

## Awakening the 4 Pillars\_Quantum Healing\_Part 4 of 4

### [Part A]

Welcome to the class and we have a really wonderful class planned for you today, so it's going to be really knock your socks off. I want to welcome everybody to the call. I realized that many of you are continuing to join us as we begin the class. I'm very excited to announce that we have an Unlimited Love, a free class on Valentine's to give to all of you. So later in the class, towards the end, we'll make a little announcement and if you are interested in coming on another one of these juicy classes and it's free on Valentine's Day morning, I'd love for you to join us. What's better than more love, right, and full self-expression?

So tonight we're going to be covering full self-expression. I would normally do the balance wheel with all of you and I know that you want more than that. You're excited about, let's get to the quantum activations and let's do some things that are going to make a big difference with me. So we have some amazing clearings lined up and I'm just so excited that you are here. So today why don't we start with a little Mudra movement? Let's go ahead and rub our hands together *[Rubs hands]* creating some psychic heat, some Tapas, some spiritual energy and just get your hands nice and warmed up. Breathing in through the nose and out through the mouth *[Exhales]* and just get those palms really hot and then put them over your Heart Chakra and say to yourself, I love myself, I trust myself, I express my unique self. Breathe into that full self-expression, loving yourself, trusting yourself, permission to express your unique self has now been given. Feel the love, feel the universal support. Everyone's in agreement to this. We're creating this incredible group mind about self-love, self-trust, confidence, and the ability to be yourself, your own unique self. When you're ready, you can let your hands fall to your lap and we're going to begin the class. Yay, so welcome!

We're going to start the clearings with one that comes up quite a bit, and on full self-expression, we're looking at all the programs for self-sabotage. How many of you have that going on where you don't know what in the world is going on with you but you do a lot of work to move yourself forward and then it just appears that you are destroying what you're creating. So the first clearing will be on self-sabotage and we're going to be pumping. I'm going to leave my hand up for a few minutes for you to see; it goes like that. Now some of you said, I move my hand, I don't leave my hand up. I get that. You got to understand that I pump all day long and so my comfortable position is my hand down here and not up on my face, but I want you to see what I'm doing so I'm going to leave this up for a little bit. So what we're cleaning now if you're interested in the order, again we're clearing self-sabotage, anything related to self-sabotage. We're clearing soul contracts and there will be multiple billions, maybe trillions or gazillions for the whole group because we have a nice, big audience here today; lots of you. I love you. Hi everyone! Oh my gosh, I'm so happy you're all on the call.

So we clear soul contracts, soul contracts of others affecting you negatively, demonic curses, and then we go into perception. And the field of perception has five things that we clear: group mind which is a meme, group miasm or group mind virus which is a miasm, group mind virus, and then we clear black magic. Now black magic is what you tell yourself, "I can't do this..." or "I don't sleep..." or "I always do this. I always throw a monkey wrench in everything..." That gets programmed in and becomes part of your reality. So if you're telling something that's not supportive, you might be saying I'm moving out of a pattern that I've been in and it's really exciting to see that things are starting to shift and that could be a way that you speak, is that you

just acknowledge that there's a pattern you're moving out of. And then when you're really kind of out of it, you want to just be affirming the positive.

Okay, so we've got group mind, group mind virus, meme/miasm, black magic -- things you say about yourself, curses. We talked a little about this before; curses are different than demonic curses. Curses are what you might put on someone else or they might put on you. And so when you think about curses, I want you to think about when you're angry with someone and you say, "Blah, blah, blah. You son of a gun..." you know, whatever. "I wish you harm..." or whatever. I'm sorry I just never say any of that so I don't know what to say but I do know that if you're angry with somebody and you're yelling at them and you say something unkind to them, that's a curse. I took that out of my language quite a while ago so I'm not doing that, but I'd probably do other things. So anyway, that's what curses in perception and then the last thing -- so there's four things that we've already said and there's one more and that is past life, like traumatic episodes from past lives.

