

The Definitive Guide DNA and Stem Cell

Julie Renee Doering

Hi! This is Julie Renee Doering. I am an ordained minister, Hindu priestess, spiritual life coach, healer, and master healer.

The focus of our meditation is DNA and stem cell regeneration. The tools I teach you in this session require you to have been ongoingly practicing the basic meditation. And the techniques in this recording are very advanced. Relax, enjoy and practice. As with the muscle, if you exercise, you get stronger. This is also true of meditation. It is important to feel happy, excited, optimistic while working this energy. The results are much more powerful in this vibration.

DNA stem cell regeneration opens a way for you to create true and lasting miracles in your physical body as well as your genetic predispositions, mental and emotional bodies.

Relax and enjoy. May you be with the blessings of the Supreme Being that whatever happen during this meditation be a blessing to you in body, mind, emotions and spirit. Amen

02 Track 2

Taking a breath in and out. And relaxing your body, feeling very present. Letting go of any of the stresses of the day, any worries or concerns and let this breath that just cleanse your cellular body. Sending a grounding cord down from the base of the spine to the center of the earth. Make the grounding cord nice and wide. Maybe it's two feet wide today. Big, hollow center and let's set a little whirlwind or vacuum at the bottom. And let's just begin to release all the excess energy in the body.

If you're having difficulty getting your grounding cord down, go ahead and remove the grounding cord you have and just give it off to your family beings or whoever's lit up right now about you working your DNA and stem cells space. So just give that old grounding cord away and create a new grounding cord for yourself. And maybe, you want to blow a couple of roses up.

So you just put a rose under your first chakra down about two feet below your body. Put a rose down and put a little stick of dynamite under it and blow it up. Put a rose down. Put a little stick under it and blow it up. Maybe, you need to do that 10 times if you've got some gunk preventing you from grounding. And then, go ahead and really put a new grounding cord down. Not the old one, a brand new one, grounded to the center of the earth. It's two feet wide, hollow in the center, maybe it's covered with beautiful seventies, daisies or butterflies or, you know, something that makes it really authentically your grounding cord. Maybe it's more like tree roots.

And make sure that grounding cord is releasing. That there's a vacuum down there or a tornado, a whirlwind, something, moving that energy out of your body. Let's remove all the uncertainty. And let go of, "I can't do it. Maybe I'm not good enough. This is too hard." Let it all go. It's your time to own and create in this miracle space.

Female bodies, ground your ovaries, your right and left ovary with a line of energy as wide as your wrist, hollow in the center down through first chakra and down to the center of the earth. Set the right ovary on release. Set the left ovary on release. And begin to release the healing projects out of your body.

Male bodies, ground your male body with a line of energy straight down to the center of the earth and begin to release those testicles. Release competition. Release aggression. We're just bringing everybody into neutrality.

Female bodies are turning way down and healing other people outside themselves. Male bodies are releasing all of this outer aggression, assertion, competition. And this is really about being one with yourself, with your authentic pure self at this point. And ladies, I really want you to look at those ovaries and make sure that they're releasing. We really need everybody else's energy out of your ovaries. You're ovaries are where you heal from and anybody you're concerned about or worried about right now, you just need to

let it go. So let everybody out of your body. All those healing projects, your pets, your children, your mother, your father, let's let them all go.

And ladies, one more step, let's go ahead and draw a line of energy from each of the ovaries to, you know, just across. So now, you have a triangle. You have the why that was already formed with the grounding cord and now, you're just connecting the two ovaries. And let's just light that up with gold energy. So you have a golden triangle right in that miracle space. That space where we create life from. And if you wonder if you have miracle energy because you didn't create a baby, let me assure you that that spiritual mechanism is working perfectly in you. We're just going to light that up in the golden triangle.

Alright, going up to the adrenals at waist level, slightly above the waist, sitting on the top of the kidneys, draw a line of energy from each of the adrenal glands to the first chakra and down to the center of the earth. Set the adrenals on release. Release all the stressed out energy and release the pain body through here. So if you've been in some level of pain and one of the reasons you want to do, the regeneration is to get you out of pain. It's just a great idea to let those adrenals calm way down. So we're clearing them out.

You're doing a wonderful job. And remember, as we're looking at this, the body is actually functioning perfectly even when it's in pain. It is actually doing what it was meant to do. When there's a breakdown in the body, the body puts on warning signals and those warning signals, maybe on really overdrive because there's a breakdown in the body. So the sort of like being in Star Trek and being on red alert and the body never gets a chance to go off of red alert because there's something really not right. So we're going to just say, "Thank you body for giving me all the information I need so that I can make the appropriate adjustments." And we're going to get us back to neutrality, to ease, to calm, to peace.

