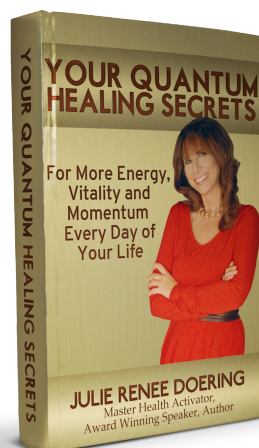


Your Quantum Healing Secrets
For More Energy, Vitality and Momentum
Every Day of Your Life

Julie Renee Doering

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Your Quantum Healing Secrets

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Your Introduction Quantum Healing Secrets

The Quantum healing shifts you are moving towards are not about luck: it's really about Science. Sure everyone is different but the same laws of success always apply. You reap what you sow; you can't get out of life what you are not willing to put into it. If you want more love, give more love. If you want greater success help others achieve more. And when you study and master the science of achievement, you will find the success you desire.

The Content provided in this book supports your mastering the mindset necessary for Improving maintaining and sustaining health over a live time. You'll find the full home study course Quantum healing Success on my website JulieRenee.com. The chapters in this book will support your journey back to good health and enduring vitality. What I hope you receive is a reset to build a mindset for unlimited possibility.

Understand that your decisions shape your destiny. The future is what you make of it. Every day of your life little decisions will either take you to the life you desire or to disaster by default. In fact it is the littlest decisions that shape your life.

What to expect in the pages of this book

I have included stories and step-by-step guides in nine specific areas: Brain, Rejuvenation, DNA, Hormones, Vision, Dynamic Energy, Pain, Love Regeneration and Rejuvenation. Some people experience a shifts instantly just by reading and enjoying the content while others grow gradually into the upgrades over time using the home study and one to one VIP experience. This is meant to be an overview and really to support your mindset for optimal shifts.

When thinking about using Quantum Healing Secrets to effect change a good rule of thumb is to know that if you came to read the book or participate in the home study program with many health, love and or work issues ~ this may not be enough to get you to where you want to be. The more challenges you had coming in, the more shifts and changes need to ground for your full restoration.

There are 3 types of people who look to this kind of a program to experience rejuvenation

1. Already well, perhaps in a healing profession ~ wanting more out of life and looking to get the slight edge over themselves ~ being able to out preform their status-quo and reach for the stars.
2. Doing fine but noticing physical and emotional challenges as well as cognitive decline ~ in other words your body and brain just aren't giving you what you needed and wanted anymore.
3. The third type of individual comes in with a wealth of issues many of them related to health and a real desire to make rapid improvements. These people have already tried many healing modalities with little luck and have ended up here looking to change their health status now by participating in this quantum home study program as a last and best hope. If you are in this position understand that your journey back is different than a healthy person. Years have gone by with issues that have made life difficult and you will have a gradual journey back. The trick here first is to restore hope. This is not a 'get rich healthy quick scheme'. But rather a scientifically proven method for restoring health by literally regenerates the cellular body a step at a time.

Your biggest job going through the program is to affirm that you can indeed get the concepts and ideas taught and that you are indeed capable of healing and getting better. Stay in gratitude and appreciation for what is working in your life and your body every minute of everyday. If you are telling yourself every minute how awful everything is, it will be difficult to experience any shifts ~ ever. That doesn't mean they aren't happening, as a matter they are, however you may with your mindset enforce an inability to use more then a very diminished percentage in spite of the high capacity. Remember the old adage what the mind can believe and conceive it will achieve. It works both ways what the mind focuses on good or bad is where you will go. Follow all the suggested guidelines below as if your life depended on it and please find ways to celebrate life and have fun every day!

Meditation is an important part of every training I provide. I am including a meditation success guide here at the beginning of the book. Even if you are new to meditation this guide will give you what you need to be successful from the start.

Simple Steps to Meditation Success!

Tried to meditate with no luck? You may be missing a few key details that will take you from failure to success. World renowned meditation expert and miraculous healer Julie Renee shares her secrets on making your meditation unstoppable.

About Meditation

The style of meditation I teach to my students begins with grounding and clearing tools. Then, we progress through steps to bring ease, focus, and vibrant health to the practitioner. Meditation is a lifetime practice.

I have provided numerous guided meditation programs on all topics for regeneration healing stress love and wealth. Even reversing aging is possible in the Beauty program for women as well as stem cell regeneration and DNA removal! You'll find these by going to Julie Renee.com/meditation

How To Be Unstoppable in Your Meditation Practice: Letting Go of Failed Behaviors

Avoid the hurried and scattered "grab a few minutes here or there" approach. When beginning a practice that will benefit you for a lifetime you need to make a commitment.

Find a regular time each day you can devote to your spiritual growth, regardless of other demands or priorities. This may mean you wake up earlier every day to meditate for twenty minutes before the kids are stirring or routine responsibilities are calling (or prior to bed or during lunch time)? Consider what is best for you and commit to it for 90 days – adjust if necessary, but honor your promise to yourself. Give yourself a high level of permission to enjoy and experience your personal and spiritual growth!

Here are some things to avoid, and best practices: 1) Avoid: Meditating in an ungrounded or active space. Best: You want to find a spot (in your home or garden preferably) where you will meditate every day. The energy of this space is dedicated to your spiritual pursuits and self calming. You can still fulfill your daily practice when travelling. Carry a meditation cushion or a 12"X 18" piece of white wool, which will become infused with your energy and remember to ground and own the room for yourself.

2) Avoid: Eating a big meal just prior to meditation. Oops! Food in the tummy is a big distraction. Best: A common practice if you feel you need nourishment is to have a cup of Chai or a small amount of fresh fruit so you remain in the bliss zone. Heavy meals will draw the blood and prana (life force energy) out of your head and into your lower chakras, meditation is about lifting up into the upper chakras, and enjoying the seven chakras above your head (?checking there are 7 above the head?). This is so much fun when it all the energies are in sync!

3) Avoid: Sitting in an uncomfortable position or feeling chilled or too warm. Best: Intentionally create a beautiful, simple space. Experienced yogis and yoginis enjoy a meditation shawl and cushion, but it is just as appropriate to sit upright in a chair with a cozy afghan wrap. Remember, these are dedicated moments of special connection with your sacred self. Give yourself permission to be completely comfortable and supported. When dealing with chronic pain, and in this case only, lying meditation is a good choice. I don't recommend this posture for others because lying down is the position for sleep so it then becomes sleep, not meditation ... of course sleep is wonderful and necessary but that is not the goal of meditation. Those who chose the lying down form must be extra diligent to stay present and alert!

4) Avoid: Self criticism and perfect pictures. Ouch! These are the pictures of having to “be perfect,” getting it right, or expecting to be an expert immediately or during every meditation session. If you tell yourself you can’t meditate, then you will fulfill that command, but let me reassure you that everyone can meditate.

Best: It’s like exercising a muscle – the more often you work out, the stronger your muscles get. Likewise the more you practice meditation – the key word here being “practice” (not “perfect”) – the stronger and easier your practice will become. Remind yourself you are in the learning/adapting phase and that you love the sacred time spent in meditation.

I provide you with beautiful guidance on the meditation tapes. Within a few days or weeks you will remember all the steps and we can enhance your personalized meditation program.

Relax, enjoy, have and fun. This is not serious stuff. It is the fuel for bliss, happiness and deep connection with yourself, the god of your heart and all others! How wonderful for you to have come to a place in your journey where you can receive this gift of self love, care and awareness!

Meditation: I am Safe in Present Time

Take a deep breath in and relax. Begin to feel your body surrender to the softness of meditation. If you can, allow your eyes to slowly drift shut and relax. Send a grounding chord down from the base of your spine to the center of the earth, make it nice and wide and release all the stress and tension from the day week, month and year. You are safe. Release your male or female body, grounding and clearing as we go.

See your adrenal glands in your mind's eye. They are acorn shaped glands about two inches off the spine and an inch or so up from the waist. Ground each of your adrenals with a line of energy as wide as your wrist hollow in the center down to the base of the spine (first chakra) and then down to the center of the earth. Set the adrenals on release and begin to release all the stress out/fight or flight energy from the adrenals. Let go of tension and totally relax.

Draw a line between the sciatic nerve to the adrenal grounding and imagine grounding and releasing your entire nervous system through the adrenals. Release the congestion, gunky goopy built up tar like energy (if you have it) from your nervous system. Continue to relax and let go.

Ground a line of energy from the center of your head (close to your brain stem) and first brain (the reptilian brain). Press an imaginary release button at the bottom of the brain stem. Release the congested, reactive, darting energy of the first brain down through the first chakra. Send the pent up energy down to the center of the earth.

Invite your emotional brain, (the second brain that wraps around the first brain) to release through the same grounding chord. Let go of emotional tensions and thoughts of stress or impending doom.

Allow the stored memories that have negatively affected your feelings of safety a place to surface as black dots in the brain, using a golden vacuum cleaner, vacuum up the black dots. Bring a golden sun to the top of your head and fill in all the newly cleared places in the body with Gold. Affirm that you are safe, secure and all is now well in your wonderful world.

Open your feet chakras to earth energy running energy up through your feet, ankles, shins, calves, knees, thighs out the hips and down the grounding chord. Bring in universal energy through the back of your head, down your neck and shoulders, out the arms and finger tips as well as down through your back channels, looping back up through the pelvic cradle, up the belly through the chest, neck and head, fountaining out the top of the head, cleansing your aura. Pull your aura into your body about 36 inches from your skin. Make sure the aura has a sharp defined edge to it. Place your protection rose at the front edge of your aura and ground it to the center of the earth.

Bring a golden sun to the top of your head, see yourself as a spirit sitting peacefully ready to come fully back into your body. Give yourself the validation you richly deserve: you are safe lovable and loving, you are strong healthy vibrant beautiful wise and strong.

Bring yourself as a spirit back into your body along with this golden sun, filled with validation. Breathe in and out several times deeply feeling energized and renewed ready to face your life with a restored sense of safety. May it be with the blessings of the supreme being that this healing meditation is complete!

Welcome back!

Personal meditations and healings in a one to one setting during session time also address, our family patterns, through DNA clearings, our present life, timelines as well as clearing stored emotions in other parts of the physical body, and past life influences.

The benefit to this meditation is that it allows you to experience present time, joys and happiness without the weight of fears and worries to overshadow your present moments issues.

Joy and happiness, peace and love, that's my theme the more, the better!

Module One: Brain

Get rid of “fuzzy brain” with the ‘sip sixteen’ system

Your Brain Can’t Store Water. What Does Dehydration Cost Your Body and Business?

The cause of fuzzy brain – the inability to remember names, important details, calculate, and even produce symptoms of ADD in healthy adults – could be just as simple as not drinking water at the proper intervals during the day.

You are losing about 80 ounces of water daily through breathing, sweating and peeing. If you are in the norm, you are drinking 32 ounces of water daily. The cost of dehydration could be the difference between success and failure!



When I say “fuzzy brain”, what comes to mind? Lost momentum, unclear thinking, or the inability to follow through on a plan of action? Does it signal a sense of hopelessness in you that you will never accomplish your mission in the world? Does it stimulate depression or anxiety? Perhaps you know your brain could be different, but your outer evidence does not seem to be lining you up for a powerful win.

Fuzzy brain is not your fault, but the cure may be so much easier than you realize.

In my research I have discovered millions of Americans are experiencing cognitive decline – in other words, their brains are increasingly not performing their tasks well.

