

100% You Full Body Ownership Part 3 of 4 Transcript

Welcome to 100% Full Body Ownership. We're going to have a wonderful day today. It's perfect timing to be working now on full body ownership and family issues. We'll be working on DNA, and bloodline, and family curses and all kinds of stuff like that. It's going to be super cool. I'm really happy to have you here. Go ahead and say hi. Let me know that you've gotten into the chat box and on to the live stream. I understand a few people are already on the phone lines. That's fantastic! We're going to have an amazing class today.

I'd like to start the class as always, I'd like to start with a little affirmation on loving the self and on full self-expression. So rubbing your hands together in front of your Heart Chakra, creating some heat, some Tapas, some energy, breathing in and out through the nose. And when you've got your palms heated up nice and warm, put your right hand over your Heart Chakra and your left hand over your right hand in a universal Mudra of self-love and self-affinity. Affirm to yourself, I love myself. I trust myself. I express my unique self. Breathing in and out and allowing that love, self-trust and permission to express yourself as you are to flood through every cell of your body; just allowing that love, and nurturing, and peace, and ease to flood through your body, giving yourself a nice little healing. And then opening your hands, pinkies together in Miracle Mudra, the cup of love, and just for a moment receiving all the goodness the universe has to offer you and allowing that love to flood into the palms of the hands; that serenity, that peace, that full self-expression, permission to be yourself, really allowing the universe to support you this day and every day, and then tipping that cup of love into your heart and receiving all the goodness from the universe. It feels so good. It feels so good to feel so good.

Welcome to the call everyone. I see lots of excitement and enthusiasm here; I feel it. And I see lots of comments and I'm excited to hear about some of the transformations that are going on. Andrea, morning good morning. And Janice, a bright and shiny good morning. Jyoti, Nazeen, Paula, Debbie, Eden, Marilyn, Alex, Marie and Nadia, beautiful Nadia. Michelle and Marianne. And Michelle, oh Michelle's not seeing so that's tech. Dixie, Nina, Roxanne, Cindy and Alex. Good morning everyone. Okay and Julie, great.

We do have a phone line. If you're having difficulties, that would be with your speed on the computer and probably not with our tech stuff, but you always want to be sure that you have enough internet speed. Sometimes if you're just -- by the way on your internet and it's Wi-Fi, you might want to plug your internet in. That seems to fortify it quite a bit and then it depends on how new your system is. Sometimes older systems have a little challenge and that's exactly why we have the phone lines and then send out the replay

link so that you can be on the phone and hear everything live and participate, and then of course watch the videos after.

We're going to get started. I see lots more people. Tammy, Bill, Scott, Marilyn and Mic. Very good. Sharon and Julie. Okay, good. Cindy, I'm not sure I said good morning to Cindy. Roxanne, Julie, yeah, okay very good. Alright, we're going to get started with our work, our joy, our pleasure, our topic for the day and we are in, just like when you get on the airplane and you want to know you're on the plane going to the right place, we are in full body ownership. Today, we are going into session 3, removing parental and group mind programs, removing DNA and bloodline problems, and then opening to your best and fullest expression of yourself. Wahoo! Everybody wants that, right?

Okay and then on to what is full body ownership? Well, we look at how family interferes with full body ownership. To enjoy your body with vitality, strength, joy and pleasure, ease and hopefulness and then you may have others things too. Full body ownership for you may include... Full body ownership for me may be beauty, it may be muscle strength or muscle tone, it may be having your digestion work. So a spirit owns and lives in the body and what that looks like, since we're talking about this, that's what we're really saying is full body ownership is you as a spirit are owning your body completely and you're living in your body completely. And so then we look at that are you able to live in your body and own it when you're sleeping, which could mean that you drift off but you're still owning your body. When you're awake during the day, during your walking hours, when you're walking or exercising, do you still own your body when you're walking or exercising? When you're eating, when you're working, and you know we can look at all the different activities that you do during the day and then ask how much am I able to own my body during these experiences.

Okay, so step 1 and this will begin the clearings for today, we'll be clearing family thought forms preventing full body ownership and full self expression. And of course you know thought forms are memes and miasms. That's what the thought forms are, memes and miasms. Group mind and group mind virus, preventing full body ownership and full self-expression. In this clearing, so you can begin pumping now, we're going to be clearing family curses, evil spirit curses, trauma from this life informing you not to live in your body, emotion, thought forms and cycles. And so let's see, let's talk a little bit more about what these topics are as we are doing the quantum pump, so everybody is pumping at this point. Quantum pump.