And you don't have to know what you're cleaning but in this kind of a clearing where you're doing this quantum pump -- I'm sorry, when I do this, I'm doing a hundred of you but there's -- actually I'm doing maybe a thousand of you because there's almost 500 viewers that are registered that we can see which means there's probably twice as many. It's really fun to have you all in the call; I bet more of you are coming on as we're doing it. So keep your hand going this way; you are not me, so I want you to do this.

You know what's so cool is I noticed that we're moving things much more rapidly on the calls because you're participating. You are a rocket and you're probably getting really good results when you're working on yourself during the day too, I bet you. So I just want to validate that you've got it down, you know what you're doing. I sent you some very old links of me in the forest with wild hair and no make-up doing the quantum pump because I've gotten so many concerns and I promise I will do a beautiful Hollywood video for you at some point so you can really see the demonstration, but you can review these videos anytime you want.

And by the way, for the people who actually subscribed from the Darius program, understand that this will now be part of your package. You'll get these replay videos which you can do anytime and the transcription, so this is part of what you're getting. And we're also gifting you a No More Ghosts class coming up; so the people who paid for this class, I'm so appreciative of you. I love you, I appreciate you. We're going to actually do a No Ghosts class and I'll be in a slightly different position so you can see all the hand movements for 75 minutes. I'll let you see my hands for 75 minutes. I'll just sit a little differently in front of the computer so you can see everything.

And for those of you who are joining us who are guests, you are so welcome and we love you. All of our computer glitches had us really be kind of, "How do we respond to this..." And this was the best thing we could do is to say, okay well we're going to open this class up so that the students who have been really wanting to join the call are on and then the Darius people will also get some additional training so you feel like it's all worked itself out. So I hope that's okay and just know that everything is in Divine order. Actually things have been really sorting themselves out. We've got 12 people now on my team all working on all the different technology issues. It's a lot when you commit to a global movement and you get like I think we have 15 different technology programs, maybe more. This particular show, we're actually using four different technology systems to do this broadcast to you and we'll be adding one more, we'll be

adding a teleconference line in the next series so that people who maybe are driving and can't tune in with their computer will be able to tune in from a teleconference line, so we'll be adding that very soon. It's very exciting because one you have enough people and the technology mastered, yahoo, it works!

Okay so I see and I feel that the self-sabotage has cleared, so we're going to go next to something that so many people come on the call and they say whether I'm interacting with them in the VIP Program or one of the 20-minute sessions, I hear a lot of times, "I'm troubled with anxiety and depression and I really can't express myself. I feel like I want to hide." So the next clearing we're going to do and we'll probably be able to do a clearing every five minutes so we're going to do a lot of them, we're going to clear anxiety and depression next. So everything from soul contracts, soul contracts of others affecting you negatively, demonic curses, black magic, curses, group mind, group mind virus, traumatic episodes from past lives, emotional programs, and DNA. So let's get to work on that one.

And full self-expression is really about you getting your own mission down and out. Down and out, or whatever that is. You want to really ground your mission, you want to know what you're up to and be able to contribute to others, if that's your mission. You know if you're a light worker, that's your mission is to help others and also to live a life of joy. We will be clearing self-sacrifice also. Some of you have that one way too large and so you're giving everything away and we want you to have a great life also. I know when I had my hands read a few years ago, I guess I had the self-sacrifice in my hand. I have some big lines in both hands that were way too much self-sacrificing, so I have always been working on that and really manifesting this year. So I'm getting to do things for myself too and that's what I really encourage you all to do.

So full self-expression might be starting the day with meditation and then getting up and working out, maybe you're on a really healthy plan so you might want to sort out your food and your vitamins in the morning before you start your day. Having enough rest during the day, drinking enough water, having a social life, being with friends and family. So full self-expression is all of that; taking vacations, and having a spiritual life, being able to connect with the Divine and being centered and grounded, feeling peaceful, feeling serene.

