

100% *You* Formula

NAPA
WOMAN
OF THE YEAR
2010 & 2011

PWI
SPIRIT OF
LEADERSHIP
AWARD 2012
JULIERENE.COM

*How to achieve more energy, vitality and focus
by clearing hidden blocks to your unlimited
success with Quantum energy*

Julie Renee Doering

100% YOU!

The Ultimate 5-Step Restart Formula to help you become Healthy, Happy, in Love with Your Life, and a Super Star NOW!

Have you ever imagined yourself receiving an award on stage? Perhaps you've imagined a Nobel Peace Prize, an International Leadership Award, or possibly winning a cross-fit competition or dance competition. Have you ever imagined improving your health and vitality so much that your future could hold many more years than your elders?

What if you could not only overcome illness, injury and suffering, but you could live at 100%? Imagine every part of your body working at 100%, your relationships thriving at 100%, your wealth accumulated at 100%?

What if you could use this vitality, focus energy and organic power to speak to and to serve millions of people? What if you could not only have lots of great ideas, but you could have the clarity, focus and momentum to implement them?

Imagine getting your vision out in the world with grace and ease. Imagine being recognized for your talents, accomplishments and expertise. Imagine the impact and influence you could wield by living your 100% life. Finally, you'd have the life you so deserve.

If this describes you, I know what you are craving, what you are about, and where you would like to go. What's more, I also know what's standing in your way.

My guess is you have a burning desire to contribute to make a difference, to have the energy, vitality and focus necessary to fulfill your vision of a big life of contribution. In order to accomplish your goals and help people, you've got to have 100% health, focus, clarity, strength, and energy.

Perhaps you're an entrepreneur or small business owner, a mother or father, a professional or creative type. Most likely, you've been operating and creating your vision from a much lower function of vitality than the 100% mark. Until you picked up this book, it may never have even dawned on you that you could create life from a 100% perspective. Now, I don't mean to undervalue the life you have already created. It may be enjoyable, it may be workable, and maybe it's even rewarding, but at the end of the day, you are still in a body that is not at 100%. And when all is said and done, you are breaking down, aging in a degenerative pattern, and you haven't discovered the secrets to regeneration.

In spite of it all, you know there's more to life. You realize with each passing day, your time to impact the world appears to be finite. It's a vicious cycle – if you had more energy or slept better, or if you could just focus or get the momentum back you might have what you need to get your legacy, your mission into the world. You realize that if you simply stay on the track you are on now, that time will run out, you may lose your opportunity to fulfill your vision, and you may already have settled into a half-life, convinced that

"it's just the way it is," or "that's just how life works." Group mind hypnosis (believing in what everyone else believes) and a short degenerative life cycle (living less than 150 years) may be the only reality you have ever known.

Perhaps you sense something else is possible. Perhaps somewhere inside you is a dim memory of your own Divine Human Blueprint, which eggs you on. It is the thing we call hope, what inspires your vision, and sends a rippling echo from deep within you that acknowledges *I always knew this was possible*.

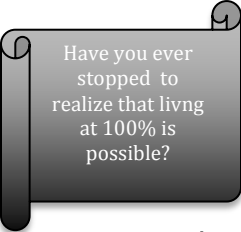
You want to stop living a half-life and start living 100% every day. You want to trade a fuzzy brain, exhaustion and sleeplessness for brilliance, momentum, and deep fulfilling rest, so you can live fully self-expressed. You want your 100% life and lifestyle so you can experience the preciousness and value of your life well-lived. You want and need to proactively access all of your potential, to open up to new knowledge, vitality and possibility, for freedom, control and independence!

This book is about you becoming the **100% YOU SUPER STAR** in your life and community, so you can live your best life, and put yourself first and foremost. And then you'll have all you need to deliver in a BIG way your personal mission, your dream, and your ability to create your legacy to the fullest.

Whether you are in pretty good shape. have a few challenges. or are really struggling, this book is about you getting back to freedom. There are many options for you to

improve your health, wealth, and vitality and energy in the world today. The choices are endless. If you are a beginner, or have tried lots of ineffective options, selecting your perfect path may seem daunting. Fortunately, your Divine Human Blueprint has already been systematized since the beginning of humankind. The Divine Human Blueprint consists of five classifications, which are laid out for you in an easy to understand system, saving you years of time, research, money, and effort.

The following pages are designed to turn your inner awareness and already good life into a 100% Reality that gives you incredible access, authority and momentum to create a wealthy lifestyle effortlessly.



Have you ever
stopped to
realize that living
at 100% is
possible?

Your Opportunity

I'm going to go out on a limb now. I have a feeling I know *exactly why* you're struggling to succeed at BEING 100%. I know why you have not been healed or cured or "fixed." I know why your intent and efforts have not paralleled your efforts.

First and most importantly, know this – the problem is not you.

Both the "diagnosis" and "cure" for your living 100% in healthy, vitality, wealth and relationships can be summarized in one simple, yet seemingly elusive, concept.

Are you ready?

The concept is....Your Divine Human Blueprint.

That's it. You have a Divine Human Blueprint, which holds the encoding for your 100% healthy, happy life. My hunch is that what you are currently lacking is access to the ancient

knowledge that was wired into you and into all humans from the beginning of humankind. No matter how awesome your medical and alternative practitioners are, no matter how awesome your wellness program is, or even how amazing you are, or how much heart you bring with you into everything you do, if you aren't accessing the design you are created from, well, it just doesn't matter. You'll want to acquire a significant knowledge of your own blueprint, or align with a group of people who understand the Divine Human Blueprint and care about you and your full return to 100%.

In this book, I'm going to do my very best to inspire you and give you the tools you need to get started on accessing your magnificent design. Ultimately, I want you to be able to restore and regenerate whatever troubles you, activating your best life ever, so that you are living your life so fully expressed that you create a life you never dreamed was even possible.

I also want to give you a huge gift. I want to help you get focused, be clear and feel full of energy. I want you to be able to touch into your Divine Human Blueprint and activate your best health. As a start, I'd like to gift you with my programs: Brilliant Brain, Fatigue to Fabulous, and Dynamism and the Law of Generosity. Using gorgeous guided imagery accompanied by the sounds of melodic harp strings, you will begin to acquire new awareness and health simply and effortlessly.

Are you intrigued?

I know I am promising you the moon, so to speak, and I know I'm going to have to prove the authenticity and power of the Divine Human Blueprint to you. Don't worry. I've helped a number of high profile clients, from a top-level NASA astronaut, to a Stanford scientist, a Google executive, to Pentagon officials and a United Nation Ambassador. I've also helped Hollywood's Barbara Niven, Marci Shimoff, New York bestselling author of *Love for No Reason*. Holistic MBA's, Carey Peters, Jill Lublin, author of *Guerrilla Publicity*, and members from the sciences, physics, psychiatry, Internal Medicine, theology, a surgeon, Holistic Health practitioners, and a whole lot of people just like you.

I'd like to share the same systematized health activations I did with these high level thought leaders, because these same techniques will help you, too.

I'd also like to share with you the 5 elements of Your Divine Human Blueprint that can help you shift from the "Band-Aid fix" to a 100% restoration; these 5 elements are simple, easy and extremely effective.



My Story

It all began at North Memorial Hospital in Robbinsdale, Minnesota. I grew up with two brothers and two sisters in a middleclass family in the suburbs. As a child, I can't say I ever questioned my mortality. Oh, just like you, I had the usual childhood catchable stuff, like measles, mumps, chicken pox, and an occasional cold. Bbut for the most part, I was healthy. I did have one unique condition though: I "chose" not to speak. I probably would have been diagnosed as autistic had I been born today, but that was another time.

Oddly, at age three, my pediatrician told my mother that if they removed my tonsils and adenoids I would speak. Well, that didn't work...but I figured if I didn't start making sounds, they would take more out, so though not intelligible, I made sounds resembling words till I got into school. Once in school, I learned how to hear and replicate sounds and words, and after two years of speech therapy, I had the best pronunciation of words in my elementary school.

Actually, that whole experience has been an amazing blessing, I learned I could master anything with practice – even things that weren’t natural to me. The second blessing was that I became an incredible listener. I went on to train as a classical vocalist and have sung in nineteen languages; many of those I replicated so well that native speakers assumed I spoke their language.

When I was about twelve, my family went on a family vacation to Nevada. We were all great travelers and loved the adventure. By this time, I had eight years of camping under my belt, and I knew what it was all about. I got lucky and got to sleep in a pup tent with my big brother.

Why I got the worst of things, we’ll probably never know, but at age 23, on Dec 2, 1980, I learned that I had terminal cancer. Wow what a shocker...not to mention I was four months pregnant with baby number three. Imagine being in a loveless marriage, a baby on the way and no apparent way back to health!

Though I didn’t have the Human Blueprint information back then that I have now, my faith was unshakable. I believed God personally loved me and would help me out of this certain death.

The sequence of major events that year went like this: pregnancy; major surgery in month 4; surgery in month 6; delivery of an 8 pound baby boy at 9 months (my weight was 104 lbs.) Six weeks after birth, I had another major surgery, then 6 months after birth, I endured radiation, experienced

multiple hospitalizations, had 2 minor surgeries, and was extremely weak and frail. Fainting away, I died –alone – my body collapsed. Then my spirit pushed me back into my body and reanimated my body. But the fun and games didn't stop there. Next came separation and divorce – a breakdown and a break apart.

Oo-la-la! I hope you never live a year like that. I have found that no matter what our challenges are, they are all big to us, because they are our personal challenges.

Now that was the year I will always remember for what I discovered:

We are radiant.

We are beings of light.

Life is not over unless we say it is.

Faith, which is part of perception, can help you overcome many difficulties.

I hadn't a clue yet as to how everything worked. Thank God for faith, hope, and love, which carried me till I could comprehend and translate the intricate workings of the Human Blueprint. It was then that I could begin the wise elder journey of implementing my own health activations, restoring health where none was possible.

When all was said and done, I had 17 surgeries, 2 cancers, 10 years of radiation treatment, 5 near-death experiences, a year in a wheelchair, 2 major brain injuries, and a whole heck of a lot of PAIN.

You might be wondering how I went through all of that, and how did I get to be the healthy, happy woman I am today?

Remember I told you I had become a really good listener? Well, that isn't the half of it: While working as a graphic artist for the police department in downtown Minneapolis, at age 26, my body would actually receive WCCO radio. Out of my chest, my office mates heard the announcers covering the news! It was so funny. I will never forget the announcer saying, "It's Harmon Kilibrew; he's hit a homerun!" Well, with that kind of receivership, you can probably imagine the challenges I have had with technology, and the blessings I have had in being a clear space in which connection and reception to the divine can occur.

One day a few years ago, I'd reached my end emotionally. Maybe on some level you've had a moment like that. I wasn't depressed. Instead, I felt a firm resolve that things were going to change. My perception shifted. I was no longer interested in survival; I was interested in experiencing the promise of a garden of Eden life. A life without pain. Some people would call this thriving, but it was more than that. I resolved that I was going to return to 100%, or I wanted out of this pain-wracked body.

Remember these two ideas, having resolve and opening to having a shift in perception, because these two ideas are important to you if you are going to make a big change in your life.

I went to my garden with a firm resolve. I demanded *God take me or make me well*. If you are a follower of the Buddha, you know that is how he became enlightened. It is thought that the rich could not reach enlightenment unless they threw away their wealth and became a poor sadhu. Buddha renounced his status as a prince. With firm resolve, he sat under a Bodhi tree for 40 days. His resolve he was to stay in meditation till he became enlightened, for however long it took, and so, he did.

In my little prayer garden where I went every day, I sat in prayer and meditated and chanted. Singing songs of devotion I kept falling deeper in love with the divine, and as I did so, I moved further and further away from remembering pain and moved much closer to the dream of oneness and freedom.

I began to see, even on that first day, my Divine Human Blueprint restoring itself. I watched a master stem cell raise from abysmal low function to perfection, and when it reached the state of oneness, it burst open into a pulsing blue “spheroid.” I also burst open, my tears streaming down my face. I felt I was looking into the face of God. The experience was intense and beautiful.

I have rarely seen this actual transformation since, yet it is subtle and easy. You don’t need to be a visionary or be a big receptor to experience the stem cells in your body returning to perfection. Or be aware that they are teaching the surrounding cells how to do the same. You, too, with perception and resolve, can access your system of regeneration that has always been yours.

I had already been a healer; from the beginning, I was a massage therapist for people in recovery from addiction and trauma. After a few years, I had specialized in therapeutic and sports injuries. This naturally led me to work with people recovering from auto accidents, and that opened the door for me to do medical massage. At this point, I possessed a great deal of skill as a master masseuse favored by the local obgyn/midwife community. I was more than busy, assisting with high risk pregnancies, deliveries, and infant massage. During those years, I was certified in more than a dozen modalities and studied herbal medicine, flower essences and essential oils to compliment the work I was doing with my clients. Eventually I added homeopathy to the mix.

My breakthrough work always focused on impacting each and every client in super positive ways. Women stopped having hot flashes, PMS, and migraines just from simply having a massage or two. It was exciting to see the miracles, and I continued to improve also. In that first year, I threw the canes away, started running long distance again, and was a regular stage dancer with a local band.

I started charting and watched the cellular body of my clients improve. I started mapping out what we were doing and where we were going, so that their shifts could happen. All this time, I relied entirely on the body of the person, who was receiving the healing, to show me where to go next.

Perception and mindset were deterrents from time to time. I began to recognize that a resistant nature, a curse, or even

someone's DNA programs, could get in the way of a full healing.

I began to examine the role perception and mindset played in regards to healing. I then discovered that group mind hypnosis (where there is a predominant belief held in group consciousness that says something is a certain way, and everyone believes that things could never be any other way) was creating a great deal of the stuck, disharmonic challenges in my clients. I realized that clearing issues related to perception, mindset, and group mind hypnosis would level the playing field so everyone could receive the improvements they were wanting.

From the moment of my first health activation that first day in the garden, my thoughts immediately went to how I could help others get out of suffering and pain. Through the years, I had helped so many suffering individuals, but without the knowledge about the Human Blueprint, there was only so far we could go.

As time passed, I began to develop word-of-mouth fame, and my schedule became overwhelmingly busy. I would often provide 60+ hours of healing each week. During travel weeks, I would teach in the evenings and put in 70 hours of healing without taking real breaks for meals. I would stuff a sandwich in my mouth instead, and keep working.

Eventually, my clients asked me to teach them the methods I used to do the more complex processes and an apprentice program was born. This began as a fly-by-the-seat-of-your-pants kind of training, but by the time the 4th weekend rolled

around, I was organized and providing both written chapters and training videos for my students to absorb the information. The students were professional people, with busy schedules, who were excited to learn a new way of improving their health.

Eventually, the program morphed into an Immersion Program, for students to absorb the Divine Human Blueprint in their core. The program shifted from 8 weekends and many trainings, to 5 two-day classes over the course of a year, making it more accessible for professionals to incorporate it into their active schedules. I also created tighter, more intimate, groups that would go through the entire year together. With everyone receiving the same information, the trainings have become intimate and juicy, with lots of time for personal attention.

I don't know about you, but I can take a good guess that you are a bit like me. You want to contribute, feel great and really enjoy the life you have been given. I like watching the Oscars, Academy Awards and Grammys. It's so exciting to watch actors and musicians be recognized for being the 100% best at what they do. It's the same with the Olympics; they're thrilling.

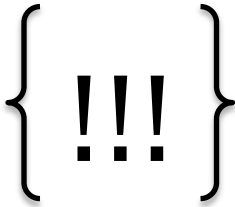
Do you imagine yourself at the top of your field? Can you imagine playing at 100% with all cylinders firing? For me, it's not about the fame and fortune; I just wanted to feel like I lived my very best life, without regrets, and that I didn't stop at "if I'd only had more energy and vitality, I "coulda woulda..." or "You know, I did what I could." That's not how I wanted to look back at my life. No way Jose'.

I wanted to feel like I've made my mark. I've worked consciously, and with perseverance, and have loved and helped a lot of folks in the process. I could do that at 50%, but at 100%, my reach can expand, as can yours.

From the deepest fiber of my being, that's what inspires, guides and motivates me, and reconfirms my commitment to living a life of service in which I am transforming lives one person at a time.

Although money and recognition feel nice in the moment, those benefits are mere by-products of what really matters to me – impacting the greater good.

Here's a short two minute video to help you get to know me a little bit better. [ADD URL]
Or scan this handy QR code to jump right to the Youtube video:



Your Juice

Okay so...what about you? What is your inspiration?

What lights you up? What motivates you? What is your big WHY? What inspires you to live your best, and now your 100% best, every day?

What could you do if you knew you had clarity, focus, energy, momentum, and the ability to sustain it all? What possible wins might you experience if you had this kind of life? Who besides you would receive a big benefit? Whose life would also get better because you are functioning fully in every aspect of your life at 100%?

Doesn't it feel great to dream? Getting fully connected to your vision and the outcome you wish to create is an important step. Feel into it. How does your body feel at 100%? How about your mind? What's your energy like? Can you taste and smell at 100% differently than you do now?

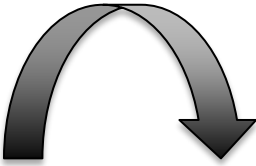
Let's get down to it now; if you could have all aspects of yourself – your health, vitality, mind and energy–working a lot better, what would it feel like? Just for now, let's not make a list of what's wrong, but let's take a few minutes to dream.

Project ahead and write about: How I feel now that I am 100%...

