

Awakening the 4 Pillars _ Quantum Healing_Part 3 of 4

Hi everyone and welcome to the call. This is week three and we'll be covering emotional freedom and relationships. I see that some of you are new to the call and I just want to remind you if you're on the call, this is a paid class so if you've bought this class from Darius, this is how you would've gotten on to the call. Now we've gotten a bunch of emails today saying, I didn't get my link, I didn't get my link and it wasn't -- your name and your email address wasn't on our list. So we're doing the best we can and we had the list updated six days ago so if you've gotten on the list and sent, please let us know. We're trying to do the very best we can; we've gotten all the technology glitches cleaned out so there shouldn't be any problem and we're looking forward to a very wonderful night tonight. So just sending you lots of love right away and I'm so grateful that you're here, and we're going to get started.

What I'd like to do today to kick off the show is I'd like to take you into a meditation for love. And from there, we will do healings and one of the things I was thinking about was karma clearing, but I've also gotten request for releasing fear. So if that's a kind of a group consensus, fear of intimacy, vulnerability, rejection, of being understood and being unknown and all of those related to fear, I'm happy to change gears if karma clearing, cords, contracts ,agreements, and energy was something that you'd like to save for another class because I do teach that in the karma clearing class that you could pop in on. So you'll have to let me know just go ahead and type it in.

I'm so happy to see so many of you here already in the call and so let's get started. Let's go into a meditation. Finding a comfortable seated position with your spine erect and your feet on the floor, allow your eyes to close. Breathing in and out. I want you to breath into the nose and out through the mouth. In through the nose and out through the mouth. And let's go ahead and do a brain balancing, breath exercise. So if you need to open your eyes, you can,. I'm going to describe what to do so you're going to drop the first and second finger, the first finger and the middle finger, and you're going to put your thumb on your right nostril ,and then you'll have your ring finger available through your left nostril. And we're going to go through this exercise ten times, breathing in and out. And what that's going to do is help balance the right and left hemisphere.

So putting of thumb -- the right thumb on the right nostril and then you see how these fingers - you can open your eyes and take a look -- these fingers are away from the nose and breathing in through the right nostril, left nostril rather. So you're pressing with the right and then holding so you're pinching both of your nose, a then breathing out through your right nostril. Alright, so now we're going to start the exercise. Breathing in through the right nostril, hold, and breathing out slowly. Breathing in through the left nostril, and then pinching both of them closed, and holding, and breathing out through the right nostril. And breathing in and hold, and out, and breathing in, and hold, and out. And breathing in, and hold, and out. Then just allow your hands to drop to your lap and let's just see how that brain is now feeling right and left hemisphere, balancing Prana technique.

And allowing your eyes to close if they have opened and dropping a grounding cord from the base of your spine to the center of the earth, make the grounding cord nice and wide, set the grounding cord on release and begin to release the excess energy in your body. Grounding testicles for men and ovaries for women, with the line of energy as wide as your wrist hollow in the center, down through the perineum to the center of the earth. Ladies, set your ovaries on

release and gentlemen set your testicles on release. Ladies your emotional release here is releasing all your healing projects from all the people you love. And gentlemen you're releasing aggression, competition and female control energy. Letting the body come into a nice neutrality; you're here for yourself, you're here for a healing for yourself. In this healing, when we get enough group mind in a place of serenity and peace and ease, we change the world. Breathing in and out.

Going up to the adrenals that sit at the right, above the kidneys, and let's go ahead and release the right and left adrenal. So put a line of energy as wide as your wrist, hollow in the center, down through the adrenals to the perineum down to the center of the earth. Let's go ahead and release the adrenals.

And now you're releasing the nervous system. Going up to the center of the head, sitting in the center of the head. We're opening up the trap door and let's go ahead and wash out the center of the head. And then closing the trap door, popping up the top of the head, pulling the aura into 18 inches around the body, smoothing out any dings, dents or holes in the aura. We take a little extra time with the aura because this is in response to relationship. There are dings and dents. Like if someone's been angry with you, and it could be from being driving in traffic and accidentally driving in front of someone without your signal on, or it could be from somebody in your family who yelled at you or is upset with you. So what I want you to do is take your spiritual hands and imagine smoothing out the dings and dents. And then if it got real bad, you might have some tears or holes in your Aura, you want to fill that in with magic Aura spray paint or magic Aura weaving thread. It feels so good to have the Aura repaired. Just take in a few extra minutes right now and do that. You could imagine that big grounding cord at the base to your spine that you're using at the beginning of class, let's go ahead and have that be a big vacuum cleaner and vacuum out any dust bunnies or fuzz balls. So we'll just kind of notice that you're sitting on a big vac and it's a couple inches away from you, so it actually just cleans out the inside of the aura.