Alright, family curses, some of you may be aware of family curses and you'll even joke about family curses. How many of you are aware that your family has a curse on it or more than one curse? Like your family is accident-prone or prone to illnesses. How

many of you experience, oh yeah, that's definitely our family? It might be poverty. It might be a family curse or never really loving, finding love, being loved, being cherished, so that might be a family curse. So we're pumping and clearing this.

"Hmm, not sure." Julie is not sure, okay. You could if you are a person who muscle tests, you could test. Muscle testing, do I have any family curses that affect me not being able to own the body. And you know I've never cleared this; I created this program for us so I've cleared lots of things, but it looks like my family has 5 curses preventing full body ownership. My family does. And so for the group, female trauma I would say. "I have no idea..." says Joyce. Joyce, let me just check for you. You have 3 family curses. Julie, "Female trauma, I would say." Yes, Julie you have like 22 curses, family curses. Alex, "I feel like we have family curses around money." Yeah, I think that's true Alex. I see 21 family curses preventing full body ownership, so yeah, definitely. "What curses do I have?" asked Mic. 22 family curses.

This is interesting. We're looking at stuff that we wouldn't normally go this deeply in. So if I have 5, I've probably cleared 50 of them and there's 5 left because I never looked specifically at this and by looking specifically at things, we could get to even more. Understand that when we do these big group big processes where we're clearing from amplification down to bloodline and DNA, those are huge, tremendous clearings and then there might be a few left. There might be a few that go kind of hidden because they're not as specific. You have to kind of hone it on them very specifically to get to them.

We're clearing right now family curses and evil spirit curses. What are evil spirit curses? Evil spirit curses are when someone typically who has a body or has put this curse on your family before that, but typically it's in this lifetime. An evil spirit, somebody who's mean or angry or someone maybe even in the family who wishes harm to the rest of the family, but it usually is focused and conscious. We're clearing things that are focused and conscious. We've already cleared curses in general, like thought forms of, "Oh I'm so unhappy with you, I can't believe that you're still here..." and those kind of things. We've cleared that stuff, the thought forms that come out of your mouth or just thought forms that you think or that you say that are like, "I'm mad at you today..." and that kind of stuff.

But there are these others that are more conscious. I always say the evil spirit curses are the chicken and the egg. You know you take the chicken feather and the eye of nude and a frog leg and you mix it in a pot and you put some kind of a spell on somebody. That's an evil spirit curse. It has more consciousness to it and more direction to cause some specific problem; a problem with the family or a problem with you owning

your full body ownership. And today's theme really is on removing those kind of family issues; so if there was somebody nasty in your family, that put something on you.

Hi Richard and Jojo. Didjo? Didji? Didji, I don't think I say your name right any time but, "How many in my family?" I think you mean how many curses, family curses and oh my gosh, I don't know where you're from but you have more than 50 family curses so just keep pumping. We're going to pump to zero. Joyce, "Evil spirits, do I have any of those too?" Well, we'll be working on evil spirit curses but believe it or not I did while you were in -- towards the end of the training today, we'll be looking at if there were any spirits that haunt the family that would prevent full self-expression too, so we'll be clearing those too, but not quite yet.

Let's see, "Let me know what they are later." Mic, I think I gave you a number, right? I'm not going to go into the details of however many they were but I mean I think I gave you a number though. Did I give you 22? It seems like I did. Debbie, yes. Everybody on the call, you don't have to ask if I have any. You all have some. *[Laughs]* Because everybody wants to know. Okay, so we're clearing family curses, evil spirit curses, trauma from this life informing you that can't own your body, emotion thought forms and cycles. So this is the part of the clearing that we're doing right now and again the theme is that we're clearing all the things from family that we have inherited that would prevent full body ownership.

No, this definitely Julie does not clear for your family and descendants. This is clearing for you. We don't clear anything for our family without their permission ever, because you're taking away their opportunity to grow by removing things that they didn't give you permission to remove. If at some point they give you permission to remove them, you can. If they're in agreement, you will have the opportunity to mirror it because your cells and energetic signature will change and they'll go, "Oh I like that..." and they'll mirror you. In that way, they could shift but definitely we are not changing anything for your descendants or your family above you, your parents and grandparents and like that.

