

## 100% You Full Body Ownership Part 1 of 4 Transcript

Good morning and welcome to 100% Full Body Ownership. I'm Julie Renee and I will be your mentor and guide through this journey. It's very wonderful and exciting to actually be doing this class for the very first time. This is an apprentice level class. What that means is that you're going to be learning the tools and techniques that you would learn if you came into my home and trained with me. We're going to give you everything and hold back nothing. You're going to get all the tools, the training, the information, the secrets that you need to have to be successful.

Go ahead and sign in as you come into the call. Oh good, I see lots of people coming in. It doesn't show yet on my screen but there you are. So today, we're going to go over a few things for full body ownership and we have so much to cover in this class that I'm going to jump right in. I'm hoping that all of you are getting on and feeling like, yay you're here. I want to also do a beautiful thank you to our production and support team. We have people behind the scenes that are making this broadcast possible, so a very kind and appreciative thanks to the support and production teams; especially Carolyn, and Tina, and Rebecca, and Rola, and Marlene. We just so appreciate everything you do to make this happen. Also Nerissa who worked overtime yesterday to make sure everybody got into class. Just thank you, thank you, thank you so much all of you who are supporting the process. Ooh and I see lots of people coming in. Yay!

Let's see here. A warm welcome to Amy, Nadia, Nina, Andrea, Roxanne, Cindy, Julie, Susan, Sharon, Desiree, Scott, Veritee, Haruko and Joyce so far. And I know there's lots of you also on the phone line. I'm so happy to have sorted that out. Nina, very good. So let's get started.

First of all, I realized that there might be a few of you who have never done a live training before. We have some new folks joining us from Jennifer McLean's tribe and we love Jennifer. Oh my goodness, Jennifer is an amazing – really loved, supported, a beacon of life in the world. So welcome to all of the new folks who are joining us from Jennifer's tribe. We love you and you are so welcome here always and this is now your community too.

We'll start with muscle testing and the quantum pump and those are really foundational to this class. Why we started looking at full body ownership was while I was teaching the freedom from spiritual parasites and pests class, which all of you should take if you haven't. It's a 7-hour 1 day training and we get you to zero on the spiritual parasites and pests. What we noticed is that so many people didn't own their body. When I was testing the overall for this group of people coming in, there's about 50 of you training and some of you will be watching the replay and I just want to send my love and

appreciation to you on the other side of the world who are watching the replay at the right time for you, when I tested the group, I tested that most of you or the group itself, the range of body ownership was about 20% so that means that you're owning your body about 20%. Now that's pretty shocking, isn't it? And if you've done maybe the spiritual parasites class, you're owning it closer to 40 or 50%.

What we're going to be doing in this class is we're going to be setting up clearings. We're going to do clearings every week and we're going to have you do homework every week. So you'll be pumping as you go about your day, doing some clearings for yourself so that we can get you really in charge of yourself on a more powerful level. So that's what we're up to in this class.

The first two tools are the quantum pump and muscle testing or Kinesiology. Now if you already have your own method of muscle testing, that's just fine with me. I am going to show you the fastest way to muscle test; one where you can get a really fast result, and you can go through big numbers and you can test on things and you can see where am I on things. So I'm just going to show you my method but any method of muscle testing is good. Kinesiology is basically the body informing you of what's going on. Kinesiology was really defined by a chiropractor in 1976 and so if you look it up on Wikipedia, I looked it up at Wikipedia and that's where I found the information of who started this. It's been around forever but somebody actually took the time to define and give a definition to it.

What we're doing with muscle testing is we're making the ring finger on the right hand very stiff. So that's very firm; it's now wiggling and not moving. And then we're saying, we're making a statement and that statement would be true or false. "I'm Bozo the Clown..." and my finger releases and it goes weak when I say I'm Bozo the Clown because of course I'm not Bozo the Clown. "I'm Julie Renee..." and then my finger stays strong. So it isn't anything I'm doing in my head; it's actually the muscle responding and giving you the information.

So what I would want you to do, we will send out a little video, just a very short 1-minute video on muscle testing and Kinesiology, what is Kinesiology. We'll send that out with the training from today so that you'll have that to review. But essentially, it's the fourth finger on the right hand and then the first finger, index finger, pointer finger on the left hand. Stiff, hold it very hard and then push down and you're making a statement. I'm 22 and then I'm not going to tell you my actual age, so there you go. [Laughs] But you can see that 22 wasn't accurate.