You're doing a great job. And then, we want to really turn the sympathetic nervous system way down and turn the parasympathetic nervous system way up. The sympathetic system is the one where it really gives us all the information about pain, about being on overdrive - the adrenaline rush.

So we're turning that down. We can plug the sciatic nerve which runs right alongside the adrenals. Plug the sciatic nerve into the adrenals and release the whole nervous system through the adrenals. Beautiful! We're releasing all that agitation in the nerves. Some of you may have some kind of sticky, gunky energy in the nervous system. Some of you who have been doing lots of meditations, your nervous system's pretty clear. And you just take a golden sticky rose or a golden vacuum cleaner. A golden Roomba is a little automated vacuum cleaner. Go ahead and clean off the nerves if there's some gunky energy or some stuck energy. Go ahead and clean that off with that little golden tool.

And we're really releasing the nervous system. Remember it's like a bucket of water with a cork in the bottom. You pull the cork out and the excess energy just drains off down the grounding cord. Use that image over and over again. It's such a great image because it

really gives us access real quickly to what it looks like when the nervous system cleans out.

And when it comes to it's state of wellness, it's really at a beautiful electric blue. The nervous system is our electric system. And we can really love and appreciate the nervous system. Really it's just operating perfectly, both in when it's on sympathetic, when it's on overdrive and when it's relaxed and in its healing state. Right now we want that relaxed, healing state. You're doing a great job.

Going up to the center of the head. It's very, very important to have the center of the head cleaned up. So with playfulness, just take a good look around. Are you up in the attic or are you actually in your throne room? Some people center of the head looks like a junk filled attic. So, if you're one of those, let's go ahead and clean it out and even if it's your control center or your throne room, let's just really make it sparkly.

Open a trapdoor out the back of the head and clean out all of the visitors, all the recurring thoughts, let's get rid of all the dust bunnies, fuzz balls, extra newspapers, cobwebs, you know, boxes of stuff that you've been meaning to put away or give to goodwill, let's get it all out of there. You know what I'm talking about. I know they aren't really literally boxes up there. Let's just clean it out. Throw everything down the grounding cord. So, you're left with a beautiful throne in a really clear space.

My favorite tool, many of you know, is a fire hose, a spiritual fire hose and I just hose it down. When I've gotten everything out of there, I just sparkle it up. I wish we could hose down our hoses like that and just, "Oh-hu it's clean." And as this clears out and cleans out, you might notice that as a golden temple of silence, it's one of the beautiful ways I'd like to look at this. Like a golden cave where the walls are made of pure gold. And sometimes, I imagine it to be in this beautiful, very dark, mysterious blue. You can do whatever you like.

The blue helps with deprogramming and really changing the way that you think. So if you feel like you're programmed by lots of other people, blue is really a great place to be in. The gold, of course, is the energy of the Supreme Being. So we're really kind of making that sanctuary space aligned with the energy of the supreme being. Both of them are good for different occasions.

In front of you is your view screen and it goes right out, maybe it's out in front of your forehead. Maybe it's right at your forehead. It's how we're going to look at things and heal things. So we want this view screen really, really clean. So go ahead and take some spiritual Windex and let's just wash off that screen. If some small smog is on it or dust or smudge marks, let's get it all off.

Maybe you want to take one of those wonderful cotton cloths like a very nicely washed old diaper, favorite dust rag. Just make sure that you get it really, really clean because we're going to be looking at lots of beautiful cells and it's going to be really fun. So we

want to really be able to see it without looking through like dirty sunglasses. That's great. This is really time to be impeccable with our cleaning, our house cleaning.

Alrighty. And then, popping out the top of the head and let's go ahead and pull the aura into 18 inches around the body. Take a look at your aura, make sure that your aura is filled out in the back as well as the front. Make sure that you have a nice sharp edge to your aura. Maybe it's luminescent like a bubble blow bubbles edge. And inside it is the container of you. So you have your own energy and then you have your physical body and there's a spirit and body too. Pretty cool. Lots and lots of layers of you. Wonderful!

Go ahead and put a cobalt blue flame on the edge of the aura, a corona. Flame up like a gas flame. You can turn a switch and you know when you turn your oven on, if you have a gas flame. The old fashioned ones actually had a click, click, click and light a match and then it would just hooosh! Come on. Go ahead and do that just for the fun of it. And have it just kind of leap, those flames are leaping off of your aura. It's lots of fun. And it's burning off all the programming energy from people outside you and also from alien energy.