[illegible]

In contrast how would it feel if you knew nothing would ever improve? If you never lived to the fullest? If you never impacted the people you love or served in a bigger way? Why it would be so bad? Imagine the frustration of not being able to get your work out in a big way in the world; if you were never acknowledged for your contribution, or you could never really be with your loved ones the way you wished you could be? Imagine never making a difference, a life in which you lost more energy and focus by living a half-life for the rest of your days.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Life is Short

I have a confession to make. When I found out I had cancer, I already knew it. If I had not been pregnant I might have just given up. I was trapped in an unhappy marriage, did not believe in divorce, and was weak and tired all the time. The first time I collapsed on the floor, I weighed 96 pounds. I left my body and died. I saw my life flash before me, and what I saw very clearly was a life unfulfilled. I hadn't raised my kids, completed my mission at the church, or helped enough mothers and babies; I was clearly not done. And yet my body, to the contrary, was declaring very loudly, "end game." My doctor kindly hadn't told me, but had noted that the end was near. I had perhaps a week or two at the most.

At 24, I proclaimed: "No! Life cannot be over. No." I began to think about all my reasons as to why I must live. I have to tell you, for many years "Life is short" was my reality. It served me as I lived everyday as if it might be my last.

Knowing time is precious is ingrained in me now; you must live to the fullest each and every moment.

I have a big mission. I have a huge life to live, one that requires me to be 100% healthy, wealthy, and in love with life every moment. Although there are many mysteries in life, I committed to living 100% healthy every precious moment I spend in this Garden of Eden.

I have to admit, my life has been extremely difficult. I've spent two-and-a-half years of my life in a hospital, experiencing years where I was unable to work. I endured unending horrible pain for 15 years. As a result of every second of pain and hardship I have experienced, I honestly believe I got the life I needed so that I could help you, wherever you are in your health, whether you are mostly healthy or are only so-so.

I am no longer in pain. I have had no cancer for 10 years and plan to never let my body go down that path again. Each day is a new opportunity to bring more light and love into my life and into yours. This is my mission. This is why I am here.

I am not sharing my story and the details of my former health condition to shock you, put you off, or one up you... Please no. I have no interest in that. I am transparent with you because I feel that by you knowing some of my story and knowing what I overcame, you might be able to grasp what is possible and that I might be able to truly help you.

I still work on myself every day. I am not perfect, and being close to death so many times has given me ample material to learn from and work on. I am so healthy now that I am completely unrecognizable from just a few years ago, as I continue on my quest for 100%.

From this state of great health that I am now experiencing, I know that I can massively affect global consciousness around wellness as I lead others on a path to also return to great health.

By transforming one person at a time, we can reawaken, and that is my plan for humanity, and for each of us to reawaken to our original blueprint and regenerate a body that was created to live hundreds of years.

I reach millions of individuals, in all the countries of the world. I teach a simple, easy way to get back to health and vitality. Using my tools and techniques developed from accessing the Original Divine Human Blueprint, healthy families and individuals worldwide will live longer, more productive and truly happier lives!

That's my legacy. That's what I will leave behind and what I want to gift to you. I want to create 100% health for myself along the way also, creating a life of financial ease, and lots of adventure, so I am showing up 100% for myself every day.

If you are reading this right now, I want you to know that I wrote this for you. These are the perfect words you need to read and integrate right now. You are my purpose. You are my passion. You are the fuel for my resolve. I choose you.

Your health and vitality is my mission. You living your life 100% full on is what excites me and gives me the push to go further. My dream for you is that you step up into a fuller expression of yourself, an expression that feels deeper,

richer and brings out more of the “you” who can make a big impact in your world and mine! I want you to have the energy, momentum and vitality to realize your full potential. I want to see you share your blessings in the world, and I KNOW you can do this.

This is your time to live 100%. Your time to shine!



Your Time is Now

Right now, this moment is the perfect time for remembering and accessing your Divine Human Blueprint. Human history has preserved it perfectly, and as we head more deeply into the astrological age that supports human access to Divine information, we are, quite possibly for the first time in thousands of years, aligned with our self. In this age of equality, human history is more transparent than it has been for eons!

There are over xxxxx alternative health practices, xxxx HMO's, xxxx supplement companies and more facts about the health industry here.

And it doesn't stop there, everyday a new modality, procedure or supplement is brought into the global market to test and try out. Basically every human being in a living body will come to a point in their lives where they will need assistance to stay healthy. The relevance of the Divine Human Blueprint is far reaching and powerful. Every Human Being needs the awareness and implementation of wellness to live a happy, fulfilling life. Think about it.

The rules of health care are changing rapidly, and where you might have first turned to a doctor for diagnosis and treatment, now you might try a few different types of treatment to resolve an issue. It is not a given that you will choose surgery over a nutritional program, or that a pill might be more potent than energy work to resolve fatigue. Western medicine tells us that when adrenals fail, they will never work again. Yet, I am now seeing clients whose adrenals have grown back and are at full function within weeks of a "100% You Elite One-Day" program that I run. The world is changing, and what's so amazing is that, as it changes, we seek out that which is true. That which resonates within us is becoming our first choice.

Have you noticed how the medical and healthcare giants are now adding yoga and meditation to their and tablets and that they are now suggesting supplements, like melatonin and valerian, for rest?

The ability to access the truth in regards to restoring one's health is shifting rapidly, even when one has no expertise,, and every day, I hear someone say, "I always knew that was true, deep inside," or "I always thought that was possible," or

“it feels right,” or “the hair on my arms is standing up, so I know this is true.” I even have people say, “I had a dream, and I saw myself working with you, even before I met you. I knew you could compliment the awareness I have,” or “my guidetold me I would meet you.”

I actually am being transparent again. This really is happening. I think we, as a people, are ready to hear the truth about how we are designed, and the truth is probably not going to come from a big health conglomerate. It’s not because they are hiding something from you. I want you to understand; they really don’t have this knowledge.

To embrace the Human Blueprint means both feeling it and knowing it. Medical knowledge is important for a piece of the blueprint, but without the other vital aspects related to restoring health that are found in the blueprint, the medical model only addresses the physical body, and moderately addresses perception.

Every day, you have choices as to how you will optimize your energy and vitality. Do you drink a latte or a green drink? Do you go for a hike in nature, do yoga, head for a gym workout, or take a pass on exercise today? What are you thinking about? Are your current thoughts the best way to think about that situation, or could you benefit by improving your thoughts? Do you think there might be some new and more useful thoughts that might help you to step over what used to be a roadblock?

We are in an information age. If you are reading this book, you want to learn, and the very fact that you have gotten this far means that you are a seeker.

What if I told you that within five hours, you could have your brain functioning at 100% and that new cells would start growing to replace the old cells, providing a complete restoration of your brain cells within 110 days? Does this information excite you? *

To bring your health to 100% just takes a little effort, the right tools, and the right kind of training.

When you think about the life you can live at 100%, the possibilities for achievement and accomplishment are endless. Think about the loving, happy, energized moments you will share with friends, loved ones, the kids, and your folks. The old model of medicine is obsolete and irrelevant.

**(The results reported are based on kinesiology test results from 100's of clients)*

What's more? This information has always been inside you. You have always had a glimmer of it because it is part of your very nature.

Does it excite you to know it's already a part of you? It blows me away. I think about how I suffered, and how free I am now to live a fully self-expressed life! Yahoo! I am so jazzed! And this is so possible for you, too. The cool part about the Human Blueprint is that the health you improve is sustainable. It doesn't slip away. From the moment your

perceptions are cleared, your first your health activations will just keep getting better. *

You have a chance right now to change your life, and in so doing, add to the lives of everyone you love and care about.

We believe the secrets you'll discover in this short book are the easiest and fastest way back to living at 100%. As an entrepreneur, small business owner, mother, father, or executive, you can experience the incredible shifts of wellness by activating your natural Human Blueprint that is already inside you. Of course, it's up to you to take action and implement the easy methods I will be showing you to make shifts happen.

You must prepare yourself for the journey, because the time is now. Whether your life is at 20% or 50% doesn't matter, the process is about restoring and reclaiming yourself. Take advantage of the momentum and the incredible information pouring in right now. Don't wait another moment.

**(If you have deliberately exposed yourself to toxins and brain-killing chemicals)*

So how are you going to get started? What's the first step when there is such a massive amount of information in the mainstream about healing?



100% You!
Healthy, Wealthy, Energetic, Focused and
in Love with your Life

So, how do you combine what you already know about living your 100% lifestyle with the hidden Divine Human Blueprint that exists deep within you? It's not necessarily quick and easy. There is no magic pill that makes everything perfect

overnight. The fundamentals of restoring cells, improving patterns, and brightening and energizing one's self requires steady implementation of a paced system. If you think of it practically, it took you a lifetime to get to where you are now; it may take some time to reverse problems and move towards your 100% goal. You'll want to continue to improve your healthy lifestyle. Nutrition, exercise, and meditation will be part of your journey. Restoring your physical, spiritual, energetic, and perceptual self is the process by which you can restore integrity to all parts of you.

You're simply using the design you were created from, that all humankind was created from, and restoring your internal knowing and wisdom. 100% is accomplished in five easy steps. As you move through each step, you will move closer to your 100% goal.

I've been building and refining an accessible system for over seven years. I've customized it for hundreds of clients and students, but till now, it had to be delivered one person at a time or in small groups. As I have grown in my understanding of the Divine Human Blueprint, the "way in" has continued to get simpler. The first information I received years ago were the directions equivalent to a task like brain surgery, because that was the intensity and urgency of my need back then. As the years have passed, the broad stroke and "easy way in" have revealed a much more direct path in.

Up until now, using technology was not an option. Delivery costs for the 100% health activations made it exclusive for the elite few who had big enough bank accounts. That's not the case anymore. In the past twelve months, it has become a

real option to use technology for delivery of your 100% healthy system. Now it is possible for anyone with enough passion and motivation to successfully master this system.

You don't have to be a doctor, holistic practitioner, or even a healer. You don't have to understand science. You don't have to have a pedigree from a fancy-shmancy school. I sure don't. You don't need a big background in health or a Cadillac insurance policy. You don't need a team of doctors, healers, and trainers to get back to 100%. There are no side effects, no lost work, and there is virtually no risk. There is absolutely nothing stopping you from starting immediately.*

However, before you begin, there is one more thing you have to have in place. As I mentioned before there is one BIG aspect of the Human Blueprint that is the cornerstone of your success. It is the one factor you have probably been missing.

**(If you are currently under a doctor's care for a medical condition, you will want to continue till you have mastered your own health activations. Please remember nothing abrupt, nothing severe...meaning we don't sever what we have currently in place; we gently replace it as health returns.)*

You will discover that this big factor is the self-administered cure to your growing exhausted, weak, worn, irritable and broke self. You can become so strong in your "100% You lifestyle" that your value to yourself and others rises immensely.

Think about being 100% energized, focused and clear. You will be impacting more lives, and as a result, you could be

bringing in twice as much capital as you had previously, and possibly much, much more. As a result of becoming clearer and more focused, clients often report experiencing less down time or wasted time, have less doctor bills, , clear up debt issues, and painful relationships dissolve. Can you see how having 100% clarity and focus will help you move into freedom?

So, what is the big factor? The Big piece is called, *perception*.

What exactly is “perception?” It’s what you think (your mindset), combined with how you feel (an emotional sensation). It’s your unique interpretation of your experience, and the field from which you live your life. Think about this concept. It’s one that you are very familiar with, but probably have never applied to how it affects you now.

Here is how perceptions were formed:

‘In the beginning was the Word and the Word was with God and the Word was God.’ – Genesis

So, before there was what we call, “spirit,” before there was a physical form we called, “our body,” and before there was energy and momentum, there was the WORD...Perception. How you experience everything – in other words, the creator God you are as you design or stubbornly refuse to design your life – starts with perception. How happy or irritable you are, whether people like or ignore you – it all happens in your perception.

Perception

- Safety of the body is a key factor
- Is not tied to the body/ brain
- Connects or disconnects you to life and others
- Informs how you let go, clear, or hold on
- Directs all your abilities
- Can be conscious or unconscious
- Can be swayed by group mind and others
- Is manipulated by family programs
- Improves with affirmations, mantras and being “convinced”
- Requires no special skill or technique; shifting is effortless

To be 100% requires a shift in perception that you are worthy and deserving of functioning in all aspects of your life at 100%. This shift toward the ultimate positive in your life can only truly happen when you align with your best, and in perception, you know this is your truth. It’s a bit like the story I told where I “knew” in my heart of hearts, God did not mean for me to suffer, and I became **aware** of this truth. I then went to my garden and said, “*God take me or make me well. You promised me the Garden of Eden and I am claiming it now.*” Improving perception requires waking up to a new possibility.

In this conversation we are talking about the mindset, or field, you will create your shifts from.

Every single person on the planet who desires to make a shift up to their 100% life needs perception to support their

desire. In the system of the Divine Human Blueprint, perception is a critical and vital component; it is truly the foundation of your success. With clear perception, you are unstoppable. You're free. This is why all the big coaches and trainers use mindset techniques to amplify their training techniques. The only piece missing is that they don't go back to the source of the design itself and alter it.

Perception set at 100% for your life will change everything. It accelerates your field for love, money and health. It brings resources to you, and makes you magnetic and in charge of your life. It is your formula to win-win-win!

Once perception is upgraded to 100% you, you can sustain and maintain it for the rest of your days.

Let me give you a few examples...

A business coach prone to migraines had many down days because of the condition. With a shift of perception she let go of perception patterns of people taking advantage of her, and her headaches no longer took root.

First, we identified an old perception that allowed the headache. Then we identified a perception that it was actually "her headache" and altered that perception to a new belief that nothing that caused pain was hers. With this new perception, she could easily separate herself from the migraines, and she found herself feeling good 100% of the time. Without the migraines to hold her back, she landed a coaching position in a rising organization and started to fill her own practice as well – and you can, too.

In another example, a striving business, health and wellness coach, who really wanted to make her mark in the world, was constantly the second fiddle to her family and friends. Her perception was that she could live based on the success or struggles of her loved ones. With this perception, she had no leverage, and no matter what she did, she could not make any headway to get her blessings and incredible wisdom out into the world. Her path has been one of shifting her perception to include new patterns to function from. “Having the right to take up space,” and “everybody loves me and wants me to be 100% and succeed,” are the new perceptions that will get her to the ground she can powerfully create from. This improvement in her perception will drive her success and full expression for years to come.

Here is another example: a corporate speaker had difficulty relating to men. She also suffered from a lack of fun time and quality time with her girlfriends. Her perception shifts included “being 100% lovable and loving,” “that it is an important part of life to have fun with friends, and “to create a new happy life was vital to her well-being.” Over a few weeks, she began to learn about herself in new ways, having fun and interacting with both men and women where she felt loved and loving.

Another woman went from having a striving personality to becoming a happy, well-balanced, intelligent woman who started getting many speeches booked, and her fun on! It’s easy. It’s a total game changer as everything shifts upward in your life when perception shifts for the better.

OH...and here's the really cool thing. It used to be a trendy new age thing to get your affirmations churning, but just doing affirmations alone rarely shifted perception, which is why the patterns and failures returned even if there was a temporary improvement.

Now that you know how important perception is at its deepest level, you can understand that shifting your unique challenges into your greatest wins is a true and lasting gift. It's your commitment, resolve and willingness to have a new 100% life that fuels your momentum and shifts perception.

What is unique about you? What holds you back from sharing your unique gifts and blessings with the world? Are there elements in perception that prevent your authenticity to shine, your compelling invitation to disappear, or your enthusiasm to wane?

Once you have cleared perception you are on your way. The steps that follow ensure that your 100% efforts to live the life you've always imagined can become reality. We approach your 100% life and program with laser-focused clarity and meaningful leaps into your best-ever sustainable life.



**5 Steps to 100% YOU!
Easy Access to
your 100% YOU Restart Formula
from your Divine Human Blueprint**

Here is the 100% You! formula:

PEMER

1. Perception
2. Essence
3. Matter
4. Energy
5. Realms



Step 1: Perception

To start living your powerful, enduring, 100% healthy, wealthy, happy and in love with your life “life,” you’ll need to clean house in your perception, This includes your mindset, emotions, influential group mind and thought forms. You need to open to your biggest, best self to allow the vision of 100% to permeate all parts of you.

It’s really not that hard.

The key is to first get in touch with your “why.” Know what makes you passionate about shifting and virtually altering how you experience life. This is super important. Without your “why” fueling this shift, you will fail. Your “why” drives the momentum through change, good or uncomfortable, but necessary. Your “why” is a key element to succeeding. What gives you the passion to exert energy, momentum and intention into creating a new life from a new view point? You’ll need to dig into your personal story to discover why you have the limitations you are currently living with.

There are two ways to approach this step:

- Write down your timeline of difficult events. Include how you noticed losing the possibility for greatness and wonder because of the event. (This method is tried and true. It’s a bummer though because you are

spending time with what's wrong. This process is not fun or glamorous, but it definitely gets the job done.)

- Write a full vision of how you would be if you were living your life at 100%, and identify what is different in your vision than who you are and how you are living now. (This second method is my preference. You'll find it a real eye-opener. You get to operate from the place that your awesome future has already been accomplished. You get to be the forensic detective identifying the dream killers.)

We'll go much deeper into perception as we work together. What is most important is to focus on your 100% outcome. You'll notice as you clear a few key points that many others will naturally clear as they were related to the first issue.

Here's why it's so important.

Once you've achieved a level of good health, wealth and love, you may have less motivation to step it up to 100%. Living with perception that is not entirely yours means you are living an inauthentic life. It weakens your voice in the world. It weakens your power and your impact with others. As the new era supports naturalness and truth, moving into 100% authenticity means you are seen as a leader in the global picture. Think about it: how many people do you know who live at 100% in any aspect of life? Imagine setting yourself into that special category of people who are living life, not only full-on, but who are totally in charge of all aspects of

their lives. In essence, you become the director of your own journey.

Maybe you already have a notion of the kind of impact living at 100% will mean for you. Honestly, very few people have ever really considered this was possible, so they have never dared dream what a life full-on, on your own terms, would mean.