Opening your feet to earth energy, bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips, and down grounding cord. Brining more energy into the back of your head one inch above where the spine meets the skull, bringing that cosmic energy into the back of the head, into your neck, shoulders, arms, elbows, forearms, through the wrists, and on fingertips. Brining more of that energy down through your back channels, out into your hips, moving up through the belly, through the chest, through the neck, through the head, fountaining out the top of the head like a beautiful Italian fountain bathing, and cleansing your aura. You're feeling very wonderful.

Now you can go ahead and sit back at the center of your head. We'll just kind of make our intentions for this class. We just intend that everyone who's involved in this class in their relationships, in their love, in their emotional body, and out of this healing tonight, that there be ripples of love and appreciation and gratitude, filling email boxes, and bedrooms, and kitchen tables, and phone conversations. And that we see that the emotional body is refilling and filling up joy, with happiness, with love. Feeling a kind of surrender of ease and an emotional generosity. Feeling love, wisdom filling the room, filling each and every person involved in this call in whatever way you're involved. And you'll just see this fulfilled and completed and asking for the Supreme Being's blessing on each and every one.

And then taking a few breaths in and out, rubbing your hands together in front of your heart Chakra, creating some energy, some Tapas. We're going to do a few Mudras, so if you'd like to you can open your eyes. Mudra one, you're going to just hold them today. This is Namaste. I honor the god/goddess within you. Namaste. Opening the palms, miracle Mudra, being willing to receive the love, the goodness, the joy, the happiness all good from the universe, keeping yourself open to receiving and allow that goodness to flow into your hands. And then tipping into your heart, right hand first, left hand on top, and receiving all the goodness, taking it into your heart and feeling yourself fueling with emotional vitality, with emotional energy, feeling very loved, very wonderful and cherished.

And then one more Mudra, we're going to do bare grip. So right hand is -- actually the palm of the hand is facing the neck and the left hand is facing out and you're gripping. And this is a Mudra for strengthening the voice and feeling yourself coming into confidence, and as your voice strengthens, as you become certain with your love wisdom, you're more able to speak up for others and for yourself. You're more able to engage in a loving, kind, and generous way. And you're able to also shift reality if things aren't working. We're going to energize that with a few breaths in and out. *[Breathes deeply]* And then let your hands drop to your lap, and coming back into the room. If you haven't opened your eyes, you can open them now. May it be with the blessings of the Supreme Being that this healing love meditation is complete. May the entire world be filled with radiant health, vitality, abundance, joy, and peace. Tathaastu. So be it.

[Sighs] Well, welcome back. So we begin our series of clearings and I had put a little question, would you like to do the karma sequence that I've set up or would you like to do requests like clearing fear and other issues and emotional body? I am flexible; nothing's written in stone, so let me see. Fear of love, trust, muscle testing, okay. We don't actually teach muscle testing in this class but if you'd like to really master that, come in to the immersion program. Clearing, attracting sexual predators, okay. It sounds like we're going to be clearing; it sounds like that's what we're going to be doing.

Do karma, do karma, do karma. Okay, I'll tell you what we'll do. I'm getting a whole bunch of votes for karma and yet I've gotten a whole bunch of votes already for clearing fear pictures. So I'm really good at time, as you might have noticed I'm very prompt, so why don't we do fifteen 15 to 20 minutes on fear and clearing all of these requests, and then why don't we do at least twenty minutes on clearing karma so that you'd get a chance to experience what's it like working with me on clearing karma, sounds good? Yes.

Alright, so the first bundle that we'll clear are fear of intimacy, vulnerability, rejection, being misunderstood, unknown, and I think someone said the fear of love. I don't know why somebody keeps writing sinus but we're not clearing the sinuses, so you can stop putting sinus on there. That's funny.