Awesome! If there's any bumps, dings or dents in the aura, smooth them out. If there are any holes, fill them in. Go ahead and put a golden Roomba, a vacuum cleaner at the top of your head and under your feet and let's just let them roll. The one above you is spiraling down around your head and all the way down to your waist and the one below you, below your feet is spiraling around under your feet and coming all the way up by your ankles and just spiraling through your aura.

Of course, it's cleaning the aura of all the dust bunnies and fuzz balls we've picked up from walking through other people's auras, people having a bad day and we start getting their gunk piled up on us. You ever noticed when you've been around somebody who has really funky energy and they're really in a tizzy? How even it's hard to focus after you've been around them like you just have a hard time seeing out your eyeballs? Feel like you need glasses. It's a really good technique to clear that out. You can do this and you can blow roses and that moves that energy away.

Mmm, starting to feel better in here isn't it? Alright, opening your feet chakras, those beautiful lotus-like lenses at the bottom of your feet to earth energy, bringing earth up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. And wow, do we ever want this space clear? We really, really want it clear.

The reason we want to clear is we're ready to take our next steps. Spiritually, physically, on a mundane world, on the astral, we're really powerfully ready to take our next steps. In clearing out the legs does a couple things, one is that it increases our affinity for being here on planet earth.

So some of that with the discouragement, maybe you're having a health issue. You kind of get reconnected with mother earth, spectacular to do that. Really own your space here

on the planet. Not like, "Oh, maybe I should go if it's too hard." You let that go. Let those thoughts go. You say, "I'm here. I'm here. I'm going to get my money's worth. I'm going to live as long as I can live. I'm going to enjoy every moment in my body. I'm thrilled to be here and I love planet earth."

You know, opening those leg channels is like going for an hour walk in the woods. You know how wonderful you feel after you've been walking in nature and birds have been singing and you've noticed the glistening on the lake or the beautiful mountain pass. Maybe you're walking through redwoods or pine trees and everything smells so alive and so green and it's just an incredible experience. That's exactly what you're doing. You were opening your leg channels to being part of that glorious mother earth.

And you're sort of letting go of the human experience of mother earth. You're letting go of driving down the freeway and being in pollution and being bombarded by technology and sitting on the computer or the cell phone or you now, whatever those beeps and bings and all that. We're letting that out of the physical body while we do this healing, perfectly fine to have that in your world in balance. But when we're meditating, we want to really let all that technology and machine energy out of the body so that we can really hold in a space of mastery, this deeper profound miracle space.

So spectacular and just wanting to make sure that everybody's got that energy that's run through the hips is going down the grounding cord. So, it doesn't sit in the pelvic area, it goes down. So you're clearing out those leg channels and that excess energy is going down the grounding cord. So sort of like, you've just, you know, taken one of those bottle brushes and washed out your leg channels or ahead like a beautiful earth liquid. Earth energy is often green or rust colored. You know, earthy colored. And so you're just really flooding those legs and the leg channels with a bath of earth energy.

And then, we'll go ahead and find a cosmic energy that's aligned with your highest bliss. Go to that wonderful place we've talked about in many meditations. Mine is a temple in Nepal on the top of the mountain. Bring a line of energy from that glorious place into the back of your head, one inch above where the spine meets the skull. Bring that energy down into your neck and let's just clear out the vertebrae in the neck as well as the neck. Bringing it down into your shoulders, the uptight shoulders, let it flood through those tight muscles. Let's let everything kind of come to peace and healing.

And then, going down your upper arms, through all those beautiful muscles in the shoulders and arms, through the bones, through the elbows, through the forearms; And all those beautiful muscles, through the wrist, the carpal, all those little funny looking bones that really help us operate our hands so wonderfully with such precision. Through the palms. And your life story in your palm. Through your fingers and all the way out to your fingertips and then, let all that energy just flood out the fingertips. So, we're washing the creative channels, the ability to grasp and receive.

Burdens and responsibilities up in the neck and shoulders. Letting that all go. Bringing more of that energy down into your spine and your back channels. Starting to feel really,

really exquisite. And then down into your hips. Letting go of all of what's behind you. We're letting go of funky vertebrae connections. So every cervical or vertebrae is lovingly connected to every other vertebrae. The muscles are all perfectly relaxed and aligned in just the right way. We have enough oxygen and blood and there's enough fluid in the muscles to let them feel comfortable. And all the way, we're going all the way down to the base of the spine. All the way down into the sacrum and the coccyx. All the way into those glutes. Yup, we're going to clear the glutes. Uh-huh.

And then wrapping through the pelvic cradle. And all the digestive and reproductive organs, the tiny little muscles that connect everything with everything else and hold everything together. We're clearing all of that. Coming up through the belly, behind the belly button.