You may have been on a good health plan or protocol for years, incorporating a healthy diet, exercise, and meditation among other things that help you feel good, but have you really considered a life without limits? Maybe you are afraid to have it all or to take a chance on yourself. One of my clients said working with me was the first time she had given herself permission to put herself first. If you don't take this step for yourself, love yourself and improve your perception, you will always create and contribute from the "ground" of entanglements and "should."

I think about this verse from scripture attributed to Jesus Christ

"Love your neighbor as yourself."

In other words, you must love yourself in the biggest way in order to give to others in the biggest way. "As within, so it is without." You cannot give more than you have. You cannot teach more than you know. You cannot live greater than the limitations you leave in your space.

The point is your 100% Life is already within you waiting for an opportunity to be lived out to its fullest. All you need to do is take the first step. All you have to do is uncover, define, and clear what stands between you and your vision of a 100% life. Then create perception for your very best life. Because that is what is already there for you to experience and live into. Perception positions you for your best life – the life you so deserve.



Step 2: Essence

The second part of the blueprint for restoring your unstoppable 100% life is your Essence. Take a moment and feel into your spirit. Spirit is you, your essence, that which comes with you, whether you are in or out of the body.

You don't have to be religious to understand the workings of your spirit. If you are religious or spiritual, what I am going to tell you next may surprise you.

Your Human Essence is comprised of three important elements: Human Spirit, Soul, and Life Force.

Now in the good old days, the only place you were going to hear about Spirit was in a church or temple. You had to knuckle down with your catechism or study for your Bar Mitzvah to glean the tiniest details about Spirit. If you were lucky, a priest or rabbi would take you under his wing and help you comprehend "human spirit," that is, if they had a good grasp of it themselves. But truthfully, religion was not meant to teach you about your personal spirit and its

workings. Religion was, at its best, meant to inspire and direct an individual to the practice of communing with God. It is a beautiful practice when devotion, love, and prayer are combined to stir the heart to remembering its connection to God.

When it came to understanding your path in life as a human spirit, and the make-up of your essence, you had to trust the judgment and guidance of others. These individuals, perhaps church elders, were very likely no more an expert than you in the workings of human essence.

Having found few answers in traditional religion, you may have sought outside your traditional religious training to gain more knowledge about human spirit.

HoOr you may have never really wondered about it at all. Most of the information available on the subject of human essence is outdated, fragmented, or only partially right. I have never seen the complete picture presented in one place.

Even if you were to make a study of human essence, with all the differing viewpoints on the subject, it could easily take you a lifetime to understand the importance of human essence, and the important role it plays in your overall liveliness and vitality.

The “Big Gate Keepers,” the religious organizations throughout the world, determined what you would know about human spirit and what would remain hidden from your awareness. They created a group mind hypnosis to influence you to think that I “it is really dangerous to fully

comprehend my essence,” knowing that you would shy away from a natural curiosity to know yourself well.

Think about all the folks in the 60’s, 70’s and 80’s who swarmed to India in search of enlightenment. All these folks were on a quest, in search of their true nature. Ironically, they all adopted another culture and tradition in order to incorporate something different into their lives than what they knew from childhood. Still, the path of enlightenment was literally a path of moving away from bodily awareness and the mastery of the human experience.

My client Christopher, who came to me after adrenal failure, asked me why? Why couldn’t all those enlightened masters he went to help him with his body? Why could no one heal him? The answer is because, to be in the state of enlightenment, by most folks’ standards, is to reject the physical nature and hang out only in the higher realms of consciousness. Therefore, it was not uncommon for an enlightened individual to be sick, homeless and broke.

This is not my idea of enlightenment. Nor would I seek after a transformation that does not point the way to full mastery of the human experience. How can you call yourself awakened, when your body is left in darkness to struggle, your financial situation is dire, you will rely on social security to see you through your senior years, and you have never taken the time necessary to know and love who you are, all of you, or clearaway that which is not you?

There is no longer a need to remain unaware. We are in the age of knowledge and wise-elder wisdom. You can now have the information that was once hidden.

Simply Put, Human Essence Is:

1. Human Spirit needing care and repair from time to time. Essence is, as described earlier, that which is with you whether you are in or out of your body. It is your light, your information, your presence.
2. Human Soul. We have in our culture mistakenly used the word, "soul," to describe spirit. Your soul is different than spirit. Your soul is the protective chalice of spirit. It is like a thick skin surrounding and protecting your light, and wanes when you are unwell or under attack.
3. Life force. Though you might have imagined life force as part of your energy body, it does indeed belong in Human Essence. When your life force is low, you will feel weak. Simply by pumping your life force up using a quantum energy technique, your strength, vitality and energy can come right back. Literally, this reversal can happen in a matter of minutes.

Step 2 in the formula is the easiest to comprehend and certainly the simplest. As the song goes:

*This little light of mine
I'm gonna let it shine,
This little light of mine
I'm gonna let it shine,
Let it shine let it shine let it shine!*

*Hide it under a bushel no!
I'm gonna let it shine,
Hide it under a bushel no!
I'm gonna let it shine
Let it shine let it shine let it shine!*

We'll get to the secret of keeping your Human Essence shining brightly shortly.

Once your life force, spirit, and soul are up to 100% expression, you will naturally have more energy, focus and magnetism for living into the life of your dreams. Your mission and your blessing can then be shared with the world as your transformation begins.

The best part of “You Being 100% Human Essence” is that you are immediately brighter, clearer and focused. You feel more energy in your physical body, and you are attractive to what you are called to you. Being one with your essence does not require a third world visit, a priest's approval or a rabbi's sanctification. It's already part of you. You are the one in charge. You are in control. This, my dear friend, is a beautiful thing.



Step 3: Matter

Regardless of your personal or professional well-being, your life is worse when you are living a half-life and better when you are functioning fully at 100%. What you bring to the table regarding your work, love, vitality and your connections to others, is greatly enhanced by your vibrancy and 100% healthy body. You need to take a few steps up in the area of human matter and bring your best body – with its natural force, focus, clarity and momentum – with you to the game.

Maybe you're saying, "But I am not very healthy. That's the way I've always been," or "I have diabetes or fibromyalgia and this part of the path is never going to get better for me," or "I'm cursed in love or business, nothing else has worked. Why would this?" etc.

Let me say this again. It doesn't matter what shape you are in, physically or otherwise. There is a set of principles, keys

and practices that surround living in a human body. You were created with an accessible design and were meant to be able to “self-diagnose and self-restore.”

You’ve just got to get the knowledge about your health and 100% life out of your head and into your being. My client, Alisa, who was an Immersion student, expressed her concern about having learned many modalities for healing, business, and relationships that sat dormant and virtually unused as she struggled both to support herself and get beyond a debilitating depression.

Learning to access your own Human Blueprint, and becoming 100% healthy, requires no more learning. There is no next modality to learn, as the original blueprint is the whole kit and caboodle.

The choice is yours. You can turn your health and challenges around to live a 100% life in sync with your Divine Human Blueprint. Or you can find more healers and healthcare folks to help you manage your symptoms, or take another training to learn breakthrough strategies you already learned years ago and never could implement.

I use the term, “could” here, because I want you to know that a lot of the blocks in your 100% life are not self-imposed. You have, literally, millions of programs running at any given moment in perception. In addition to perception, your DNA, which is a key part of matter, gangs up and gives you even more programs from family members. Imagine getting all the “loser” or “slave” programs from your ancestors. Ugh!

I'm going to say a strange thing here, so hang with me; I promise you will understand it in a few minutes. You have to own your body 100%. You have to then own and live in your body – cells, glands, and organs – 100%. And finally, to really get to the place where you can be fully charged and powerful, you have to *be* the 100% healthy body. That includes your brain, nervous system and all other systems, glands, organs, and every part of you that forms what we call, “matter.” This is your ticket to freedom and a life fully empowered. Being your 100% healthy body is necessary to experience your 100% potential...REALIZED.

Using the Human Blueprint, your body will be a primary source of joy and empowerment for you. You'll have the opportunity to uplevel your health to the highest human potential. Feeling great all the time, and being able to access the 100% Healthy Human Blueprint when something seems to be off, will give you an unstoppable and unending advantage in work, home, family, and love. Most importantly, your 100% healthy body will be the access point for going deeper into the fulfillment of your dreams. Wealth, fame, contribution, finding your soul mate, investing, running a marathon, becoming a marketing master or a bestselling author – whatever your big dreams are – they can only happen when your 100% healthy body can support your future vision.

Did you know momentum comes from the body? The forward movement of your momentum is accelerated by attuning your healthy muscles with a clear focused mind. Suddenly, you are the mover and shaker. You're in the limelight and able to give life your all. You can generate

momentum in all areas of your life and get up to par with the body in its prime. Depending on your desires, you might choose to participate in an Ironman or crossfit competition. Or you might get up to mastery level with directed conscious reading. With your brain at 100%, you may be accelerating its speed by doing some brain plasticity exercises. You may find yourself in a “yes” mode that leads you to dive deeper into learning more about how love and relationships work. And now you have the momentum to fuel the journey in effortless ease.

When matter comprises your body up to 100%, if you are an entrepreneur or business person (or want to be), you have something very powerful to bring to the table. You can actually offer your gifts in tangible and manifested ways, because you are physically and fully present; you are really there.

Ideally, you want your body at 100% optimal performance. I want to stress the idea of “100%,” rather than the notion of perfection. Perfection tends to be a rabbit hole of deception and more a trick of the mind than a useful pursuit. Even when you are in the process of moving in the direction of your 100% life, you will be moving mountains and generating miracles in your world.

Turning your good health into great health is your best investment opportunity since you laced up your shoes, tied the bow, and went off to kindergarten to start your education. You wouldn’t have the know-how to run a business or climb the ladder of success without a great education (some of which you continue to pick up along the

way). In the same manner of “smarts” means “making money,” “100% Healthy,” – being your absolute best – gives you the foundation for fulfilling your mission and your vision to its absolute best!

To get started, you will need to identify how you would like your health to improve. What are the areas that are already working well in your body? You may actually take these areas for granted; it's time to make a list of your assets. Survey your body. What are the areas your body is directing you to improve? Where do you want to have more vitality, high function, best chemistry, and strength in your physic?

Soon, I'll guide you through the process that will unlock your pure authentic 100% healthy state of being. Together we can easily turn your body into your beautiful, biological, dream machine.

We start with what already works, while keeping a healthy perspective about the big picture. How are you supporting your body in attaining 100% health? You'll want to include exercise, clean water and enough of it, maintaining a good mindset, meditation, full nutrition, and incorporate time to relax, as well as work. Design an easy way to maintain your improving health and work it into your everyday plan. Once you've set the new standard for your foundational layer of support at 100%, you'll be ready to uplevel specific aspects to your “matter.” Improving DNA, the nervous system, adrenals and brain function may well be your next steps to attaining the state of 100% You.

There's a formula and a process for all of this.

The more proactive you can become in doing your activation meditations each day and following your Divine Human Blueprint formula, the faster you will get to the sought after space of empowerment, focused clarity, and juice!

Remember, your magnificent health means magnificent manifestation. There is no limit to how deep you can go with the blueprint to bring back lost luster and energy, and consequently, how far you can go in the world to fulfill your mission and generate your authentic wealth.

The more you practice being at the levels of 100% in all aspects of your blueprint, the more being at 100% is reinforced everywhere in your life. For example, let's say you are aiming for 100% healthy rest and sleep. Then you notice that a natural side effect of having 100% healthy rest and sleep is that you feel brighter during your waking hours. healer, Once you bring your inner being into its fullest and best self, you can, with clarity, claim you are a marketing genius, or a master healer, or whatever it is that you desire to create in your life.

But here's a quick piece of advice – pace yourself.

*"If you want your dreams to be
Take your time go slowly
Do a few things, but do them well
Heart felt work grows purely*

*If you want to live life free
Take your time go slowly
Slow beginnings, truer ends*

Heart felt work grows purely."

Thoughts attributed to St Francis from the movie; *"Brother Sun, Sister Moon"*

Don't let impatience or a "hurry up" mentality get the better of you. This can take you out of the game so fast. There is enough time, energy and love to get you back to you. By pacing yourself, you are telling yourself there is no emergency, you are not on high alert, and that you will not be moving onto the next new thing if this doesn't work. Instead, you are living naturally with the knowledge that you are changing and growing healthier and younger with each passing day. You trust in the Universe. You trust in your body to restore itself.

This does not mean you should slack off from the 100% formula or stop working with your Divine Human Blueprint. I am talking more about maintaining an attitudinal adjustment. Get out of the "do or die" mentality and into the 100% healthy joyful lifestyle.

Once you have established great health, a positive mindset and increased your energy, you will naturally go deeper into the fulfillment of your life's purpose and mission in the most meaningful and creative ways. You will be operating from a vantage point of being fully funded, and your own energetic field will support you like never before. When you provide your body and mind with the right information and wellness patterns, you can take the next steps in your career and personal life. Repeat the processes of renewal using the Human Blueprint formula as many times as you need in your quest to achieve your noble life, your life without limits.

Remember, your vitality and clarity are paramount. If you lose your vitality and clarity, or never restore them, you lose everything.

100% Healthy You is built out of your original blueprint. This is the blueprint that holds only your 100% healthy life-print as the guide. Capturing this original essence of a perfected you is simple and easy. Imagine a builder working off of a blueprint, but who never builds the home or castle the blueprint was designed for. Well, by ignoring the Human Blueprint, which provides your instruction manual for operating the body, you are doomed to failure. Using your blueprint literally guarantees success.

If you visit www.100percenthealthy.com/video3 and watch video #3 in the free video training, you'll see an example of this formula at work. This video shows real people, who have gotten real results by using the 100% Healthy Human Blueprint formula for restoring health, vitality, clarity, and focus.



Step 4: Energy

Once you have the right mindset and emotions in place, your perception has shifted, you've gathered a possibly fragmented Spirit, Soul and reduced Life Force and brought it back up to 100%, and you've accessed the Human Blueprint formula to restore all aspects of the physical body (matter) to its very, very best self, what's the next step?

The final step is all about getting your energy up to your peak performance.

You need energy. You always need to have energy fueling your body. And it's easy when you know the simple steps to making it happen.

You wouldn't believe how many times I have spoken to doctors and holistic practitioners, energy workers, and people who meditate regularly, all of whom have virtually no way to really return their energy and their energy bodies to 100%. They may have some technique they call a chakra healing or aura cleansing, but those barely touch the root of the energy problem. Although I applaud their efforts to connect with their energy systems, time and time again, their efforts produce virtually no real, lasting results.

Back in the 60's when flower power was in and it was cool to have a guru to follow, hundreds of thousands of Americans made pilgrimage to the "Holy East" and hung out chanting and meditating at a guru's feet. Eventually they came back to their lives in the U.S. and filtered back into mainstream society, perhaps hanging on to a daily practice of meditation, or perhaps letting that fall away as they moved back into corporate and leadership roles and left their hippie days well in the past. They got a shot at mastering the energy body, since many of the teachers knew quite a bit about the chakras (energy centers), nadis (mini chakras), aura (energy field surrounding the body), and meridians (lines of energy running throughout and connecting the body).

Although they may have gained some knowledge, less than 5% of these practicing meditators actually mastered the wisdom of the energy body. Most never built the energy knowledge into the bridge linking the perfection of the

100% model of the Divine Human Blueprint to the physical body. They just didn't have the complete platform of knowledge.

Don't be that person. That's why "energy" is step 4 and not step 1. Let me explain a little better why energy comes now: If you have done activations for all of the previous three steps, energy will, and must, be the next activation.

Earlier we spoke of perception. "In the beginning was the word." Remember, much like our essence, perception defines how we will experience life. Although it does not have form, it is our intelligence, our "logos," From perception, human essence with spirit, soul and life force come into existence, and naturally must be restored to its 100% light for your life to thrive.

Our spirit informs our DNA, even as we are cells dividing in our mother's womb, as to how to set up the game of life, and our life force activates as we separate from our mother's life force at the time of our birth. Once perception and essence are made right, matter – the human body in all its complexity – must be addressed. Finally, our energy body, and the fuel we need to keep our physical body alive, is addressed. Energy is originally designed by spirit programming, sent into the DNA and grown after the body emerges from the passage of birth. The energy body develops largely in the first seven years of life.

Energy, the most advertised and sought after commodity on the planet, is natural and free – and for 97% of the population is elusive and confusing. Don't fall into the group of folks who keep their head in the sand and think that

buying a six-pack of energy drinks is their way to sustaining energy. You are fully capable of accessing your 100% healthy energy system and getting yourself up and running for the best life ever.

When you have “PEME,” you are just one letter away from the whole story, and with just this much information you can now, even without the last step, move into the most abundant, truly richest time of your life. Longevity is no longer something to study; it is something to live. Do you want to live youthful and beautiful for years and years, and decades to come?

The Human Blueprint is a self-sufficient system that puts you in the driver’s seat. You direct where your attention goes and how your energy flows. You live life on your terms – fulfilling your mission and manifesting your dream life. By following this system you move into the extraordinary 3% who “do” and “know.”

Restore your energy. Your energy is your 100% lifestyle currency. With energy you can wheel and deal, speak to the masses, appear on TV, and run a marathon. You can fulfill the dream of deep love, and have the energy and love wisdom to sustain it for your entire life. Having energy changes everything. Pristine, bright, sparkly, loving energy is magnetic in the world. Want to get your message out? Sparkle up your energy. Want to feel authentic and credible, as you show people your system for doing something great? Then, my friend, let your energy sing with bliss.

To me, the magic starts when you reach the fourth step because energy fuels and enhances everything else in life. And the best part is that this is the easiest step to implement and access.

I know you are excited to get started. Later in our free video series, I'll explain how the different aspects of the Human Blueprint work and lead you in a guided activation to automate this entire process.