I became interested in the brain because I’ve had the worst brain problems that you can imagine. I’ve had two traumatic brain injuries and to add insult to injury, as a child, I survived atomic bomb exposure. As a result, I ended up with multiple cancers, 17 surgeries, and death itself. Being profoundly ill, taking prescribed medications and radiation poisoning are not good for the brain. I’m here to tell you, even if you’ve been to hell and back, your brain can give you 100% function all day long!

I’ve had brain function as bad as it gets and it’s the reason why I developed a process to remedy fuzzy brain. What I discovered in my research is that once the brain is up to 100% function, all areas of health and life can rise to 100% and hold there. In this article, I won’t be able to give you the full 500-page dissertation I wrote on how applying quantum energy can upgrade your brain function to 100%, but I will give you the most important and simplest step you can implement today to get your brain working so much better.

Let’s talk about proper hydration

Are you a guzzler (meaning you guzzle 8-16 ounces of water after not drinking anything for 4 or 5 hours)? Or are you a sipper? If you're a sipper you drink 4 ounces every 30 minutes all day long. By the way, hydration is water intake, not coffee or green tea, which serves to dehydrate you.

If you are only 1 percent dehydrated, you will likely have a 5 percent decrease in cognitive function. If your brain drops 2 percent in body water, you may suffer from fuzzy short-term memory, inability to focus and have trouble calculating. Know that dehydration is linked to attention deficit in healthy people.

Imagine the long-term toll on your brain if you starve yourself of proper hydration for years. Could this be a factor in the rising numbers of people who are being affected by Dementia and Alzheimer's?

Are you now convinced that you need to change your drinking habits? Do you want to know the best way to do so?

The Sip Sixteen System

Water must be taken into your body in its pure, natural state. Optimally, you will drink half your body weight in ounces daily. For example, if you are 130 pounds, drink 65 ounce of water. If you were drinking this in 4-ounce increments, you would take sixteen 4 ounce water enhancements daily. I call this the 'sip sixteen system'.

The Miracle of Water in the Body and Brain

Water gives the brain the electrical energy for all brain functions, including **thought** and **memory** processes. If you experience memory lapses, drink more water. Water is vital to energy production in your cells, and in your overall **metabolism**, production of **hormones**, **nerve function** and **neurotransmission**.

When your brain is functioning on a full reserve of water, and you've taken in sixteen 4 oz water enhancements with the 'sip sixteen' system, you will be able to **think faster, be more focused, and experience greater clarity and creativity all day long**.

If you suffer from fuzzy brain, you've lost hundreds of hours of productive, clear focused work time. I challenge you to follow the simple '**sip sixteen' system** for the next 21 days and watch your fuzzy brain disappear. Good health and better brain function are already within you. The choice is yours: how good

Implementing the "Sip Sixteen Method" for proper hydration



Getting the Horse to Drink

You can lead a horse to water... now what's the trick to getting him to drink properly? When faced with the daunting task of drinking 65 to 90 ounces of water daily, most folks go into overwhelm and become hopeless in action.

They revert quickly to their old dehydration habits and return to fuzzy brain headaches and fatigue, despite their awareness that the simple act of drinking 4 ounces of water every half hour would produce immeasurable positive results.

Getting the Horse to Water

Educating and getting the horse fired up and motivated is the first task in the transformation to better focus, clarity and function for your healthy, happy brain.

Have you ever really thought about what it's costing you to not stay hydrated? Are you losing work time? Struggling with a dark, fuzzy or achy brain? Do you routinely battle fatigue, poor hormone and brain chemistry, or nervous issues? Is your metabolism in the dumper? All of these issues are dramatically improved through proper hydration.

Want to make this a permanent change? I have found that by looking at it more closely – not just thinking about it, but by writing about it – you can help make the change stick. Take out a pen and paper and write down what it's costing you to not stay hydrated all day long.

Are you missing the mark with financial goals? Not bringing your best self to relationships? Where are you out of focus and failing?

Awareness – having clarity about what it's costing you is the first step. Change can only happen when you are awake to the real cost of any issue.

Now imagine being fully energized, focused and clear. What could you produce? How would your relationships be different? How would your life change?

Great! Now you've got the possibilities flowing. Are you at the water trough? LOL!

Okay, Now That You Are Motivated, What's Next?

I have found that when you look at 80 ounces of water, related to the 5 bottles you need to polish off during the course of a day, most people go into a freak out mode. *"I can't possibly drink that much. I'll be running to the bathroom all day."*

Let's address that.

If you are a guzzler – meaning you wait 3 or 4 hours, then guzzle down 16 ounces, yes, you will pee out a lot of that water. That's because you have flooded your system; you've absorbed between 4-8 ounces and the rest gets flushed.

If, however, you follow the "Sip Sixteen Method", you are now drinking 4 ounces every 30-45 minutes all day long. This method allows you to replace the water you are losing at the proper pace, so that you will no longer spend that extra time running to the bathroom.

For my VIP sessions, I provide a craft of water with a small 5 ounce glass for my clients, allowing the drinking process to become simple, easy, and effortless. Clients surprise themselves as they go through carafes without noticing any difficulty.

Drinking this way is psychologically doable and brilliantly rewarding. Try the "Sip Sixteen System" by providing yourself with visual cues that make your ability to stay hydrated truly possible. You will change your hydration habits for the rest of your life.

Brain Drain ~

Side Effects of 25 Years on the World Wide Web

Happy twenty-fifth birthday www. With more users than ever surfing the net working long hours online and spending leisure time 'plugged in' one wonders how many new maladies have arisen from the age of technology?

With large numbers of daily users on for hours at a time, as a 100% brain regeneration expert I see three pitfalls most adults fall into and some simple solutions to cure brain drain and get us back celebrating the birth of the web.

Three Pitfalls of World Wide Web Brain Drain

- **Sleep**
- **Site**
- **Spirit**

Sleep disorders are rapidly rising to the forefront of source cause for poor productivity and performance in the work place. **Problem**~ if you are one of the many evening computer users like my dear friend Barbara a busy working actress and media trainer you will lose the healthy function of your pineal gland by staring into a night computer screen during the sunset hours, fooling the body that daylight is continuing and preventing the natural release of the sleep hormone melatonin. **Cure**~ turn off the computer by 7 pm. Instead of doing computer work you can read a book, visit with friends or head off to a bubble bath an early sleep or some intimate lovemaking. This is sure to add balance and over time get you sleeping naturally once more.

Site problems are accelerated with long dehydrating hours staring into a computer screen. **Problem**~ As your eyes dehydrate the lens hardens and the vision worsens. **Cure**~ Stay hydrated by drinking for ounces of water every half hour. As you take your water break stand up move to a window with a pretty view ~ breathe deeply and dance wildly for 90 seconds. Drinking pure, clean water gets the brain and eyes hydrated looking at beauty restores the human spirit to the eyes~ protecting the eyes from damage and the dancing moves you out of trance into self.

Which leads us to our third and final s~ **spirit. Problem**~ Human spirit seems to disappear for the most part from the body as technology uses primarily the reptilian and logical brains to support functions and tasks normal to most computer users. Ever notice how disconnected you feel after a prolonged session on the web? While parts of your brain are engaged you also lose one major brain wave as you trance out. Spending many hours on the computer seems to go hand in hand with relationship skill issues and the interruption of spiritual growth. **Cure** ~take your regular breaks including water, viewing beauty and 90 seconds of dancing add deep breathing into your routine. Close your eyes breathing in pink and gold light and breathing out stale stressful energy repeat ten cycles.

A few final tips to get you right with your technology: Remind yourself you are not a machine, keep life in balance~ adding time for friends, fun and time in nature as your way of life. Daily meditation will give the brain and body an internal cleanse from the inside out.

Being your best and getting the best out of the World Wide Web requires thoughtfulness and strategy. But what in life that is worth anything doesn't? Happy surfing ~ sleeping~ and celebrating 25 years of World Wide Web connection!

Sir Anthony Hopkins Reveals Brain Challenges



Sir Anthony Hopkins and Julie Renee

From a learning disability to outrageous success: What I learned From Sir Anthony is common sense and easy to implement. How do you get those dreams off the shelf and put your fabulous life in motion? I had the extreme pleasure to meet with Sir Anthony Hopkins in LA recently. When I posted the photo of Anthony and me on Facebook, I received oodles of responses from the female community. Turns out Sir Anthony is the object of affection, admiration, and innocent fantasy among my fellow female Facebook devotees.

From my work with children over the years who suffer autism, depression ADD and ADHD, Anthony's life story was compelling and had me appreciate him and his perseverance to success all the more

Anthony relayed a story of his young life and the difficulties he experienced in school. He had poor grades, really tried, and struggled to get through. He was told he would fail in life and never amount to much. Yet, Sir Anthony Hopkins is truly one of the most beloved, talented, and popular male actors of his age group – or for that matter – any age group.

He spoke of his dream to be an actor and how much he wanted it. He disregarded the predictions of a poor to mediocre life and worked very, very hard to accomplish his dream of being a successful actor.

Anthony is a great example of overcoming enormous obstacles and making a wondrous life for himself. Truly, the fulfillment of his goal has literally given great joy and amusement to millions of moviegoers.

Children no longer have to struggle and suffer with learning and Brain challenges. The One to One VIP program offers real help, no drugs or behavior modification.

Have You left your big dreams on a shelf?

The trouble today is that people are content to let their dreams rest on the shelf.

Blaming the economy or the lack of skill and time to implement, our society has lost its luster for fulfilling the American dream.

How do you get those dreams off the shelf and put your dream life in motion? What I learned From Sir Anthony is common sense and easy to implement.

1. You have to see it, feel it down to your bones, taste it, want it, and at all cost, go for it. Overcoming an obstacle means amplifying your talents and putting on the gas!
2. Take action. Get the training and be seen. Anthony's big break came in his Oscar winning role as Hannibal Lecter in '*Silence of the Lambs*'. By that time, he had been in action for years fulfilling his life's passion.

Michael Phelps Struggles with ADHD and Depression



The most decorated Olympian in US history, competing currently in the 2012 London Olympic games, was locked out of the medals in his first race of these games. Perhaps his bout with depression affected this result. Michael Phelps, stated he has used his athletic and swimming vocation to channel the intensity of childhood ADHD. After the last Olympic competition and wins, depression and let down overtook Michael as he struggled with weight gain packing on 20 plus pounds.

He spent much of his recent 2 years improving his understanding of himself and his world and has as a result become a better man in the process.

The role of a healthy brain plays an important part in optimizing an individual's entire existence. Through a persons brain they view and understand their world. The human brain provides much of the content for personality, character, judgment and ability to make good choices. When the brain is working a person is healthy. However, when the brain vitality is in trouble, there is a diminished ability in all areas of life.

Miraculous healing 'Brain Protocols' are quite possibly the most powerful of all the healings we are able to provide working through the human blue print. The brain with all its amazing complexities, when restored to great function can improve virtually all conditions of malfunction in the body.

The brain controls all the systems of the physical body and even some parts of the energetic body. For people in pain healing the brain can restore the nerves to ease and equilibrium resulting in reduced or a total clearing of pain. Digestion is also affected positively by restoring the brain to a healthy state. When the brain colors are improved, chemistry can be improved through energy healings.

My research on the brain began many years ago, as I have also experience depression, attention deficit related to a traumatic brain injury. What I have discovered in my research is that if you heal the brain, even post traumatic stress disappears as the new brain cells and brain patterns literally erase the PTSD from the field of memory.

Improving the quality of a persons life with attention deficit can be done by clearing the five brains of grey and black energetic colors and by addressing the level of how the individual handles the amount of information flowing in from the extra pathways found in ADHD and ADD folks.