And now, we're just bringing that energy. We're kind of bathing the insides, really, really well with this cosmic energy. So the digestive organs that go up, everything that's related there, the stomach, the liver, the pancreas, the gallbladder, the heart, the lungs. Feels so good. It's really like having a spiritual shower on the inside. And we're going through all those glands. In the adrenals and the kidneys, and the thymus and thyroid, we're up in the neck now and the parathyroid and all those wonderful neck muscles and bones. And all the mechanisms that allow us to eat and digest and all the mechanisms that allow our heart and blood pressure to flow perfectly all getting cleaned up and washed out.

And coming up through, under the neck and let's just let this energy flood through the glands - the saliva glands, the tongue, the jaw, the teeth, the gums. Yeah, back and up through behind the eyes, through your sinuses, through your brain. And then, fountaining out the top of the head like a beautiful Italian fountain. And sometimes, when people are new to this, maybe it doesn't, the fountain doesn't make a full kind of circular expression like fireworks. You know, you see fireworks and they go in a kind of a full, most like a blossom or like a daisy. And sometimes people have some of their fountain, their spiritual fountain clogged up and it only shoots out one side.

So if that's the case with you, go ahead and clean out that area. You can do it just with your imagination. You can use like a vacuum cleaner technique or a little toothpick or whatever you want. But get all of those holes open. You can blow a rose or two at the top of your head. That sometimes works. We just want to make sure. Say hello to that function and make sure that the fountain is really fountaining out.

And once you've got that running and going, we'll just let all these beautiful, spiritual flow go down the grounding cord. Anything that's getting cleaned out, it's going down the grounding cord. And you're now in this beautiful light body and very aligned. We're going to turn the chakras down a little bit.

Turn the first chakra down to about 10%. Turn the second and third chakras down to about 25%. We're just going to be in the upper regions while we're working on this regenerative energy and then we complete the meditation. We'll put everything back at a 100% and let's just leave the unconscious suggestion that whenever you complete a

meditation where you've turned the chakras down, that when the meditation is complete, you automatically come back to full function of a 100%.

Put a protection rose at the front edge of your aura grounded to the center of the earth. I'd also like you to put a magnet rose at eye level grounded to the center of the earth. And let's call your energy back from the day, from the week, from the month, from the year, from the lifetime, let's just get all your energy back to you. So that magnet rose is very, very capable of sucking up a lot of energy. You feel so much love in this space and so much gratitude. You're just wonderful. You're doing an extraordinary job. Surrounded in love, divine love, divine happiness, bliss, even feel those cells getting very sparkly and united with the divine.

And go ahead and reach out and take that magnet rose and pop it into your head. Bring all your energy back to you. And we'll take a very short break and then, go back into meditation. So, if you want to come to consciousness, move around, get a drink of water. That's fine. I'm going to leave you mostly in a light trance but that will allow you to come back into your body if you need to take care of your physical body and then we'll return in a minute.

03 Track 3

And returning back into your meditation, into that inner silence. Saying hello to you grounding cord. Making sure that aura is nice and snug and tied around you. Say hello to the energy running in your body. Feeling very pristine and connected. Rising and raising the level of your enthusiasm, your happiness. Think of something that really makes you very, very happy. Let your cells match that happiness energy. Think of something that you're very, very grateful for. Maybe it's the first time you held your baby and looked in their eyes. Maybe it's that wonderful day on the beach that you'll never forget. Some kind of beautiful, happy experiences, feeling loved, feeling part of everything.

Let's put yourself in that mindset and allowing the cells of the body to be energized, rejuvenated, revitalized and restored. And this next part of the meditation, we'll be sitting in the center of the head. So let's just rise back up into that throne in the center of the head and sitting in your throne room in the center of the head.

Looking at your view screen, maybe you want to take your remote control and turn on the light in the view screen. So, it's lit up. There's an infinite background. Maybe it's sky blue. We're going to put you on the view screen, sitting cross-legged like a chakra person. And why don't you put yourself over on the right hand side of the view screen.

And then, we're going to start by looking at the stem cells. So just for fun, what we're going to do is we're going to do a stem cell rejuvenation of the thyroid. A lot of times people's thyroids slow down as they get older. Get a little sluggish their metabolism slows down. So this is kind of a fun one to start with. So, we will imagine on the left hand side of the view screen, you as a blastocyst, 130 cells dividing maybe your seven days after conception. Basically, cells dividing yet. You're not really a full embryo. You're not really a little being yet and yet there is all material to make you, you.

