your steps in your physical life, your assertive steps often associated with the male body but really like your steps in business, in your career, kind of in the outer world. The left side is opening to your feminine, receptive, soft side, being able to take your next steps in your female body. And then, all nice and clear.

And then, we're going to find some exclusive pulse in the universe that's in harmony with you. Maybe a temple, a mountain top, an island, a star, a constellation, somewhere that when you think about it, it's your very, very home place.

My favorite place, everybody knows this who's probably in the room here. Oh, we've got a few meditators that are new to me, it's a temple in Nepal and I had my naturally peak spiritual experiences in this temple in Nepal. I climbed up 1,500 steps to a Buddhist temple and it was just the most phenomenal experience. It felt just incredibly one with God.

So you find that place where you think about, whether it's this place in nature or it's a spiritual peak experience. Bring a light of energy from that fabulous place into the back of your head one inch above where the spine meets the skull. We're bringing this into that area for a very important reason, that's where spirit and body are connected.

Bringing that energy into the back of your head, down your neck, shoulders, arms, elbows, forearms, hands, fingertips, out the fingertips. We're clearing your creative channels, your ability to grasp and receive. In your shoulders we're releasing your burdens and responsibilities.

Bringing more of that energy into the back of the head, one inch above where the spine meets the skull and down through your back channels. Down through the spine and the meridians on either side of the spine clearing everything that's behind you; letting yourself feel completely supported by the universe. Bringing it all the way down into your hips, looping up through the pelvic cradle and through the belly, through the ribcage, through the neck, through the head and fountaining out the head like a beautiful Italian fountain bathing and cleansing your aura. Any excess energy is just running down the big grounding cord.

Alright. And now, we're going to return back to the center of the head. And we're going to work on three glands. And the first gland we're working on is the pineal gland and it's a little bit behind the brain stem. So kind of center of the head but it's the one that's a little bit behind everything – small. Imagining yourself right there on your pineal gland and why don't just kind of look at the color of it. If you have a sense of color, it's okay if you don't. Why don't we get a sense of color.

And go ahead and imagine that it's turning to a chocolate brown if it's another color. I see some of you have white and green and orange and yellow. So we want everybody in the room to make a shift to chocolate brown - a dark, dark chocolate brown.

Alright. And then, we're going to look at a gauge and we're going to see what the function of a gland is. So as you're looking at a gauge and it's 0 at the bottom and a 100 at top. Let's look at the percentage of function you're getting out of the pineal gland right now. Just kind of make a note to yourself about a number that you're seeing and let's go ahead and now imagine that you can just go ahead and turn that gauge up and everybody, try to turn that gauge up to a 100%. Wonderful!

Alright. And now, we're going to do this step again. So the next thing we're going to do is look for any dark energies. So, if there's black energy, just hiding out there, lurking, if there's white energy lurking, let's go ahead and imagine like tossing some cobalt blue energy into the gland. So we're going to deprogram that energy and white and black especially, we're looking to deprogram.

So there's a couple of ways to do that. We need to throw the cobalt blue in the gland and the second is to imagine a little spiritual vacuum cleaner vacuuming it out. So you experiment - you try either cobalt blue or a little

vacuum cleaner and let's just tidy it up. And some of you won't have this. Some of you won't have black or white. But there are definitely other people in the room that do. So, we're just going to make sure that everybody gets really great tune up. Again, the whole gland it should be like a chocolate brown.

Okay, perfect. Everybody's got that healing now. Great! Let's go ahead and do one more time with the gauge. So, look at the gauge now and let's try and push it up to a 100%. You guys are doing an amazing job. I am so proud of you. There is a lot of shifting going on in here. It's really incredible to watch.

Alright. We're going to move to the hypothalamus which is right in front of the pituitary gland. So that hypothalamus, that director, it's really part of the brain and it should be a bright yellow or a gold. So let's first look at the color of the hypothalamus. Okay, green is acceptable also. So I'm seeing some of you have green and that's healthy. That's good. I see some of you have blue. We don't want blue. Blue is kind of frozen and we want this director to be really rocking. So, green or yellow is good or gold. So that first of all, just imagine shifting it to yellow or if you have green already, green is fine.