Depression is addressed in a similar fashion, however the focus after clearing colors is to improve chemistry, often working with the hypothalamus and pituitary gland. We are using Cellular Neo Genesis ® which is the actual regeneration of a master stem cell in the area being improved.

Module Two: 3 Secrets of Miraculous Healings and Building New Cells

Seven Fundamentals for Living an Extraordinary Life

Living into your 100% life means living an exemplary life. You will become the guiding light to your friends and followers as you show the well-lit path towards the ever-unfolding magnificent existence. You choose.

I am often asked how I am able to live such a rich and full life. Through the intense illness and the ups and downs mentally and emotionally from having multiple cancers and 17 surgeries. Along the way of 100% health I've discovered the secret path to living an extraordinary life. Your existence is not defined by the complicated set of circumstances life brings you.

Rather, living an extraordinary life is a conscious choice to be and become your greatness.

I have discovered seven fundamental elements of life that when engaged to the fullest expression will result in 100% human fulfillment. This is your guide to life well lived.

1.Vitality- having a great cellular constitution

Your vitality and energetic presence gives you the winning edge. When you are healthy, people around you feel safe and confident. More than that, you feel unstoppable. You are able to make plans and follow through with great velocity and intention. Enjoying a healthy body is the most important element, as it creates the ground from which you can soar. Without good health you live a life pieced together, built on a shaky foundation.

2. Alignment and purpose

Alignment with your spiritual journey and connection with source is the second element of living an extraordinary life. To be in alignment will require you to take time away from the hustle and bustle of life and the pressures of group mind and family agreements. The greatest quest you can engage in is to discover who you are and what you are up to in this life. To live authentically, you must know who you are and why you are here. Making your best guess or operating on autopilot is not good enough. Make time for you to know you.

3. Discipline to strength

A person who knows discipline is able to fulfill their mission and gains the respect of all those who they come in contact with. Discipline is the path to fulfillment of everything made manifest. To be healthy, wealthy and wise you must engage in a strategic discipline. Personal power comes from the ability to follow through. You can only experience discipline when you have cleared the entire muddle and 'squirrels'/ distractions from your path. You must first fuel yourself, meaning you must fill yourself up to emotional fulfillment. When you are filled up you have a greater capacity to be emotional generous with yourself and all others.



4. Enthusiasm for truth

When you blend enthusiasm with truth you open to your greatest expression of self. As you enthusiastically call truth to you, you continue your journey towards awakening to your divine nature and powerful access to miraculous energies. Enthusiasm lights the way to higher wisdom. The one caveat to this conversation is to not get caught up with your version of truth. When truth has an opinion it is actually a belief rather than an absolute. Truth has no other version. It just is.

5. Ascension the progress of your awakening

The journey of ascension does not require you to consciously drive towards spiritual awakening. In this case your balanced loving life will move you towards your ascension. I now see the opportunity for full enlightenment, which includes mastery in the spiritual realm as well as the emotional, mental and physical realms is a deeper richer type of enlightenment than just a spiritual awakening. The old awakening model was to throw all your intention into a spiritual journey and remove yourself from the world so as to gain enlightenment. This is still a valid journey, but a higher enlightenment of the human experience is the mastery of all aspects of your life leaving nothing behind.

6. Mindset - Love-magic- Love-wisdom

To have your mind in the right place makes all the difference in living an extraordinary life. Having the brain working well with all the neurotransmitters and chemistry supporting your joyous bliss filled life is a vital part of your successful experience. When you are in love with your life and with all those who you interact with you have mastered your mindset and your life. Remember a healthy brain gives you the ground for healthy emotions. The awareness of the oneness of all things is the mystery and the doorway to glory.

7. Connection - love appreciation

This leads us into the final element and the bookend that holds this magnificent formula together. Appreciation for everything and everyone is the greatest lesson and expression of human kind. Love is always the answer. If your days are filled with gratitude and appreciation for the wonderful life you are now living, even if some days are not so wonderful, staying with the grace of appreciation will install the deepest connection to the Divine and to the greatness majesty and wonder of humankind.

Living into your 100% life means living an exemplary life. You will become the guiding light to your friends and followers as you show the well-lit path towards the ever-unfolding magnificent existence. You choose. Know that you have always had the opportunity to choose. Now I invite you to consciously make a choice for greatness. Join me in living an extraordinary life, and be filled with the peace and bliss that surpasses thought or mental understanding. Be.

We Must Teach Children Spiritual Hygiene or They Face Early Illness & Death



American Spiritual Crisis Point

Children are not being taught how to care for their spiritual body. As a result they grow up with no spiritual hygiene tools and become sick– physically, emotionally, mentally and spiritually. This results in illness in all areas of the human experience. Some die early, all because they lack the awareness of authentic internal self care.

Research for the 'cure' movements tell us we must fight cancer, MS, heart disease, etc., and promote the fund-raising organizations with our support. We are told, they are promoting the idea that their research gives individuals who are suffering, more birthdays.

It is possible, if we were promoting a wellness and spiritual cleanliness, individuals would live hundreds of years and circumvent illness advancing to any serious concerns or life

threatening circumstances.

In reality, the fund-raising promotions are reactive. They are not promoting an authentic movement for positive health and longevity. Keep in mind the treatments that these research organizations promote, actually kill the health of both the sick and the healthy cells. There is no method of restoring health to the cellular and energetic body. Individuals going through the treatments may live longer then they would have had they not had the treatments, however, the body loses light, vitality and life force from these treatments.

What is the answer to this dilemma?

How can we move out of a reactive health protocol to an authentic wellness lifestyle?

Children and adults need to be educated. Humans are all radiant beings of light, with an innate ability to heal, born with a miraculous system and directly connected to the divine.

- Spiritual shower in a simple daily meditation clears the aura, chakras, meridians and seat of the soul. It energizes and restores the systems to health and vitality, daily. Practicing this style of meditation allows the individual to be in charge of their health and longevity.
- When the body breaks down, e.g., a child gets a cold, the parent or the child can improve the energy of the body and the cells. Being able to use a simple technique to identify the low energy systems and areas of the body and then tuning up these areas with gold energy can often end the illness immediately, while other times it allows the process of healing to speed up
- Let go of group mind (memes) when it comes to illness, disease and death. Human beings are radiant beings of light with bodies meant to live hundreds of years.

Can You Make A Miracle?

The Miraculous Legacy of Our Lady of Lourdes

**The 3 Secrets to creating Miracles revealed.
Remembering The Blessed Mother's Appearances in
1858 and the importance of Love!**

Miracles in Modern Times – Our Lady of Lourdes Celebrated in February Every Year

February 11, 1858 is the historic day Catholics set aside to remember the miraculous appearances of Mother Mary in Lourdes France to a school girl in the city dump. From the communications between the Blessed Virgin and young Bernadette Soubirous; love, hope and devotion sprung up in a dark and hopeless period. Faith suddenly was renewed. The sick and down-hearted flocked to the small village in France to experience the miraculous appearances and healing waters. The miracle producing water generated in the last visitation are to present day are drawn on for the hope of a miraculous cure when medicine can offer none.



Three Secrets to Creating Miracles Today

1. Faith Know in your heart it is possible
2. Frequency Unconditional Love or higher for the generation of a positive life changing miracle
3. Connection Accessing the power of Creation

Historical accounts of the appearances of Mother Mary suggest that only one individual visually saw the Blessed Lady. Young visionary Bernadette, 14 year-old daughter to an unemployed father who had previously enjoyed work as a miller, and her mother an over worked stressed out washer woman. This family lived in the worst of homes an old prison room that was prone to flooding during the rainy season.

The experience of devotion and mystery, the compelling interactions of rapture lend credibility to the story of Bernadette and the Lady, yet when the actual miracles began there was no doubt amongst believers that this was a real and divine experience.

Miraculous apparitions of Mary, Jesus, Angels and Holy Ones reach deep through historic legend over the past 2,000 years since the Avatars Mary and Jesus appeared and lived among us. Their mission; to provide us with a road map, the blue print for a life that if emulated would allow each and everyone of us to create a miraculous life.

Jesus said; ***'What so ever I have done my friend, this and much more you shall also do.'*** He taught us to follow the path of prayer and meditation to study and to embody compassion. In his last hours in the garden of Gethsemane he showed us one more time how to commune with the Divine.

Charity (generosity) and the vibration of pure unconditional love are excellent vibrations to begin in the creation of an extraordinary shift and ultimately a miracle.

The Agape Love of Jesus and Mary Jesus came to introduce humanity to the new realm of love and freedom. His message is one of love.

'Beloved let us love one another, for love is of God and everyone that loveth is born of God and knoweth God, He that loveth not knoweth not God for God is Love Beloved let us love one another. **1 John 4::7-8**

Love one another as I have loved you.

The Love Wisdom Creed from the new rosary 'Illumination'

There is one infinite God/ Goddess vibration of love that creates everything seen and unseen. This all-prevailing presence is light, love, miraculous creation, and the sacred expression of inclusion. Divine love embraces all humanity, regardless of religious preference or any other human selective difference. Heaven is here on earth.

I am free to live a life of spiritual freedom and full self-expression liberated in love, gratitude and mastery in this body here and now. My spirit is limitless. I am responsible for any limits I experience in this body and have complete access to the divine through prayer and contemplation to release myself from any human bonds I have worn as spiritual clothing that no longer resonate with my essence.

I enjoy direct mystical access and divine union while practicing spiritual rites. These sacred rites belong to all humanity. In the Christian tradition they are known as Baptism, Rebirth, the Communion of Saints, the Sacrament of Communion and the Mystical Bridal Chamber. I follow the sacred path towards Spiritual Awakening, Enlightenment, Transmutation and Ascension in this life.

I experience the presence of the Christed one known to me as Jesus the Christ. Jesus Christ was Avatar, Teacher, Guide and friend. I revere blessed Mother Mary, who is compassion, love, forgiveness and healing. I trust in the existence of Holy Spirit who is essence living in me as life force.

I trust in the reality of the Holy Ones, the Divine Male and Female Deities who have sprung forth from all the great and lesser-known spiritual paths to teach and guide us on the path of Love Wisdom.

I am ageless and timeless. My life continues in or out of this human temple I call my body. Whatever I have done willingly or unknowingly to myself or others, that does not resonate with pure truth, can be washed from me through the power of forgiveness and the unending limitless power of LOVE.

Take Responsibility for Your Happiness and Clarity

How are you creating your life today?



It is entirely your responsibility to keep your spiritual, emotional, mental and physical bodies healthy, happy and clear.

What does it mean to be fully responsible for how life shows up? This is an amazing and eye opening concept. As you look at where you experience areas of breakdown or vibrancy in all aspects of your life, take note on where you live in your ownership of that area.

Look at the areas in your life that are happy and clear. What are the common denominators that make these parts of your life so stellar? Here are some possible answers

1. Grounded
2. You work it
3. Regular practice
4. Have support in place to be successful
5. You really like it
6. You identify it as a great part of yourself
7. It's a natural part of you
8. You go to it in your mind to fortify yourself when you need a boost

If you stumble on your path you have choice to ask for assistance, but no one owes you your wellness.

You create vibrancy and joy in all aspects of your life by good choices every moment.

Grab a pen and paper and write down all the areas in your life that are not working. Let your mind relax and think about who you have assigned responsibility to for these areas. Imagine taking responsibility back.

Once you have taken responsibility for these scattered pieces of yourself, make a clean fresh list of these situations. Under each item write down three things that would increase your happiness and ownership of each area. It's time to get actively involved with your fully embodied passionate life.