Okay so, we're getting ready and working on this clearing fear, quantum pump. Remember that is the action. It's so funny, it's kind of a delayed thing. *[Laughs]* Okay, pump away my dear ones and let's get started. Coincidentally for one of you who thinks it's funny to write sinuses, there is control energy that gets run through the sinuses, and the sinuses are considered part of your telepaths. So, you're not so far off in saying clear the sinuses, even though you might've just done it for a joke. When you have a sinus headaches, a lot of times it's control energy from someone who's upset with you. So if you actually do – like we clear the ovaries, and the testes, and the testicles, and the adrenals, you can do that with your sinuses and get rid of the sinus

headache. All the woofers and twitters in the body, so the resonators which the sinuses are part of that system are places where we call them the telepads, so they're places where people can run energy in their body. You know, you just have to clean them out.,

We've got love on this list, someone said fear of love. And just to remember tonight's theme is emotions; so emotions and love relationships and things like that. So we won't probably be doing much in other areas; we're going to stick to it. If we're going to do this group of fear and we're going to do the karma clearing which is a 90 class or a two hour class, we're going to get at least 20 minutes of the karma clearing training so that you have some knowledge, some working knowledge working with me. Yes.

So I was wondering how your day was, I bet it was nice. Did you have a nice day? Were you excited about the class? We're setting up the class in a new way so in future classes you'll actually opt in to our technology so that you'll get directly from the thing that live streams to you, rather than from our email service. So that would be really wonderful and we couldn't do it with this one because it was such big class and we didn't get it done at the beginning. So in the future, when you sign in to one of these wonderful classes, you'll actually be given a link and that will get you all set up so you can work directly with the technology. Isn't it incredible? I was thinking about this, the transformations that can happen now because we can work with -- I bet there's people from all over the world in this call and it's just incredible. I mean this wasn't even possible five years ago - I don't think, where this large group of people could get together. Obviously it was possible in teleconferences, but I think it's just in the last two years that we've been able to teach and heal in this way and it's so wonderful.

And thank you so much all of you who were so kind and sent such loving messages about, "*Don't worry about the technology, I understand...*" That meant so much to me, because obviously there a few that were upset and believe me, we have four people working on our problems. Because it's just sometimes, there's so much energy that's coming in that it creates some kind of a chaos in the technology. But we got it all sorted out and for those of you that responded in love and generosity and kindness, I so appreciate it. It means so much to me because I know that my work means something and that you're actually integrating it in your life, or you might be that way anyway, that might be your nature. So thank you, thank you, thank you. A thousand times thank you.

I'll read on a few more of these. Oh there's a question at the top of the screen about why five million? When I was looking at when my work would become my household conversation that I would have impacted enough people, it was five million. I'm training students so they can also spread the work out in the world. So within a couple years, we'll have facilitators in my program and maybe some of you will want to do that; be either quantum health activators, or even facilitators to teach people in your country, in your language. It was so sweet in our diamond immersion program, we had beautiful Harukah speaking Japanese. We had four beautiful Russian women, everybody obviously speaking English. A beautiful woman from Denmark and from England, I think Africa, Australia. So we had a lot of wonderful accents in the world and it was pretty exciting. I get the possibilities with technology these days that we get to actually really reach the people who are ready to hear it and then they can reach into their community and help change the world and that's what I'm all about. Let's change reality. And one of the things that we do in the immersion program is we bring in more light. So we're changing the blue print back to its original beautiful design. I agree with you there are a lot of beautiful people on the call. Thank you, Ava.

It seems like when I'm seeing some of these messages like stage fright, and sexual predators, and fear of being loved, and fear of not being loved, longing for a true soul mate; yes, it's time to get some things in order. Just having a conversation about what really changed for me, and why things shifted, and was it anything in particular, or what happened where I went from a very sick woman, really struggling with every penny, and just depressed and anxious, to an extremely healthy, emotionally healthy leader. How did that happen? And it wasn't overnight, it certainly took some time. But there was a day when I realized that I didn't want my life anymore; the way my life was, I didn't want it anymore. And it wasn't a day the I wanted to kill myself, it was a day that I said, no more. God, take me or make me well. You promised me the Garden of Eden and I feel like I'm living in hell. And it was that absolute resolve. No, I can't do this anymore. I went into my garden and pray meditation. It occurred to me in my mind. I had sat where Buddha sat when he under the Bodhi tree where he became enlightened and people told him, oh you can't become enlightened, you're too wealthy. Wealthy people never can let go of their wealth and awaken to their true nature. And sure enough after 40 days, he awakened.