Alright, so then the next process that we're going to do and I'm going to reserve interacting with the students until specific times. I'll let you know when those times are. You're welcome to post in the chat box. We have about 3 hours of training to get through today and we have 1-hour designated, so I want to really kind of fly through the material but make sure that you understand it. And then at a quarter to the hour, we'll take questions for 10 minutes. We'll end the class with a 5 minute meditation. Okay, so we've got our plan made.

Alright, so that's Kinesiology and then I want to show you what the quantum pump is. The quantum pump can be used for clearing which is what we're going to do. So that's the right hand and it's just extending and coming in, extending out and coming in, extending out and coming in. And then you're doing it much faster and then let me show you that the elbow is at the waist. You have the elbow at the waist and you're pumping; simple. It becomes effortless but when you're first getting started you've got your muscles and your hand involved, understand that your arm will get tired, your hand will get tired. I've been doing this for years and believe me, it goes to nothingness. You don't even feel it. You hardly notice that you're doing anything. So that's the quantum pump.

Very good. Alright, so now we've established muscle testing and I'm just making myself a note to send you the guys the videos so you review muscle testing, Kinesiology. And then we've gone over the quantum pump and that's what we're going to be doing all morning. So we're going to go into the slides and we're going to start the slide presentation now. Hang on one sec here. There we go. I've got the right slides. There it is.

100% Full Body Ownership and that is what we're all about. Now some of you may notice that you don't have body ownership and you're not really able to create the wealth that you want, and some of you might not be able to create the love that you want or the health in the body that you want. So what we're going to go through in this program is we're just going to really transform that experience for you so that you feel in charge of your life. The 100% full body ownership quantum activations is your guideline to clearing blocks that stop you from being and expressing and owning yourself and your body.

We're going to start with the amplification and in amplification, we're going to be clearing satanic energy, Lucifer stops, soul contracts, demonic, evil spirit and satanic curses, Karma and agreements with yourself against yourself. Let's go through it one by one so that you would understand -- by the way, you're going to get the slide presentations so not to worry if you want to just keep pumping right here. After the class

when we're sending you the link to the class, you'll be getting the slide presentation. So we start with satanic energy and satanic energy is a dark, occupying energy in the physical body. If you were to clear it to zero, it might take a few hours; so this would be some homework that you might want to do is really just clearing that dark energy. The reason that that dark energy is there is not because you did something or agreed to have this dark energy in your body. At some point a long time ago the human blueprint was altered and we were changed. Our body was dark or matter and we think about our body is dark or being of matter and our spirit was of light. And so we wanted to in this ear and age, we want to restore our body to light and so that would be clearing the dark energies from the body.

Let me just muscle test for you on satanic energy. That's what we're clearing right now. We're clearing satanic energy preventing you from full-body ownership. So we're really focusing on one specific thing, but if you were to clear all satanic or dark energy from the body – and by the way, we do that in the Diamond training, that would be about 6 hours. So if you really took this on and said, I want to clear all that dark energy, that would be a project that you could do. The interesting thing though is I'm going to talk to you about all kinds of wild and wonderful things to know so you know why you're doing things and also on the clearings, why it's going to either hold or it may alter. What I've noticed in full body ownership is both there is some influencing factor obviously with the spirits that are related to you, so that might be spiritual parasites and pests, so that might be causing some problems or it might be soul contracts and curses and all this stuff that we're clearing today, and it also might be the influence of family members or ghosts in your body. It might be an influence of DNA and bloodline.

We can clear a lot and I'm going to show you everything and then I'm also going to be recommending additional trainings that if you want to jump into and go deeper and deeper. That's what we're going for. I think probably the most comprehensive of the full body programs and in really owning your body is the yearlong program where you're in classes every week and you have two weeklong retreats. So ultimately you've had three weeks with me over the course of maybe a year and 15 months or something because you'd come in with the Diamond training. Understand that each of those trainings is not just training. You're coming into something where you're actively clearing the energy and making your life better.