How the Big Miracle Comes True for Whales and Humans

The Big Miracle, real life magic afoot with Whales and Humans



Hear the story of Carolyn Stevens, former Dominican Sister, about her transformation from death to life.. "I feel like Lazareth, raised from the dead."

The story of 'The Big Miracle' currently in theaters, tells the true-life saga of three huge grey whales and their struggle to survive the life and death nature of their predicament. Carolyn Stevens' journey, is the story of a wife and mother, her struggle to survive a terminal illness, stay alive and raise her daughter. Her story includes the devotion of her family and the need to create a miracle and save her life.

When we begin the journey of what makes a miracle, we must first look to its very definition...

In both the case of the whale family and the human family there was little to no hope of survival.

The whales, Fred, Wilma and Bam Bam, a family of three, were held brutally captive. They were trapped with virtually no chance of making it out of the frozen ice prison. Their miracle would require escaping death and swimming to open seas, for migration to warmer, friendlier waters.

Carolyn was told by her doctors, that there wasn't any hope. Facing no additional medical intervention, she was preparing to die. Her miracle would require full body regeneration.

Was it a miracle that humans, with opposing and divergent interests came together in a battle to save the whales despite their adamant and hostile differences? The real life story unfolds with amazing twists and turns. Healing, love, acceptance and focused passionate movement to save the family of helpless giants, becomes the mission for opposing sides. What we see on the big screen is evidence of humanity. The human spirit emerges in technicolor as the whales find their way to freedom, thanks to the efforts of; the Inuit peoples, the National Guard, President Reagan, State government, Green Peace, the media, the Russian Military, private industry and group-mind energy of all the school children across the country.

When I think of this epic shift, I think of the old song from the 60's

"One man's hands can't tear a prison down,
two man's hands can't tear a prison down,
but if two and two and fifty make a million,
we'll see that day come round, we'll see that day come round!"

The baby whale Bam Bam, had not the strength or health to survive the torturous ordeal, but Fred and Wilma made their escape, through amazing and courageous human effort.

Carolyn's saga is also full of twists and turns, as her friend Bill watches her passing away, he reaches out to a miraculous healer, and pleads with her to call The Stevens to begin the healing process.

A dramatic shift

A dramatic shift happens with Carolyn, on her first visit to Miraculous Healer Julie Renee. The death energy from the core of her body is removed. Literally, 18 inches of spiritually black energy is lifted from Mrs. Stevens, in the first encounter. With daughter Chrissy and husband Charles present, they watch with desperate hope that some miracle will save Carolyn. Over the next few weeks Charles and Carolyn coordinate the healing efforts of Julie Renee with the medical professionals, who had been treating and prescribing. In truly short order, Carolyn was returning to her life..weaning off the heavy medication schedule. Carolyn began to get her life back. As seven deadly infections were removed from her body, a spiritually blessed life returned. (Carolyn is later successful in having the reattachment procedure)

"I believe at the core of a miracle, is the strong belief, that a miracle is possible." The Green Peace character, Drew Barrymore played, declared that the miracle would happen, period. Carolyn and Charles who themselves are devote Catholics knew that a miracle could happen for them, with absolute certainty.

Carolyn's background as a Catholic sister and a university professor, had her marrying her husband later in life. The blessings of a daughter in their life, kept them young, and the desire, on my part, to keep this family together, was unquestionable...I knew deeply and profoundly, to my core, that I would not let Carolyn leave behind the family, she so loved and deserved. With the help of the divine, we would create together, the miracle of new health and life restored.

A miracle requires certainty. It requires love—powerful unending love, and the hand of the divine. We are all radiant Beings of Light, with an innate ability to heal, to love and make manifest the glory of God every day of our lives. Have you asked for a miracle lately? If not...perhaps it is time to remember, that you are a beloved child of God...You are wanted and needed in this blessed Garden of Eden.

11% of Americans Suffer from a Clinical 'Financial' Depression, Finding Our Way Back

11% of Americans Adults are Currently Using Anti Depressants. Do Finances Have You Down? Severe crisis in the heart and minds of the American people, is it time to return to living an authentic life, from the inside out?

The problem today, is that people throughout the United States have become depressed and hopeless. They no longer believe that they have an innate ability to create wealth. Our country built on financial freedom is now in a mental/emotional collapse.

Shockingly, 11% of Americans are on antidepressants.

Five year old children entering kindergarten, are now experiencing stress levels of 9th graders. The constant barrage of news reels, speaks of how badly broken we are and how corrupt governmental systems are that could fix the problems. There is apparently no hope for recovery.

Fear and depression have caused a communal amnesia (Meme). Some how we have forgotten the fact that all human are radiant beings of light. This concept has become a phantom memory. Americans no longer remember that they are children of the divine and are living in the Garden of Eden.

"My God when I open my eyes and look around I have forgotten all you've given me. My heart is over flowing and my eyes are filled with tears," (Suddhi Bisa Ragai, Bengali Poetry). Featured song (sung in Bengali) on the music CD, Gratitude, Recording artist Julie Renee. Contact us for details on all of Julie Renee's Music CD's Info@julierenee.com

Here are four steps for moving out of financial depression and into a life of radiant, authentic wealth.

1. Turn off violent and depressing programing on TV. Take a break from the news and start living. Put importance on relationships and all your good fortune.
2. Decide on what you want to create now. You must positively make a choice and then bring your will and mental force forward to create movement out of a stagnant condition.
3. Get into present-time and let go of what has fallen away or failed. Put the past in the past and reinvent your wonderful, new present-time life.
4. Believe that it is possible for you to have your wonderful life here and now. Remember how powerful the mind is, what the mind conceives and believes, it will achieve.

The fact that 11% of the American population is currently on antidepressants, represents a country in real emotional crisis. It is time to slow down and return to a life lived from the inside out. True wealth isn't about ownership or dollars in the bank. Authentic wealth starts with loving yourself and your life, enjoying good health and good relationships and finally a life with the riches that support you and your beautiful life.

For a Great Mood Get Outdoors



People who exercise just five minutes a day outdoors improve their mood and reduce the negative impacts of stress (especially when the outdoor activity is close to a natural water source).

From a University of Essex Study

For years I have been singing to the tune of outdoor meditation reflection and exercise as the healing balm for just about all that ails the human being. With a rich hike in the mountains you can literally reboot your brain, and rebalance your negative and positive ions. The natural world is a place to return to your authentic self and re emerge from a difficult passage.

Three tips for reaping the highest benefits from nature

1. Schedule time to enjoy the out of doors. Camping, hiking, jogging, swimming even canoeing or kayaking doesn't just happen in an active schedule. Make it a priority, and prepare with great hiking shoes, water to hydrate and a great attitude.



2. Go into nature with gratitude and celebration in your heart and mind. Noticing all the glories of nature and praising source every moment for the great goodness you have received in this amazing planet is the trick to a magnetic personality.



3. Breathe deeply. When you are out in nature, practice the art of breathing. It matters not if you are an expert at pranic breathe, of you use some techniques used to get you through early stages of labor, altering breath patterns can restore the brain, improve circulation and muscle health.

Module Three: Powerfully Rewrite your DNA Script

Recessive DNA Obliteration

DNA programs are an amazing gift in the human blueprint. From DNA direction and instruction we humans are able to enjoy life. The unending miracles that are generated from this tiny complex central program give us all cause for celebration.

The core DNA structure is phenomenal. What we address in this protocol is the small three percent of DNA programs that do not serve our over all wellness and sense of health vitality wealth and connection.

To clarify, this process is meant to give access to correcting the wiring that is causing your system to malfunction and be less available to your life in full self expression. We will not in this process address how to correct or improve congenital or birth defects. We will focus on the improvement and correction of programs that cause illness, poor health, wealth and love issues.

Many of the new thought leaders are now speaking of the possibility of reprogramming DNA. I love that this has become a consciousness among the new and spiritual thinkers. what my intention is with this paper is to provide the real life black and white blueprint of how to permanently and fully alter the DNA that is causing you challenges.



Altering DNA starts with an awareness that there is a recurring challenge wither it is a repetitive problem in your life or in your family history. You cannot however deeply alter your DNA through your mental body, or by just thinking about it.

Who Can Benefit From Recessive DNA Obliteration

List of DNA Obliteration I have assisted with

- * Removal of Cancer Gene and Replacement of Healthy Cells (Brest Cancer)
- * Removal of Mental Illness program, adding a program of vibrant stability and mental wellness
- * Removal of criminal activities, this DNA program runs in many amazing leaders who once cleared experience a rare and relieving freedom to sync up with their own full self expression.
- * Poor organ or gland function, and a restoration of health function (this typically will require several types of healing including cellular neo genesis to bring the body to full wellness. without clearing the DNA program all the other processes will eventually revert to the DNA program, months or years out. This is a necessary process for permanent wellness.

- * Brain function malfunction to brain wellness. great progress has been made in understanding Alzheimer's and Dementia as well as Attention Deficit Disorder. the DNA process done early enough can completely change how the challenge or health of the brain plays out.
- * Love and relationship challenges are imprinted in DNA and can dramatically improve an individuals experience of love and connection if the DNA landscape is especially troubling.
- * Wealth and Abundance programs can either prevent full realization of the dream of full self-expression or when cleared create the freedom to soar.

These are several of the common recessive DNA upgrades I have routinely improved. Deep DNA alterations should only been carried out by a wise elder who understands the impact of the shifts on the person growth process and how their life will play out. A healer should never alter DNA without the go ahead from their divine connection and the permission of the person getting healed.

Warning

Do not under any circumstances think you have permission because they're a family member, close friend, or spouse. You will create potential problems for the person you are healing, and more importantly for yourself. Your life force can deplete, you can take on their health problems and karma (problems they brought in to grow as a human spirit, these are not the challenges you came in to deal with)

Altering DNA Impact

For many individuals the gift you give them by altering the recessive DNA programs will mean the difference between health and vitality or illness suffering and early death. For others it will allow them to embody the life they have carefully studied and trained for but have been unable to realize to this point because the cellular body is programmed from less than desirable direction.

Case studies one and two

In the same year I worked with a well loved and respected Pilates instructor going through radical treatment for breast cancer I was approach by a Scottish born artist whose mother had died of breast cancer who had a knowing it was just around the corner for her. We care for each individual based on their possibility for wellness and honor their limitations.

The Pilates instructor choose hands-on healing and some intuitive guidance and although I offered her the advanced deeper healing, she felt her path, which was of extreme suffering with chemo therapy was her choice. I watched her literally become a walking skeleton as she could not hold food down. I was able to help her visualize colors that calmed the body, but her need to direct the movement of recovery and inability to step into the next level of wellness dominated her mindset. We did stop working together. The last time I saw her she look like a twig, fragile and brittle, holding on for life in a barbaric system. Her doctor said she would likely not survive past the 5 year mark because of the type and stage of cancer she had.

The Scottish Artist was quite the opposite. She had not yet become ill and though she was challenged with some significant health issues she was open hearted, and new that a Recessive DNA process would give her a prolonged and happy life with her young son and husband. We

were in one session able to remove the massive cancer programs in her DNA and reprogram the new life story with her authentic god health experience. Years later, happy health and glowing with a sense of ease and a long life ahead of her she experiences a kind of freedom and future anticipation she could not have held prior to the clearing process. Recent DNA test shows no cancer DNA!