So you see these 130 cells dividing. And from these 130 cells, let's look for the cell that grew your thyroid. That stem cell - that original stem cell. And let's put that in the middle of the view screen and look at that stem cell, it's a master cell. It has all of your information, your DNA information, your information about your life. It's all contained in this cell.

Now, all cells have little organelles. They're like little organs in the cell that keep the cell function. They have the DNA strand in the cell. They have a nucleus and an outer edge to the cell. You might want to look in a book about the body that talks about all of the functions of the body. And take a look at what a cell looks like. So for now, just imagine that you know.

And we're going to look at this master cell. We're going to take that master cell and we're going to sparkle that master cell, stem cell right on to your thyroid which is in your neck. And we're going to have the thyroid experience that master cell in its pure, innocent state. That state of being seven days and begin to feel it kind of flooding through

your body, that joy when all the cells are matching the cell information. Feeling a lot of happiness. Gosh, it feels good to really get back to what I was originally designed to be.

So we'll do a healing on the thyroid and then you can do this healing on any gland or organ you like. Grounding the thyroid down with a line of energy as wide as your wrist, hollow in the center down to the center of the earth and then draw a line of energy from the thyroid up to the Supreme Being. And the thyroid on the astral, generally looks deep blue or green and looks a bit like a butterfly.

Alright, and now we're going to look at that thyroid and do a little clean out. So, if there is any black or failed energy on the thyroid, if you've had a little illness in the thyroid or it's a little sluggish, it might have some black energy on it. Let's go ahead and take a golden Roomba and vacuum off any black energy, any little failed energy on the thyroid.

It's possible there are a few of you out there that don't have a thyroid. If you would like a thyroid, this is the time to start imagining that original stem cell beginning to grow a new thyroid for you.

And what you will do is you will do the same exercise as everyone else. You're clearing off that black energy. You obviously had a lot of black energy on the thyroid if the thyroid was removed. So you clean up the spiritual, emotional and mental bodied thyroid even though the physical body doesn't have a physical thyroid right at the moment. It may soon have a physical thyroid. We don't know. But we do know it's possible to regrow glands and organs. Absolutely it is. So clean off all that black energy - all that failed energy. See that beautiful thyroid and that beautiful blue or green.

Then let's go ahead and throw that vacuum cleaner down the grounding cord. Now, from this master cell, let's have this again on the view screen and let's go ahead and take the DNA out of the master cell. And the DNA is 46 chromosomes. Let's have them just unwind like streamers. And so, now, you're just having them maybe like for me, sometimes it looks like sheets on a laundry line. But there they are, they're all very, very tiny. But there they are, they're all hanging there on that laundry line and you have 22 that are from your mother and 22 that are from your father and 2 that are authentically God cells that are just yours, yours and God's alone.

So, what we're going to do is we're going to light up on your DNA. Any energy that's related to thyroid function and family heritage or genetic heritage and especially any energy around family having the thyroid stop working or having it enlarged or a goiter or let's see what else, some kind of cancer, Graves' disease, I don't know. There are so many things potentially. So let's just see what you have in your genetic makeup that might be related to that. And let's have it light up as black dots in the DNA streamers that are hanging down now. And let's vacuum off all those black dots. There might actually be, if you've had your thyroid removed. There might actually even be some damage. Like maybe one of your DNA is a little ripped or something. So you want to make all the repairs and clean off all the black energy.

It's really fun. You don't have to see any pictures but it's great to kind of look at the pictures. Did your great aunt have thyroid cancer? And now, you have it or didn't. You know, so and so. A great, great, you heard somebody, you know, really had a weight problem and now you're looking at it going, "Oh my gosh, look what that is. That's the information that's come down into my physical body from my DNA, from my heritage." And so, we're cleaning up all of that energy that would keep us from being less than perfect. You know, I know perfect's maybe not the best word but less than really in our divine blissful state so in a state of good, vibrant health, cleaning up everything that's in conflict with good, vibrant health.

Alright, and if you haven't had enough time you can turn your iPod off and take some more time for yourself. And otherwise, we're going to go on now. So what we want to do is, throw the vacuum cleaner down the grounding cord, we don't want to keep any of that failed or dark energy around. And we're going to replace that dark energy with the energy of the master cell which was in perfect alignment, bliss and happiness. So the brand new thyroid being in vibrant health and we're just going to notice that we are not our relatives who might have had thyroid problems. We are individual and we are entirely and completely connected with the divine, claiming our divine right for a perfect, wonderful health.