I was out running on Mount Tamalpais on Saturday and Sunday, broke my all-time record. I am trying to speed it up. I'm moving in five weeks and so I have five more weeks of living close to this big mountain. Now I've moved to another mountain. And while I was running, I discovered a wood side Iris. An Iris had bloomed on the trail in January. Unbelievable! They usually come up in March and here was one, lone, beautiful, happy Iris; a little purple Iris. It was close to the ground and I'm thinking, wow this is a really courageous Iris because we're still getting nights on the mountain that are like in the 40's. So it was very beautiful and quite a fun surprise for me.

Yes and you know you want to really be thinking about -- as we're clearing these issues around full self-expression is, are you really living the life that fulfills you? And if you're not, like I talked to a few people today in shorter sessions who were sure of -- anesthesiologists and several other people, homemakers who were just sure that they're in the wrong job. So what I encourage you to do is make the work, the career, the location you have right and then you can graduate out of it and move to the next thing. When you are making the position you're in wrong somehow, like I feel that my divine purpose is to be a healer, or a writer, or a healthcare practitioner, or a doctor, whatever it is and you're doing something else, the best way to transition is to fully embody what you are doing and then start training and doing what you need

to do, lay the foundation while you're in the other career and as much as you can, make the career right. The more you tell yourself you're in the wrong place, the more you set the vibration that you're in the wrong place and you can't move. So really the amazing thing you can do for yourself is say, I'm in a perfect place, my career supports me in training and in doing what I need to do so that I can step into the next phase. And then really do use your off-time to do the training, whether it's reading or training with these live conferences, studying with me in the Immersion program or with some other master; whatever it is that you're wanting to bring in, you got to budget that in.

We do have the ability on this a little further down to actually follow-through so that you could create. A lot of you I've heard and get the -- yes, numbers keep going up, wonderful. I've heard a lot of you have like these creative ideas that you're just like a popcorn machine. You just pop, pop, pop, pop, pop with ideas. Well the ideas come out, but then you don't get them grounded and you don't get them out in the world and I know about that because I'm a fire starter. In my Vedic Astrology, I'm seven planets in fire which is a lot of creativity and so I would start projects like all over the place and I wouldn't complete them and it just is so darn fulfilling to get them all complete. I'm just working on my manuscripts, so today I was sorting out chapter titles on *Awakening the Healthy Human*, that will be coming out real soon and I wrote that five years ago. I wrote that in 2010 and an editor even went through it for me a few years ago and I just didn't get it out. So enough of that fire starter, starting bonfires and running away to the next one; I'm actually finishing them.

It was one of the things my friend Jack Canfield told me is if you have a desire to contribute and for me he said, if you've written these manuscripts and more than 90% of the population doesn't know anything about what you're writing about, you owe it to humanity to publish them. So, thank you Jack! It really has been a little bonfire under my buns to get those done. And I do have a manuscript that I've written last summer; I want to cultivate that some more. The *Female Power Brain* will be my next book out, so I got the majority of that book already done but I decided to use the time, we're in Mercury Retrograde to go into past projects and finish them.

And by the way, you know that Mercury Retrograde is the perfect time to complete old projects. I believe that we might be in the retrograde until the middle of February. There's probably an astrologer online who knows but it's February maybe 18<sup>th</sup> or 16<sup>th</sup>, somebody said to me and I thought -- well my intuition is I was working because a couple of weeks ago I thought, I need to do the old projects. I was really thinking that I would finish up the *Female Power Brain* book and I got, "No, you're probably going to finish that the minute you move in to the new house but for now, let's finish up those manuscripts, as many as you can." So that's what I'm doing. So if you've got an old project that you want to finish, this is the perfect time. Full self-expression, let's get something done with them. The energy of Mercury is kind of looking back. People think Mercury Retrograde is like pulling you backwards so you can't move forward but if you want to complete things from the past which is moving forward in a way, it's completing things, it's the perfect time.