So we're going to clear the satanic energy for a few minutes and then we're going to move on and do the next clearing. We're going to be going through amplification, perceptions, emotions, DNA clan. I would say that the most important one we're going to clear today and get you started on for the week is agreements you've made with yourself against yourself, and that's in this field in amplification. For most of you, that will

be 7 to 9 hours of clearing. When you can clear agreements you've made against yourself, that really triggers everything else to release much faster.

Okay, I think we can move from satanic energy. Let's just hold this back up. Let's see. And then Lucifer stops, so if any of you have Lucifer stops, that would be something that would prevent you from moving forward, so it's something in your blueprint is stopping it. And probably you want to wonder, where in the world did that Lucifer name come in? Just thinking about an archangel Lucifer who used to sit at the right hand of the Supreme Being who oversees this planet and humanity - that's the best way I can say it - fell and went into darkness and one of his or its claim to fame and in not a good way is the stops, the things that prevent you from transitioning into your best life. There will be a stop so that when you can do an activation or you can have an active prayer life and for some reason you don't experience the shifts and changes.

Understand that these are actually pretty quick to clear. They're just to stop -- you know we come down to grow and to experience darkness and light and advance our spirit at sun's level. It's the Yang or the opposition which sometimes moves us towards the light. Sometimes we need opposition to be moving towards the light. I'm not saying we need Lucifer stops. I've gone into the blueprint and changed that or taken the Lucifer stops out of the blueprint but everything that was imprinted in people and you have a belief system and an experience of 'I can't shift that,' we just clear it this way for a few minutes.

My pump you'll notice sometimes shifts and that's because I'm working with the whole group. My pump will sometimes go like this. It's a little frenetic. It doesn't look like this. But your pump is this, so you do this. I'm working with all the 50 plus students in the class, that's why my pump is going to look a little wild.

Alright, let's see. So we've pumped a little bit on Lucifer stops and let's go to the next one. The next one is soul contracts and let's look at this again. I'm sure some of you have just joined. I'm seeing a few new -- oh yeah, lots of people have been joining in the last few minutes. So we're actively working on our clearings. We've already gone through Kinesiology which is muscle testing and the quantum pumping. We've done some clearing on satanic energy. We've done some clearing on Lucifer stops. We're going to clear in a bundle soul contracts, demonic curses, evil spirit curses, satanic curses -- so that will be our next group. Soul contracts, demonic, evil spirit and satanic curses. We're going to do them all together.

Soul contacts are actually contracts with Satan. They are things that have been maybe you made one contract, maybe you made one thought that I'm going to have a difficulty

or whatever but then in the field of amplification, it's gotten out of control and then you have billions of contracts, and then understanding lifetime to lifetime that you continued to bring the stuff with you. So let's clear that; the soul contacts. Demonic curses are just that; they're from the demonic realm. Evil spirit curses are from other people in bodies. Like I was just visiting with my neighbour who's from Trinidad and she said there's a lot of cursing that goes on in her culture and it's very frightening to her. So that would be a curse like someone consciously put a spell, used an eye, and a chicken feather, and a bone, and whatever and went through and did a whole nasty curse kind of a thing. So this is where you would clear evil spirit curses and then satanic curses. And satanic curses could be from a person; they wouldn't necessarily be from Satan. It could be somebody who's directing satanic energy against you. And so we're just pumping and we're clearing these issues related to full body ownership, 100% full body ownership.

While we're clearing on the whole bundle, soul contracts, demonic curses, evil spirit curses, satanic curses, I'm going to introduce an idea that we'll get to in one of the coming classes and this would be really important. The homework that you'll be doing from this class, class number one is to clear agreements you've made against yourself against yourself. Why in the world would I make an agreement with myself to work against myself? Why would I make that? I don't know. It doesn't make any sense, does it? But if you think about times you were low and under the influence of a spiritual parasite, meaning you had thoughts that weren't uplifting. You had thoughts of depression, anxiety, hopelessness, greed, envy. You had those kinds of thoughts. You might think to yourself, I'm never going to -- let's see. I have really been working in clearing this stuff so nothing is jumping in my head here. Let me think. "I'm never going to heal. I'm never going to experience full health. This is the way it's going to be..." That's not a real powerful one, but that's one.