Case study three: St Louis Event planner loosing the use of her legs from neuropathy. With further research we discover most the generations before her several direct family members like parents and grandparents had the legs or feet amputated in later life. She was unable to feel her feet most of the time and had numbness running up her leg, especially above the right knee. I was new to DNA work back then, though our efforts to heal her were absolutely remarkable. She regained full feeling and use of her legs and was able to return to a normal active life in just four short months. We did regrow the nerves through cellular regeneration after the DNA program was obliterated and we removed a significant amount of unwanted 'information'.

She is happily living an active life, full use of legs and an amazing spirit living out her legacy in the world, able to fulfill her human spirit mission!

Case Study four

Many years ago I discovered I could alter my DNA. I wondered why I was always having to diet, and why it seemed like I was always fighting to maintain my youthful slender shape. As I investigated further I saw that both sides of the family DNA were programed for significant weight gain after age 35. Since both sides of the family had servitude pictures, and poverty pictures in the DNA program, the family body program was to gain weight so one would have the capacity to survive a serious illness like scarlet fever or the plague. I was able to remove the recessive programing for weight gain and the slave pictures.

I have since that time consistently stayed under 139 I am 5'6" (previously had my weight climb up to 152) and have constantly maintained a six figure income, something I had only done 2 x's before.

When DNA changes your mindset also naturally upgrades and you begin to explore a world, and a life out of the constraints you previously operated from.

You are a radiant being of light. You were meant to have this knowledge. For generations this knowledge has been hidden, what you might have naturally learned as a child is now being shown to you. Understand that there is a love wisdom culture that provides the space for unparalleled shifts and changes.

Recommended Reading: Your Divine Human Blueprint Recessive DNA Obliteration

Module Four: Restore Balance & Joy to Your Life ~ Happy Hormone for men too!

National Football Hero Joe Theismann Speaks About Prostate Challenges

Now Promoting natural healthy prostate supplements, approach men health with common sense and natural solutions. Julie Renee Doering Addresses the Problem Joe Theismann and so many men of maturing age face.

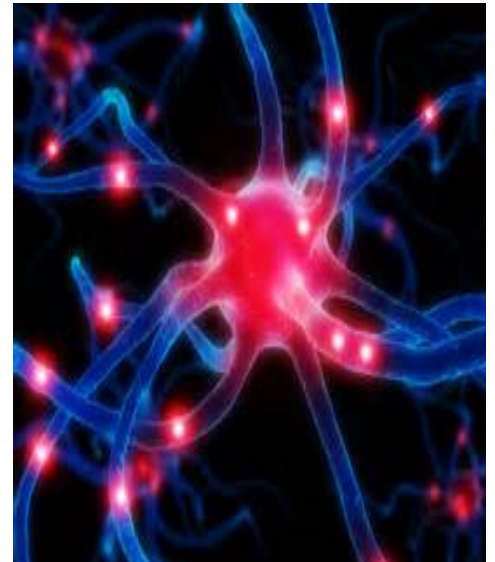
I was surprised to see my friend, football hero and Heisman trophy winner, Joe Theismann, on national TV promoting a solution for enlarged prostate and frequent urination issues interrupting his golf game. I am, however, glad that he has decided to take a transparent stand to encourage other healthy men to deal with the issue in a healthy, natural way.

Kudos, Joe, for using your fame for good, in what normally would be considered a taboo subject, at least for television. Joe is promoting what looks like a somewhat natural herbal formula, purchased without a prescription to help prostate health.

With so many men of the baby boomer's age reaching a time where this may be an issue, let's explore a few natural cures found in miraculous healings and meditations.

One of the problems with the prostate is that sitting and lack of use or energetic clearing can back up energy and cause problems, especially enlargement of the prostate.

In the newer meditations coming out of our Miraculous Living Sound Studio, we have not only included the healing and release of energy from the ovaries for woman, but are clearing the testes and prostate for men. This is an especially wonderful technique for prevention of future problems.



What if you are already having problems and the prostate is enlarged or you are having the sudden and frequent urination urges? There are several things to do that dramatically improve the situation. These items can be addressed in either the private one-to-one healings with myself, or one of my certified miraculous healers, or in our miraculous healing weekends. Yes, we definitely address this very important issue in the group healings, where we often have more men than women in the room.

Men's Health Healing Protocol

1. Discover the color and function of the prostate, testes, bladder and urethra. This is done using kinesiology. Typically the function will be very low and the color grey or black (energetically). The dark color will mean that it is in an unhealthy or death pattern and cannot regenerate into health at this point.

2. Pump gold energy into each of the 4 areas until color and function return to a healthy color.

Best colors

Prostrate; cobalt blue 100%, orange 90%

Testacies: apple green 100%, yellow 98%, peacock blue 90%

Bladder: pink 100%, yellow 93%

Urethra: sky blue 100%, mint green 94%, red 83%

3. The process of shrinking any enlarged issue, for women this works well with fibroids also, is to do the rose-bomb technique. Essentially you will imagine putting the image of a rose on the enlarged prostate to absorb the excess energy. Next, imagine a cartoon bomb exploding the rose, taking the energy with it, thus shrinking the energy holding the enlargement.

Although the herb saw palmetto is recommended for supporting prostrate health, I understand it takes a whole lot more herb than you can possibly ingest to provide significant improvement for the inconvenient condition of enlarged prostate.

Yogis have always practiced sublimating sexual energy with a meditation technique. While in meditation allow the sexual energy to rise up through the spine through the 6th chakra at the brow center, where it is comforted in the mental force and then out the top of the head. The energy problem is one of congestion in the male body, that just like backed up plumbing, will cause stress and strain on the system until something gives due to overload.

The fine art of keeping the body in balance and healthy at every age is our mission. Please check out our website www.julierenee.com to learn about more.

Instead of Stress Awareness Month ~ How about Inner Bliss Awareness Month?

The nation honors the month of April each year as a year to be aware of stress and the devastating affects it can have on your life. You know me always trying to turn lemons into DIAMONDS! (Forget lemon aid let's go for a transformation rather than just an upgrade.)

Stress can play an important and even a great role in your life if you know how to transform stress to positive actions, and times for reflection. Without stress we would all lolly-gag around turning into our own version of Java the Hut. So how do we harness the positive powers of stress and allow the negative aspects to dissipate?

First off, understand if you are experiencing a negative stress, it may be your mindset or point of view is not correctly attuned to the situation. Ask yourself, how am I looking at this? Is it a hardship? Is it draining? I promise you anything you are experiencing in a cumulatively negative way can also be experienced from a positive. Could you make a game of the situation? Could you give the task to another who enjoys it? What would need to shift in you to have fun in the moment?

Next, look at how you plan your day and week. Write down everything that needs to be done and then create order for accomplishing everything over the next few weeks. When you leave everything up in your head there is a kind of intense urgent pressure that everything needs to be done urgently and right away. This is probably not the truth.

Reevaluate, get it on a white board or a grid of some kind and begin to take the steps needed to succeed over time. Slow and steady does win the race and you can do it in grace and ease!

Finally, have you appreciated what you are stressed about? Is it giving you the next steps to your unfolding or showing you what needs to move to take your next big step up? Gratitude can shift a tremendous amount tension and turn it into positive fuel for your unstoppable life!





Module Five: Heal Your Vision

Vision

It's very exciting to realize that you can improve your vision without surgical procedures or vision enhancements, such as glasses, contacts or laser surgery. In my many years of healing work I have discovered how the visual system works and how to restore much of lost vision using several innovative and efficient procedures.

Your vision and the way you see the world can make a huge impact on your comprehension and understanding of life. Improving my own vision was my first experiment 9 years ago. Having worn glasses

for reading since age 18, I decided to access my regeneration abilities and strengthen my vision. This was before I really understood the divine human blueprint, and yet I was successful in reversing a vision condition that had been declining for 26 years. I created a strong intention, amplified by meditation and prayer, and over six months, my vision improved.

At the time, I was also struggling with a weakened immune system. I got to thinking that growing back my adenoids and tonsils might make a significant difference to my health and vitality, so, in meditation, I set a strong intention to grow them back.

When I went in for my annual vision test, my ophthalmologist was shocked. He declared, "Your vision has improved! That never happens in your age group." He concluded, "The results from the last exam must have been wrong." I assured him, no, the results were correct, and that by using my intention I had improved my vision. He shook his head, "It's not possible," he said. He checked to see who had done the last eye exam, "Puzzling," he said, "I did the exam."

A single restoration could easily be a fluke, but at my next medical visit my endocrinologist noticed that not only did I have tonsils, but they were also full-grown. He said, "They must have been there all along." I assured him that he had examined me 6 months earlier and there were none. They had been surgically removed at age three.

At the time of these examinations I was shifting my internal health pictures. I realized on some level that I had wanted the Western medical professionals to acknowledge that miracles are possible and that we have more power than we know. But clearly that was not going to happen.

I love that I currently have representatives from the scientific and medical professions training with me as apprentices. I realize that it is important for me to step into my own authority and let go of attempting to 'prove' anything to non-believers.

If you begin with the understanding that visual challenges are correctable and that by clearing *miasms* (group thought virus) and poor DNA programs, many of the visual issues can be permanently corrected.

Module Six: Dynamism Restoring Everything in You That Produces Vitality and Power!

Energy and Our Body

Energy is all around us

There is a lot of talk about 'energy.' Whether a fuel source or something of spirit, there is energy all around us. It is the most sought after of commodities and, at this point, is well paid for to control enhance and manufacture energy. Mobil oil and the 5-hour energy drink manufactures have a market on the new currency of life.

What is energy? Energy is the dynamic aspect of life that has no form or weight. It is light and movement. When you are filled with energy, you are capable of exerting your thoughts into physical reality.

My new exploration of cellular quantum mechanics points to a greater picture of energy than previously understood.

The program for the human blueprint and the miraculous system of energy support is encoded into the DNA. It starts its implementation as life begins. Chakras develop over a seven-year period, receiving their directions not only from the DNA program but also the aura, life force, spirit and golden rings!

How does proper distribution of energy support the body? A healthy life lived in balance with great energy will be a symphony of energy reserves accessed throughout the journey of existence.

Golden rings or Your Halo!

First, your halo, your golden rings, provides you with the energy to literally transform your health, and that of others, to vibrancy. It is the quantum cellular mechanics energy. When you have mastered the access to this energy and directed use of this energy, it is virtually without limits. You can use this source of golden light to restore energy centers in your physical and energetic body that are failing and generally juice up all the systems, even reverse the process of aging.

Human Spirit

Human Spirit must be present in human animal for life to begin at birth. Surprisingly, large numbers of individuals do not get well established in their bodies and live connected as a spirit just through their head and part of their torso.

Neurons

Brain, nerves and skin are fortified by healthy neurons. Neurons provide the current or electricity of the body. The neurons support movement as well as source energy to the five senses. You



feel a feather across your skin from neuron responsiveness. Neurons provide the fuel needed for taste buds to receive and understand the information, for example.

The Free Five-Day Course "From Fatigued to Fabulous" can be found on our website, <http://www.miraculouslivingtoday.com/>

Chakras and Aura

The chakras and aura provide a great deal of support to specific areas in and around the body. The chakras, appearing like vortexes, flux in energetic fuel to the system, gland, or organ it is providing for.

The colors of the aura have a direct bearing on how you appear energetically to others. The dark colors drag you down physically, as well as spiritually, mentally and emotionally. Tuning up the seven layers of the auric field to bright colors can significantly assist you in feeling better, stronger more vibrant, and more vital.