Okay I feel like anxiety and depression I've tested and it seems like we've done a really good job on that. Congratulations everyone. The next one we're cleaning is 'can't be happy.' So many of you maybe can be happy for a few minutes but then you lose it. Or can't be peaceful, or can't be satisfied, or can't be blissful, like there's no permission to actually sustain any of these, that the place where you end up being is in unhappiness, or unrest, or struggle, or something else. So we're going to clear all the programs around can't be happy, can't sustain happiness, and all

the others, serenity, and bliss, and contentment. So let's get started on that and again we're doing the same thing; we're clearing soul contracts, soul contracts of others, demonic curses, black magic, curses, group mind, group mind virus, traumatic episodes from past lives, emotions, and DNA.

A special thank you to my Immersion students who came on the call early to clear the technology; I love and appreciate you. Thank you so much. With so many people coming into the call and lots of people who may have a spiritual parasite or two, we discovered that the technology issues weren't really as much technology as they were some spiritual parasites getting in the way. So I really, really appreciate the behind the scenes students who have taken on just lovingly supporting all of us and keeping the line clear, the technology clear which we should be pretty clear of glitches for 2015 now. I think we've got it all figured out and it's not all about technology. So if you've got a few spiritual parasites that bug you on your computer or some odd things happening with your cell phone, you can use this kind of clearing to clear them.

And by the way, for those of you who heard about the Spiritual Parasites class, we will be offering that as a paid class, so you watch the announcements and you'll see it coming up. It's an amazing class to take live. I am adding one new thing to the training. Normally we would clear evil spirits, and demons, transmortals, entities, and aliens, and we'll also now be clearing ghosts from people's bodies. And what I've discovered is we got a bunch of people together in the Immersion program and people had their husbands die or their favorite aunt die and it turns out the ghost of the person was inside the body of my student and that more naturally happens when you're a spiritual being and you're compassionate and loving and they'll jump into your body rather than progress to the other side. So we'll also be teaching how to clear ghosts from the body which should be pretty cool. And I think most of you with the Darius program already have the 2-hour training I did, so you have that available to you and you'll be getting this as another gift from me. I love and appreciate you and I'm so happy that you've joined my community and are one of the 5 million minds that are being touched with this amazing quantum field.

Okay, we've cleared the 'can't be happy' and we're moving on to 'cannot sustain a balanced life.' So let's go ahead and clear that. Again, people have said to me, "Well I kind of cleared addiction to smoking but then I go crazy on drinking..." or "I cleared it with shopping, I shop too much but then I overeat..." So we're going to clear the addiction patterns, and then being able to sustain what you've now adapted as a healthy habit. So we'll do the same lineup that we've done each time. So we're starting on that next.

And I will take a look at some of these messages here. Let's see where we're at. Bruce is asking, *"What happens with spirits you clear when they leave the body?"* That's why you want to train with me; you don't want to just start moving them out. I move them to 'healing temples.' What I typically find out is - if we can, what they were raised, what their religion was and then we move them up to heaven, whichever their healing temple is. So for Christians, we think of heaven but we also do every spiritual background and there are healing temples for each and every faith and belief system.

It's been so amazing because I have always had this gift to help spirits progress, who are trapped and so from the time I was very young, I always helped with this. At the Lake Harriet Community Church in Minnesota, I noticed a few of you came on high from Minnesota and that's where I was raised and spent the first half of my life, and they would just ask me, a young

person in my 20's, I would go up on the stage altar and they have like six healers that would be doing hands-on healings and they would give me bushels of prayers for trapped people who their family members were concerned that they might be trapped on the earthly plane. I would sit for hours in the afternoon, on a Sunday afternoon once a month and I would move them all up into a heavenly temple. And then there were catastrophes, I remember even when I was disabled and homesick, I'd be aware of like earthquakes and disasters where children would be involved in, I'd be able to help move them up to heaven. So you know confusion happens sometimes when people leave their body.