Oh, I know. When I was 11 years old and we had moved into a new house and my job was to clean the bathrooms, the three bathrooms, do the dishes for the family, wash the basement floor, and clean the closets. So essentially I was kind of the slave. On Saturdays when my friends would go have fun, I was cleaning up after 7 family members. I remember being kind of a Cinderella, washing the basement floor every week and thinking to myself that I was willing to be a slave and that I would do whatever. It was offensive to my spirit, the amount of labor and the way that it was given to me, that I was forced to do it rather than invited as an opportunity. And so I made some decision about, I'm just going to take anything anybody has to give me and I'm going to churn it out and I'm going to produce something good out of that, or I'm going to survive. That was probably more, that I was going to survive it. So I went through life taking whatever anybody had to give me and surviving it and I would do whatever it took to clean it up. I know professionals have commented to me that they've seen me really

facing a great deal of adversity on occasion and there's this kind of stoic, 'I'm getting through this. It might not be fun, but I'm getting through this.'

What if you weren't magnetic to that anymore? What if that agreement was gone so that you could magnetize something much more wonderful? Like really being able to have work come to you in a beautiful way and whether it's labor or not hard labor, something that would be joyously celebrated, an opportunity to contribute. I know that it served me that I could do it but the thing that I took on, the agreement that I took on was to have that the rest of my life and to survive it, not to have a happy life. So I think I belittled myself and really took on some of those slave pictures to survive, is what I thought I was doing. Now understand that I wouldn't have probably taken that on that way had I had more information. I could have taken it on like, it's a joy to support my family and I know my mother is struggling with a mental illness and my father is working to support the family, so I'm the oldest daughter and this is a privilege and an honor to joyously help and support the family in this way. Something like that where it could have been much more wonderful; it wouldn't have been something to survive. It would have been something to experience some level of joy or celebration.

Anyway, that's a good example of an agreement with ourselves, against ourselves. So I took on, "I'm going to survive it, I'm going to take whatever anybody has to give me and I'm going to survive it." I think another thing back then, I made an agreement with myself, hearing that I wasn't lovable, that I would never really heal. I would have health issues. And back then, the health issues gave me attention. I got a lot of attention but I got some kind of attention, certainly the medical community was baffled by some of the strange ailments I had, and that I would never really heal. And so when I've been working on activating health in my body where I can do the regeneration, maybe it gets to 80% and then stops. And even though I read that I've done 100%, understand that the agreement I had with myself, against myself, was that I wouldn't heal to 100%. I would heal to 80%. So you might have that agreement too.

The homework for the week about removing the agreements, you don't have to figure out what the agreements are; you could just pump. Let's see, what I muscled tested is -- did I tell you guys, it's 9 hours of pumping over the next week. And then I wanted to talk to you about another issue which is the one I'm saying we will work on in another class and that is really the core issue that you've come to work on. You might have more than one core issues but there will always be one that really resonates with you, that's got to go.

My core issue was betrayal and as long as all the programs are running in my field for betrayal, I was going to constantly be bringing in my body betraying me, people

betraying me, organizations betraying me, me being let down, me being disappointed. That's a longer process of clearing. I don't want to discourage you at all because it's totally doable. But for me, how many hours, I think on the betrayal stuff because I've been clearing for probably four weeks, I think I did about 70 hours of clearing and I got to zero on betrayals. So it's no longer in my field, meaning I don't need to bring it in anymore. It won't be magnetized in.

Also when you clear betrayal of others, you clear anything in your field that would also be betraying, like saying something behind someone's back that isn't nice or not standing by a friend when they're going through a difficulty. So you clear that too. You clear the betrayal of others, the stuff perpetrated to you and then you clear any betrayal that you've also perpetrated against others. And so those core life issues, once that one's cleared, you'll notice that you're a lot lighter and free. And you may have others; I think the next one I'm clearing is being able to really be able to receive this vibration of love and light and that that is my essence. And the opposite of that which I've been looking at is toxicity and toxic emotions. I've done so much clearing but it looks to me like when you actually take it on to permanently once and for all remove these core issues, they no longer are a factor in your life.