Mitochondria

Mitochondria are the fuel source for the cell. It resembles a funny sort of caterpillar in appearance. Mitochondria are the cells' energy generator, the individualized fuel source for the cells

Muscles

Designed by DNA and enhanced by exercise and nutrition, the muscles in your body support power and perseverance. Think about someone who is called a weakling. They are small, underdeveloped and bring little to the table that is energetic. To have muscles and to use and keep muscles strong is much of what keeps us young and juiced up. Think of someone called muscle bound, or a muscle head. They are going to provide a ton of energy to a situation, perhaps moving mountains.

Join us on the Miraculous Living Radio show live Thursday morning 8 am PDT to learn more about your energy systems, receive a healing and a short meditation that will improve your overall body fuel and give you the power to enjoy your wonderful life right now!

Module Seven: Clearing Pain

What You Do With Challenge Determines Your Outcome



From time to time, everyone faces adversity and trial. What you do with that adversity will affect the quality and happiness of your life. Will you choose a path of blaming, “meaning making” or personal responsibility? Depression or elation can come out of the same adversity. It’s time to ask yourself, “Which response would I rather choose?”

Many of my clients seeking to feel and be 100% healthy share with me how a difficult relationship they had with a parent or relative has affected how they

view the world and their ability to feel the freedom needed to live life large and powerful. Childhood abuse, physical or sexual is a common theme in these conversations. It is one we are not taught how to deal with. Given no real guidance these circumstances often produce the inability to forgive and move out of darkness into light.

Here are three possible responses and interpretations to this challenge. You will notice that how the loss of personal power – freedom to express their authentic self, and the freedom for emotional bliss – expansive living can come from the exact same situation.

Anger, Resentment and Bitterness

Have you met someone who carries a banner of pain and suffering in their very essence? This person will have a response/belief system that is based on blame and lack. The individual feels that the odds are stacked against them and they use the incident or problem as an excuse to avoid being more than they are. They want others to make exceptions for them and they live in an unreal world, where their lack of success is someone else’s fault. They are blind to the natural order of business and miss both an important mental attitude as well as appropriate timely action to accomplish their task. They are depressed and disappointed when life doesn’t give them what they ‘deserve’. They are fond of thinking of themselves as a good person, innocent and on some level in their imaginations they have done everything they could to succeed, yet success is obscure and unrealized.

You are not wrong if you are in this position. But, as you can see, you are in a weakened condition and are prone to struggle. Physical, emotional, mental and spiritual struggle are encompassed in this ‘thought form’. You cannot truly succeed because you have a thought form dominating your consciousness that is against the natural order of abundance and joy.



Fuel From the Struggle

The second response to the problem is to believe that you are powerless, but you will turn lemons into lemonade. You think the problem is a difficulty or curse that you had nothing to do with creating, yet you are churning the adversity into something you can show others you have overcome. You get fuel from the struggle. You publicly 'show and tell' people that this problem is one that you have nothing to do with. You are versed partially in the law of attraction so you are turning the failure into fertilizer for your better future.

In many ways, this second choice is what we, as a culture, understand best. We are listening to hear this kind of a story from those who touch, move and inspire us. The mess to success story helps us to relate to another, who is 'just like me' somehow. This is an excellent place to speak from for the general populace to understand the concept of turning adversity into something good or even great. If you tell your story understanding and implementing the third approach to embracing adversity, you will have the most power.

Personal Responsibility

The third response, perhaps less popular, but is by far the most powerful response, is to take responsibility for what has happened. With no blame, anger, or resentment present, you create the thought form of greatness and a vibratory response of truth.

This step requires the space of emotional generosity and a willingness to understand a much bigger picture. You cannot respond this way if you have not fueled your emotional tanks. You must love yourself so much that you know everything coming to you was designed perfectly to give you what you needed for full enlightenment and full ascension in this body.

Begin to step into this phase of truth, by asking;

- What is it I wanted to have happen from this experience?
- What did I seek to learn from it?
- How did I want to grow?
- What is the highest interpretation of this challenge?
- Did I need something huge to wake me up to my divinity, something that would be so far from who I know myself to be that I could say, I am not that!?

100% Healthy is possible when you really go for it. Try new things. Take more responsibility than you possibly could. Fuel your emotional tanks. Life is a daring adventure or nothing at all. Live to your greatest potential. Love to your fullest capacity and pursue 100% of your healthy life every single day!

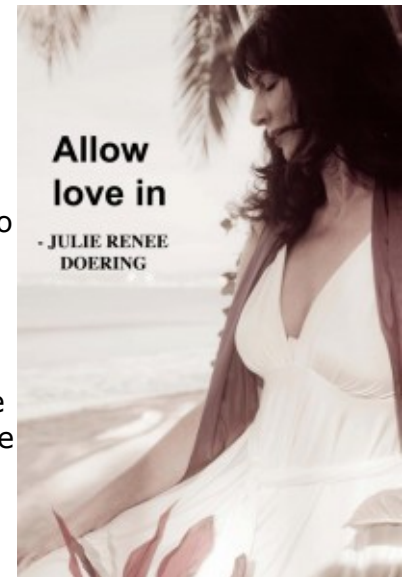
Your Aha Moment

Open your heart and allow love in....

Realizing you are not as healthy as you might have thought, you have a wake up moment and declare "this is my time." For example, time to put me first and foremost and if it's not too late, give it a good effort to (a) get my weight in check, (b) get my nerves unscrambled and/or (c) my mind out of fuzz brain mode.

Sometimes this happens at the beginning of the year, around the time of New Year's resolutions, but it is not the only time you might become aware of declining or struggling health issues.

When you get to this point, you have likely waited too long and you will have a longer journey back to health.



Quiz to Identify the key factors for health break down

1. Do you have a habit of pushing through even when your body needs rest?
2. Do you skip breakfast or other meals to squeeze 'it' all in?
3. Do you exercise too much or too little trying to make up for a life out of balance?
4. Do you laugh often, or can't remember when you had your last belly laugh?
5. Do you regularly get 8 hours of restful sleep?
6. Do you rely on coffee and energy drinks to get you through the afternoon?
7. Are you stressed beyond belief?
8. When was your last real vacation? Is your next vacation scheduled?
9. Are you living with gratitude on the tip of your tongue or disappointment, frustration, or disillusionment?

Great health comes from a great mindset and excellent habits. Many writers have studied the habits of wealthy and successful people. Perhaps we should also be paying attention to the habits of vibrantly healthy, happy individuals.

The seeds to a 100% healthy life come from appreciation and gratitude at the core of our being laced with an awesome lifestyle including daily meditation, walks in nature, good eating habits, clean fresh drinking water and fun! If you love your vocation, you are indeed one of the fortunate ones. If you are struggling in work, decide to let go of the struggle and find your way to a vocation you love.

Let your "aha moments" be the fuel for new beginnings and positive changes that will provide the ground for a long and healthy vibrant life!

Pain

Ten things doctors don't know about chronic pain and what you can do to feel better right now

You were born a happy, healthy little person, ready to bring on your biggest, best ever life. You progressed through your life and at some time the glow and happy enthusiasm faded and your health began to deteriorate. Over the past 19 years, we at Miraculous Healing have assisted our clients in feeling better in their body regardless of the cause of the pain. We have helped reduce and eliminate pain from illness, injury, nerve damage, and broken bones. In the following paragraphs, we explore where pain comes from when it seems mysterious and we show how to rapidly shift your circumstances to feeling vibrant and healthy again. We've identified 9 causes of persistent pain (or other ailing conditions) and their possible solutions. At the end of this article is an action plan that you can take now to help move you away from the problem.



1. No Nucleus (brain) in the cells affected by pain.

How can there be no nucleus, you ask? Without a nucleus, the cell has no brain, no direction. Medical treatment is responsible for 60% of the missing nuclei; toxicity and pollution ingested through air, water and food for 23%; medical illnesses, including a nasty bug called a mycoplasma for 15%; and a small percentage is actually congenital.

Solution to No Nucleus (brain) in the cells.

To replace the nucleus is definitely doable, but not through traditional Western medicine. In our Miraculous Living Apprentice program, we learn to harness our creator god force. This is the way we replace the nucleus.

Focus gold energy actively in the place where the nucleus used to be, over a few minutes the nucleus will again reappear and as gold energy continues to be focused into the nucleus, it will ultimately appear again at 100 percent.

2. Spiritual body failure.

During injuries and illness, the 264 chakras and mini chakras called nadis can fail, stop, be chopped off, and go all together missing. Your body is meant to have energy moving in and out of the glands, organs and systems through these channels. That energy is an important part of the nourishment of the physical body.

Solution to Spiritual Body Failure.

The seven main body chakras are the priority.

- Chakra one found at the perineum. It is your base or survival chakra. The best colors here are deep green and red.
- Chakra two is out the front of the body just above the public bone and out the back two inches up from the base of the spine/coccyx. This is the chakra of physical creativity and sensuality. The best colors in this chakra are peach, pink, orange and green.
- Chakra three about two inches up from the belly button and directly out the back. This chakra is related to will and power/energy. The best colors are green and red.
- Chakra four is the heart chakra, two inches up from the base of the sternum and out the back. For women you can find it around your bra line. The best colors are red, pink, peach and all green.
- Chakra five is at the base of the neck in front and in back of the neck. It is the chakra of communication. The best colors are pink, green and yellow.
- Chakra six is the brow or center of head chakra, often referred to as the third eye. It is out the front of the head between the eyebrows and out the back of the head three inches above where the spine meets the skull. The best color is a deep blue, followed closely by emerald green.
- Chakra seven is your crown chakra and is your direct communication with the divine. The color is gold or yellow and should only be these colors.

We address many more of the spiritual body elements in the Miraculous Living Apprentice program. Having these seven chakras tuned and running well can really help feed the body energy and reduce pain.

3. Emotional Body Atrophy.

Painful emotions embed in the cells of your body and turn the light off in the cells. These painful emotions in the cells are a death energy that prevent the cells' return to vibrancy and health.

Solution to Emotional Body Atrophy.

Painful emotions embed in the cells of your body and turn the light off in the cells. These painful emotions in the cells are a death energy that prevents the cell's return to vibrancy and health. We have a program for clearing emotional pain and love entanglements. The best thing to do now is to sit and breathe into the location where the pain is and allow it to move. This takes patience. The common places for this atrophy are liver, kidney, spleen, heart and intestines.

Private session with Julie Renee or one of her certified miraculous healers will be instrumental in clearing these hidden culprits.

4. Brain Patterns (Conscious)

Holding pain as a familiar feeling. Pain can become a companion and a quiet friend. When asking a pain client, "would you like the pain taken from your body now, at no cost?" I was told, "no thanks, my life is designed around my pain, everything I do and how I do it is paced around this condition and things would change too much for me."

5. Brain Patterns (Unconscious)

These are programs of influential people and related to how you are loved and given emotional encouragement and support.

6. Emotional Manipulation (Unconscious).

Get a payoff/something from this condition. May hold others hostage, gives a level of control and dominance. Get attention from others. Shame is often experienced. In this situation, your body is trained not to improve.

DNA patterns create a predisposition to having pain patterns like family members.

7. Emotional Family Bubble.

The "what you are suppose to feel at a certain age" syndrome, as in old, achy, tired, in pain and headaches. This is sourced from the constant conversation that is subtle. When you hear it, your cells start matching the aches to make the person speaking correct, knowing it has to be fulfilled.

8. Nerve Pain.

Nerve pain is miserable and backing out of nerve pain means getting your body into the parasympathetic mode as much as possible and speaking to the nerves with love appreciation and gratitude. Great headway can be made by receiving ML brain healings in order to create entirely new directions for the nerves and the body to respond to. The guided meditation found in the "From Fatigued to Fabulous" free gift (julierenee.com) can help move you away from the sympathetic to the parasympathetic mode of the nervous system.