Actually because some of you might not come on to that call, what you want to imagine is that their spiritual guide, the being that they believe in like Jesus and Mary, or Buddha, or Guanyin, or whoever it is, maybe Moses, or the Supreme Being, but it could be any of those, you imagine that they come in to the room and for me I've really had the blessing of having Jesus and Mary help me with this project. Mary is on all the time helping both the injured and the sick and helping beings move to the other side and Jesus comes quite readily. And you might imagine as you begin, as you learn how to do it, you might imagine them walking across the bridge to heaven and meeting their spiritual guide. **[Recording gets cut off at 00:28:06]**

### **[Part B]**

The entire call dropped momentarily. I hope that most of you are jumping right back on. Here we are. I'm not going to give any too juicy information because it looks like we only have 50 of the 600 viewers and I bet there were more than a thousand of you. So just keep pumping and we'll just give you all a minute to pop back on.

Yes and we're talking about clearing ghosts and maybe there are a couple ghosts that *[Laughs]* want to stay in your body, who knows, but that would be how you do it. And then the actual technique of it, I'll be showing in the training class. By the way, I go into much greater depth; the No More Ghosts class is amazing, the Immersion class we go through more than a day on spiritual parasites and we clean house to zero, so you get to zero. It's very exciting. It's a good day; it's a rockin' day. So if that's something that you're really passionate about it, then that would be where you plug in.

Okay, so we've cleared 'can't sustain,' balance, and once we've cleared some of that on 'can't sustain' once you've cleared an addiction, then you go to another one. We've cleared some of that too. The next thing we're going to do is about money and this is an issue I hear about a lot. There are many of you who create money, but it doesn't look like it because you create debt simultaneously which stresses you and you don't sustain the money. It just goes from creation to debt creation. So there are patterns -- obviously soul contracts and curses and all kinds of things that are at fault for this, so we're going to clear that next, the 'can't create' in a way that you're going to hold on to with money. So we're going to clear the pattern to need to create debt and then also your ability -- which we did in the first call, we did some on this on the wealth call; either the first or second call. But we're going to do more on that because there's this kind of thing that happens where you start getting successful but it looks like it all goes out the window. And I have had quite a few of the Silicon Valley people come up for sessions and basically say, "Oh, I earn enough money. That's not the problem. I don't hold on to it." So I get that Apple and Google and all those other wonderful technology companies pay really well, but if you've got

these programs running about creating debt, then you're still not going to manifest in a way that you want. So, we're clearing that next.

Oh my goodness! Oh you guys are so awesome. I'm seeing these numbers and we're only a hundred short already and it's just been a minute or so. Yay! Mercury retrograde, but I'm guessing it might have been a couple ghosts jumping into our multiple technical things.

You know we're going to go on to something really amazing after this which is clearing women as second class citizens. Many, many of you on the call are women and many of you are men who love women, so we're going to take it to the next level and then we'll also be clearing that women and men can stand in their power. And then anybody who -- we'll label it as women but if you feel like you've had for whatever reason been put into a category as a second class citizen, this clearing is for you. So if you're a person of color or if you're a person with a unique religion from your community, if you have a sexual orientation which isn't the one that your community understands, all of this will clear all of that -- that second class citizen issue.

I'm going to peek on the screen and see what's going on here. *"How do I clear grief?" "Thank you. We love you. Nice! Excellent!"* Okay, thank you. How do you clear grief is the same way. We might have time to do that. I'll add that to the bottom. If we do grief, I'll add that to the bottom of my list because I know that would be an issue for some of you. And we are already into clearing second class citizens so we're doing that next, against soul contracts, all the way down to DNA.

I love the idea of being 100% you and being 100% expressed; it excites me. And when we're looking at 100% full expression, we're not looking at perfection. I think that was an interesting conversation I had this week with somebody who is so stressed out and I hear this a lot, there are so many of you on this call who want to write a book, or want to speak, or want to change careers and you get so hooked up in the idea that you have to be perfect that you don't ever get it done. So understand that going for 100% isn't going for perfect, it's going for full self-expression which has its own unique version. And being able to forgive yourself for being imperfect, being able to laugh at yourself -- I'm really good at that. I make fun of myself all the time. You'll see me being goofy and I'm a Minnesota girl, I can do it. I don't know if all Minnesota people are goofy but my family was pretty goofy. My dad was very goofy, so I have permission to be goofy.