And so, we're putting, we're restoring the DNA so that new information is vibrant, wonderful thyroid health. And even better than that, you know, if you don't have a thyroid, let's start imagining that stem cell actually starting to grow a new thyroid for you. And maybe, you set that growth process on six months and at six months, you'll have a full grown thyroid again. I know that this is possible. And we don't know, you know, we know that you can grow back glands and organs, like I've said before. Lizards do it, why can't humans? And certainly there have been isolated cases of people growing back glands and organs. Why not you?

Alright, time to activate this healing. First thing that we do is we pulse gold energy like a radio pulse through the DNA. So let's go ahead and pulse gold energy through the DNA. Beautiful! And then, let's wrap up the DNA. Put it back into the master cell. And let's put that master cell into the thyroid that is, let's put it into your neck, your lower part of your neck, on the view screen where you're sitting and looking at yourself. So there's an image of you and let's just put that stem cell right into the thyroid. Wow, it's all sparkly in there.

So now we're going to release sparkle of the thyroid. We're going to let the information from the master cell communicate with all the cells in the thyroid. And really be happy, be in celebration, you're doing something really spectacular for your body and your health. Maybe you want to smile to yourself. Feels good. Feels good to be so empowered to take action.

And that cell is spreading to the whole thyroid. All the cellular information is rebooting and now, we're going to share that information with golden energy. And so we can just flood the thyroid with gold and we'll have all the thyroid hormone that's in the body and

the whole body receive that upgrade. So the new stem cell information, the new DNA information is going to all the cells of the body. It may cascade through the body. So you feel it definitely coming out of the neck and then just flowing into the chest and the arms and hands and down into, fully into the body and up the neck too and up into the head.

And just breathing and being happy, smiling to yourself, thinking lots of joy and celebration, a happy, healthy thyroid. I'm so happy. And really, letting that gold energy just amplify and flood the whole body, this gold energy. You're sealing up this healing, true and sure, whole and complete, vital, vibrant and healthy.

And we're going to stay in a light trance. If you need to get up and stretch, move around, to take a drink of water. We'll be returning to trance in just a minute. And just an excellent job, everyone. You're doing awesome.

04 Track 4

And just say hello again to your grounding cord energy running. And getting back in the center of your head and looking out the view screen and there you were in the view screen and there is a stem cell. And we're going to look at the DNA and the stem cell can be from the center of the head. So, we can blow up the images or return them to the gland that you were working on, whatever that was. We worked on the thyroid in this last meditation. So, if you just feel like you just want to clean that all off. So all that's left there is a chakra person that's cool. We're taking a master cell out of the pineal gland and we'll be looking at that next.

So in the left hand view screen, we take a master cell and we put it on the left hand side. And looking at the master cell and this is really actually kind of fun. It's looking for different traits and it's just something to know that you can actually hunt down those traits that your body is set at. So you can actually look for them and transform them.

So, one of the fun things to look at right now is to pull the DNA out of that master cell. So that DNA strand is in the middle again. And the streamers are streaming down. And let's look for the pictures around what you were meant to be. What you were meant to be as far as your weight goes. At this stage in the game, how were you programmed with your DNA? So look at that family programming.

And this is so great. When I looked for myself at what weight I was supposed to be at this stage in the game, I was supposed to be 60, 80 pounds heavier and my body had different look than the look that I have. And that wasn't from overeating and obesity. I was actually, came from an immigrant family who had really struggled for many generations to make ends meet. And the wiring in the DNA was to put on extra weight so that you wouldn't slip away or die if you've got sick. So you had cholera or yellow fever, something that you might survive just because you were quite heavy. And if you couldn't eat for a few weeks, your body might still continue to carry on.

So, it's fascinating to look at the whys of things. Our DNA is really set up as an encoding from the family that we've come from for survival and some of things certainly, are no longer appropriate in this day and age. So that heavy weight thing, I have proper nutrition and access to my own meditation skills as well as an amazing system of healing. Whether we use traditional medicine or we use alternative medicine. There are many, many options. And with the world so connected, we have them all.

So it's important to stay in neutrality when you look at these pictures and to not get too lit up or to be too upset or say, "Oh, that's wrong." What you do is you look for something. Say you have some repeating pattern that you just can't seem to conquer. You look for the pattern in your DNA and then you understand it but in neutrality. Not like, "I got to get rid of it. But I want to understand it." And then, with that kind of neutral space, you can actually vacuum it off, which is what I did - vacuum off that weight picture.

So let's have everything light up in the DNA that was structured, if you were structured in that same way. Say you were supposed to gain a lot of weight in this stage in the game or you were supposed to just gradually get heavier and heavier. Let's just have that lined up as black dots. If you don't want, if you like being heavy then cool. But let's have that light up as black dots on the DNA and let's vacuum off the genetic predisposition.