And that thought that I had sat where Buddha was, I was going to sit in my garden and I was going to meditate, and pray, and chant, and do whatever I needed to do to get clarity. And it was take more or make me well. I'm not willing to live this way. I'm not going to kill myself, I'm going to do everything I can to make my life beautiful, but I need help from the other side. And in that moment when I decided enough is enough, when I decided no more, no more, things started really changing. And I think about this other time that was around the same time but on another subject, it was like there was a fear of being alone, that I wouldn't exist if somebody didn't say you're okay. And for two weeks, I went without any phone calls. I unplugged the phone and I didn't do phone calls and I didn't do the internet, and this is probably 10 years ago. But what I discovered was that after I went through a kind of a panic about not being in communication with people, there was something beautiful that came over me. Something about, I'm really good in myself and that there were a lot of answers that I was missing that are wired into me, that are there for me, and that by adding to how I always have someone else outside me to talk to, to have conversations with, which was my big fear is fear of being alone, that is so funny because I'm a loner. But that whole idea of not having outer validation that you exist, it was such an incredible breakthrough because I exist way beyond what I could have existed as prior to that moment when I chose to spend a couple of weeks unplugged from interaction from others. It was profound and I don't know if you've ever tried a week of silent meditation, and it's probably one thing to be in a group doing silent meditations. It's probably not the thing to be home alone doing silent meditation. It's a very different thing, no TV, just with yourself, just agree to be with yourself. That might be scary to a few of you.

Okay, let's see where we're at. We're about 80% through with this clearing. It looks like some of you are having a conversation with each other. Okay. *[Laughs]* So we might also touch on some of these other things that maybe no one has put on there like an anxiety disorder and major depression or severe depression, because those are also emotional concerns that we could probably make some impact on, on this call. So let's see, we're at 7:27, about seven minutes left. Let's do that. Let's see here. The Sexual predator and stage fright did get added into the last bundle that we did. We're about 98% clear. So I'd like to do about seven minutes on depression and anxiety and all the different versions, because that's something that a lot of people really struggle with and I think if we could make some impact on that tonight, that would be fantastic.

We've got some really fun surprises coming up, so watch your email box. There will be a love class coming up in February, so stay tuned for that. And I am putting together a year-long class taught like this. There'll be a program with the 24 health activations over the course of the year that you'll be invited to join. So that should be very wonderful. There's kind of a lot of new stuff percolating, coming up and going out in February and March, so keep your eye open. We're doing exciting stuff.

Okay, we're about 40% on the depression and anxiety. Now the VIP Program, the brain regeneration just helps so much with that and also on addiction. So if some of you kind of struggle with smoking addictions or food addictions, changing the brain, regenerating the brain and clearing all the soul contracts and the bugaboos, the spiritual parasites that can drive that problem get cleared in the VIP Program. So that might be something for a few of you to think about is going deeper in the work.

Depression, that's so interesting because depression can be wired into your DNA. And if you've suffered from depression or some kind of mental illness, you might notice that there are family members who have the same challenges. And you can unplug from the DNA struggles using this clearing and then there's also a training in the quantum healing secrets that really teaches you how to get in there using meditations, so you can do it either way. The DNA clearing is more of like this, so it's kind of more of a side thing. So removing the DNA for mental illness or depression really makes a difference when you're cellular body isn't programming it and it's not telling you. I think I was always prone to -- I need to be in the sun. I'm moving to a very sunny house and this place that I'm living in, this sweet little condo I'm living in is very sunny. It's sunny all the time, except in the winter when it's raining. And I know that I'm a happy girl when I'm in the sun or I'm around the sun or I can see the bright light. Darkness seems to affect me or affect my mood. And I'll bet some of you might have that issue also. So having good lighting is really important when there are dark days and being able to being lit from within, have the light from within which is having the cells, the light of the cells be bright. You know the cells themselves have what I call the light of the cell and some of you might have read about that in the human blueprint, and it's very much like the spirit of the cell in a way, and so the light of the cells oftentimes are turned off. And in a process like this, where we're cleaning up the DNA, and depression, and the anxiety, we can also at the same time turn the lighting of the cell on, and so the cells in the body have their spirit back, have their light back, and they're happier.