And if you're hard on yourself for being imperfect, what's going to happen is you're going to focus on the imperfection and it's really a tough thing when you're focused on the imperfection to move forward. When you're focused on what's possible -- okay, so some things went wrong and now we're going to focus on what's possible. We're going to bring some order back from the chaos and we're going to put things right again. I always find that rectification is one of the things that helps not go into perfect pictures. When things are not flowing and -- for example, you could be trying to make headway on something new and you're in Mercury Retrograde and you're going to be stopped and maybe everything is going to break and fall apart, I don't know. But if that's the case, you want to reboot, reorganize yourself, and then move forward gently and lovingly. And just put your foot in the water and test it, is this the way to go? Like I said, knowing how to work with Mercury Retrograde is going to be really helpful for you, so being able to do the working with things from the past is going to help so much.

One of the things that we're focusing on the next couple of weeks is the bunch of interns come into the team to do blog edits. So I've written over 150 articles and we'd love to get them all

tidied up. I've been writing like a bandit but I'm not an editor. So we're going back to articles from five and six years ago, all the way up to present time and we've got a bunch of people doing edits and that will be very easy to do because it's a past activity; we're correcting something from the past. Just like with my books, I felt like this was a time I should just take out the books. So as I can, I've been working on Awakening the Healthy Human. We've just finished all the re-edits with your Divine Human Blueprint. Hopefully tomorrow or Thursday, I start on just going through the completion. We're doing a second edition of 100% You and then it will probably be birth clearings. I did a book on birth clearings, The Sound of Truth. I did a beautiful book on my time with three masters from the East and it's really amazing. It's all about music and the spiritual aspects of music and how Eastern and Western, how Indian compares with American music; so I go through quite a bit of detail. I wrote like eight to nine years ago, so I'm getting it done. And I just encourage you to do that too. You've got two or three weeks of Mercury Retrograde.

As a matter of fact, is it possible that we could put up -- I know we have the texting coming in. So either let's text in what you would like to complete in the next couple of weeks while Mercury is in retrograde, so you're moving forward on something from the past. I'd love to see those in the stream. And Lisa, I don't know, can you put up a survey box or you'd have to actually have - - I'm learning about this technology. I got told that we could put a survey box up and you can click on it, so I think you have to respond. Who don't I do it this way? I'll ask -- and we're not prepared for this, so let's see how it works. *[Laughs]* You get to be my experimental class. How many of you have a project that's sitting from the past that you could commit to completing or at least work on in the next two to three weeks? So let's see if we can get that question going in a survey. So that would be a yes or no answer. You have a project you could work on and commit to completing. And as you commit to completing that, we'll clear the energy around that project so that you can.

I mean that's been so amazing. I could never complete a book. I would write book after book and there was something about not being able to complete it, and when I cleared my energy with the 100% You Formula, I wrote that book in six weeks. I knocked it out. And it just was like divine download, just boom-bi-di-boom-bi-di-boom-bi-di-boom. And some of you might imagine that that's the way your book is going to get written or that's the way your project is going to get done. So how many of you could commit to completing a project from the past in these weeks where we have Mercury Retrograde? I'd love to see that. Let's see here. Oh, it's just going too fast. Oh good, we've got a lot more. The viewers back are close to 600 again; that's fantastic and I'm sure there are many more of you because I know I don't see all the numbers.

Hey, did I tell you yet I love you? I don't know if I did on this call but I love you. I'm so happy you're on the call and moving towards full self-expression, being 100% expressed and we're just doing great. Okay the create debt is cleared; the second class citizen is cleared. Next we're going to clear the self-doubting, lack of power, inability to step into power, inability to step into confidence. So we'll be clearing that next and we'll start with soul contracts, soul contracts of others affecting you negatively, demonic curses, black magic, group mind, curses, group mind virus, traumatic episodes from past lives, emotions, and DNA. So let's go for that.