And I know a lot of you are often coming to me and saying, "Julie Renee, how do I? How do I, I'm really committed to losing weight. How do I do it?" This is one of those things where, if you're kind of stuck and you've been exercising and dieting, it may be something wound into your DNA that's preventing you. So it's a great, great clearing. So you're vacuuming off all of those gradual weight increases as time goes by. You're just vacuuming that off. And now, let's replace that with a picture of a youthful, vibrant, healthy body.

So once you get all the black dots off, go ahead and put some fun pictures in there about you having fun and being slim, healthy, maybe you like to be muscular or athletic. So, I really want everybody to raise their happiness level a whole bunch. I know that weight is one of those issues that is really, gets to be kind of a lifetime struggle with some people. Really, just shift that picture right now. Just let it go and just know that everything is happening perfectly. Stay in neutrality in that sparkly space. It's a lot of fun. Hey, trying something new, little different version of Weight Watchers. The cool thing is, you are changing your genetic information. You are. You're changing your DNA.

Now, what happened to me when I first did this is I had four family beings out of my history like spirits kind of show up and say, "No. No. We don't want you to do that." And I needed to address those family beings and this is sort of out of the realm of the ordinary. But I'm just letting you know that this could happen where you feel a resistance or you have an impression that, great grandma is there telling you can't do it. And what you lovingly you do, if that does come up, is you just thank them so much for loving you so much to want you to have the information they thought wouldn't help you succeed.

So you thank them. And then, you say, "But we're in a new era. In a new time and I am going to make these changes for myself so that I can enjoy my experience of life and I really want you to know that I'm okay. And that I'm aware of what I'm changing and that you can relax about it. I'm going to exercise power over this body in this delightful way for myself to be vibrant and healthy." And just get a nod from them. You can let them know that they don't have to watch for you in this area and send off on their way. You can also say, "You're welcome to observe me if you want to. I'd like you to stay out of my energetic space so I don't have an impression of you weighing on me. But if you want to watch what I'm doing, you know, feel free."

The thing to do is to not make anybody wrong or yourself wrong or your DNA wrong. The thing to do is just stay in neutrality and happiness. Look for the good of everything. Trust that everything is perfect, in perfect order. And even when DNA is set up to have you die early. Like maybe your DNA has cancer wired into it. Or maybe your DNA has high blood pressure wired into it. Know that this is really a great opportunity for you to

write your own script. So, you're clearing kind of you're clearing your karma with yourself with your cells. It's clearing the karma with the family but really, on a physical level.

Now, so if you haven't already, go ahead and reset the DNA structure to the way you would like it to be and the joy and happiness you'd like. And really, I want you to think about that DNA going way, way the heck, a hundred years off into the future. Say you're fortunate enough to live another hundred years. Set it up the way you want it for a hundred years. Not just for today.

Cool. Pulse that golden pulse through the DNA. Wonderful! And we're going to keep that DNA on the screen and we're going to work on another picture. And there's another health picture that people are challenged. We're just going to go through a few of them but you can do this with anyone. You're welcome to do sessions with me if you want some specific guidance on how to work with a particular issue. But really be inventive. This is your spiritual tool. I want you to use it.

So the next we're going to look at is high blood pressure. So, we're looking in the DNA for blood pressure. Maybe you have low chronic low blood pressure that might be a problem too but certainly high blood pressure is really a big problem or it can be. Look at your DNA, let's see all the family members that had the wiring for high blood pressure. Why was it there? What's your answer? Go for your answer. Why was high blood pressure in your DNA? Or if you have chronic low blood pressure, let's look for why was low blood pressure? Why was the body wired, the way it was wired?

You might first just look who your relatives are or your generations back. Who had high blood pressure? Did it serve them in any way? Maybe it helped them express themselves. Maybe they weren't good at clearing their energy and so they had this burst. Did it help keep the blood in the brain? Were these people athletic with high blood pressure?

Alright. Now that you've got some answers or not and let's go ahead and clean off the DNA related to high blood pressure or low blood pressure. Let's just clean that off. All the black dots, all the failed energy, all the scary energy, all the black energy, maybe death energy, fear energy, anger energy around blood pressure. So take a golden Roomba, golden vacuum cleaner and vacuum off the DNA. And I notice some of you are having your energy drop.

So, let's go ahead and get back into that happiness space. Think of something you're really grateful for, think of joy, think of happiness, holding your baby, being at the beach, laughing really hard. Maybe rappelling down a waterfall and ending up in an icy mountain stream. I did that for my birthday last year.