Now I would say there is one thing to be thinking about with core issues which is are there any spiritual pests or parasites or even guides or guests. Spirit guides or guests that visit you and influence your thoughts, that are attached to you maintaining your core issue. That would be something that you might want to investigate. Having gotten to zero with betrayal, I start now on clearing any blocks to my receiving and being the full expression of love embodied, love, light, joy, pleasure, celebration. And then the opposite of that which I thought, what I wanted to clear was toxicity which is always an issue because of the atomic bomb radiation exposure; I definitely have healed but there's always a level of clearing that I'm doing. My intention is to get beyond that, to have my body be the essence, the emanation of love, light, joy, pleasure, of bliss, divine connection, communion and that the toxicity burns off or melts off or there's no place for it because toxicity doesn't live in a body of love and light.

And then I think about that, on some level many years ago, I think it was Bernie Segal who wrote 'Love, Light and Miracles' and said that love and fear don't exist in the same place at the same time. So if you were love and the expression of love, then fear won't show up. I'm going to say this expression of light, love, pleasure, bliss and then the opposite, the expression of toxicity, they can't really exist in the same place. They do at the moment because of our world of duality but I think as we really take our power back, as we really stand in what is truly our essence and what we claim for ourselves, that's where the miracle takes place. And when we get a tipping point, when we get to that

place where we're really in the place where we are expressing our divine nature, that's where this full self-expression, that 100% you, really begins. Enjoy the journey, because I'm going to say for each one of you, congratulations on getting to the call. I honor you. I cherish you. You are amazing. You heard the call and you said, 'I want that' and I love you for it. I really do. I'm so in awe of who you are and what you're intending to bring into the world and what you do already bring into the world.

Okay my dears, I am going to bring us back to the PowerPoint so we can fly through some of the others ones we're going to be clearing today. From amplification, the next thing down, we would clear Karma and that would be entanglements from and with other people. So maybe loved ones, family members, people you work with, and agreements with yourself, against yourself is going to be your homework and then we're going to go down to perception, group mind, group mind virus, curses, black magic and Atheist thought forms. Emotions, so emotional thought forms. Shared energy, when you have energy in someone else's body, you could be inhibited to being 100% expressed because you would be with them and they're not fully self-expressed. You want to remove your energy from them and remove their energy from you.

All of this could be done with the quantum pump. I do have a Karma clearing class that teaches you how to do this too. Agreements, so we have agreements that we place with others that are preventing you from full self-expression. Karma, and like I said you can clear all of this with the quantum pump, you can clear Karma with other people. Timelines, those would be -- if you could imagine a line behind you, maybe coming from your heart and out to the beginning of your life, in the back of you and then in front of you out to the end of your life, and then there are ideas that are thought forms that live on the timeline that explode at a certain time, like they come to life. We can go into that more deeply if that's interesting to the class as we progress since we have four weeks together. I'm very excited about that.

Also ghosts, if you have a ghost in your body, a lot of times people will have ghosts in their body if someone, a loved one has died and they're the spiritual one in the family. And then family imprinting, what that means is a family member is actually putting some of them self into you. They want to influence you. They want you to behave a particular way. They want to dominate or control you on some level. They want to make sure you're okay because you're behaving crazy and so they throw themselves onto you on some level. So family imprinting, meaning that part of them, part of one of the family members or more than one of the family members is imprinted into you, and you want to clear that. You could clear that with the quantum pump.

DNA and bloodline. DNA, meaning the 22 strands from the mother, the 22 from father will have information about being able to own your body. In my family, that wasn't really allowed. I came from a family where my father was an indentured servant. My mother's mother was sold as a young woman and she was a servant in a house. My great grandmother was an indentured servant. She was put into a home at age 8 to pay the family debts and to have a roof over her head and food. It was an incredible poverty and servitude in the DNA. You keep your head down and serve. That has to be removed for full body ownership; as well as bloodline and clan. When you think about bloodline and clan which does run through your veins and we know bloodline is important, like in scripture, they follow the bloodline and it's very, very important – what is the information in the bloodline. But we think about that as clan behavior, like the whole clan behaves this way and that would be bloodline.