9. Mental Body Shadow Pain.

A phantom floating pain that lives in the physical body shifts through the mental body, which is similar to the spiritual imprint on the cellular body.

Solutions to Brain Patterns (Conscious) and Action Plan

This is holding pain as a familiar 'feeling'. If you notice that this is your challenge, the first thing you need to do is make a list of all the things you get... or benefit from..., by having on going pain. I get free...I get attention from... I have friendships bonded from pain... Really be honest and write as many "wins" as possible from this condition. Next, write all the things you might

have to deal with, or face, or new ways of being, you would need to create, if life shifted. Finally write down all the things you could do, be, have and accomplish, if pain were not an issue in your life.

List One – How I benefit from this condition

You will need to let go of each, one by one and completely in order to move to

List Two- New challenges I have to face if I no longer have this condition.

List Two turns into a strategy list, a how do I find a solution or get help from others to find a solution for these circumstances that will need to be embraced and overcome. Finally,

List Three – all the things you could do, be, or accomplish if this condition were not a part of your life.

These can really be felt, once List One and Two have been fully addressed, List Three is full, to catapult you in the most freeing way to your life; the life of grace and ease, the life you have only dreamed of and can now truly be a real possible future.

List One, I benefit from having pain.....

- 1.
- 2.
- 3.

List more on a fresh sheet, continue until you have entirely emptied out.

Three Simple Steps to Manifesting a Fully integrated Approach to Being Healthy

Life in Balance

Do you find it hard to keep life in balance and health at optimal with your active demanding life?

Being healthy isn't about getting there it's about 'getting there', 'staying there' and increasing the great health every day. This may be completely counter intuitive to your current mindset.

If the goal is to 'get healthy' what happens after that? It's kind of like the dieter who starves himself or herself, accomplishes their ideal weight, and just like Oprah on her first dip down and yoyo back, once the goal is met, the drive disappears and the weight or poor health returns.



The new health model is sustainable health, 100% Healthy, wealthy and in love with being you for a lifetime.

You may be like many of my One day clients who are healthy but know they could feel much better and are ready to take a big shift up. Just having this attitude is going to get the shift started. I love working with people getting them to their 100% healthy whether in a One day program or a year long 100% healthy program if you need to raise to bar and have health set at a higher level this is a great approach.

So once you've moved to the level of health that makes your life rock sustainability is the next important step.

Master Your Mindset

Mindset is the most important piece in this quest. Be strong, be healthy and be alive. Engage in your life with passion and direction. Keep your mind and heart on what is great about your life and focus your attentions on GOD. GOD is the sum total of everything beautiful and wonderful in your life, each and everyday!

Healthy lifestyle

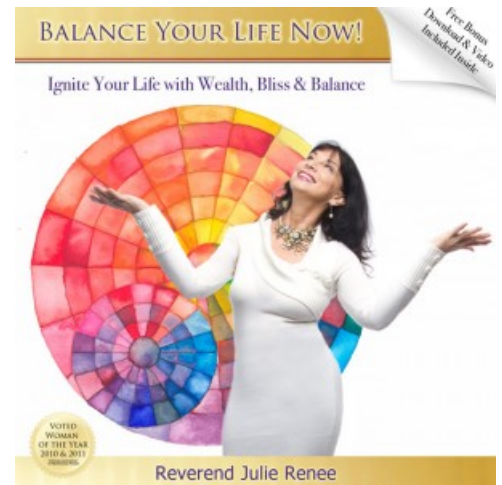
Eat, Sleep and Exercise for your optimum health benefit. Healthy food and super foods with healthy water and enough water is an important part of loving the body and keeping it well. Sleep 8 hours a night; let your body really regenerate. Use your body in fun and energizing ways with a healthy lifestyle of cardio, weights and stretching. Take vacations. Love your life and what you do when you are earning money.

The Fountain of Youth is Meditation

To really be great, to clear all the energy channels and stressors from the body I recommend you meditate at least 30 minutes a day. Using our guided meditations you will easily clear stress and challenge from the body rapidly. I also suggest you do meditation in nature as often as possible. This is in addition to your guided session. Walking in nature heals you, restores your negative and positive ions to balance and centers you for healthy emotions. If you have too much energy in your mental body, this act of meditation in nature will bring the mental body back down to balance.

100% healthy doesn't mean that something might come up that needs adjusting. Just like a car you wouldn't drive it 100,000 miles without a brake pad change. If your DNA triggers a health issue, just respond right away in an authentic natural course. Drugs will not cure a health problem. You have to go inside to correct the issue.

Achieving a life of 100% health and vitality means [living in balance](#). Having the spiritual emotional mental and physical aspects of life well nurtured. I invite you to think about the blessings of being in a supportive community as you return to health and set your new lifestyle habits in place. 100% Healthy Elite year long health activation program prepares you for a lifetime of vibrant health!



Module Eight: Clearing the Love Organs and Glands

She Who Would Be King Loses the Queens Throne



I work with so many high powered, wonderful women who are making their business dreams come true and feeling a bit lost and lonely in the journey. It's a new day; it's a new dawn and a step for women in executive and leadership roles in the direction of the 'undiscovered territory'. This game changer (large numbers of women in leadership roles) marks the beginning of a new chapter in human history.

Female leadership and the rise of successful women in the global economy is currently sky rocketing

And with this rising new era of empowered woman, unique new challenges spring up. Some of these challenges include; loss of family structure, a loss of relatedness, and an entire population of females running businesses and staying alone.

Yesterday, on my client Kimberly's third VIP 100% One Day she spilled the beans. She has been running a high-end, powerful corporate speaking and consulting business. Kimberly's blessing is in her pure genius as she developed a rare and poignant specialty that commands upwards of \$30,000 per speech. She oversees her magnificent arsenal including; speaking and coaching tools in place, a system of delivery, and most importantly a willing audience that has kept her hopping. The downside to this however is she finds herself sad, lonely and out of balance. She has taken position of King and in her world it is not safe for a woman in power, competing against male kings to have a fun time. Her work ethics and values cause the work driven leader to be isolated alone and imprisoned in a life without loving partnership.

In the leadership role as director, producer and superstar of her life her ground rules include; overworking, being the best and striving. On the contrary, activities that might be fun are in her perception a waste of time. She literally has no personal permission for fun. Kimberly is on the island of pain (and misfit queens) in the role she has chosen to live as King.

Woman as King

When a woman lives in her male brain during the day, she is living into; focus, concentration and results. She may develop in her nature attributes like; competition, directness, a hard edge and even aggression. While these male qualities emerge and take root, her softer side must be set to the wayside for her survival in the male driven world of business.

Julie Renee Doering gives relationship advice to women.

It is possible to run a Queen-dom from the throne of King, but it will take a commitment to preserving balance, and letting go of competition outside of work. We relate competition, which is innately a male trait with performance excellence. It can help a woman to lead efficiently, but this male style of relating will prevent the much longed for bond for her in a romantic partnership.

Qualities lost when the Queen lives as a King night and day:

A king, (one who rules a domain- be it office, company or farmstead) in a male body has less need for social life. In comparison a female attempting to be king is dominated by her estrogen based social brain will need healthy interaction to maintain a healthy happy demeanor. Getting a female king to take a vacation, or spend time in frivolous pursuits goes against the nature of striving. Male kings may naturally sink into a lifestyle striving as he builds and extends the reaches of his kingdom.

Now any man, king or not, is warmed by the quality of social interaction found in the company of a queen. Men become enthusiastic about a potential partners beauty, graciousness and especially the sense of comfort he feels in her presence.

If however a woman is edgy, sharp or competitive around a potential 'mate' she is not sending the signals for a man to bond with her. Realize this; a man is not looking to mate with another king.

What then is he seeking? Someone to support him for example, I often hear men say about the woman they love; 'she's got my back'. Another quality they seek is to enhance or make more wondrous his domain. Along these same lines a fella is looking to provide for his gal, and also protect her. For him, this is his measure of how close they are and how well he is doing in his job as partner. If you mistakenly thought the fella you were dating wanted you to be self-sufficient, (a mistake I have made more than once I'm sad to say) I hate to tell you, but you were wrong. Self- sufficiency to a man means you have no need for him.

Please don't confuse that concept of fierce independence with your nature of competence, or capability. They are not the same. If you want to be independent then think about the meaning of the word. If that holds true for you after you have given it some consideration you will be delighted to discover there are plenty of willing participants for the occasional tryst. Just stop lying to yourself that you want a long-term partnership. You will be happier to love what you have than to create an impossible scenario.

How to return to your Queens throne?

Step back into balance and begin by affirming you love, trust and give yourself permission to express your unique self every day. Once that's done it's time to get into action.

Best tips for recovering your juicy, loving self

1. Play time. If your emotional tanks are not fuelled you will be edgy, irritable or dismissive. The challenge you may temporarily be experiencing of no sweetheart is about you. Good or bad, it's always about you. You can think of playtime as part of your job requirements and start implementing play dates. Create some dates with friends, groups, and fun family connections. Be sure to also create time for you to enjoy the company of yourself. If you don't know how to have fun, or you think having fun is hard, or feels like work you may have a program in your DNA stopping you from fun. This harmful program can be removed through the process of DNA Obliteration. You can request this as part of your VIP 100% You! One Day. (Tell me more100%)
2. Check your Kings crown at the door. If you are in a position where it is best to be King at work, you must, must, must take off the Kings crown as you end your workday and get back to you as queen. This might be done in a simple action of changing into relaxed, or feminine clothing or using a **Beauty Meditation Click for Details** to get you back to feeling your gorgeous girlie self. The important thing is to put your sword down...the sword meaning the nature of competition. You don't need it to have a loving successful

relationship, and as a matter of fact if you drag that blade into your love life, prepare for severing at some point sooner or later.

3. When you are around men, look for the qualities of protection, providing and serving that you can revel in and enjoy. Be the appreciator. Let go of the perception that all men are dangerous, jerks or harmful in some way and look to each man as on a path to being your or someone else's hero. Make a practice of thanking each kind and helpful act you are cultivating from the gentlemen around you. Get that you too are a mystery to them

In 1983 I participated in the EST programs. (this was the original training of Warner Erhard and eventually was called the Landmark Forum) Through the years as the programs developed the concept of being responsible for how people show up in your space became an important part of the teachings

Experiment

Sit next to a friend who is in agreement with you to do this. Have the friend talk to you about something they are excited, perhaps



Looking a little further into how relationships really work

passionate about. While the friend is speaking think as strongly as possible, 'you are stupid, your ideas are stupid, what a nut, I don't believe you.'

Now after 2 minutes stop, and ask your passionate friend what they felt as they spoke to you. Change places and repeat the exercise.

It is unpleasant, even repulsive to share your 'pearls with swine'. It would be ridiculous to share your treasures with someone who is not on the same page with you, or at least honoring your journey.

Who shows up when you are with a fella?

This last concept builds on the previous one. Are your emotional tanks full and are you feeling emotionally generous? If you have been doing battle as King, then show up in that space of perception, who are you being and what is it bringing out in the fella you are sharing time with?

I know that you may want to hold onto your power, and you can if you want to create separation, to be in partnership means being receptive to your beloved. Have you ever noticed a man in love? How it almost appears he has become the servant of his beloved. They are happy, joyous and juicy together. It seems like they are privy to a sexy secret as they wink at each other and smile knowingly.

You can't be a king and a queen at the same time. That's all there is to it.

Module Nine: Clearing and Regenerating

What You Don't Know Could Hurt You: Three Rapid Aging Activities to Avoid

Live a healthy lifestyle!