I think the other thing that we can also do while we're doing this activation is activate the pleasure zones in the cells. So when the blueprint was designed, every cell was connected to pleasure. We've had a little kind of like a brain in there that directed the cell to be joyous. And that would be how youthfulness would stay is that the cells were joyous, so they would repopulate and repopulate in their youthful, joyful stage. Well over the eons as humanity is developed, the joy and the pleasure has left the cell and the only time that some people have pleasure is making love or maybe doing something that's bad for you like smoking or drinking. But it's counter-intuitive to have -- those be the only times you have pleasure. The body is meant to have pleasure every minute or every day and I don't mean sexual pleasure, I mean actually the cells having pleasure, having joy being expressed. So this is something that we can do today. We can bring some pleasure into the cells and wake up the sleeping mechanisms in the cells that are turned off. I guess in the middle ages, it just wasn't even okay to be happy. I don't know if everyone was happy in the dark ages, in the middle ages. [Inaudible 00:35:13] era

was an era of dominance, and control, and suffering, and struggle and we're not in that era anymore. We're in an era of joy, of full self-expression, and of divine connection.

Now we're coming up with about one minute left and then we're going to go into Karma clearing. Okay and I think we can start with that then. I want to teach you a little bit about karma clearing so that you can practice doing it on your own. I encourage you to get into the next karma clearing class. It's a two hour training and it's very, very fruitful. We clear your karma with I think four or five different people so you get really a chance to work it at a deeper level. But tonight we're going to actually touch the surface on all the aspects so you'll get to try something out on each area.

So the first thing we look at in Karma clearing is pick one person, someone that you have emotional energy with. It could be a family member or a sweetheart. You do of course want to clear your Karma with the people that you love and live with. So pick one person, it could be good karma it could be bad karma, it doesn't matter. You just want to clean up the energy between you and another person.

Alright, so the first thing is to imagine that there is a rose for them right there and a rose for you. So you've got two roses here. The first rose, you're going to magnetize all of their energy out of your body. So that's a magnet rose and it's pulling all the energy out of your body into the rose. And then the second rose is pulling all of your energy out of their body. And so let's go ahead and do the energy exchange. So you've got somebody in mind that you're working with and you just imagine that this rose, these two separate roses, this one for you, pulling their energy out of your body. This one for them, pulling their energy out of your body.

My dears what I'd like for you next to do is for you to take the rose that has your energy right over here and just put it back into your body, so you're taking your energy back. And then the rose that has their energy, I gave you back your energy so you hand it back to them. Just imagine them as a spirit standing in front of you and you're giving them their energy. Thank you so much for sharing. I'm giving you back, I no longer need it.

So the next thing we're going to do is we're going to remove cords. Now there are energetic cords that run between mothers and children, and then there are cords that run between lovers, and then there are cords that run between brothers and sisters, and there are cords that run between teachers and students. And essentially, it doesn't really serve you to have cords. It is a way that people control each other. I had a student come in to the diamond class, she's no longer a student of mine, who was running cords all over me. I was pulled about left and right. So you want to have the cords removed and you don't want to send cords to other people. Some people think that – I don't think it's conscious but they send cords into another person so they can get the psychic information. So when they're sitting tuning in to you, they're sending a cord into your brain, or into your heart, or into your belly. If that's you, you might want to notice when you're doing that. If you're tuning in and you're not just sitting quietly in the center of the head, you're like, hmm I can't feel you, I need to get closer, I need to get closer. *[Laughs]* There are words that people use that let's see -- I had a girlfriend who isn't a close friend of mine anymore because she kept doing that and I'd say please stop doing it. And she has words for it that she would like feel me and things like that, how I can feel what's going on in you, I feel so connected to you. If somebody is telling you they feel connected or they want to be more connected, watch out because they want to be corded into you. They want to suck you dry. *[Laughs]* Alright, so just be careful who you're connected to.

So let's go ahead and pull the cords out. So you can imagine like pulling an electric cord out of a socket where you're just pulling it out. That's probably the best thing to do is just imagine pulling it out. You don't have to actually use your hand. You can close your eyes and just envision pulling out the cords. You don't need to pull them out of the other person. You can if you want to, but if they originated from them, you can just leave them alone because they'll just be kind of tentacles hanging off of the other person and they're not going to come back as long as you get them outside your Aura and you seal it up. And you know people could re-cord you again if you have that kind of relationship but we're going to clear Karma and some other things, so that's something that you can check on once in a while, am I corded?