Okay my dears, so we've gone through the pages. We're pumping now and we're clearing. I know that there's going to be questions, so I'm going to start looking at the questions a few minutes before I said I would. We have gotten through all the steps we're clearing, so just keep pumping. By the way, so that you understand what we're doing when we're pumping, there are two kinds of Physics. There's the Newtonian Physics which is the apple falling from the tree. The apple is on the tree and then it lands on the ground, it's gravity, something goes from here to there. That's Newtonian Physics. And then there's Quantum Physics. Quantum Physics describes us as everything exists, as particles vibrating and that field, we are all part of that field of particles vibrating. And based on how the particles are vibrating, different things exist in that field, right? And so we're altering the way the particles are vibrating to improve and enhance our life. So we're removing things; we're improving things. If you come in to one of the trainings where you learn to regenerate things, we'll be growing back new glands and organs. So essentially what we're doing with the quantum pump is we're activating the quantum field with the intention of clearing and removing right now. That's what we're doing. This whole class is about peeling away the layers of the onion that were preventing you from getting to your heart center, your core and we're really about bringing you to full self-expression, you to 100% body ownership. It's an exciting class, yay!

So that's a little bit about what we're doing with the pump. I'm just going to stream down and see if any questions came in. I know a lot of hello's came in, so let's see. Verity, thank you for that comment about the Father's Day program. That was a fun program. Susanne, absolutely. Christy is saying she self-sabotages. Okay, 'I'll do it or die trying,' yes, that would be something that would be cleared in this process. Absolutely. And that is Janice, so you definitely need to clear that. Cindy, "You mentioned doing 6 hours on dark energy and then 9 hours on the agreements made with self, to work against

myself. Can this be done together or lots of different issues to be cleared up at the same time?" No, you have to do them separately and the homework is the agreements with yourself, against yourself. That would be the one that I'd want you to work on this week. But I was just testing to see like what would it take for you guys to get clear of the dark energy if you want to take that on as a project. You could definitely do both of them, but you can't do them at the same time. So pump away; pump, pump, pump. *[Laughs]*

And then Susan, "If we use both hands, will that help us remove it twice as fast?" I don't think so. It does speed it up a little bit, but I don't think it goes twice as fast. And then Steve, "Are we clearing more than one thing at a time?" We are. We're clearing billions of things. And then, "Julie, do we detox from this? I felt heavy and tired for a bit." Usually, the 'heavy' and 'tired' is things leaving you so no, I wouldn't expect any detox. But if you feel that you've moved a lot of energy, one of the best ways to just balance yourself is go out in nature, go to the beach, go to the mountains for about 20 to 30 minutes. If you can be there longer, then all the better. That balances your negative and positive ions and just sets you right. Go hug a tree. You should not experience detox but like I said, sometimes when things are leaving you, you'll feel heavier or tired and then you'll rally when it's out of you. So keep pumping, especially if you feel tired. Keep pumping, everyone.

That's great, Nina. Yes, I think so Cindy. That would be a core belief that you would want to spend time clearing, just like mine with betrayal. It starts so interesting, that core belief agreement with yourself against yourself starts really young. For me, my mother read something and she believed, she heard a talk on a TV show or something when she was pregnant with me and I had a twin brother, and she got the notion that she wasn't supposed to gain any weight so she dieted while she was pregnant with us and she gained 40 pounds. My twin brother died 3 months into the pregnancy and then I was born without some bones and muscles. So by not giving me enough nourishment from the very beginning, I started out with difficulties. I looked at that as kind of a betrayal in many ways. Like my brother abandoned me and then that. So that had to be cleared so that I can really celebrate my life and that I can bring in a wonderful partner who adores me and there's no issue with whatever – cheating, or not having my back. I could bring in wonderful team members who are going to be there for me and standby by me. I can bring in wonderful friends and have a social life and feel like things are going to be wonderful now.

Okay, let me just go back down. I see a bunch of questions came in. "Honored to be here." Great, I'm so glad you're here." Andrea, "I keep putting myself last or not at all on self-care, which I now need." Andrea, self-care, maybe that's your core issue that you're

going to be working on. Once we get through clearing the agreements with ourselves against ourselves, either next week or the following week, you'll start on your core issue. So please do it in the order that I suggest, but if you get through with your agreements with yourself against yourself, you could start on your core issue sooner if you want to. It's a lot of pumping. Every week you're going to be pumping. I want you meditating every day and I really do want all of you out in nature every day if you can be. I realized that it will be difficult for some of you, but let's really make a concerted effort to have this month be a month of incredible transformation.