Now I've saved the riches part for last....
The Realms



Step 5: Realms

It's time to add 100% energy, clarity and wealth to your life and lifestyle right now.

My system is the only system that shows you the original, and ultimately, the only real way, back to living 100%. You get there by accessing your own authentic Divine Human Blueprint and restoring your brilliance, light, health, and energy. Your blueprint shows you what to look for, how to leverage the good already in your life, how to make real headway in attaining the best of all worlds for yourself and your career, and encourages you to share your newfound wisdom with the ones you love. The cool thing is the Human Blueprint is already inside of you. You just need to understand it and bring it up to the surface once and for all.

You, as your sparkly shining self, you, the authentic you, hasnot yet been introduced to the world.

(If you decide to pursue a deeper path of activation in the 100% Healthy Program, the Elite One Days or the Immersion Program, we help you get to 100%, every step of the way. With more than 20 years' experience and thousands of happy restored individuals, the path is well-paved and ready to support your leaps up, effortlessly.)

The fifth aspect of the 100% Healthy Blueprint is divided into four unique areas, each related to the other. You will see why we have them lumped together as I explain more to you.

The Realms affecting humanity are unseen and powerfully influential. The four Realms are

- * Origin
- * Quantum

- * Amplification
- * Embodiment

Origin is where we came from and starts from the beginning of humanity. This realm dates back to original perception even before human spirit. This realm encompasses both historical and pure truth. It cannot be altered, as it just plainly “is.” It is our guidepost and a true Omega. It is our record, our history of fulfillment.

Quantum is the realm of no time, no space, connection, and oneness. Human mastery provides a powerful quantum field surrounding the master – altering, bending, shifting, eliminating, and moving through-time, space, health, wealth, love and all things we can imagine, and also all things beyond imagination.

Amplification is, in effect, like ripples emanating from a pebble thrown into a pond, yet far more powerful. In this expanding realm, not unlike our expanding universe, more is possible. This realm is related also to Genesis. It is spontaneous. It is a realm that is ultimately the precursor to energy.

Truthfully, you don’t really need to know much about the realms, very little in fact, to activate the blueprint and get yourself going in the direction of your “100% healthy, happy, wealthy, and in love with your life” life. The realms support the blueprint as you may have already noticed. Most important with realms is to notice if there is anything between you and the full riches relationship with each of them.

To me, the combined information of the realms are really the magic chalice that supports your healthy blueprint.

Note: the more you activate the blueprint, in other words, focus your intentions on the full experience of the 100% Healthy formula, the more rapidly things in your life will improve. Talk about walking around and sparkling...you will become a bright beacon of light, guiding all your dreams to you effortlessly.

The Human Blueprint will literally kick start your vitality, your career, and your love life, all at once. It will save you months or even years of struggle, instead of going endlessly from one health practitioner, business coach or therapist until you are overwhelmed with hopelessness and exhaustion. Instead, you will live and breathe in the light of blessedness and grace. How much is that worth to you?



Your 100% Life & Legacy:

**What You Want to
Be Known For**

So, what is your foundational 100% health, wealth and love ideal? Match your ideals with your message and what you came into this world to accomplish. Why is it important for you to accomplish this? Why is it important for you to be living full out at 100%, feeling great, clear-minded and full of energy? What parts of your life don't support you in getting your work out into the world in the most powerful way? You need to determine your "why" and your "what." Understanding why you do what you do is a key part of this process.

What are you known for?

How do people "read" you? Do they see you as vibrant? Full of crutches? Powerful? Weak?

What do you want to be known for?

How do you want people to "read" you?

If you were to leave this world tomorrow, what would you want to be remembered for?

What would you like to create as your legacy?

Now take a moment to think about your life and the stories from your own history that support your image of yourself as innovator, as one who thrives and overcomes impossible obstacles. List those stories with a few key words. (Reach in

and find evidence. You have it in your nature to be a miracle maker.)

Here's an example to help you get started: I was told I would never walk without a cane, and later I was able to run 30 miles a week and dance on stage with a Rock in Roll band.

Now it's your turn!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What are your best attributes today?

What were the highs, lows and the challenges you had to overcome along the way?

How did you get through your health and business challenges to where you are today?

What wisdom would you share with someone just starting out on their journey about what you have learned so far about life? Why?

The ultimate purpose of crafting your history is to enforce in your mind that you are a winner and to remind yourself that you can overcome challenges even when others say something is impossible.

You Are Not Living in a Black and White World.

You may believe the same ideas about health, wealth, and love that thousands of others believe, going along, while not consciously knowing that there is another more powerful way to be. But I promise you, every single person who I have ever spoken to about my own story of coming back from death...saying “no” to the Angel of Death...and choosing to live, even though medicine had no explanation for it...or growing back parts of myself that were surgically removed...and again having western medicine tell me, after the fact, that I could not do that...everyone who has heard my story has a knowing that there is more to life than the common group mind lives by.

So often I hear: “*I always knew that was possible; I just didn’t know how.*” You might be feeling that way right now.

Connecting with your emotions and your feeling body can help you get in touch with the truth of knowing that you can create what you want beyond what group mind says can be accomplished or not. Trust in what you feel. Some people experience tingles or goose bumps, while others feel happy or excited. Still, others have a sense of experiencing a profound truth. When you get in touch with this profound truth – “that life is more than what is seen or known, and more than what doctors and experts tell you, you can instantly move into the place of possibility. You can experience more of who you are and the perfection of your Human Blueprint.

Parts of your story may be particularly difficult or challenging. You may not yet know why you chose to go through that experience (in other words, you have not resolved a painful experience by bringing it to a place of peace). Still, your uniqueness and the difficult episode that has yet to be resolved do not exclude you from the blessing and access to your 100% blueprint and the path to freedom.

The main reason we seek to resolve painful memories is so that you can restore a sense of trust – for your life, for the one you call God, and most of all, for you yourself, the designer and creator of your experiences. It’s not about what “they” did to you right now; it’s about how willing you are to free yourself from a painful interpretation of your history.

You must ultimately trust yourself to design a better life as you embark on the journey of accessing the blueprint. The path to awakening your freedom and perfection has always

been inside you. In your separation from truth, you have not been looking inside for the answers, but now you can.

What's Your Ideal:

- * Self-expression?
- * Health?
- * Financial situation?
- * Relationship?
- * Your message and legacy to the world?

And...

Why do you want these things?



Keys to the Kingdom:

How to Automatically Access Your 100% Life, a life with more vitality, energy and focus, to get you on your path to more love, money, better health, and a dream career where you have all your resources inside you already going at it fully fueled to fulfill your legacy.

It's time to give you the keys to the kingdom.

I'm going to help you transform into a "100% healthy-and-in-love-with-your-life superstar" with a simple 3 minute exercise. If you're already in good health, have money flowing to you, and are with the love of your life, I'm going to show you how to take your life from good to great and way beyond.

If, on the other hand, you have been sick and tired, struggling to get things to work in your business or are holding onto old relationship baggage that is keeping you at a distance from the love and life you dream of, then prepare to be transformed.

Have you ever been afraid to fully want, dream of, or desire a 100% life, because you never thought it was possible, have no evidence to think it can be accomplished, or are afraid one more disappointment will be the straw that breaks the camel's back? Most people hold similar attitudes.

However, to dream the "impossible dream," so to speak, is the most effective and powerful way to create the connection back to your source information. By visioning what "could be," and making your vision larger than what

the evidence of your life's experience or group agreement holds as "real," your connection with your authentic self is supported and enhanced. This is the self that is the one who knows the promise of a great life, that a Garden of Eden is always possible.

Your authentic self is this same self that magnetizes to you, love, wealth, health, and all the clients you can imagine. When you hold a big vision for yourself, it resonates with the ones around you and their dreams become more possible, too.

Connecting with Your Source Code

For generations we have been asleep to the fact that there is one definitive code that all humans are designed from. We skirt around it; perhaps the concept is too big or too scary to really embrace. If there is an original blueprint or source code, then who designed it?

For now, let's put that question to rest. I promise to share details about the design in a future book about the access and deeper understanding of the complexities and intricacies of the design. For now, let us agree to know that the design is elegant, complex, and is meant to give us a grace-filled, incredible life.

This concept of an elegant design is a spiritually-based concept. In truth, I know this is factual because I have helped thousands of individuals access the design and reverse their challenges, as well as restore their health, wealth, love, and sense of peace in situations that appeared impossible. The

transformation I speak of comes from your core. It is authentic and original and unique to you, as it is to each and every human.

The main obstacle has been one of unconsciousness, and inattention to the blueprint. Perhaps we have all been just a little seduced into believing the powers that own the current data base of knowledge (like the scientific and medical communities), but if you leave logic to the side for a moment and check in with your heart and your intuition, you will find they will never steer you wrong.

Making the switch from mental information to authentic intuition is the secret to taking the first step back to your 100% healthy life. I am talking about a life without limitations. The more you access the blueprint, especially in the area of perception, and clear what has stopped you, the faster you will get to your 100% life and lifestyle. The secret is to connect to yourself from a place that is authentic and innocent because that's where new life begins.

For some of you, your BS meter may be going off. I promise You will be agreeing with me soon. This works.

Imagine a light showing the way back to your authentic regenerative nature. What once was lost is now remembered... After eons of forgetfulness and disconnection from source, while you possibly were lost in a world of pain, suffering, poverty, violence or illness, which may have been followed by an assortment of pills, potions and surgeries, finally your Divine Human Blueprint, your origin, can safely be remembered.

I invite you to look at the strength of being able to refer to, and make renovations internally from, a builder's blueprint. Sagrada Família in Barcelona is considered to be one of the most beautiful buildings in the world. This building is an exquisite, architecturally designed structure that could neither have been built or receive upgrades – renovations – without careful attention to detail paid to the structure laid out in its blueprint. To bust out a wall and not think it wouldn't affect the entire structure would be ludicrous.

Similarly, your life did come with an instruction manual. It's hardwired into your very being. PEMER, the system for understanding and accessing your blueprint, is now available.

Think of it, we are in an era where you can consciously choose how to care for yourself. Leaders in New Thought, like Louise Hay, Deepak Chopra and Wayne Dyer, have all pointed in the direction of the Blueprint by making it popular to "know" and "experience" your life, rather than be dictated to about how to live. Christian Science says, "The body can and does know how to heal itself." T. Harv Eker tells us that we can "master the inner game of wealth." Anthony Robbins leads us into self-actualization and encourages us to maintain great habits in body, mind and spirit. Joel Osteen and Michael Bernard Beckwith point us in the direction of fulfilling our spirit's potential. Dr Oz, Carolyn Myss and Dr. Andrew Weil point us to a new approach to self-care, showing us how to cultivate healthy, happy bodies.

Let's face it; we live in an environment of readiness for the full knowledge of the Human Blueprint to be remembered and accessed. We are ripe for the next steps – for the deepest awareness to be simply and naturally back, for all to embrace and receive the benefits from.

Let me show you how to connect with your authentic design, to have your “realms” support your progress, and how to magnificently attract your perfect health, vitality, focus, wealth, love and career into your life. This will also make it profoundly easy to create new, better, brighter experiences in areas you've been stuck. And as a bonus, this exercise will make you more comfortable in your own skin, as well

Sound impossible? Well let's see...



Your Best Life

This exercise is called, “Put yourself first and foremost.” I want you to describe how it would feel to be your first priority.

At www.100PercentYou.com there’s a free step-by-step video that guides you through this process in case you’re an “immersive learner” like me. Just “opt-in” and you’ll get the printable, downloadable, “cheat sheet” companion to the video.

Remember a time when you were in the flow. You were unstoppable. It seemed everything you did turned to gold and you felt lucky, really blessed and happy. You may have to think back a ways, before “life” started to drain away your enthusiasm and energy. Was it a few days ago? A few years ago? Maybe a time in college or high school? Think of what you loved about life then. Who were you in this happy picture, and in relationship to what you loved, about your life?

It’s possible you have only experienced these moments once or twice and consider it a fluke. I want you to imagine being grateful, appreciative, and happy about your life. Imagine that your needs come first. Imagine that you are the ultimate authority for everything that you choose and all that life

brings you. By taking this first step, imaging a happy life where you are first and foremost you have begun to enforce your perception as a clear landing for your blueprint to manifest.

All you have to do now is manifest more of the 100% mindset in your PEMER and you are set.

Imagine your happy life. Write down a description of your ideal life in as much detail as possible. (Note: Do not worry if you are new to visualizing and dreaming and have no experience doing this. You can still effectively complete this exercise. I want you to just imagine your 100% happy, healthy, life.)

I'll give you an example: My client Nancy is an educator turned entrepreneur. Sheshares custody of her two boys, and has an active travel schedule. She is 39 years old, has concerns about her weight, mental clarity and getting her dream business off the ground. She is sensitive and loves people, but sometimes becomes discouraged and loses her momentum when others rain on her parade.

Her dream life includes having momentum, vitality, her metabolism at 100%, a love life with a soul mate, a booming career, connecting with her own tribe, and having a comfortable flow of money coming in. She has been prone to moods from hormones and a mild depression, and wants to stabilize her body chemistry up to peak performance chemistry...naturally.

Her greatest dream is to help others live a rich and fulfilling life while traveling and having fun, and not have financial worries. That sounds good to me. How about you?

What I like most about Nancy is that she is eager, open and ready for more. She lives an enthusiastic life and is absolutely passionate about helping other people. By rallying that enthusiasm towards herself first, and then radiating that passion out to others, her imprint on others becomes so much more powerful. The reason I enjoy working with Nancy is because she is clear her health and vitality begin with her. She knows full well, the “inside out” conversation, and when she makes a commitment to step up and play in a bigger arena, she is right there, bringing her best self to the game.

Other people take themselves out of the game even before they begin. Fortunately, Nancy is a possibility seeker, who is willing to take action.

When I started working with Nancy, she was putting on a great show for everyone. She was using her positive attitude to lead with in her conversations, but there was no substance for people to grasp onto. She was the cheerleader rather than the master. Her words would land as inauthentic when her potential clients would listen to her conversations about how she could help them attain their dream life and financial freedom, because quite honestly, she hadn't found it for herself.

Nancy's quality of looking outside for the answer led her towards many different systems. She'd tried 30 different

coaching systems for her work and relationship life and couldn't implement them. When we worked together, she created total clarity about what she really wanted. (There is, by the way, what we want, which is based on what we think, and then there is what we, as essence, came into this world to experience; they are usually not the same.)

Nancy initially contacted me for a wealth clearing. We rapidly cleared her DNA and perception around wealth, and things in her life started to shake loose. She was booked for several talks immediately. Then a partner, who would have sabotaged her efforts, took herself out of the picture and some new clients appeared virtually without effort.

Within a couple of weeks, Nancy had new possibilities and a new plan. One flight-and-a taxi-ride-later, she was sitting in my living room for her next step. In Nancy's first "100% You VIP Day" we rebooted her brain, literally reestablishing 100% function in her master cells. (These are the oldest stem cells. Think of them like teachers; they teach the surrounding cells how to behave and how to function.) Then we cleared and restored her nervous system and adrenals to full function. What that meant for Nancy was that ease, focus, and clarity had been restored, which enabled her to move into a big launch in her business. Her focus was so spot-on, her launch brought in thousands of new opt-ins. Her program for the launch was better than all of her previous programs. And she gained the momentum to leave an unhappy relationship, lose weight, and move forward on all fronts!

The greatest wish that I have for Nancy is that she experience 100% satisfaction and 100% performance in all areas of her life. She loves the notion of automating her income and bringing in big money through summits and speaking, and I am watching her move at lightning speed toward her goals. With her clear focus and mastery in marketing, I could see her making money, feeling purposeful, living fully, and impacting people who resonate with her message.

The possibilities for her health, happy hormones and great metabolism were also fulfilled by accessing the same blueprint that brought her love and money. Nancy living her mission in joy and celebration is my best vision for her.

Done. When you follow this process, you'll access your 100% life and lifestyle just like Nancy.

Got it?

Exercise:

Step 1: Describe “Your 100% Life,” the best life you could ever imagine (If you are new at this, then IMAGINE how the things in your life that do not work currently will be when they reach 100%):

- What benefits will you experience when your brain functions at its best, so that you feel clear focused, and energized, instead of in “deficit mode?”

- Think of someone you loved. Notice how you felt when you were in love, and how it feels when you imagine loving yourself and putting yourself first. Fill yourself up first so that you can love your partner at the deepest level
- What might happen if you align with wealth, and have all negative perception related to having wealth cleared?. Can you visualize your flow of money improving as you attain, grow and sustain your wealth?
- Imagine your results from accessing the “100% Healthy Human Blueprint.” Can you visualize yourself as healthy?
- Can you see your clients attaining their best results?
- Who is raving about your excellent performance, your athletic abilities, or your contribution to the team effort?
- What would it be like if you could put an end to a chronic condition, such as asthma, allergies, chronic fatigue, sleepless nights, PMS, fuzzy brain, rashes, hair loss, etc.?
- Who are you when all is working well in your life, and you are feeling enthusiastic, warm, happy, sharing, caring, and fun?

Go ahead; write in this book – it’ll be fun! ;0)

[illegible]

Step 2: Now do the following (this is really easy!):

Close your eyes and imagine you are rooted to the earth. See a field of golden energy around you. (Congratulations, you are now accessing your quantum field). Take a deep breath in. Exhale. Smile deeply and feel the glow around you beginning to build. Imagine any dark colors that are in your field flowing down through your roots. Continue to breathe in and out, feeling your breath fill your heart and lungs. Breathe in even more deeply. Now you can breathe down into your belly and pelvic cradle. Keep breathing in through your nostrils and breathing out through your mouth. Smile.

Now think about the best feeling you have ever felt in your body.