Okay, before we do the gauge, I'm seeing that some of you have black in your hypothalamus. So let's go ahead and do the deprogram. The deprogram again, shooting cobalt blue and then also, you can in addition to the deprogram, you can take a little spiritual vacuum cleaner and vacuum out the black. So we just really need to have this one fully operational. This is so key to running the body.

Okay, excellent. Now, for those of you that had shifted out, we've got that black out of there let's go ahead and focus on bringing yellow or green. Yellow, that is the best. So, yellow, yellow, yellow. Green is fine but yellow, yellow, yellow. If you had something that wasn't yellow, and wasn't green, I want you to put yellow in there. And you can kind of imagine it as kind of fountaining out the top of the head. So this yellow is maybe and it's like a beautiful, you've been in Italy and you've seen this beautiful fountain, this gorgeous fountain, just imagine yellow. A yellow, golden fountain; yellow, golden fountain kind of just spurting out the top of your head. And we're really looking for full function.

And then everybody, let's look at that gauge now, where are you at with the gauge, zero to a hundred. Make a little note. You've already tuned it up a bit. So now, let's go ahead and push the gauge up to a 100%, if you can.

Okay, I'm just going to take a minute to help a couple of you. You're all doing wonderful. You can just pat yourself on the back. This is a good job. I can see some of you really want a higher number than you got so, just a minute.

That was fantastic. It's really good. Look at the gauge. What are you up to? And then, right in front of the hypothalamus is the pituitary gland - our fountain of youth. Now, you all wanted to do work on this one. So, look at the color. Okay, some of you are showing that gland has got some black in it and some of you are showing me the white. So that's the first thing to clear. Let's go ahead and just get the black and the white out of the there.

So with the white, you might have calcifications. So let's start imagining that white dissolving. And you can see that completely dissolve even though it's going to be a couple of times when you're dissolving it before it. On a physical level, it's completely gone. You have an intention that it's just dissolving away.

And then, for the people who have some black which I'm looking at a few do, let's go ahead and take a spiritual vacuum cleaner and vacuum off the black. Yeah, and this is not a red gland. So if somebody has a red one or any color other than deep blue or deep green, it's probably not going to serve you well. So deep blue or deep green are the colors we want to see in pituitary gland.

Oh, yeah. This gland, you definitely, you'll get a headache, you'll get a stress headache if it's off. So if you are prone to headaches, this one can definitely cause headaches. So let's just kind of relax, let's see that kind of soften. This is easy. You believe in your capacity to heal and create miracles.

Really good. Really, really good. Alright, so everybody hopefully now let's see, is everybody there? Yup everybody is here. Green and blue, let's look at the gauge and let's get hit that gauge up to a 100%, if we can. So wherever it is, let's push it up to a 100%, if we can.

You can even imagine that your brain is just getting bathed with a rich supply of oxygen, oxygenated blood. So, if you're having a little bit of a headache from shifting these glands, just imagine that the blood is just feeding the cells and your brain is relaxing. It's really okay to make these shifts. It's going to be great to have things at higher level of function.

Beautiful! You can kind of see a softening happening. In the pituitary glands sometimes it's called the blue pearl, definitely your third eye, spiritual center. Now what we want to do next is look at the function of a gland so we've raised the function of a gland itself and now we want to

look at its ability to release a hormone. So we'll start, since we're already in the pituitary gland, let's look at your body relationship with the human growth hormone.

And so, let's just have a gauge and the gauge we'll just relate to HGH, the human growth hormone. And from 0 to a 100%, just look at the percentage of what your body is getting on the HGH. And then, let's just tweak that gauge and push that gauge up. And let's push it to a 100%.

And then the hypothalamus, let's look at the gauge for all the chemicals that get released to direct the body, so all the different enzymes and hormones that get released out of the hypothalamus. Let's just look at the gauge for ability to release that chemistry. And then, let's push that gauge up to a 100%.

And then finally let's look at the pineal gland in relationship just to the melatonin so, your ability to get access to melatonin in your body. And let's look at that gauge 0 to 100%, where is it set at. And let's push up to a 100%.

Alright. And then, just take a couple of breaths and then just kind of relax. We've done the harder part of the healing right now.