"Did she sabotage and cause retina degeneration?" I don't think so. I think the DNA is a big factor in that. You'll want to muscle test on that. We do have a vision program and I might do another live one. We do vision both in the Diamond class where we spend a few hours regenerating the vision and really talking about how everything works together, so that is where the vision training is happening right now. And then once a year, in the Golden Age Year of Miracles, we work on vision.

"Is it possible to clear other people as well? What are the requirements?" And that was from Marie. Marie Parie Lucas. Yes and you know, I like to train you in the yearlong program. You start in the Diamond level to learn how to work on others, but we really don't work on others until we get you really in good shape. So understanding that if you work on others when you're not in good shape, you might not do it the best for them. And so to come into the Diamond level and then do the Ruby level, you have about 8 months of really working on yourself and getting yourself spectacular and then when you work on others, you really bring the gifts of all that transformation that you've done in your own body. Yeah, anyway, that's my answer.

And then Nina, "In the homework, do we clear for self-contract? Do we make a statement or hold an intention to the clearing?" You're just going to pump. You're going to just clear, everything that I have agreed, any agreements I made with myself against myself, I'm clearing now. So you're going to pump with just that intention and you don't have to hold that in your mind all the time because the field once you get it started, the field is clearing that intention, but you might pump for an hour or two and then come back to it later. You just want to test where you are so that you know you've gotten like 90% through or I have 3 hours left. You can test both of those ways.

Marianne, this is not a physical class. A bladder issue would be something -- it might clear somewhat because you're working on full body ownership, but that would probably be better in the VIP program or the Golden Age Year of Miracles. This is not one where we're working on the body. This is one where we're working on owning the body, so we're not actually going through and doing a regeneration on the bladder. But we do

that in the VIP program, we do that in the Golden Age Year of Miracles, so those are place to work on the bladder.

Okay and Scott, "When we start clearing, is there a procedure to do such as starting out loud when you are not going to clear?" That could work, Scott. I don't declare that I'm stopping and I don't start out loud. I identify what I'm clearing and then I start clearing. And then I might go do the dishes for a few minutes and then keep pumping after I've done the dishes. And then I might change the laundry, and then keep pumping. The thing is, once you have some pumping skill, what you're going to notice is that you keep clearing even when you're using the bathroom and your hand isn't moving. It's like 5 minutes, oh I kept clearing even though my hand wasn't pumping. When I'm working on someone like in the VIP program or even in the discovery sessions that I've done, the 20 minutes, for anywhere from about an hour to 3 hours after my session with you, you'll still be in the quantum field so things will still keep shifting, so it may go to 100%. So we can declare it ending because you'll shut down potentially what could keep going. You could keep having some clearing even though you weren't pumping for awhile. So just when you start pumping again, you can just test, where am I now? You stopped but maybe the energy kept shifting and you shifted another 5% and then when you test again, when you start pumping again, it's like how much time do I have left? You could test it that way.

I hope that's helpful. That's how I do it because what I've seen is that it's a process. You guys are going to be going through a month of pumping *[Laughs]* and you're going to see a lot of shifting happening. You're going to want to pump when you can, as often as you can and when it's convenient, you're just going to start pumping because you're going to be getting lots of homework for pumping. So just go for it and then allow the shifting to continue, the clearing to continue. Good question Scott. Thank you so much for asking it. That helped everybody.

"Yes to transformation!" And then Joyce, "To pump, we set our intention and then begin pumping. Is it okay if we read or watch a movie when we pump or do we need to be in a meditative state when we pump?" I don't think that you're going to be able to read when you pump because your focus will be in the book. You could watch a movie and be about 70% effective, as long as it were an uplifting movie. Understand that sometimes movies, if they have violence and things, they may add to the negative stuff in your amplification field. But yes, you can pump while you're driving, you can pump while you're around the house, in the bath, in the shower, going for a walk. Just whenever it makes sense, just pump. Great Amy, I'm so happy. "Pumping while I'm driving from place to place, is that okay?" That's perfect. Pump when you're driving, definitely. "I can feel a lot of heavy energy come up periodically and I've been working on myself for

years." Yes Julie, it's amazing because we're getting to the bottom of some things that have never been addressed so they kind of lurk, they hide in silence – all of these contracts and issues.