Think of something that really makes you happy, rocks your world, things that you're grateful for. Maybe the birdsong, the beautiful pristine lake you ran around last week. Think about the love in your life. Let's raise that energy vibration. Think about laughing with your friends. Much, much better. So holding that high vibration. We're learning the

lessons we need to learn. To let go of, alter and change the DNA. It's really, really important to stay in that bright space, to create the most potent miracle. So finish vacuuming out all the patterns in the DNA that lead to dangerous blood pressure situations.

And some of you are looking at plaque and you might need to actually vacuum out the DNA around building up plaque in the veins and arteries that might be an important thing to start doing. So, vacuum up that information. Maybe it's around patterning around how you eat food. Might be that you really crave oily, salty, meat, you know, red meats and lots of fats, animal fats, some things like that and that might be also an interest because it was set up genetically. Like, maybe your body was from the olden days from a very cold climate where you needed lots of fat on your body to survive and keep you warm.

So we're just noticing that everybody has a different story and we're going to finish vacuuming up all that black gunk on the DNA. If there's any tears in the DNA, fix that up. Any family members that don't want you to make this change. Explain to them, just like we did before, "Thank you so much for loving me and caring so much. We're just going to ask you to allow me to make this change and I am making this change and I'm asking you to back off and let me do this and I appreciate your love. So, thank you."

And let's reset this DNA information around blood pressure to a comfortable number, whatever that is for you. Maybe it's 110/60. That be kind of a nice number, wouldn't it? 110/70 or something. Whatever you think is your ideal number, let's go ahead and set it at that.

And so, we've vacuumed all that negative and dark energy and failed energy out of the DNA. We have reprogrammed it with happiness around the DNA really giving it some direction. Now, we're going to do the golden pulse through DNA. Remembering to keep your energy, bring your energy into gratitude. Gratitude is the attitude, happiness. Pulsing that golden sun, trusting that all is right with the world.

Alright, wrapping up that DNA, popping it into the master cell, putting it back into the pineal gland, letting all of that cellular information flood your body. Both around your weight pictures, new weight pictures and around your blood pressure pictures and then, we're amplifying that with gold energy. So that master cell is flooded with gold energy and then it floods out to all the cells in your body cascading from the center of your head where your pineal gland is, all the way into all the cells of the body.

Bringing another golden sun at the top of your head and bringing that golden sun down into your body. Filling all the cells of your body, energizing and recharging. Another golden sun at the top of your head and let's put a golden sun of validation at the top of your head. You are loving and lovable, capable, competent, clear. You are a miracle maker. You are cherished. You're intimately connected with the divine. You're happy, grateful, vibrant, juicy, strong, intelligent, amazing, remarkable, wondrous. You're a rock star. You're really, really competent at this, beautiful, healthy muscles, fit and vibrant.

Bring that golden sun of validation into the top of the head, down into the body, filling every cell of your body with this love energy. The body loves feeling this validation. It feels really, really good. How many times do you tell your body it's not doing the right thing? It's wonderful when you can acknowledge your body.

Another golden sun at the top of your head. So a golden sun with you in it. So you're taking you as a chakra person off the view screen. You can turn that view screen off. Pop yourself on to the top of your head. While you're sitting at the top of the head in the golden sun, you as a spirit in the golden sun, let's go ahead and turn those chakras. Those lower chakras back up.

So let's turn one, two and three back up to a 100% function if that's the way we like to use it. And then, bringing your spirit into your body, it's been a really fun experience for the spirit. It's really being able to function at its very, very highest level of enthusiasm and it's quite the healing that we've given to the physical body.

We're using that golden sun to bring your spirit into your body like a spiritual shoehorn. You're getting into every cell in this most remarkable way. Your spirit is coming into present time out of creation, out of the future. Your body is coming into present time. Really much easier with some DNA altered so that you can really be here now and not live out of so much of your genetic heritage. I really encourage each and every one of you to experiment with this. It's a wonderful, wonderful journey.

Wiggling your fingers and toes, really feeling your spirit back in body, clicking in completely like a seatbelt clicks in body and spirit, present time. Feeling very energized, revitalized, lots and lots of energy flowing into this body with this golden sun and with the changes you've made. It's time to take some nourishment maybe. Time to do some journaling, what did you see? What did you learn about? What are you grateful for?

Taking some breaths in and out and feeling all your energy returning to you if you've scattered it in the wind. Let's bring all the energy back into you. Some nice breaths in and out. Feeling that vibrant health returning, being restored to you, feeling very excited, enthusiastic, very present in the body and good job for making this time; setting this time aside to start reworking and rewiring your body so that it really, really works for peak performance.

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