I was just thinking about I was just clearing a bunch of students and people who were getting healings from this week corded into me so there were 90 cords in me which I just pulled out. It's good to check that more often. So what I was going to say, if somebody is losing patience with you on a regular basis, you've either got your energy inside their body or you've got cords like gentlemen how we are clearing the testicles all the time, or maybe a woman is cording into you or she's putting your control energy in you. So if you're not feeling that juice in your relationship, please, please, please do these steps. They will really help tremendously. And also if you're losing patience with someone, it could be that either their energy or their cords are inside you, or attached to you and that's a good indicator. I'm losing my patience, that's not the way I'm with other people but this one person, I'm so triggered all the time. This is it. So you want to remove the energy out and you want to remove the cords.

Okay so the next thing -- oh we're making great time. We've gone through two steps already in seven minutes. Yay! So the next thing we're going to do is contracts. Contracts are typically things that are written in writing that you have with somebody. So you might have a contract to own a house, or a fishing license, or a marriage license, or you put something in writing about vacation, or you put some money down, or you've gotten a credit card, or bank statement, I don't know what but you've gotten something that's in writing. So somehow, it's been written down. It could even be what's written in your journal becomes a contract.

So contracts are things that are in writing and what I'd like to imagine is just imagine a big bundle of legal documents and you can test with muscle testing, do I have contracts with this person? And then what you would do is once you've muscle tested and you've gotten a yes, then you imagine the contracts in front of you and they might fill up and be really high or there might just be a couple thin sheets there, you want to just blow up those contracts. And you know you can do this and then come back three or four years later and you might need to clear some more stuff with somebody. So understand that life is fluid and that you might be creating more contracts with people or you might be putting energy into their body or they might be outing energy into your body. So you might need to refresh this. Maybe it's even good if it's someone you're living with or you're close to, you might want to just do like a tune-up once a month for five minutes and literally when you get it down, it will be five minutes.

And so you can rose bomb and destroy the contracts. So imagine a rose going on it and then a bomb going on it. A little cartoon, like a Road Runner, beep-beep bomb. *[Laughs]* So rose on the contracts and then a Rod Runner, boom! *[Laughs]* Oh that's so funny. Rose bomb, rose bomb. And you can just do it with your hands; rose bomb, rose bomb, rose bomb, rose bomb, rose bomb. Oh I crick myself up. You know the thing is, you got to keep a sense of humor about this stuff because if you're doing it seriously, it's much harder. The energy of serious, let's get

serious, makes things harder to move. So stay in that job and celebration even when you're doing kind of funky stuff is really the place to come from to keep that happiness going.

Alright so now we've cleared the contracts and the next thing is agreements. Agreements are similar but if you test, you'll have a certain amount of contracts and then you'll have a certain of agreements and they're different. So agreements typically are things that are set verbally where maybe your lover and you, your husband or wife or whatever said, hey let's go to Alaska on our 16th anniversary, or let's go a whatever on Friday night . and every time something is created and not fulfilled it continues to live. When you have an agreement and then it falls apart, it continues to live. So if you've gotten divorced or something didn't happen, it's still there in the universe. The idea, the agreement is still sitting there. So now is the time to clean that up and the same way, so first of all imagine, imagine all the agreements with this person and you might close your eyes and just see them all maybe as symbol. You don't have to see all the agreements themselves but maybe there's 50 or 100 agreements and maybe there's two.

And then I want you to see them really filling up there and then let's go and rose bomb, okay? Rose bomb, rose bomb rose, rose bomb. You might do this for 60 seconds or two minutes until you get a sense that all the agreements are gone. So that's what you can do; the rose bomb, rose bomb, rose bomb, rose bomb. Words, contracts, agreements - the next step and we can have good Karma, we can have bad Karma, but the Karma that we're clearing is anything that ties us to another. So why we would be holding or drawn to another is this lifetime after lifetime attempting to work something out. And boy I've had a few sweethearts who obviously had some karma from past lives that I need to be with them temporarily to renew the love and then to be absolutely certain that this project is over and then clear the karma with them. And if you're really feeling like, gosh I don't want to do that project anymore and you feel the same way but you've done some people you should be with temporarily but you shouldn't like keep being with them, this is a really good process to get those kind of people off your radar. And I actually recommend that you do this whole process when you meet somebody new. I mean you're in the place of generating new love and why would you want to generate new love on top of old Karma that you got to be resolving problems. Because love can actually blossom when you're allowed to be yourself and the person you are in this life, not trying to work out things from past lives.