Okay so we have our homework set and we have a game plan for the week. You're going to feel sometimes like you're. "Ooh, this is hard..." and sometimes, "Wow, this is easy..." and sometimes "Wow, I feel nuts." You're going to feel a whole bunch of feelings when you're pumping, especially if it's new to you. Just keep going for it. Do it. You know what, sometimes I notice when the arm or hand is heavy, it's also something leaving you. So you can just say, "This is not me. My arm and hand feel light. I feel joy every time I do the quantum pump..." and you'll notice that it starts shifting. Do that for about 5 minutes.

Okay my dears, we're going to go into a very short, guided meditation and you will have all of the slides, so you'll be able to review the slides and the video this week. You can allow your hands to stop pumping.

Finding a comfortable seated position with your spine erect and your feet on the floor, dropping a grounding cord from the base of the spine to the center of the earth, make the grounding cord nice and wide, set the grounding cord on release and begin to release the excess energy in the body.

Male bodies, with a line of energy as wide as your wrist, hollow in the center, from your testicles to the center of the earth, set your testicles on release and release female control energy, competition and aggression. Females, with a line of energy as wide as your wrist, hollow in the center from the right and left ovary, down through the perineum and down to the center of the earth, set the ovaries on release. You're releasing your healing projects and releasing all the people that have gathered in your ovaries.

Going up to the adrenals that sit at the top of the kidneys, let's go ahead and ground the adrenals. That's one inch up from the waist, two inches off the spine; little acorn-like glands. With a line of energy as wide as your wrist hollow in the center from each of the two adrenals to the perineum down to the center of the earth, set the right and left adrenal on release and release the adrenals - fight or flight energy, nervous energy.

Going up to the center of the head, in the center of your head is your golden temple of silence. Let's go ahead and take a spiritual fire hose if you want. Maybe you could use a broom if you want to. A spiritual fire hose is nice and fast. Open up a trap door out the back of the head and let's go ahead and wash out the center of the head. I'm washing out any looping thoughts, worries or concerns.

Beautiful! Let's pull our Aura into 18 inches around the body and then opening your feet to earth energy, bringing earth energy up through the feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. And bringing cosmic energy into the back of the head, one inch above where the spine meets the skull, bringing that cosmic energy down into your neck and down into your shoulders and letting go of burdens and responsibilities, down through your arms, clearing your creative channels, your ability to grasp and receive, to bring in the goodness of life, and out your hands and fingertips.

And more of that energy is flooding through your back, clearing what's been behind you, what's made you sad or grieve or feel unsupported. We're washing away that old information that is no longer you. Down into your hips, this energy is flooding down through the back channels, down into the hips, looping up through the belly, through the chest, through the neck, through the head, fountaining out the top of the head like a beautiful, Italian fountain bathing and cleansing your Aura. And really feeling this quantum pleasure field, this field of light, this field of joy, full self-expression, full body ownership coming to you now and really setting the intention of 100% full body ownership in this lifetime.

We're clearing away all the blocks, all of the entities, and guests, and parasites, and pests, and all of the contracts and agreements and curses. We're clearing away all of that which is not you so that you can stand in your transformed space, renewed, complete and whole in yourself. And really breathing in and out, feeling that body coming completely, the body receptive to the spirit, the spirit in the center of the head now filling back out into the body, filling completely into the fingers and toes, arms and legs, torso, neck, and the head. Breathing in and out, breathing in and out, wiggling your fingers and toes, but breathing that breath all the way down into your toes.

And then rubbing your hands together in front of your Heart Chakra and creating some heat in your hands, put your right hand over your Heart Chakra, left hand over the right hand in a universal Mudra of self-love and self-affinity. I love myself. I trust myself. I express my unique self.

Namaste. I'll see you next week. I'll be in the chat box for a few minutes to answer questions. I love you. I'm so proud of you. I'm so happy you're here. Enjoy the week, get out in nature and pump away. See you in 7 days. And by the way, if any of you are interested, the energy class is going to be phenomenal and would definitely be a nice complement to this class. It starts on Thursday. Alright, love you. Bye for now!

**[END OF TRANSCRIPT 01:10:35]**