As you imagine this peak body experience, notice that you begin to actually re-live the feelings you had back then. As you feel the waves of peace, bliss or excitement wash through you, use your inner gaze to begin to see your 100% life.

In this life, you are surrounded in love, your health is incredible, and you have the best clients ever. Feel fully fueled and grounded in the feelings of great gratitude and love. Now imagine the story of your transformation to 100%.

Simply and easily see the field of golden energy around you supporting your effortless process as you blissfully love and appreciate everything building in your beautiful world. Your magnetic field and your vision come together as the circumstances of your 100% life seem to build and expand. Access to your quantum field is open. Your bank accounts are overflowing, love embraces you, and everyone you know is commenting on how amazing you look; you are so energized and youthful. You smile to yourself, filled with passion, gratitude and enthusiasm.

Note *I want you to feel. Be emotional. This is not a mental exercise. Feel into your nature and feel into your heart. This is your 'feeling' exercise.

So take a moment now and record the images and awareness you experienced in this transformative state.

[illegible]

If you really felt into this exercise – really– I can guarantee that your journey to 100% has begun. If you imagined the momentum and energy fueling more clients, and bringing in more money and love for you, and you felt into it, leaving your thinking mind out of the vision and allowed your feeling perception to act as captain, you have reset your perception to a new, and much higher expression of yourself. Accessing your quantum field is not done by the means of thinking; it is done by presence.

Let me explain.

For the past five years, I have taught my immersion students (we used to call the program by a different name) the technical aspects of the human blueprint. They would get their hand moving and start working on projects by thinking their way through the process.

Even though I would tell them their energy needed to match that of love and appreciation, they would routinely overlook that instruction, skip this step and jump to technique. These were intelligent folks, among them doctors of science,

medicine and theology. Actually, they were BIG thinkers and they would literally beg me for more and more details to the blueprint.

Though many were successful in accessing the Human Blueprint and making shifts for themselves and others, I personally felt they missed out on the real journey. Accessing the Human Blueprint is a simple journey, a journey into self-love and self-awareness.

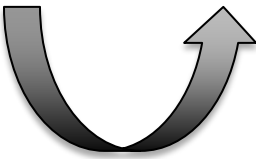
When you come into the Human Blueprint from the space of love – no matter what you were thinking or feeling before – this self-love and self-awareness opens the door for you to access what you need for your corrections and activations. These processes lead you back to 100% you.

This is the key: You must stay in the space of **LOVE** to open the door.

You must determine to be a 'love ambassador', loving yourself first, than loving others from fullness. Joy and enlightenment are also access points for the blueprint, but for now let's stick with LOVE.

How did it go?

From this point forward you have opened the possibility for a 100% life. You have set your perception to a higher standard and your life is beginning to transform. From this moment on, you know that your life can be lived at 100%.



***Begin REVITALIZING one area
RESTORE many areas in the process***

It's only a little counter-intuitive, but if you get one area of your blueprint up to 100%, other areas naturally will rise in the process.

If you attempt to do all areas at the same time, you actually won't get a great result anywhere. A big speaking fix it image in the blueprint means you miss all the details. As we have laid out here you begin in perception.

This is not wishful thinking, or imaginary woo-woo. I urge you not to approach this like the gambler who is placing all

his bets on a big win. It's the wrong approach entirely. *Grounded belief* is fueled with authentic 'gut' feelings of knowing and truth. From this perception, your progress is catapulted. On the other hand, the gambler's attitude loses all power by leaving out the element of personal responsibility and personal accountability.

I would rather you pace yourself slowly and steadily, and educate yourself, spending time learning about yourself and the improvements to your life that will most benefit you than for you to throw your hat in the ring and demand of yourself: "Okay, I've waited a lifetime for this; I want it all right now."

It's not realistic. The Human Blueprint is so much more powerful than magic. I promise you. And you can and do already access it.

I want to share a few more details with you about my story, and how I first started experiencing the magnificent transformations from the blueprint.

I mentioned I had really come to the end of my desire for life on earth due to the level of pain and suffering I was enduring each day. My doctors had given up on any possibility for a good life for me. The weeks before my garden experience were rough. I had cervical cancer, and while in surgery, they discovered how sick I was inside. They took my uterus, ovaries and cervix in that surgery, (and that is the last surgery I will ever need).

After that surgery, all of my doctors began to treat me as a hopeless case. Previous to surgery, my surgeon had told me I was imagining the pain in my belly. He said he would take pictures during surgery so I could see I was imagining the whole thing. When I awoke, the surgeon was in shock. He looked empty, (his usual cockiness had disappeared). I had a strong sense from his demeanor that unconsciously he was asking me to comfort him. There were no surgical pictures produced. When I asked him about them, his response was "No, it was too messed up in there."

Twelve days later, I hemorrhaged and was readmitted, having lost a lot of blood. This is where a group mind virus can get started.

I have always been intuitive, clairvoyant actually, and the 3 treating physicians were all sending me death thoughts. What I mean was, they had seen something they did not understand. I looked like a normal woman on the outside (one in a lot of pain). But on the inside I looked like I had survived Hiroshima. The recurring thought I heard was *"if your womb is that bad, imagine what your heart, lungs, stomach, kidneys, liver, and spleen must look like."*

They didn't know how to handle this knowledge, and I do not fault them for not knowing what to do. When I said they did not believe in my possibility, I mean literally – all of them in their minds were showing me that I would soon be dead. So loud were their thoughts that my psychic friends warned me: their thoughts were dangerously affecting my field and I needed to move away from the treating doctors if I wanted to live.

Okay, so now I have shared with you what I was up against. Hopefully, you are not sick or struggling, but whatever your current state of health, I am sure you can relate on some level to what I am talking about. Have you ever felt someone in your space so loudly telling you that you cannot succeed, that it overrides your best intentions?

I was at a weird impasse. I couldn't look to traditional medicine for help to get well because they didn't believe I could, yet I had no real options as to how to get better. I had already tried every alternative medicine in the book, and although I would often experience some improvement or at least some relief, I was not turning my dire health condition around in a big way. In fact, I was getting worse.

One thing I have always known is that I am a beloved child of God. I always knew my friends, Jesus and Mary and other avatars, loved me. I felt their presence, saw them, and interacted with them since early childhood. I'm sure you've heard of very ill people having had visions and revelations.

I personally believed that this message from Jesus was meant for us in this age to hear:

This and even greater works than these you shall also do.

Are you familiar with that message?

I felt in my heart of hearts I was promised a good life, a life free of pain and suffering. I believed it, like an innocent child.

The part that had been missing to make this real for me was that I didn't have my perception set for 100%. Quite the opposite: I was set to survive, to overcome, but not to reverse the damage. Something came to me that week, an idea, a gift for a new perception. It was the strong promise of a good life, one without suffering. I began without knowing consciously that I could reset my perception to a new level. I didn't know about setting anything to 100%, but I did know my suffering had to end.

Revelation in the garden

I brought my best self to God in the garden that first day, and all the days there after. I bathed, wore silk, carefully put my home in order and sat with a puja tray in which candles and incense rested, lit for the day. I learned Bhakti yoga in India; this is the yoga of devotion. How perfect. I sang love songs to God till my heart was bursting with love. My quantum field was expanding and love permeated my inner garden like never before.

Love opened the door to the first of many access points and upleveling shifts. For years, I called these up leveling shifts of physical function 'miracles'. It's funny, our culture puts miracles into the category of unexplained 'magic'. Yet here were the science and medical professionals asking me to share with them the secrets from the Human Blueprint. I was able to translate the experience, break down each process into easy to understand scientific terms that could be replicated by people who did not share my faith. I realized the Human Blueprint was, indeed, meant for everyone.

The access gateway to both the Human Blueprint and the quantum field is love; it is the key, the secret that was never meant to be secret.

After years of improving my own design, I finally made a decision. I said to myself: *'I am going to live 100% healthy, happy in love, wealthy, and connected'*. When I tested that statement using muscle testing as to whether or not I believed this affirmation to be true, I found resistance in perception from both others and myself. In other words, my perception provided some negative programs. Combined, these programs ran continually. They included the build up of beliefs related to my imminent death, the need for struggle, poverty, servitude, and many other issues. All of these thought forms, mostly from others, dominated my perception. The good news is I found a way to easily address these impediments and move forward. Because of this, I am now literally experiencing the healthiest, happiest, most successful time of my life.

Having attained this level of fullness, and having recently discovered the secrets to getting there easily, it is now the perfect time to invite you to join me on the journey of self-actualization and energy.

I believe in living my life purpose, and what gives me fulfillment is to help you. I came here to not suffer, but to remember. I came to share love with you. If this message resonates with your spirit, if it sounds exciting and right to be your 100% best YOU, and if you can feel it in your bone – yes, this is my journey too – then I welcome you with open arms to join me. Let's go for the gold and 'do' 100% together.



You Can Do This

I invite you to go to your bathroom mirror and repeat after me. "I CAN DO THIS."

You can.

Want proof? Several years ago, after working on honing my skills with the Human Blueprint, I began teaching students how to activate their own 100% healthy life and lifestyle. Please understand this information is for everyone with a human body. It works for people who have the most difficult challenges, as well as for people who need a some simple tweaks in order to shift from good to great.

At an event last spring, I crossed paths with a dear friend in the MLM speaking industry, who shared with me that she thought the economy had ruined her business and that she hadn't been booked to speak for months. After tuning up the cells of her brain, we reset her perception, removing the group mind around 'her' bad economy. I kid you not, she immediately booked two paid speeches and her chemically-based depression cleared.

Tyler, a handsome dark-haired younger fella who was Internet savvy, found me on YouTube. He had spent countless hours daily searching for a cure for his adrenal failure. Like a mouse in a trap, no matter what he did, he was confined to home and he'd struggled, living as an invalid, virtually bed-bound for 5 years.

Tyler had come across a video of Holly, who while being treated for a serious illness, began using the principles of the quantum energy focused into the Human Blueprint and was experiencing incredible results. On her initial PET scan, she was told she had one 'nonfunctional' adrenal. A short four months later, the PET scan report showed a fully functional, full-sized adrenal.

The possibility of adrenals really healing gave Tyler hope. Maybe he, too, could get better. And sure enough, within three short months from the first “Elite 100% You” one-day activation Tyler did with me, his adrenals became fully operational. He is now exercising and out of bed. It's a big transition for him, as he never really held down a job, or experienced life as a healthy adult.

Next, Tyler is working with the wealth program (Accelerate Wealth) which will help him discover what he is here to do in the world, now, in present time.

I've mentioned two individuals who were suffering from the worst of health with very bad adrenals and physical stress. These same principles work really well for the **superstar**, the over-working entrepreneur, who is busy getting on as many stages as possible. Avoiding burn out and knowing a few simple steps to keeping both the adrenals and the nervous system clear are incredibly empowering. If I am describing you, please visit www.miraculouslivingtoday.com for a free 5-day course on improving adrenal health.

If you are experiencing either love or money challenges, you will be thrilled with the activations from the Human Blueprints and how they can positively affect your outcomes.

Ever notice how there seems to be a lucky few – people who are incredibly fortunate and who have things always go well? Then there are the ‘others’ who take the same action, yet get a completely different and less than desirable result. Ever wonder why?

Perception allows us to define or **affirm positive words of what we wish to create, but our words are** influenced by negative **group mind**. Negative group mind exists outside the constructs of the human brain, authored by you in the ethers.

For example, imagine all of your own originating thoughts in perception, then add to your thoughts things people have thought towards your group, or you, as a whole being. An example of this would be my three doctors, who held a strong group mind connection, where at one point, all thought I was going to die. Their thoughts turned into form and became an influencing factor in my perception.

Don Miguel Ruiz, author of *The Four Agreements*, talks about this kind of thought form as black magic.

Surprisingly, it is easily removed. The most important factor is to be aware that the negative thought forms from group mind exist at all. To free yourself from this problematic programming in perception, you must be aware there is a block in perception. To successfully remove this issue, you don't need to know the details. Just apply the principles of clearing, which by the way, involves a very simple technique. You will rapidly remove this impediment.

I started out by using the principles of Quantum Activations with the Human Blueprint to improve my own my health, wealth and money experiences before working with others. After I mastered how I was getting the changes to happen rapidly, I designed a course and taught a yearlong program, geared for those already in the healing and wellness

professions. My students learned how to take this blessing out into their respective communities, and with their followers, sharing the incredible transformation system.

Melissa is a perfect example of taking the activations to the next level. I met and worked with Melissa at a live event. When I was with her the first time, one thing stood out like a flashing red light – her brain was not working well.

She had had a concussion as a child doing gymnastics. If you have had a concussion, the brain does not go back to full function, unless you activate the blueprint. Melissa, 40, well spoken, successful and very personable, actually knew that there was something really wrong, and when I told her we could get her brain back to 100%, she was thrilled.

We did several 100% Healthy one-day sessions and brought her brain way up!

Now, to the outer world, she already looked and functioned as a healthy woman. She is a competitor and loves crossfit. For Melissa, it made sense to tweak her insides to 100% to match who she presents herself to be.

What I loved about Melissa was her commitment to follow through. If she had a headache, she would text me to learn the proper approach to clear it. If something was off, she would ask me to help her dig down to discover why, and then, she would work on her own corrections for the situation. She is not a health practitioner, or a scientist; she is an open-hearted woman who lives in the possibility that

she can experience 100% in all aspects of life. Bravo Melissa, bravo.

It takes a mindset shift, or really a shift in perception, from the fast food mentality, which directs you to find a quick first answer outside yourself, to *'it's important for me to go inside and discover what is off so I can correct it once and for all.'*

What I am seeing is a shift among my following from people who were very ill, who are now very healthy. It is the intelligent entrepreneur who is now plugging in and getting the Human Blueprint skills and wise-elder wisdom to give them the slight edge – not over their competition, but over their lower functioning former selves.

When I first started talking about the Human Blueprint in my practice, and showing by example how to experience improvements, the very sickest people came to me in hopes of a miracle.

What I began to see very clearly is that if we can get to you before the problems set deeply in, you can remain in charge of your health. You can move into your future without the overwhelming potential for a tragic illness – at least, you can get a deep hold on your own design and live your healthy, happy life.

For two years, I offered a very time intensive, yearlong program for creating miracles. This intensive was attended by the very ill. In the course, people were thrilled as their dreams for health resurfaced. They could see real physical evidence, evidence that wow'ed their doctors and showed

everyone that their lives and health were becoming dramatically better.

Enlarged prostrates shrunk, broken bones mended on the spot, illnesses and pains cleared up, hair grew back, vitality returned.

Yet these folks had such strong perceptions rooted in suffering, and their identities were so attached to how bad some things were. Regardless of the many improvements each of them was making, I found them a difficult group to work with. Their negative storytelling would diminish their cell regeneration and would defeat the positive momentum we were bringing in.

Then it occurred to me: work with healthy people. Get to folks before there a lot weighs them down. That is when the “100% Healthy Elite” one-days and the “100% YOU Immersion program” came into being.

The 100% Healthy Elite one-days are producing the results I always new were possible. Together, we get your brain, nervous system and hormones right. When all systems are set to go, watch the world open up. Hand in hand, the physical upgrades lead the way to a financial or love upgrade. Getting to 100% in one area of your life stimulates growth in other areas. The system is meant to build off of itself, and as the body gets better perception, essence and energy get better, too.

As the work with the Human Blueprint builds and moves out into to the world, I can see discussions, important conversations taking place on national talk shows, Wouldn't

Oprah Winfrey love this stuff? Perhaps the Today Show, Dr. Oz, and Dr. Phil could add to the conversation in intelligent and meaningful ways.

I've always thought Deepak Chopra tuned into the same golden light waves that I tune into, as his topics would echo my blog and radio shows, as if we were somehow tuned to the same cosmic satellite station.

What would be really cool is to have Suze Orman, the money guru, address how perception, when shifted, makes your money picture better. Or a relationship expert like Alison Armstrong, who could speak about the new freedom that can be found in a relationship after removing the stuck entanglements from your perception.

You're probably just starting to comprehend the far-reaching shifts to your very being that can develop by accessing your Human Blueprint. You can improve the simplest things, like instantly clearing a headache or cramps, or work on something that feels more complex, like freeing up a problem in your aura of being a servant, so you can be a powerful leader.

All of these clearings are simple and easy. These issues, and many more, can be cleared with little more than the wave of your fingers...Abracadabra, presto change-o, and there you have it.

Although it looks like magic, it only looks that way because the entire population forgot this information. But amazingly, it is wired into your very nature.

I have to stress this is not a new age deal-ly-bob or an airy fairy notion I've worked with the BIG technology guys, and as I mentioned earlier, I've worked with people at the Pentagon, the United Nations, and a whole lot of rich and famous people, and they have no qualms at all about availing themselves of the incredible benefits and results from accessing and activating the design.

Now, together, we're putting an end to the Human Blueprint being the best kept secret on planet earth. I am here to love and support you, be a beacon of light, and to get the secret for living 100% into your hands. It's my reason for being.

I may not know you yet, still I feel confident that if you were given the choice to live at 50% and continue to degrade to much less, or choice two, to live at 100% and keep yourself feeling awesome for years to come, you would choose the path of grace and ease.

This is the power of clarity. Imagine getting so clear about the fact that you were meant to live in an amazing, healthy, happy, vibrant state and anything less is just not going to work anymore.

Instead of taking the slow path to your best life ever, taking years or even lifetimes, you can choose to live it now. No more waiting.

Just like me, you can shift up to 'UNRECOGNIZABLE HEIGHTS.' Right now.

A Profound Secret



Getting the concept instilled into your perception that you can, and are, meant to live 100% feeling great in your body. Living into your purpose full on is the ultimate secret to living 100% and is truly your first step.