Now, we're going to bring gold energy down from the Supreme Being. So just imagine gold energy coming from the heavens and it's coming down through the eighth chakra which is outside the aura. And it's okay if you don't understand all of my language; just know that whatever part you understand is enough.

Bring gold energy through the eighth chakra, outside edge of the aura down through your halo, you have golden creative rings. Bring that gold through the halo and then bring that gold energy into the back of the head. And let's let that golden energy go into all the five senses: sight, smell, taste, hearing and touch. So it's really flooding the head and then, all the cells of the body that are sensitive to touch. So, we're getting a golden healing on the senses and then bringing that golden healing into these three amazing glands.

So again, we're just healing those glands with this gold energy. We're bathing these glands. Releasing sleeping beauty totally restoring herself, the pineal gland, seventh chakra totally coming into balance. The movie director of the body, the hypothalamus, with the sixth and seventh chakra and then our fountain of youth, the pituitary gland with the sixth chakra and while we're up here, let's just make sure that the chakra, the seventh chakra out the top of the head is at a 100% now.

So, it's cone shaped spinning out at the outer edge of the cone. Let's just look at a gauge for that and make sure that it's at 100%. And then, the sixth chakra that comes out of the forehead and out the back of the head, let's make sure that that's on and a 100% with the outer cone spinning. Oh, some of you didn't have it on in the back. Okay, I'm going to help you with that. So everybody just keep breathing, no stopping breathing.

I'm going to do a deprogram on the whole room. There's a few of you that have some problems with the back of you sixth chakra so you can just relax. I'll do the work. Perfect. Perfect. That's shifting really rapidly.

Alright. And then, let's go ahead and let that gold energy that's been healing and sealing up the healing with the three glands in the center of the head. Let's let that gold energy just go into the chakras too, the seventh and the sixth chakra. Beautiful!

Alright. And then, we're going to bring a golden sun at the top of the head. Bring that golden sun down into the body, filling all the cells of the body, energizing and recharging the body. And then another golden sun into the top of the head. There you sit as a handsome yogi or a beautiful yogini cross- legged at the top of your head as a spirit and we're going to drop you back into your body. So, fill yourself as a spirit, just filling yourself up fingers and toes, arms and legs, torso, neck and head, coming deeply, profoundly into your body just filling yourself as a spirit. Filling yourself out all the way to the edge of your skin. You're filling yourself out better than you ever had before and you can really feel yourself just clicking like a seatbelt clicks in to the spirit and body.

So spirit is clicking into the body just like a seatbelt clicks in - *click* and you're in present time. So the spirit is out of the future. Out of running around and creating all this wonderful stuff and the body is out of the history right now. You're just in present time, at this moment on this beautiful Wednesday at 12:25. Here you are, you're just fully present in your life.

And then, let's rub our hands together in front of our heart chakra, creating some psychic heat, some energy and breathing deeply through your nose and breathing out through your mouth and when you've got your hands nice and warm take your right hand place it over your heart chakra and your left hand over your right hand in a mudra of self love and self affinity.

Just tell yourself, "I love myself. I trust myself. I will express my unique self." And let that healing, the permission to be yourself, the permission to love your body as it is in this beautiful state. Here and now in this moment.

And then, you can allow your hands to drop to your laps and when you're ready, a few breaths in and out, you're welcome to come back in the room. Wiggle yourself around a little bit. And then, just come back.

May it be with the blessings of the Supreme Being that this healing meditation is complete. May the entire world be filled with radiant health, vitality, abundance, joy and peace. Tathastu - So be it.

Welcome back everybody! How was the journey?

Julie: Thank you so much. May you be blessed and may the entire world be blessed with radiant health, vitality, abundance, joy and peace. Tathastu - So be it.

Female 1: Well I just want to say, working with Julie Renee. She's awesome, absolutely fabulous and she's helped me with so many other things. And I'm looking forward to working with her on some new issues that I have. So I'm just so pleased and happy to be working with Julie Renee.

Female 2: Julie Renee is a remarkable healer and working with her will be the instigator for all of the meaningful change in your life.

Female 3: What can I say? I'm alive.