Woohoo! Yay! I'm getting lots of I love you's. Aww. You're all my sweethearts. *[Laughs]* It's so fun to be with you for four weeks. I really feel each one of you. You all come in to my office with me and I just feel you. You're just so precious. And what a different energy from the first day we started. Do you feel how light it is and how much easier it is today? And I know we had this little



blip in the technology but there's so much love flowing on the call today, it just feels so amazing. And you know I do feel some of you in struggle and you got to the call and you're starting to feel a little upliftment, I can definitely feel that. So I understand that you've come in all different forms and shapes and with different things on your view screen and in your emotional body, and I appreciate each one of you for getting on the call and making this transition with me. The more we change and the larger the numbers, the faster group mind ripples out and we have this new consciousness where it's easier to hold once you let go of addiction or it's easier to stay without anxiety. So we're creating a kind of consciousness across the globe when we do these clearings in these larger numbers, which I'm thrilled really.

So we're clearing again self-doubting, inability to step into your own power, even fear around stepping into your own power; let's clear that too. *[Laughs]* Lots of love flowing. Thank you, thank you, thank you! I think there's like a 20 or 30 second delay but I'm getting all the love. I just feel amazed, loved, and cherished. It feels good.

You know the other thing I'd like you to start thinking about is completion and when we're talking about these projects, I want to give you some clues on how you're going to be able to get it complete. When you talk about a project and you keep saying, "I'm working on it..." it never can fulfill, okay? So set yourself deadlines -- we might not call them deadlines because dead and line doesn't sound that great, so maybe accomplishment completion dates and break your project up into pieces. And rather than working on the book, I'm completing the first three chapters on February 1<sup>st</sup>. So that you're actually always speaking about completion, that you're completing, that you're graduating from, that this is coming into reality. When you say I'm working on it, it could be a project that falls into a bottomless dark hole which always needs to be worked on, so it's something I'm learning. Our Website challenges have been incredible and we've got a team who's always working on it. And what I have really decided with everybody is, I'm asking for deadlines, we're working on specific projects, and we're completing them. So it's a really amazing thing to have this awareness and understanding and get that it's our languaging black magic. It doesn't sound like a bad thing to say "I'm working on it." It doesn't, does it? Yet I'm always working on it means you're always going to work on it, for always means always. Every free chance I get, I'm working on it. That means that you've put yourself into kind of this black magic hole that never gets fulfilled. Yeah! No, no, no, no, no.

So give yourself, "I'm working on this project..." and stop saying, "I'm working on it." Say, "Chapter One through Three will be complete on February 1<sup>st</sup>." And if you don't complete it by February 1<sup>st</sup>, say, "I'm moved the completion date to February 17<sup>th</sup>." So that's just it. I mean you're just going to be working on completion now and that really creates a really powerful languaging for your work in the --

### ***[Part C]***

And we're back. Are we back? Yay! Well, it's all good isn't it? Look at you all. Wow! In one second, we went from 0 to 67. In one second! Unbelievable! You guys are amazing at clicking buttons on your computer. I'm so impressed. Yes, okay so we're going to -- let's see, are we done with the stepping into power? Yes. So the last one that we're going to do for the class and then we'll end with -- yes, we'll have a five minute completion ceremony for you. The last one

we're going to complete, let's include grief with this, is being able to follow through with ideas, being able to ground them and being able to create, and that's what we've been kind of working on already. And then also let's put being able to finally and completely let go of someone with grief. By the way, Karma Clearing, the program Karma Clearing is really helpful for grief. It really, really helped me to put an end to the grieving and get back to more joy. I actually will be doing a class on love and relationships which will include that later, end of February. So if you want to watch for that; that would be good if that's an issue for you. It's a big subject and probably not one I could do justice to, but we can clear it right now and then it's probably better to learn a little bit more about it in the future.

Wow! Impressive. So again for those of you who are just coming on, the ability to follow-through. So you have an idea, you can ground that idea and then you can implement and get that idea out into the world. And also we're clearing grief for the people who are struggling with grief, so being able to have completion with people who have left their bodies.