You may be used to looking at people and understand what holds them back, but you may not be so good at looking at yourself and identifying your own blind spots. Honestly, most people find it much easier to see where someone else is stuck, than to see their own issues. . So the trick to getting into the 100% experience is to begin by noticing every time things are not 100%, and agree with yourself that it is possible to have this area of your life be at 100%, too. I know this may actually seem a bit redundant, and simple, but this is the most important thing you must open to.

When I was pregnant, sick, and dying at age 24, I prayed that God would save my son. I prayed to survive the pregnancy so I could give him a life, even if I could not be there to raise him.

I carried him through till his due date, and he was born healthy, pink, and was 8 pounds.. At the same time he was entering the world healthy, pink and full of zest, I weighed in at 104 pounds. I was frail, green, and too weak to walk.

Had I known than what I know now, I see I could have been healthier than ever at the time of his birth. But the programs I had installed from my doctors told me that I would ultimately not survive. My perception was sending in programs and thought forms of 'death'.

So, six months later when I died the for the first time, I looked down on my body, and watched my life flash before me and said; "No, God, I don't want to leave. I have purpose; help me survive." I did survive...just survive. I hadn't really shifted perception enough to start really taking on life fully.

Will 17 surgeries, multiple cancers, a year in a wheel chair and 5 near death experiences improve your perception? Yes and no. Yes, in the sense that what I felt was that every day was precious. But no, because in my mind, I thought my life and illness would always be a struggle, and that I would always have to fight for my life.

What I know now is that my life and my health are always my choice. I get to choose. I set and clear away perception elements. It's my menu. I don't need to survive if I want to thrive. I don't need to live in the reality of 'thrive', (which on my scales reads about 70%) when I can live in bliss, completely healthy, energized and alive, fully funded, and deeply in love.

Feel into your beliefs now. I want you to appreciate yourself for any of the tough things you lived through. I want you to take inventory as to where you are with perception. It is an extraordinary person who gets their innocent outlook back after something difficult has happened. For example, if you went through a bad divorce, how do you now imagine love? Do you focus on what you definitely don't want or on what would work for you? Or perhaps you have said, "I'll never do that again; it hurts too much," and have left the possibility for real deep love in the dust along with the rest of your dead dreams. What is your choice?

Here's the bottom line: You've got to awaken the dreams of your 100% life that have been lying in ashes. Raise them up, just like the phoenix, to live brightly anew.

Okay, I hear you: "But Julie Renee, if I could have done that, don't you think I would have already? I have two answers to that comment..."

- 1.) You may never have really looked at the possibility of revitalizing your dreams, so you may never have even tried, or;
- 2.) You likely have never activated your Human Blueprint to 100% possible, so even if you had tried, without clearing perception, all the thought forms that exist in conflict with your 100% life fought you.

I know you can relate to this. Think about all the times you committed to a "new you." Using your best intentions, you knew you could change. Then you lost the possibility of change, and even to you, it looked like you were self-sabotaging.

I have news for you. Although you may not have kicked in with will to strengthen your resolve, you actually weren't sabotaging; you were attempting to bring in new and better pictures for your 100% life, but hadn't yet cleared the old garbage away. How successful would you be in building a symphony hall on top a city dump?

There were a whole lot of years I didn't want you to know about how sick I was, and how bad things were for me. I was afraid you might not respect me. Or worse, you might have

questioned how in the world I could know anything about being 100% when I had spent years of my life (literally) in a hospital bed taking crazy amounts of medication? I know that I am not my past. I am not the old body or those old health issues.

I choose to not hide from you, to let you really see me, raw and exposed, and fully in my dignity. By sharing what went off in my world, you and I now have a deeper connection.

If I had the courage to fight all those years for my life, I believe your getting the secret to living a life of much greater **possibility** (without all the drama and bad times) makes sense. I want you to benefit from my lifetime and the wisdom I gleaned. I'd love for you to get to your possibility without devastation.

For years, I was worried I wouldn't be alive long enough to get my legacy out to humanity. Now, that worry has evaporated into nothingness. I have a long life with endless possibilities.

My legacy is your legacy.

As I move away from the stress around getting the knowledge and awareness of the Human Blueprint out into the world, I relax and can see my weaknesses and clear them.

Not knowing anything about how to market my information about the Human Blueprint was a stop. But when I cleared

spaciousness and created a long life in perception, I was able to make room to learn and become a master marketer.

You may have studied with some of the greats in marketing. There are so many. However, you may not have been able to really integrate or implement what you learned, because you had blocks in perception. Until I shifted, I could hear everything that was being presented, but I would feel tangled up inside, frayed and nervy. I would push myself to create a result, but with so many issues in perception, I could rarely really win. I am so grateful to the master marketers in my world in present time, who are helping me with present time marketing information. As I clear away the blocks, I can truly become a master at anything I set my mind to.

I have also found in my work that women, especially leaders or those who are striving to be leaders, put on a great face to the world, but are hiding the truth about their internal workings to everyone. They are aware of problems, but manage the problems so no one really finds out the extent of the issues.

I get it.

I soooo get it.

But I tell you what...you may be able to cover over your challenges to the world for a while, but at what cost to you? If you are not in great shape, how can you bring your best self forward? What is so important that you would ignore your health, sleep, fatigue, hormones, fuzzy thinking, and exhaustion? You can likely add more to this list. So my question is: why do you do it?

Twenty years ago, I predicted we were entering an age where the true measure of a person would be valued by their contribution and impeccability. In this time, we would become transparent and we could feel into others. We could see if a person was being true to their word and if they lived what they spoke. The importance of money and possession would be secondary to a truthful life.

I know we are in the beginning of this era. As I see how transparency becomes more and more important, people want to feel and relate to a real person, not a fake-pretend person. I want to know you, really, the real you. I want to be inspired, not just by what you say, but by how you make me feel when I am with you. This is where the power and the wealth are.

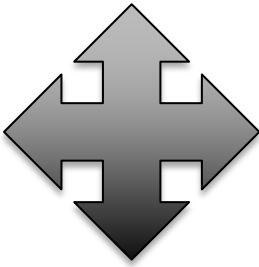
When I tell you about my trauma and drama, it is not to make myself great or to be a martyr. (Yuck!) I've spent my entire life trying to figure out how we, as humans, work. I have studied what makes us extraordinary and exceptional and why we break down. What I've discovered in the last few years is that the secret to accessing a 100% life is in perception. From perception springs the open gate to real potential.

So don't resist the truth. Don't wait anymore, pretending to be 100% when you are at half mast. Be yourself. Love yourself. Breathe in and feel what you are telling yourself. Feel your truth. Raise perception to possibility. This is your path to success.

I'd like to share the formula for possibility with you. How would you like a short exercise that will position you for a 100% life? This simple exercise will unlock vitality and clarity you probably didn't even know existed inside you. You will quickly discover you can do this same process to clear the way for more love, money, health and satisfaction in your career. This process will help you to break free from virtually anything you now struggle with.

All you need is the tool to unlock the challenges in perception and I'm going to give that to you now.

Are you in?



Perception Freedom Formula

A Simple System To Connect with Your Self-Directive and Stop Being Stuck

On my radio show, I have dedicated entire episodes to helping listeners understand the role of perception. It's a popular subject with the New Thought community, as well with the science and the religious communities. Perception plays a huge role in our lives: we, as humans, are either greatly enhanced with great perception or are extremely held back with poor perception.

Perception defines how you will see things, how you will experience things, and how great your life can be or not be. Your perceptions may be conscious or unconscious. Either way, they are affecting your ability to move forward in life. For example, let's say you are a woman who holds a perception that "a man should be the provider and take care of me." If you hold this perception consciously or unconsciously, it will be next to impossible for you to own

your own property without the help of a man. Deals will fall through or something will happen to sabotage your success so that your perception can be validated.

I want to give you the tool that put's you in the drivers seat of life, right now!

By the way, there is a companion video that goes through the process step by step at www.100PercentYou.com. I highly recommend you watch this video, especially if you are an 'immersive learner' like me.

QR code

This formula is based on something I have been teaching for years. When you combine the 100% You exercise with steps you are going to learn in this video, you will instantly unlock awareness and possibilities for yourself that you probably didn't even know were available to you. This is healthy, wealthy, loving information based on your own internal programs in perception. If your programs in perception are great, you'll be positioned for moving in the direction of your best life ever.

You can use the techniques you are about to learn to create your first breakthroughs in health, relationships, or in

wealth. I am going to show you how to gain 'permission to own your life,' 'live into your life,' and 'live into your 100% possibility'. And you can do it in record time.

It's called the “**Perception Freedom Formula**” because once you have learned the technique, the door is open for you to take charge of any and all areas of your life. Here we go:

1. Assume there are thought forms and other blocks preventing you from owning your life 100%. In perception, these could be from people who sought to dominate or control you, or group mind beliefs that are keeping you small and conforming to group standards.

If you know how to muscle test you can check for the number of blocks preventing you from owning your 100% life. You'll know you're on the right track if there are 10,000 or more blocks. Everyone I read is a BIG number. I have never seen less than 7,000 impediments when muscle testing.

2. Using your right hand, imagine pumping gold into the impediments.

Breathe deeply and be relaxed and joyous as you take charge of your life.

If you have not yet discovered how to muscle test, pump gold for 10 minutes.

Feel your body, breathe into your heart and be aware of the shifts you are now feeling.

Reminder: this is a great time to review the video offered in this section. I have included an example of muscle testing and what it looks like to pump gold energy. I think you will find this video to be extremely helpful.

www.100PercentYou.com/video

3.Next, create a list of **Frequently Experienced Problems (FEP)** that interrupt your joy, flow, experience of connection and success.

For example here were some of mine from a couple of years ago:

* When my Internet marketing coach asked if I knew of anything that would stop me from accomplishing my goals, my response was my unpredictable health. Note that I could identify my perception as my unpredictable health in general, or I could identify the features of the problem one-by-one, i.e. citing pain, adrenal fatigue, digestive problems, etc. My way to marketing success was to first clear these thoughts about my health in perception; I began by taking 100% ownership of the issue.

* Romantic, Divine love seemed just out of reach. My perception was that I might never meet my Divine complement (soul mate). I would then clear these thought forms and own my romantic love space.

*There are days and even weeks that I am overcome with deep fatigue. The clearing I do then is to create the perception for healthy sustainable energy.

So you get the idea; look for and write down your Frequently Experienced Problems, your FEP's. Please be honest here. No one but you will see this list.

In this exercise, the goal is to become aware, not to 'fix it all' in one fell swoop. It took you lifetimes to get to where you are today; it may take you a little time to get to the bottom of everything you consider to be an issue.

What are your Frequently Experienced Problems?

The other way I'd like you to look at perception and freedom is to look at **Frequent People Problems (FPP)**. Frequent People Problems are problems others notice and point out to you. By the way, if you think you have no Frequent People Problems, you are likely filtering them out or you may be thinking that these issues are of no concern to you. Think carefully and see if you can come up with at least 3 things you have heard from others, that they consider to be a concern about you.

Some good examples of what you are looking for with FPP's:

* From a child: "Mom, don't interfere. You always do that and it drives me nuts." Check in perception for appropriate boundaries and controlling issues. (Note: if someone says to you, "you always" and "drives me nuts," in spirit, you have left a part of you either in their body or in their aura and they are feeling taken over. Helpful advice: pull your spirit back to you and they will calm down rapidly.)

* "You never listen to me" or "you are never available when I want to..." This may represent a narcissistic aspect in your blueprint in which you are self-centered in an unhealthy way **or it** could mean that their spirit has flooded your space and is now dominating your body. (If this is the case, it is time to imagine sending all of their energy that you've taken on back to them.) You can find complete directions on this process in the karma clearing meditation in this book.

* "I'm worried about your...sleep habits, drinking habits, lack of exercise, sugar intake etc."
It is helpful to clear the issue and also look at the element of addiction in perception.

Frequent People Problems are often areas of your life where you have blind spots. They are the "I don't know that I have issues here," or "I don't think I have issues here" blind spots, yet you have most likely heard about these issues more than once, and you can keep denying culpability.

Or you can say, “I need to look further into this, especially if I am hearing this from another, because let's face it, people rarely actually tell you what they think about you. It has to be pretty big and upsetting enough to break the social code of 'best leave well enough alone'.”

If someone is talking about something related to you that you are uncomfortable with, they are sharing the one-in-a-thousand considerations about something you do, have done or said, that likely is not congruent with who you say you are. In other words, nine-hundred-and-ninety-nine times, folks just don't mention the issue. Be grateful and responsive when someone shares something about you that makes you feel uncomfortable with you. Don't say, “You're wrong,” and just blow them off. Instead, look at their comment as a course correction. Say, “Okay, I'll look into that and see how I can improve.” Being willing to examine your blindspots makes shifting to a higher level sooooo much easier.

The biggest difference between FEP's and FFP's is your awareness. FFP's will lay hidden, whereas FEP's will usually be felt in some way. FFP's dictates responses of others towards you, while FEPs direct how **you** understand who you are and how you *must* respond in a given situation.

Both FEP's and FFP's automatically position you in life to win or fail, to be extraordinary or mediocre, to love and be loved, or to live isolated and alone.

When your understanding of FEP's and FFP's really gets into your consciousness and you are able to fully comprehend how pervasive and impactful leaving this 'trash' in

perception is, you will become captivated by the process of releasing and upgrading.

Imagine you want to experience deeper more fulfilling love. This is a frequent desire on the wish list of many of my clients.

Now imagine that you are building a skyscraper. Unfortunately your prime piece of land happens to be on the site of the city dump. Everywhere you turn, there are mounds of garbage piled up. Even so, your intention is to “build a skyscraper” (a better relationship), so you start to set down some supports and cement in. Eventually, you create the standing structure and put four walls up. But how stable will the walls you build on top of a garbage heap be?

You might get clever and pour cement over the garbage so you don't have to smell the rot and decay, but it's still there. Once building progresses and you proceed to the second floor of your structure, you and your engineers discover there is no real support to build multiple levels. Then you realize that your dream of building a skyscraper cannot be realized atop a mountain of garbage. Likewise, your monument to love will have no soaring heights, no breathtaking views, and no spectacular dynamics that enable you to say, “Wow! This is my dream realized!”

Yuck! Am I right? But this is exactly what you are doing if you don't clear perception and all the negative information about loving relationships that are held in your conscious or subconscious before you start in with your monument to love.

Clearing perception means removing the 'garbage bags' and 'debris' till the land is clear. Once the trash has been removed, you are free to excavate down as deeply as you desire. You can now set a firm foundation for your own personal "Taj Mahal of love." The excavation you do may mean laying a new deeper foundation not only to love, but to health, wealth or spiritual connection as well.)

Once the trash is gone, you are free to go as deeply as you want and also to reach for the highest heights. What 99% of people have not yet realized is that you can't possibly build something of real value and real connection on top of trash – no matter how much you have spent on trainings, therapy and investments. It's not about how 'committed' you are. To be truly successful means you must start with a fresh, clear well laid foundation.

As a result, you'll quickly realize you hold the key inside your being, for the most important shifts in order to be successful and in love with your life. Clearing FEP's and FPP's is what will give you the slight advantage, as well as positions you with a deep firm foundation.

This is your journey; the answers and the challenges are unique to you. No two people are alike. All humans have attracted difficulties in perception. Clearing unneeded-harmful information will propel you into the free zone for manifesting 100% YOU!

Exercise:

Here's what I want you to do. It's time to implement.

Take a moment now and write down as many FEP'S and FPP's as you can in 3 minutes. Timing yourself while you do this will help the ideas flow through you more rapidly. It takes your 'filter' off of self-editing and enables you to write more naturally.

If you write down 5 issues in 3 minutes, you'll have 50 topics for releasing in the course of 30 minutes. Come up with as many as you can. You can take your time when you actually start the process of clearing and releasing. This process will create a good list for you to work from.

FEP's (Frequently Experienced Problems)
FPP's (Frequent People Problems)

This image shows a single sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Once you've finished writing down your list, label them in order of importance. You are going to want to clear your most important issues first. Create a new 'prioritized list' below using the answers in the new order you gave them from above.

Priority of importance: FEP and FPP list

[illegible]

A couple of notes about this process...

First make sure that you have watched the training video so when you approach clearing, you will be able to pull it off properly and your results will give you the freedom you are looking for.

Be willing to look a little silly and go for it. Shaking your hand, as directed, is the simplest way to do this process. It can be done from the center of your head, or from your mind, but believe me it is a 1000 times harder to do it this way, rather than to do the shaking your hand technique.

Understand this: you can't think your way out, SO SHAKE IT BABY! And you will shake (pump) your way to freedom.

You might remember Jesus telling the parable of a rich man whose mind was consumed by his many possessions. Jesus said that it would be easier for a camel to slip through the eye of a needle than for this fella to get into heaven.

We don't need camels jumping through an eye of a needle, or any impossible task to be on the forefront of our route to freedom. Using the mind to clear these issues is like the

camel leaping through the eye of a sewing needle. Why work that hard when you can take the easy route?

By the way, Jesus wasn't talking about being rich in this parable; he was pointing out the attachment to worldly objects. If your focus is on possessions, and that becomes your dominating thought, you are earthbound because you are focused on 'stuff'. Contrary to the 'stuff' mindset is the celebration of life. To be wealthy, you can 'have all the stuff,' actually as much as you like, but celebrate and connect, live life to the fullest. Keep love and celebration as your highest measure of connection and you'll do awesome with your newfound wealth (perception).

Get specific. If you find your FEP's and FPP's are vague, I encourage you to be specific. By really identifying the issue at hand, you are much more effective in your perception freedom process.

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Keep in mind, you are making your **first** list. You may do this process many times before you have removed all the 'trash' from your perception. Think of this as a 'fast track' to freedom, but even if it looks like magic, the shifts and changes are rooted in scientific and spiritual principles that have been around since man's beginning. Fast is relative. To those of you who want it all NOW, this may look like a slow process. Keep in mind your perception has been around as long as you have; for some of you, that is a very long time.