Getting it right and living a 100% healthy active lifestyle is simple and easy when you know what to put your attention on and how to improve your LIQ (Longevity I Q). I am often surprised to discover the unconsciousness present in creating life. It is as if people think it would take a great deal of effort to live a superior life. Living a 100% healthy lifestyle takes little effort and provides fuel for a life of greatness and vitality.



1. Pre Sleep Disposition

Have you gone to bed, stressed or angry? If so, you are going to bed with an aging pattern set to keep you on the fast track to lines, wrinkle's and exhaustion. I know you are likely exhausted and you just want to stop – drop and dose but this is not the answer. Attempt to keep a sunny disposition during your day. If someone rains on your parade later in the day, you can still turn it around by declaring no one gets to change your mood. Take charge. The use of the Definitive Guide to Karma Clearing meditation is great to sift the energy and regain control. Going to be in a relaxed state, with your nerves in parasympathetic mood means your cells are set to regenerate, refresh and restore. Going to bed angry upset or in distress means your nerves are set on high alert, energy is going to survival and the nerves in this position will not allow energy to flow in the refresh mode.

2. You Can Choose How to Fuel Your Day



Is this jangling you awake?

Imagine waking up 5:49 am to a blaring alarm. You hit the snooze 6 times and groggily arise, stumble to the bathroom, splash cold on your face, turn on some tunes, while the news streams between songs commercials blare and you're out the door for the local coffee shop for your first caffeine injection of the day.

Or

You arise naturally; start the day with a glass of pure glacier water and settle in for a 20-minute meditation. You arise from meditation and head out the door for a delightful power walk around a mountain lake. As you walk you stream through all the things you are grateful for, all the people you love and who love you, you affirm you beautiful life breathe deeply, imagine a wonderful day full of successful connections and lots of laughter.

As in number one, if you live the first version you age yourself, by straining the adrenals, nerves and general constitution. Pushing through the day is a very different experience than breathing into the day, in celebration. You choose.

3. Busy or Active

The word busy is a stress word. When you are informing others you are busy you are riding the waves of stress. Busy means, not enough time to integrate and relax. It is a version of slavery, you may be the slave driver and the slave, but I promise you if you are saying you are busy you are not happy.

Try experimenting with the word Active and see how that changes your perception of reality. Active denotes, chose, it indicates a level of good health and a kind of happy excitement. The difference in these tow words means the difference in being the joyous creator of your life and lifestyle or the out of control slave who is unawake and unaware of the truly wonderful life just out of reach.

Choose the high road to be 100% healthy.

You decide. It is like this in all areas of life, you can take the high road or the low road. The low road ages you, depletes you and robs you of your happiness vitality and joy. Living the low version takes away the potential for greatness and adds the complication of struggle and depletion. On the other hand living 100% healthy is the road to life of magnificence, creation energy and joy. You will be connected and in love with your life as you move from slave to creator. It is not either or, they are two separate realms. Who have you been recently? Who are you committing to be now?

Recommended

[The Definitive Guide to Karma Clearing](#): Take the emotional charge out of difficult relationships and free yourself and the other person to enjoy each other.

[Love Regeneration and Walking Meditation](#): Exercise while you meditate to save time and get into a space of loving and gratitude.

Seven Fundamentals for Living an Extraordinary Life!

Live an extraordinary life!



I am often asked how I am able to live such a rich and full life despite the intense illness and the ups and downs mentally and emotionally from having multiple cancers and 17 surgeries. Along the way to 100% health, I've discovered the secret path to living an extraordinary life. Your existence is not defined by the complicated set of circumstances life brings you. Rather, living an extraordinary life is a conscious choice to be and become your greatness.

I have discovered seven fundamental elements of life that when engaged to the fullest expression will result in 100% human fulfillment. This is your guide to life well lived.

1. Vitality- having a great cellular constitution

Your vitality and energetic presence gives you the winning edge. When you are healthy, people around you feel safe and confident. More than that, you feel unstoppable. You are able to make plans and follow through with great velocity and intention. Enjoying a healthy body is the most important element, as it creates the ground from which you can soar. Without good health you live a life pieced together, built on a shaky foundation.

2. Alignment and purpose

Alignment with your spiritual journey and connection with source is the second element of living an extraordinary life. To be in alignment will require you to take time away from the hustle and bustle of life and the pressures of group mind and family agreements. The greatest quest you can engage in is to discover who you are and what you are up to in this life. To live authentically, you must know who you are and why you are here. Making your best guess or operating on autopilot is not good enough. Make time for you to know you.

3. Discipline to strength

A person who knows discipline is able to fulfill their mission and gains the respect of all those who they come in contact with. Discipline is the path to fulfillment of everything made manifest. To be healthy, wealthy and wise you must engage in a strategic discipline. Personal power comes from the ability to follow through. You can only experience discipline when you have cleared the entire muddle and 'squirrels'/ distractions from your path. You must first fuel yourself, meaning you must fill yourself up to emotional fulfillment. When you are filled up you have a greater capacity to be emotional generous with yourself and all others.

4. Enthusiasm for truth

When you blend enthusiasm with truth you open to your greatest expression of self. As you enthusiastically call truth to you, you continue your journey towards awakening to your divine nature and powerful access to miraculous energies. Enthusiasm lights the way to higher wisdom. The one caveat to this conversation is to not get caught up with your version of truth. When truth has an opinion it is actually a belief rather than an absolute. Truth has no other version. It just is.

5. Ascension the progress of your awakening

The journey of ascension does not require you to consciously drive towards spiritual awakening. In this case your balanced loving life will move you towards your ascension. I now see the opportunity for full enlightenment, which includes mastery in the spiritual realm as well as the emotional, mental and physical realms is a deeper richer type of enlightenment then just a spiritual awakening. The old awakening model was to throw all your intention into a spiritual journey and remove yourself from the world so as to gain enlightenment. This is still a valid journey, but a higher enlightenment of the human experience is the mastery of all aspects of your life leaving nothing behind.

6. Mindset - Love-magic- Love-wisdom

Joy and bliss includes having fun.

To have your mind in the right place makes all the difference in living an extraordinary life. Having the brain working well with all the neurotransmitters and chemistry supporting your joyous bliss filled life is a vital part of your successful experience. When you are in love with your life and with all those who you interact with you have mastered your mindset and your life. Remember a healthy brain gives you the ground for healthy emotions. The awareness of the oneness of all things is the mystery and the doorway to glory.



7. Connection – love appreciation

This leads us into the final element and the bookend that holds this magnificent formula together. Appreciation for everything and everyone is the greatest lesson and expression of human kind. Love is always the answer. If your days are filled with gratitude and appreciation for the wonderful life you are now living, even if some days are not so wonderful, staying with the grace of appreciation will install the deepest connection to the Divine and to the greatness majesty and wonder of humankind.

Living into your 100% life means living an exemplary life. You will become the guiding light to your friends and followers as you show the well-lit path towards the ever-unfolding magnificent existence. You choose. Know that you have always had the opportunity to choose. Now I invite you to consciously make a choice for greatness. Join me in living an extraordinary life, and be filled with the peace and bliss that surpasses thought or mental understanding. Be.

These are the things our attorney wants us to share with you.

The content case studies and examples in this book do not in any way represent the "average" or "typical" member experience. In fact, with any program offering a way to improve health, vitality, wealth and love, we know that some members purchase our systems and never use them, and therefore, get no results from their membership at all. You should assume that you will obtain no results from this program. Therefore, the member case studies we are sharing can neither represent nor guarantee the experience of past, current or future program participants or members. Rather, these unique case studies represent what is possible with our system. Each of these unique case studies, and any and all results reported in these case studies by individual members, are the culmination of numerous variables, many of which we cannot control, including; pre-existing mental, emotional and health conditions, personal incentive, discontinuity of spiritual and energetic conditions and countless other tangible and intangible factors.

Whether this Notice refers to 'you' or 'your' it means you while 'we' or 'our' refers to Gable-Kennedy Inc. dba 100% You.

Any improvements in health, mindset and energy are examples of what we think you can achieve. There are no assurances you'll do as well. If you rely only on the assurances in this book you must accept the risk of not doing as well.

Where specific health activations that have for others returned their health to high function, these examples are used and attributed to the individuals/ participants who have experienced these shifts, through 100% Healthy individual and group programs. There is no assurance you will do as well. If you rely on our 'transformations' you must also assume the risk of not doing as well.

Any representation of improved health, wealth, relationship and mindset in this book, our websites and in our programs are not considered to be average or normal. Likewise any claims or representations from our course participants and students are not considered to be average results.

There can be no assurances that any prior successes, or past results, regarding health, wealth, love and relationship can be used as an indication of future success or results.

Returning health, energy, clarity and ease to the body are based on many factors. We have no way of knowing how well you will do, as we do not know you, your background, your ability to heal, your 'work' ethics or basic health and body care practices. Therefore, we do not guarantee or imply that you will have improvements or achieve better health, wealth, relationships, love, money or any other improvements suggested in this book, on our website or anywhere else. If you rely only on the assurances in this book you must accept the risk of not doing as well.

100% Healthy and 100% You programs are designed for people who are already healthy and want to take their health to the next level. Your health, wealth and love are entirely in your hands. Our programs are meant to be educational in nature and these programs may not be suited for everyone. Making decisions based on any information presented in our products, services or website should be done only with the knowledge that you could experience significant losses or make no improvements at all, or achieve no desired results regarding health, wealth, relationships, and energy.

Use caution and seek the advice of qualified professionals. Check with your health care director, therapist or professional business advisor, before acting on this or any information.

Users of our products, services and website are advised to do their own due diligence when it comes to making health decisions and all information, products and services that have been provided should be independently verified by your own qualified professional. Our information, products and services on www.julierenee.com should be carefully considered and evaluated, before reaching a business decision on whether to rely on them.

You agree that our companies are not responsible for the success or failure of your health, wealth or relationship decisions relating to the information presented by www.julierenee.com or our companies' products or services.



Precious Advice Just for You From Julie Renee

Dear One,

I am so grateful for you in my life and for allowing me the opportunity to assist you in moving towards a life of freedom and joy. Creating this program has been a pleasure as I have pulled together teachings from the recent seven years of my now 22 year career in mentoring and activating health to 100%!

Let me help you take your next step

You've gotten a lot of great information in this book and hopefully a lot of value **too. If you're like me you'll want to learn how you can take this work to the next level and get your life skyrocketing with better health, energy, connection and momentum.**

Since no two people are exactly alike I'd like to suggest three choices on ways to take your pursuit of Quantum Healing into your life. Keep in mind I have been teaching and assisting folks with health for more then two decades and am prolific. I encourage you to explore the JulieRenee.com website and discover a wealth of mini programs and directed meditations if you would like to jump in with baby steps.

If however you like to take action in a big way and are ready to have it all here are the three paths to choose from.

- 1. Activate the Program to Help You Clear Hidden Blocks That are Killing Your Business** I created a program to go along with this book, just for you. It gives you a good training and working knowledge as to how to shift the "field of perception" and help you launch into a powerfully successful future.
- 2. Accelerate Wealth 21 Day** program. Blow the lid off what you have experienced so far in your wealth space and turn your field into a wealth magnet for greater love, money and health. Favorite Program!!!
- 3. VIP Mentoring Experience with One-Day Session** Intimate one-day experience with Julie Renee in her home. Receive 4 hours of directed quantum energy activating shifts in perception, brain, energy and all aspects of the human dynamic. Followed up with 3 months of personalized mentoring and masters programs for full 100% healthy happy results.