I imagine many of you are in different parts of the world with different weather. I'm in Northern California and I'm hearing about big blizzards. I understand it wasn't as bad as people thought out in the East Coast but 10 inches of powder came down last night I understand in at least one of my girlfriend's areas. We've had a pretty nice weather here in Northern California. It was a little cloudy today. We didn't really get very much sun today but we've had weather in the 60's most days. It's been really lovely. *[Sighs]* So that's the weather report. *[Laughs]* It's all good.

Yes and 100% you and full self-expression, see this is what I'm doing, just making it go faster. *[Laughs]* Not what you should do. You do this. This is what you do. Have you had a glass of water recently? Here, have a sip. Here you go. Drink up.

You know just this last concept I'm going to talk to you about and then we're going to go into a little completion. Being fully self-expressed is having your money life in order. It is being in the right career. It is having a spiritual life and a divine connection. It's being regular with your exercise and being healthy with the food you eat. It's having a good social life and it's having a good relationship with your family, and that can take different versions. It's not about you changing them; it's about you changing who you are around them. I know some of you, we talked about family last week and it felt overwhelming to a few of you. But honestly, baby steps can make a world of difference. If you have the notion that things can be better somehow and you let go of controlling and sending control energy, you pull all your energy out of them and all of their energy out of your energy, all the cords out, then you get some sovereignty in your space, and then you can take baby steps. And it might not be that they're going to be your best friend or they're not going to be family or whatever the modern family. I don't know what the new, latest, cool family is. You might not have a perfect family and they might not be people that you hang out with a lot but you can make them right. Somehow, you can make them right.

And it's such an important learning, it really helped to heal, that's why I talk about it a lot. It makes a world of difference when you're right with your relationships and with your family. So social life, money life, career, exercise, recreation, taking vacations, getting enough rest; all these are very, very important for full self-expression.

Okay my dears, so I get that we're clear on the ability to ground and to create and ground what you're creating, and get it out in the world to be able to follow-through. And I'm very excited about some of the projects you're going to be creating and what you're going to be working on in the next couple weeks for completing from the past. And if you want to, send me an email and

let me know how it's going. I've love to hear completion stories. That would be very exciting for me and you could put in the subject line so I'll know what it is. Just put 'Full self-expression, completion.' And then you can write something to me and I'll be so excited for you. So please, please, do.

Okay, so I also had mentioned at the beginning of the class that we are doing a very, very special Valentine gift. We're doing an hour of clearing on Valentine morning and I am gifting this to all of you. So if you want to sign up, I think there's going to be a link that's going to pop-up and you're going to be able to sign-up, so there might be something -- I don't know, something magical might be happening soon? *[Laughs]* So I don't know, we're testing it so we'll see. But there is a link and we'll be sending that out to everybody.

If you haven't signed-up yet on Julierenee.com in any way, why don't you do that so you'd get our mail-ins if you want to. I know that some of you got the emails and maybe shared this link with people who don't have the link yet or aren't getting our emails, so that would be wonderful.

Okay, so I think we've made all the announcements. This is the completion of the Four Pillars class and you've done a wonderful job. The energy is light, and airy, and delightful. I'm so happy to have spent some time with you.

Let's go ahead and out our hands together in prayer position. I'm going to back up just a little bit here and I want to show you integrating now. So you're going to form a lotus with your hands and it's 'As above, so below.' And so we're going to raise the hands up over the head *[Breathes deeply]* and take a breath in and then down, out, and just see your heart integrated with your higher self. *[Exhales]* You want to do this 10 times. Breathing in through the nose and holding, and breathing out through the mouth as you come down, integrating your heart's desire with your divine self, with your high self, bringing it all into physical manifestation. You are fully self-expressed. You have that ability to own that now and it's going to be very exciting the coming years, as you've noticed you've cleared away so many blocks.

I don't know if that's 10. Let's go ahead and put your hands together in Namaste and just allow yourself, your eyes to close for a moment, feeling this, feeling love, feeling the completion, feeling centered in your certainty, centered in your beauty, in your handsomeness, in your partner, feeling free and ready to go out into the world to create more love, more health, more vitality, more money, more of everything that is good and right and makes the world a better place to be. I honor the god and goddess within you. God bless.

**[End of Transcript]**