Slow and steady wins the race in my book. Enjoy the journey and notice how things in your life continue to shift and

improve. A surefire way to experience the improvements happening more frequently is to notice and be grateful for whatever shifts you are experiencing in the present moment. Let every small shift be cause for celebration, and enjoy the journey.

If you get overly anxious about trying to producing perfection in a week or two, your experience will be a journey of frustration and disappointment. Think about it like this: it took me a lifetime, or perhaps many lifetimes, to get to where I am now. I am willing to be generous and spacious with myself around allowing the clearings to happen in perfect timing.

Now this is the cool part...

If all you got from this exercise was to take full 100% ownership of your body, and live in your body 100%, wouldn't you be light years ahead of where you were when you started? By taking full ownership and living fully in your body you become more magnetic to what you desire. As a result, people will feel you as being more true and authentic. Can you see how your work, life and relationships would be greatly enhanced just by accomplishing this one powerful step?

You are positioning your perception to accelerate your leadership qualities, as well as magnetizing and manifesting a great 100% life.

If you were to go even deeper and follow my simple "100% You Map," you'll have dipped into, not just perception, but

you will have also improved your essence, matter (body) energy and fields to make you less of the 'imprint and amalgamation' of others and more of the 100% you.

When you are 100% you, you'll be fully aware of what is authentically you. *You will be able to dream your dreams, live an energized life of focus, clarity and momentum, and bring your blessings and your legacy into the world.*

Are you understanding the power of the process yet?

Can you see how combining your clear perception, bright spirit, vibrant juicy body, enhanced energy, and realms that all support and enhance you 100% will provide you with an unimaginable life, a life of REAL fulfillment, power and wealth? Does it make sense from this space that relationships and love play out at the most connected, joyous and highest possible expression for humankind?

Can you also see how taking the time to put yourself first and foremost, getting the trash out of the way, perfecting your grounding, and building life from a deep foundation will position you as a leader? A leader others would want to follow, emulate, and receive exponential benefits from? In this scenario, you will become a true mentor. As the Law of Attraction works perfectly, you will be richly rewarded for taking the time to nurture and love yourself, for as you give to yourself, the universe will give to you.

Are you getting how opportune the time is now to take advantage of this 100% lifestyle model?

All you need, everything, in every way, is within you to be 100% YOU now.

My goal is for you to be blown away by the upside of possibility. I want to give you a taste of the incredible shifts and the powerfully authentic you that already exists within you. With the right process, the right activations and coaching, you have the ability to turn your life into your 100% life and shine brilliantly.

I can help you make this happen.

**The Secret to Living 100%
Energized, Focused and On Target
Every Day**

*How to Deeply Connect with Your 100% Human Blueprint
Transform from Good to Great
And Create Your Life on Your Terms NOW*

What I am about to share with you works for everybody, female or male, old or young. You can be an entrepreneur, or a stay-at-home mom, a successful executive, or a fitness instructor. It doesn't matter how difficult or easy your life has been, if you have been sick or healthy, struggling with finances and cash flow, or in awesome shape or not. It doesn't matter if you were orphaned or raised by monkeys, religious, spiritual or scientific. The Human Blueprint is a universal principle that has around since the beginning of humanity. We were designed out of the Human Blueprint, and you can access it now.

Why I know this will work for you is that it worked for me. Growing up, I imagined being a fairy princess bride, with lots of babies and Prince Charming to swoop me off my feet. I imagined us dancing our way through life, just like Leslie Ann Warren in the original "Cinderella." I really thought that all my dreams were possible and were predestined to come true. In my innocence, I could not see a future of anything less than fulfilled dreams. Can you remember back to that time? Do you remember being innocent and pure, a time when you felt connected and fueled with unlimited possibility?

At 16, I got engaged, not to a prince, (he was a hog farmer) and had my fairytale wedding. The babies I'd imagined started arriving by age nineteen. I attended church and

served God and my community five days a week. I was altruistic and learned about natural, wholesome ways to raise my children. Before long, I found myself fully committed and rising in the ranks of leadership in an organization dedicated to educating new mothers about mothering and breastfeeding. At one point, I found myself leading meetings in Minnesota, Iowa and South Dakota. I sang, prayed, read scripture, did chores, lived my life, and once in a blue moon, I would wonder, *‘what happened to my fairy princess life?’*

I knew something was wrong, but I did not know how to change my daily experience. Married to an unkind alcoholic, I went through years with no new clothes or shoes. I was a slender city girl, a hard worker for sure. I found myself pitching hog manure, hauling hogs to market, (which by the way is a very smelly, dirty job), feeding cattle with a scoop shovel out of a 10-foot high wagon, and falling ‘off the wagon’ literally as I slipped backwards into the trough.

In the old farmhouse with its crumbling foundation, there were a plethora of dead and living mice too close to my babies. Needless to say, this early life had no fairy princess gowns, dances, or magical happenings. It was here that I experienced the death of my dream. Childhood hadn’t been perfect, but I had hoped life would get better and it most certainly did not.

The death of my dreams almost killed me. At age 24, I survived my first bout of cancer. I endured several surgeries and was pregnant with my third child.

It was then that with adult consciousness I began the journey of discovery. I didn't have a fancy name for that back then, but I was deep into my research as I lived through cancer. For years, illness was pervasive and permeated every aspect of my life. I experienced profound suffering, a nasty divorce, loss of my children, and becoming wheelchair bound.

The only thing back then that kept me going was my strong and deep abiding faith that I was meant for more, and that I was a cherished beloved child of God. With every cell in my body, I knew God loved me, and that I had come with a special mission.

For more than 30 years, I have studied, searched, dreamed, envisioned, survived, fought, and chanted my way to the knowledge I am sharing with you. It has been my greatest quest to discover the secrets of the Human Blueprint, how we work, and what can be if everything within us is set at its full setting.

Strangely, my health, which was always my nemesis, seemed to be the vehicle I was learning the most from. I was developing humility, awareness, and understanding as I went through treatments, poles, prods, cutting, and medicating. Poor health, which is what eventually taught me the Blueprint, was the exact same issue that was keeping me from sharing what I was learning with you.

I would be strangely held back. I would experience feelings of disconnect, lose focus or momentum, or drop back into a cycle of illness, confusion and exhaustion. It was not until I

tapped into the aspect of perception in the Blueprint that I could sustain what I had improved. This most important piece, that of perception and the affect of thousands of thought forms on my dynamic system, has been the big game changer for me in **sustainable wellness, energy and clarity**.

Putting the Puzzle Pieces Together

My first accomplishment came a few years prior to my understanding that there actually was a blueprint. I regenerated my vision by praying and imagining it to be so. I had worn glasses since age 18, and at 46, I decided I didn't want them anymore. My eye doctor examined my eyes after this shift, and couldn't believe the findings. He said, "*Someone must have made a mistake. Eyes do not improve at your age.*" However, that was not the case. His new findings showed I no longer needed glasses.

I now have a detailed fantastic regeneration program for vision. In this program, the improvements are focused on not only the eyeballs themselves, but include the optic nerve and visual cortex. I believe many people want clear vision, but perception runs so strongly that they cannot have it. Clearing perception is instrumental in sustaining improvements and maintaining great eye health and vision. You'll find information on the vision program at <http://julierenee.com/vision>.

After the success I experienced with my vision improvement, I experienced several more health and happiness disasters,

though I was able to maintain clear sight. These experiences were horribly painful.

:(For one, I was given a date rape drug and was brutally raped. I felt like I could not survive it, but I did pull through. Shortly after that while taking a morning stroll, I was hit by a car and landed up in bed for a year, getting out only once a week in a wheelchair. It was an awful time. I was on crazy amounts of pain medication to the point where I felt like an idiot.

I have a strong will. Eventually, I decided to end the pain medications abruptly, so I cold turkey-ed off the meds. Over 11 days, locked in my house, I rode out the waves of panic, hallucinations and crazy, intense bodily sensations.

This might sound like I'm exaggerating to make a point about my expertise and how low I went, so I'm going to tell you the list of medications I stopped taking that day.

My cocktail (uggh)

Fentanyl patch (equivalent to a morphine drip)

Up to 9 Vicodin daily

2500 mgs of Relafen (Ibuprofen type drug)

3 Lorazepam – tranquilizers

For about a month from the day I started withdrawals, I cried steadily and felt intense grief and regret.

My research (what I call the period of time in which I experienced the complications and difficulties from illness, disease and injury), took a great turn upward about 7 years

ago. It was then that I started to experience healthier and longer periods of time in which I felt good and also began to experience less intense downward spirals. This is when I can point to consciously starting my discovery and memory of the Divine Human Blueprint.

More things inside me grew back, including: my tonsils and adenoids, which had been removed at age 3); my thyroid started to grow out of virtually nothing (remember that it been completely removed; and my adrenals grew back after complete failure. I was still having ups and downs, but I was now using the pieces of the blueprint I had access to in order to stabilize and sustain the momentum of good health.

These past few years have been exciting as my health moves towards 100%, and my wealth and presence in the world continues to take leaps and bounds.

All About YOU

Nothing is so bad you can't overcome it. Everything that is only 'good' is not good enough. Think of good as a C. The devastating stuff in our lives is what we tend to want to improve first. I totally get that. But once you accomplish getting your challenges under control, then it's time to take your life from good or 'fine' and rev it up to GREAT!

Your urgent problem might be an unhappy relationship, or a failure in finances that has led you to a bankruptcy or overwhelming debt. You may have very few obvious health issues. It doesn't matter. Accessing the Human Blueprint will

be just as important for you to understand as the person who struggles with chronic health challenges.

More Proof

Through seventeen surgeries, ten years of radiation treatments, two-and-a-half years of my life spent in a hospital bed, a year in a wheel chair, and being saddled with overwhelming medical debts twice, I learned how to rise financially to the heights of human experience. You can, too.

There is no way you can move your body and lifestyle to 100% other than by accessing the Human Blueprint. It can't be done. The early Sumerians left behind information about the blueprint, which has somehow not seeped into our modern culture. But clues over time have been left. It is now time to remember. Wake up this sleeping giant of information within you; this is your program for greatness!

It wasn't till recently when I started clearing perception that the improvements became permanent and my shifts towards a life at 100% started rapidly moving in the right direction.

I'd been leading workshops for five years and have written eleven manuscripts documenting and organizing all of my findings from the blueprint. Now with the discovery of how important perception is regarding the outcomes you want, it is time to share all. My plan is to move the gifts of the Human Blueprint to you, all your friends, and your family.

In the past I had given this information just to the scientists, medical professionals and healers who had a working

knowledge of the healing arts. I am now finding this way to bring it to you, simply, naturally and easily. No longer will the full knowledge of the Blueprint's complicated directions and finite details keep you from accessing it. Formerly an obscure difficult process to master, everyone who is alive can simply and naturally accomplish his or her best ever life.

Less than 3 years ago, I was facing another difficult issue with health, and through that challenge I located the piece about perception. I had at that point brought many of my glands and organs up to 100%, only to have them drop off to dangerously low levels.

Without clearing the impediments for perception, my good work could go down the drain weeks or months after the initial restoring process. Clearing perception was the silver bullet.

In my own health activation, I am on target, with the perfect system, and easy tools to clear away the problems that arise. When I was facing this health crisis, I was 10% healthy. My students were concerned and I was baffled. Clearing perception did the trick and my health leaped 70% in 16 short weeks! Imagine that kind of power, the power to shift, improve, restore, regenerate, manifest and love the way you imagine... to experience YOU at your very, very best!

My rapid shifts up did not happen by accident. I followed a precise formula. After using this formula 130 times and replicating the same powerful shift as a result, it is no accident that the results have stuck. It's not luck. I believe you can achieve similar results if you have the right

perception and a strong, passionate desire fueling the fires so you actually follow through with the actions that are necessary to live a great life.

What's this special secret ingredient? It's simple: just add the power of transformation. Human beings are by their very nature meant to transform and become greater and more than what they were. From the very beginning, the power of rising above, transforming and taking great leaps has inspired people to courage and greatness.

Think about the great athletes who overcome incredible odds to perform against the best physical specimens in the world and go on to win the Olympic gold. Or the impoverished rising up from the slums, who fulfill greatness and leadership. Then there is the story of the wealthy prince, who was told he could not see God, or be enlightened, because his wealth would hold him back. All know of Buddha and the story of his transformation. Buddha did, indeed, transform and awaken.

Transformation, if you think about it, is wired into everything we know and understand. Embracing your own transformation means taking the hero's journey and transforming a mediocre or ordinary life into one of greatness, mastery, vibrancy and power.

When I began this chapter, I shared my intense story of transformation from overwhelming illness and death, back to life and purpose. This story would not have been possible if I had not accessed the Human Blueprint and returned to

health. This story was about me and my awakening to the purpose of my life.

My story is one of purposeful struggle. Embracing the struggle caused me to go on a lifelong quest. I was searching to find the “gift” in the struggle, which ultimately was the secret to my own life and purpose.

After decades of what felt like failure, I finally found the gift.

The Human Blueprint is the Missing Secret to Life Itself

Upon learning how to access the gift, I realized the point of my life wasn't to survive in order to show the power of will and faith combined. Nor was it to change how western medicine approaches the body.

The point of my life was to **remember how to live 100%, fully well, healthy, in love – virtually having a life that had been unimaginable.**

And once imagined, and with a path laid out to get there, I could live in my truth. As I moved into right living, right health, right wealth and right relationship, my real mission became obvious; I am here to help other people achieve their personal, health and professional transformations with my programs, meditations and services.

Acknowledging this sequence is part of the secret. The system is in place to support you in attaining your transformation, no matter if it is better health you seek, or a better positioning in business, freedom, a deeper love or

connection, or just living in a much higher vibe, When I immersed myself fully in actualizing the Blueprint on my behalf, heaven and earth moved for me – and it will for you, too!

Even if the concept of the Human Blueprint feels “out there” to you, I encourage you to feel into the truth of this magnificent information. Scientists have studied DNA to the point that we ordinary folks think we cannot understand it because of the complexity of the information. I am not a scientist in this life so I am amply prepared to share with you in laymen's terms how easy the Human Blueprint is to access. You can make your life resonate with truth, restore, renew, revitalize, and get unstuck in areas where you never had accomplishments or vibrant health before.

I may not know the circumstances of your life, or your story, yet I do know that what would light you up and bring you a thrill is to know that you could break through any areas where you are currently stuck or on hold. Even if you have tried a hundred times before and not had the breakthrough you desired, the Human Blueprint makes it possible for you to experience the transformation you seek.

The Human Blueprint is the real answer to the question, “how I get to a 100% lifestyle?” I encourage you to start asking yourself this question every day.)

The monolithic myth is that we have no choice and that we must get our information to manage our health, wealth and love from the gigantic institutions. There is widespread agreement in group mind that we have no permission as

individuals to “own” our authority and ground as the experts regarding our own health, wealth and love. Those institutions are machines, churning out small bits of helpful information, and a lot of nothing else, but group mind hypnosis.

These institutions were created and set up to keep everybody statuesque. I mention this not because I have a problem with the big institutions, but to help you see what's real and what's possible.

Have you heard about anyone in traditional science or medicine who, right now, in present time (not in theory, or some future projection), can 100% regenerate a failed adrenal in size, function and chemistry?

NO. The medical books say it is impossible.

And yet using the blueprint and quantum energy, I am able to help clients over and over again, get adrenals to full size, as are my apprentices. (If you have not heard of the growing issue with adrenal fatigue and failure, the adrenals shrink from plum to raisin-size when they fail.) Using only the Human Blueprint accessed and brought up with quantum energy, adrenals return in less than four months.

(diagram here small person at the top to the blueprint elements)

Here again at a glance are the elements of the Human Blueprint

You are made up of these elements; Perception, Essence, Matter, and Energy, and are supported by fields.

In very simple terms:

Perception

- *Logos-Word

Essence

- *Spirit

- *Soul

- *Life Force

Matter

- *Physical Body

- *DNA

Energy

- *Chakras and Nadis

- *Aura

- *Meridians

- *Golden Rings (halo)

- *Human Access Portal (entry of spirit to body one inch above where spine meet skull)

Fields

- * Origin

- * Quantum

- * Amplification

- * Embodiment

The Human Blueprint is your helper, and it serves as the mentor to your glands, organs, systems, life, career, love and wealth when they are functioning at less than 100%.

With your life at 100% healthy, wealthy and connected, you become the sought after expert in whatever field of work you are in because you are shining brightly and resonating with truth.

You become the connection magnet, the love receptor, the money funnel because you have, from your core, aligned your essence a – the you of you – with truth and you have removed the information that is traveling with you in perception that has nothing to do with your magnificent life. The bottom line is that you have the answer and solution inside you for all you ever dreamed of.

Your Human Blueprint is the key to achieving your 100% plan and it's simple.

In my tribe, I am looking for the individuals who are awake, aware, and who are very importantly motivated to go deeper.

I am looking for people who can feel what it would be like to have their brains leap from low to 100% function even before it happens; people who get it right off the bat that their life would be profoundly better when everything is working to its peak potential.

I am looking for people who search for the truth and who are willing to watch the videos, read the articles, and listen to the audio programs that show them how it's done, and how others have experienced full transformation in their lives.

I want people to come to this process asking for irrefutable proof, because my clients actually enroll in programs and have something significant happen in their lives as a result of accessing the Blueprint.

The kind of **results** I aim for with my clients and students include:

- * Better brain, focused, clear and directed
- * More sustainable natural energy, vitality and power
- * Regrowth of, and fully functioning, thyroid, adrenals and other glands and organs
- * Feelings of calm and serenity, an ending to panic, anxiety, and depression
- * Able to easily fuel emotional tanks
- * Feeling that fun is as important as work

After the Human Blueprint activations, my clients:

- * Get more speaking and consulting opportunities
- * Get more clients and book more sessions consistently

*Command and magnetize a better quality of prospect and client

* Typically raise their rates and speaking fees

*

* Additionally, as perception clears, and new 100% healthy habits are activated, things that were difficult, = become daily habits that are easy to do.