So we imagine Karma like a gold ring and you have half a gold ring, like a Lord of the Rings ring and say it's like half, so a half moon and it's kind of sitting, so it's there. And the other half is going to fill in and then as it fills in -- so you can just close your eyes and imagine this ring filling in, filling in, filling in. And I noticed with some people, it was hard to fill it in and so what you want to do is you just want to do your pump while you're watching it fill in which helps move the energy of struggle and suffering, which is if there's one that's hard [Inaudible 00:49:00] circle, it means that you're wired to really struggle with this person. So you can pump and that will make the ring fill in faster. And as the ring is filling in and filling in, it's completing the incompletions. And honestly or me, positive or negative incompletions, I'm just not willing to have them. I want to live free and clear. You want to lighten up and glow. You want to sparkle and shine and you want your skin to look radiantly beautiful, and you want your eyes to gleam like the windows of the soul. This is what you need to do, you need to unhook from all of these entanglements, and meditate every day, and exercise, and eat well, and take care of yourself.

We're about 80% filled in, so some of you are still a little struggling with the Karma part, so not to worry, this is our training. This is our kindergarten. You still got training wheels on, you got me helping you. These replays by the way are available anytime you want to come and revisit them,

so they are going to be up indefinitely and they're just for you. Okay, 100%. Now when that ring fills in, we're not done yet. So imagine a beautiful white rose and this white rose, you're going to drop the karma ring into this white rose. Let's see now, it's dropped into the white rose. And now, guess what? We get to do the rose bomb again. Rose bomb, rose bomb, rose bomb, rose bomb. So you're going to blow it up, and blow it up, and blow it up until you get that it's completely clear. The white rose is a symbol of purity and it's also the symbol of completion; so purity and completion. White in India is the color that is worn after death, so if your husband dies, you go to wearing white. They don't go to wearing black, they go to wearing white. So it's that purity, completion, the ending of.

Okay we have a few minutes left and I'm just going to see if there are any questions. We did so good on the karma clearing and by the way, I did Karma clearing with my entire family and then all of my lovers. So all of my relations, my lovers, my ex-bosses, I did the process with everybody and you want to get un-depressed and in charge of your life fast? Clear your energy with 2 or 300 people. I think the other thing is to really make a commitment to yourself to stop looking to other people to fulfill you or to complete you or to fix you or they didn't do something, make peace with that. Your parents did the best they could and they loved you and I don't know if there's evidence or not evidence, but they loved you. They gave you a body, they did what they knew to do and they were old fashioned, they were not skilled at sharing love and shining their light with you, but let it go. And just through whatever amount of time is left for them, if there's time left for them, just tell them that they did good, just reassure them that they did everything just right, they did it the way they knew how to do it, and just let it go. Because when you let it go, when you're at peace with your parents, you can be powerful in the world. When you struggle with, my parents didn't do something for me, or my brother or my sister didn't do it, a teacher didn't do it, you're giving the responsibility and the power to someone else. So please, please, take this nuance. It's a very guidance. Find a way to let it go and if you find yourself -- I made an agreement, this was 15 years. Because I was complaining all the time about what my parents did and didn't do, it was driving me mute but I just had to talk about it all the time, so I made an agreement myself that if I talk back about any of my family members, I'd call them and apologize saying, I said something that wasn't very nice about something you did a long time ago and I'm really sorry. And I'll tell you what, you do that once or twice where you goof and you have to keep your word to yourself and you can call your parents or your brother and you say, "Oh I goofed and I'm so sorry and I will never do it again." And that stops you really quick. I mean there's something about ego that doesn't want - this is like, I don't want to tell them that I'm talking bad about them, I just wanted to talk bad about them. I'd have to tell them in not going to do it anymore.

So like they're in a room with you and the experience or the unconditional love, that's actually what I started calling myself as my reason for being, back 15 years ago was to survey. And 14 years ago, I decided that my reason for being was unconditional love. So I became the expression of unconditional love. Of course when you take that on, it's a big confrontational to say I'm on conditional love. You're going to go through your ups and down and you're like, whoa what did I just do? But it was no longer -- the reason to be was to survive, the reason to be was to love. So love unconditionally and to be generous with my love. And that's a wonderful journey, it's a wonderful thing to take on as a spirit to be able to be present in a way that you hadn't been in the past. It's very exciting and this clearing really, really helps.

There was another process I did, actually I'd like to share a couple processes I did with you. One was I had moved to California away from my family and I connected all 57 family members in a three day period. I made this goal and I got all of their contact information, asked family member to help me track down everybody. My aunts, and uncles, my grandmother, my brothers and sisters, my cousins. So I went out and I contacted everybody and I told them that I love them and that I moved for personal growth reasons and I was sorry that I hadn't been in touch with them for years and that I never meant to hurt them if they were hurt by my moving away or not staying in communication. I was profoundly and deeply sorry and I asked for their forgiveness.

And boy, is that an amazing confront? I mean you take this challenge on to call everyone, tell them you love them, tell them something special about themselves, tell them something you admire about them, apologize for not being as connected as you could be, and then just notice. Of the 56 or 57 family members, two of them were angry with me and 54 of them just were like, oh my god, I'm so happy to hear from you, I love you too, I'm sorry we didn't keep in touch with you either. And the trust that I was really confronted with and on to the sister, I got to just pray for the and send them love and really apologize and tell them that I was really, really sorry and I got to shift. I got to shift because I knew who I was with everybody.

And then the second thing I did was, my grandmother who was very shy and under-spoken, she was always depressed. My grandfather died at 64 and she was like in her 90's, moving alone, missing her husband. She's just so in love with her husband, my grandpa. And I wrote her a love letter and I told her all about what was amazing about her. Her present time memory was good but she didn't remember her past very well. So my childhood, I wrote about how she would have been an event planner because she put on these amazing parties and she organized everything so well and she was behind the scenes and she was loved and she'd make quilts and I know I wrote a 10-page love letter to her. And that changed my whole family dynamic, because I just gave it to my grandma but my grandma for the first time on 35 years since grandpa died, she lit up and she was giggly and giggly and happy, and she was telling everybody, this is me. And every one of my aunts and uncles called and thanked me over a two-week period because for the first time since grandpa had passed, my grandma was back bubbly and happy and happy to be alive. And that's the power that we have when we make peace with ourselves inside. We have the power to change a whole family. So I really encourage you. These are some really great tools to take into your life and change your world.

Well, we're nearing the end. *"Do you have to do each person individually?"* How powerful do you want to play? I'll tell you what; I am so in it to change the world that I do it in every person individually. And whether it's the karma clearing or if it's a phone call as you know, spreading love, I think if you could take on writing three of those letters a year, I think that your world would change so dramatically.

Let's see, yes, it's very, very powerful releasing family members. Thank you. You've set the bar so high. You know what, give yourself a break. If you're the person writing, I can't handle the family thing at all, give yourself a break. You don't have to do it if you're not ready. So, do the karma clearing. Just do the energy work. Don't worry about doing these other things. These are when you're ready to step into the next arena. God gives you courage. If you're not ready, it's okay. But what I do want to say is when you hold on to the hot potato, when you're angry with people, it hurts you. It doesn't hurt them particularly; it hurts you every moment of everyday. And I'm so interested in getting you [Inaudible 01:00:11] Just do the karma clearing and they don't

have to know about it, just do the karma clearing. I believe in your capacity to heal, and then pray every day. Pray for God to help you release this, because they don't have to be a big part of your life. But allowing that rightness to come back into your body, maybe it never was there. But to be free of this family pain is going to help you so, so much in ways you couldn't even imagine and people will even find more room for you because you have more room for them. So I just encourage you.

And I do set the bar high in that I give you this big challenge and I know that people would take a small piece of it, and that's fine with me. And if you are one of the 3% in the call, there's 3% of you who want to change the world in a leadership role. Then I challenge that 3% to take on everything that I've challenged you to do, clear all of the Karma with all the people you've ever known and call these people and tell them you love them, who you've been out of touch with in your family, and write those beautiful letters to peplum who are unappreciated or under acknowledge and give them their honor due, way before they pass away. So they have joy in the body rather than hearing some eulogy that's lovely.

Alright my dears, we have come to the end of our class. Next week we have full self-expression. Oh my God, the best for last. We'll do a lot more clearing next week. I love you all. Have a wonderful and blessed week and we'll see you on the call next week. God bless. Bye-bye.

[End of Transcript 01:02:00]