In my yearlong program, I require applicants to show physical, irrefutable proof that they have achieved some kind of result beyond what is considered usual or ordinary. What I am looking for are breaks with group mind and results that reflect the status quo, and the achievement of extraordinary, transformational results.

These kinds of results would indicate that my students have begun accessing the Human Blueprint and can repeat it readily, once the 100% You system is in place. If you have created a "miracle" in any single area of your life,- you have a perception in your consciousness that it can be done, that the result is repeatable and achievable.

The bottom line is that these people are the biggest transformers. They are out to change their world and the world they live in and love.

In my business, I want to work with the believers, who waste no time and who will implement the shifts in perception and

body improvements as they learn how to do so. These folks are my heroes. They are the elite VIPs who fly out to my home and experience their transformation in person. You can see them on my YouTube channel and on my website. I share their stories in my books and articles because their visible wins help to create a new group mind, one where we all have full access to the Human Blueprint and can readily restore, reboot, and create 100% of our dreams. These amazing folks are the ones who are bringing the blueprint into their lives, sharing it with the ones they love and work with, and really moving it out into the world.

I love my inner circle of Elite One-day Program participants and Immersion students because they are leaders in a global transformation. The world is changing; my tribe is riding the wave on the crest and will have every advantage as the new era blossoms and flourishes. With a little bit of support, these leaders can become the teachers and the reachers, together connecting and creating our new reality. The luminaries are brought into my close-knit inner circle. They spend time with me in my home, learning the secrets of the Human Blueprint. Then they take their new awareness out into their community to share and awaken.

What we do together is extraordinary; I give my clients the Human Blueprint knowledge and access points for their full use. They, like queens and kings, own, live into, and blossom in their full expression.

Overcoming obstacles that cannot, according to group mind, be overcome, is my specialty. If you can see the transformation, and believe that it is possible – even if right

now you don't know how it can or will be accomplished – it will happen here.

So how do you get to the freedom of full access to the Human Blueprint in your life, relationships, wealth space and business?

It's really quite easy; start where you are and improve a little every day. There are many ways to access the Human Blueprint and create transformation that you might not be aware of.

To get started:

- * Daily meditation (on topics of learning related to stem cell and DNA regeneration, to wealth acceleration.)
- * Own your body and all parts of your body by clearing perception (And take your body to its best strongest self through exercise and movement.)
- * Clear out relationship challenges with the karma-clearing program. Then clear every person out of your field that you have ever had a connection with, whether that connection was good or bad, (This is a magical process, as love and ease become your guiding light and stress drops away.)
- * Hang around the folks who are making transformations and join in with their core conversations. Be inspiring and uplifting. Leave negative friends and let them share with others on their wavelength.

* Take charge. Direct the management of your 100% life by creating structures and systems you can live with and grow into that support the new you. (Find out more about meditations and programs by visiting the website and in the resources section of this book.)

I am very excited about the successful results that occur from my clients and students who access the quantum field and the human blueprint!

Here are videos showing results that my clients have experienced. I guarantee that the results they report will “wow” you and support your perception that all things are possible. As you watch them, notice how each story is set with difficult challenges and how the individual is thrilled to know a new reality. Listen to the belief or faith they have, the generosity in their voice, their palpable excitement. Imagine telling your story of transformation.

Elite One Day~ Juiced and Ready

See what it feels like to experience my **Elite One Day** of quantum blueprint activations

<http://www.youtube.com/watch?v=>

Going into a big launch feeling depleted and fuzzy, PJ gets a big reboot. In this video, she states she added 4,000 people rapidly to her list, and this was possible because she now had her brain back.

No More Cramps

<http://www.youtube.com/watch?v=qT9VWl0Ir6YdcN3vu5GgXM>

The doctor's treatment left this woman raving. This woman was doubled over in pain and on the floor. In a matter of three minutes, she was standing and smiling. She found me in the hall a few hours later, surprised that those cramps never came back. She is now scheduled for her first one-day.

Raised from the 'Dead': a former nun's Lazareth story

<http://www.youtube.com/watch?v=BgorNnoCkeM>

This former nun did hour-and-a-half sessions twice weekly for 14 weeks. Her intestines and colon fully regenerated, and shortly after this video, she had the colostomy bag removed and went back to living a normal life. She would now be a perfect candidate for the One Day program.

Money Breakthrough

http://www.youtube.com/watch?v=Ndwk_C4pbco

In this video, Steve reports that he's made more in 2 weeks than in he has in his entire lifetime, Money flowed easily for Steve as he meditated his way to greater wealth. He is a student of the "Accelerate Your Wealth program – 21 days to your big wealth breakthrough."

Adrenals Are Back!

<http://www.youtube.com/watch?v=1yf3xGPIjKc>

This cancer patient grew back an adrenal gland while in cancer. In this video, this cancer patient is surprised when her adrenals grow back. She attended our year-long program and attended four three-day weekends, as well as did daily meditations. Her favorite process was the karma clearing

meditation, which she used over and over to clear all connections. treatment

Please take the time to check out the videos; they are important because I want you to know how these folk accomplished their transformations.



Free Resources

Fatigue to Fabulous www.MiraculousLivingToday.com
5-day program for healing adrenals and increasing good energy

Accelerate Wealth 6-day Jumpstart
<http://miraculouslivingbeauty.com>

Living a Beautiful Life
<http://miraculouslivingbeauty.com>
Beautiful video series.

How best to work with the Human Blueprint

When I am working with you to activate your human blueprint, the first place cleared is perception.

We get you to:

- 100% ownership of your body
- 100% live in your body
- 100% you

After that we clear perception in the same way your brain.

- 100% ownership of your brain
- 100% live in your brain
- 100% brain

Our third step is to go through the “5 brains,” getting each brain back to 100%.

This is the path. It’s how we do the deeper work in your being using your own human blueprint.

After several hours of improving your brain by using the Human Blueprint process, it goes up to 100%. The mitochondria holds the key for a cascade of new cell growth. So once the cells are fully restored, we press the program in the mitochondria that triggers a cascade of new cell growth. This process continues for 90 to 115 days, depending on the need. For example, if you have had a concussion at some point in your life or traumatic brain injury, the number of days it will take for new cells to generate will be on the longer side.

Regeneration of all new brain cells creates a wondrous internal landscape for life in the body. You will experience dramatic shifts throughout your body as a result. What my clients and students notice is that all areas in the physical body begin to improve. The 100% You Human Blueprint activations become permanent upgrades. In each case, perception is cleared first, then the cellular neo-genesis process becomes entirely effective. (Basically cellular neo-genesis is the growth of new cells. You can read about the complete process in my upcoming book, or in our Immersion Program course manual (for Immersion students only.) All shifts are created from focusing quantum energy into the area being improved.

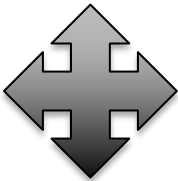
Perception is a vital part of this transformation. When you know how to shift and remove massive negative programs and blocks, you will own the power to improve all other aspects of your life.

Shifting the brain is probably more important than you realize. In my research, I have found a brain that is clear of negative and dark influences is the brain that supports the rest of the body in moving all other aspects of health up to 100% function and chemistry.

Having your brain refreshed and your perception aligned with your 100% YOU can powerfully shift your wealth pictures to real wealth...not just imagined or hoped-for changes.

Relationships of all kinds can be brought to the highest human connection, by clearing harmful perceptions and then clearing each relationship. If you want to experience a new kind of relatedness, you can also do that. For example, if you always had difficulties with men, or men represented a level of pain for you, clearing thousands of programs in perception will alter your reality completely. Once the negative perceptions are cleared, you will have the capacity to feel loved and experience men as helpful, generous heroes.

Perception is what sets the magnet for what is around you, how your body works, and even how well your bank account and investments work. Really!



YOUR NEXT STEPS:
Automate and Systematize Your
Authentic Process with Full Access to the

Human Blueprint ~ Be 100% YOU!

What if there was a real tool that you could use to get started on your path to energy, vitality, health and having your dreams fulfilled in all areas of your life?

The 100% healthy human print gives you access to everything.

How would you be in the world if you:

- Had permission to love yourself?
- Knew yourself as the person who is 100% healthy in the fullest definition of health?
- Felt in sync and in the flow –so that you no longer have to lead a life on autopilot where you’ve been settling for less than what you really want ?
- Felt amazingly and joyously connected to your core essence?
- Achieved optimal health using an authentic system that is right for you?
- Experienced your whole body and being in balance?

- Were able to experience a much greater sense of spaciousness and time in your life?
- Could fuel your emotional tanks easily so that you only experienced resilience and fluidity when unexpected problems occurred?
- Felt energized, and focused, could stay on track and felt like you were being your best self?

When you experience the Human Blueprint, you will notice that things you seek are moving into reach. You will feel up, and have more momentum, stamina and bounce. Wouldn't it be great to be able to exclaim: "I'm on my path to greatness! Great health is important to me. I know I achieve my greatest accomplishments with great health, and I have moved my 100% healthy life to the top of my priority list." The individualized and group courses offered along with 100% You help your life flow. The shifts and improvements happen with grace and ease. We always begin by 'healing' the problem areas, and then full focus can be given to creating a 100% life and lifestyle that rocks your world. Rejuvenation is more than possible; it is an expected result. Imagine having everything working as it did when you were younger—and enjoying the wisdom you have gained to get you to where you are now.



It's (finally) your time to shine

So let's do this.

Imagine what your life would be like if you had total 100% health, great wealth, and a career that allowed you to contribute in the most extraordinary way. With your new focus, clarity and power, you have achieved financial freedom doing exactly what you had always dreamed you could do. Think about how attaining your 100% status affects every element of your life. Imagine what it would mean for your family and your love life.

Whatever the vision is that makes you feel completely fulfilled and empowered, your 100% version of you is my commitment for you to achieve. And it is within your reach.

Get the jumpstart you may never have known was possible but has always been yours by divine right. Begin correcting your aging and illness programs, and get your vitality back. With clarity, focus, energy and power, you can be the innovative, creative go-to hero in your business, offering people ways to solve their problems (all because you've been able to solve yours and are playing with a full deck now). Start pursuing your passionate 100% life and lifestyle.

Let's Dance :)



My dad used to tell us kids to "do something" or get off the pot. My dad was both a strategist and a go-getter and he lived out his dreams by going for it. He enlisted at 17, served his country, came back to marry, and worked in a factory as a tool and dye maker. He bought a mobile home and lost it. He and my pregnant mom then lived with his folks till he could make a course correction and buy their starter house on Quail Avenue in . As the years passed, they added on to the little bungalow till we were bursting at the seams, and then we moved into a four-bedroom colonial. The years have passed and each year my parents continue to "do something."

I have always liked this analogy: "Life is not in the candle, not in the wick or the wax, but in the burning. Live your life and live it brightly. You can choose a brighter stronger path."

There is only one way to grow back to 100% healthy, and that is through the Human Blueprint. That is the only way, using the complete system. . This system addresses all aspects of your life. Independence, real freedom, and financial security can be accomplished through your Human Blueprint. It's your perfect design.

Every person, every woman, man and child, has a perfect human blueprint, a system to increase their potency and true value.

If you're satisfied with living only a quarter of your true potential, then hesitate and wait...and pay the price by getting pushed down into an even weaker, less effective life.

Do you want to be the person who missed out when the real design of humanity came out? Do you want to live life with your dreams deferred indefinitely? Watching others soar, while you struggle and fall into the shadows?

It doesn't need to be that way. You don't need to fade into the shadows one more time, or defer your dreams another year. You can experience the 100% healthy system and learn to access your Human Blueprint and incorporate it in your life. I know this is your missing piece. It is the system and process that gets you from where you are to where you want to go.

Watch this video now:

www.100PercentYouBook.com/video6

It's Your Time to Shine
Your Miracle Starts Today

This is Julie Renee Doering, and I'll see
you on the other side.

**About
Julie Renee Doering**



Julie Renee Doering , Master Health Activator, Speaker and Author

Books by Julie Renee: *100% You, Your Divine Human Blueprint, and Balance Your Life Now!*

Julie Renee is the founder and developer of a new spiritual science, the 100% Healthy Human Blueprint. She is the author of the groundbreaking book *Your Divine Human Blueprint*. Her unique gift of healing defines the energy-science of Cellular Quantum Mechanics. She trains individuals in her “100% You Immersion Program,” and sees private VIP clients in her home in northern California.

After launching her first business from her tiny San Francisco studio apartment in 1993, she has prevailed over a challenging history of multiple cancers and five near-death experiences. Overcoming tremendous odds, none of her doctors saw a possibility for her to survive her illness. She was repeatedly told she was dying. Unwilling to believe that this was true, even the Angel of Death could not convince her that it was her time to go. She has dedicated her life to the betterment of humankind and the reawakening of humanity to the Human Blueprint.

Recognized for her leadership abilities, she is the recipient of the 2010-2011 National Association of Professional Women’s

“Woman of the Year Award” and the Powerful Women International’s “Global Leadership Award” 2012.

Julie Renee has been featured as an expert on CBS, Unity FM, Rock Star Radio, Blog Talk Align, Live 365, Low Down, Spirit Seeker, 11;11 Magazine, Spirit Seeker Magazine, and on various TV shows, including New Era Healing and a Forum on Spirituality. She is a writer for Holistic Fashionista Magazine and Accomplish Magazine. She is also the host of the radio show, 100% Healthy. Additionally, she has both stage and film credits, and is a harpist and singer.

Julie Renee is *the* 100% Healthy Life EXPERT. She helps women succeed in life and business by activating them simply and easily to get to 100% in both health and vitality. An expert meditation instructor, she shares the secrets of altering reality through meditation, and provides an integrated fast track for manifesting, holding, and growing abundance, health, beauty, and wealth. Her home activation programs include:

- Look Great Naked –Beautiful From the Inside Out
- Accelerate Wealth 21-day program
- Illumination Rosary for Enlightenment
- The Sound of Truth – Vedic Mantra for transformation
- Your Secret Keys audio series
- The Definitive Guide to Meditation Series
- Your Divine Human Blueprint home study audio series
- Unlimited Love

As a speaker, she has shared the stage with Marci Shimoff, Jack Canfield, Caterina Rando, James Malinchak, Sean Aston, Stedman Graham, Julie Carrier, Dr Bill Dorfman, Jill Lublin, PJ Van Hulle, and many others.

From farm wife to health activator: Julie Renee started out in Minnesota as a farm wife, attended art school, modeled, waitressed, appeared in 7 films, became a very successful realtor, and finally moved into her passion as a healer in the form of a health activator. She now has over 30 years' experience supporting individuals and groups in Quantum Health Activations, from high-risk pregnancies to life-saving interventions with critically ill individuals. Known as the premier healer for high risk pregnancies, 20 doctors and six midwives sent their most difficult clients to Julie Renee to help them from gestation through the first year after birth. In all, she has assisted 140+ high risk babies to successfully enter this world.

Many years ago, she taught yoga and offered healing massage to people in recovery. She also taught infant massage, worked with insurance companies, and helped injured clients return to living, and hospice clients pass pain-free and without medication as they said good-bye to their loved ones.

Moving deeper into her exploration of regeneration, she developed specialized Jadeite hot stone treatments, accessing the knowledge of the ancient civilizations of the Olmecs and Mayans, who used Jadeite for body initiations and transformations.

As part of a natural progression, Julie Renee moved from physical healing to offering spiritual life coaching for women. Through her clairvoyant gifts, she helped women rapidly shift to move into their next highest step.

For the past 7 years, Julie Renee has been researching and developing programs with the blueprint, teaching through guidebooks, courses and meditation as a simple way to access the healing gifts and secrets of the Human Blueprint.

Thousands of individuals have created health, wealth and love with Julie Renee's help. Through her extraordinary gifts, she has brought critically ill people back into their lives, restoring health to their cellular and energetic bodies through the Human Blueprint.

Traveling the world, she has studied in India, and is both an ordained minister and a pujari (carrier of the light) in the yogic tradition.

Julie Renee's favorite vacations include repelling down waterfalls, and zip lining and performing daring acts, such as shooting down the longest water slide in Mexico. She loves the ocean, the mountains, and nature, and is a nature girl at heart. You can find her out hiking trails every chance she gets. She challenges herself regularly by repelling, and doing other fun and scary activities that involve hanging from great heights with ropes. Her favorite ice cream is rose petal. She loves mangos and scented flowers.... especially garden roses.

Julie Renee can be reached through her website at www.JulieRenee.com.

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You Need to Know

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 are 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 individual's /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 and www.100PercentYouBook.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.100PercentYouBook.com or our companies' products or services.



Precious Advice Just for you from Julie Renee

**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 100% pursuit 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.

100% You Immersion Program
Discovering the full Human Blueprint for personal and
professional use. 12 month training.

100% You Elite One Day Sessions

Personalized One day experience with Julie Renee in her home. Receive 5 hours of directed quantum energy activating shifts in perception brain, energy and all aspects of the human dynamic. The One Day program is meant to be 3 to 8 day sessions over the course of one year for full 100% healthy happy results.

Law of Attraction Wealth Meditation Program

Accelerate Wealth

or

How to Look Great Naked

Beautiful from the Inside Out

For Back Cover:

You can be focused, clear and energized your new life without limits, discover the secrets to health, wealth, love and beauty. The how to get yourself ready to receive Your Divine Human Blueprint; Eloquently designed, you are divine by your very nature. Discover for yourself, your marvelous system reveals the mystery and access From where ever you are now to 100%. Finally a simple easy system to help you reclaim you energy, clarity and ultimate joy.