Understand that you have to do it. You are the source of light. When you restore yourself, then you can be a beacon of light that people can mirror. I want to say cell to cell mirroring happens all the time, so when somebody says, "Good morning" and they're happy to see you, your cells get that reflection, that joy and you feel like, ooh I just took a step up, didn't you? When you have somebody just like, "Oh it's great to see you. I'm always so excited to see you..." and you feel that in your bones and you're like, oh! You feel that in your cells, right you feel a little like, oh that felt really wonderful; I feel really good. Well, there's mirroring neurons that are in the cells and so

the cells when you make an upgrade, people who are aligned to receiving that can receive it. But I'm actually working with each one of you individually so that you could be the beacon of light. We're not working with all the family members, but good question.

Yes, Lauren. That looks like one that most people have. Struggle and work hard is a family curse; that you always have to struggle and you have to work so hard to get anything. That's true. So we're looking at full body ownership but there may be really lots of opportunity to clear on many levels. We have the accelerate wealth program coming up in October and that's a course where we really shift reality when it comes to money and success and being in your mission mastery. It's a very, very, very powerful program where you're meditating daily. You have about an hour and a half commitment a day to the program and then we're doing clearings, we're doing 5 hours of wealth clearings that go very deep into all issues around being able to manifest and own your space. That's an incredibly powerful class I highly recommend. If one of the things that you want to do is step out of slavery and struggle and servitude, this class does it.

You know how a curse has been removed when you test, when you muscle test and say, "I have curses" and you get a no. "I have family curses that are affecting full body ownership" and I get a no now. I had 5 when we started and now I have zero. So that's how you know.

"Once cleared, can we prevent the reinsertion of curses?" That's from Paul. What I'm going to say is that once cleared, you're not magnetic to them but if you do get a curse, you have the ability to remove it. The thing is it's an old world issue and the new era isn't all about cursing. It's about getting free and getting clear and so in the Patriarchal Era, this is how it got so out of control was that there was domination. You think about how the last 2000 years, it was a patriarchal leadership and so the way to succeed was to dominate others. In this new era, the way to succeed is include and honor and respect and cherish others. You'll notice there are so many wonderful thought forms around inclusion. Now, understand that your family is very likely out of the old era. Your family very likely hasn't made the shift yet because we've just stepped into the new era since 1976 and so new family structures that are born after '76 will have the influence of the old family structures, but we'll be creating in a new way. You're going to see a lot of shifts and certainly we're at the forefront of those shifts. Good questions, you guys.

I think the best way, because I don't think it's all about building more structure to protect, doing a spiritual shower every day from the inside out, washing and cleansing yourself which means doing your meditations every day. My meditations, actually the ones that

really clear your energy channels and really get you owning the body every day and knocking out the spiritual parasites and knocking out thought forms that want to take route and then, not participating. If someone is unkind to you, pray for them that they find peace and put love in the space between you and them and then clear away any debris or clutter. But you'll find that as you participate less and less in the problem, like you don't fight back but you send love and then you clear yourself, that you have a unique kind of protection. I don't think it's all about building more mechanisms. I've pulled off a bunch of mechanisms that were put on me maybe to help me, I don't know, but I'm very happy to not have the mechanisms. I do have to clear myself but I couldn't imagine going through life without taking a bath every day. I love my bath. And you probably couldn't imagine getting through your life without a shower at least once a week, right? And so why wouldn't you always be cleaning yourself up, spiritually too. So I want you to think about it as, somebody said, ooh spiritual hygiene. I say, well, you got to clean up yourself too everyday and that's just a part of your routine and your habit now.

"Do I have a curse preventing from a clear energy test?" And that is from Elvira. You do, yes, so you would clear that. But you know there's two things I say to people when you're testing and you definitely do, Elvira you do, so that's real, is muscle testing doesn't happen instantly overnight for most people. Most people need practice 5 times a day for 6 weeks. It's you practicing and owning that for yourself, so you take over where maybe there was a curse or a thought form or a being that was preventing you. Part of this living in the body and owning the body is really learning how to own the body. As an athlete practices, their muscles get stronger, their body gets stronger, they align and attune their spirit in body. This is what we're doing too; we're aligning and attuning. So in these classes, you're doing a lot of clearing and I know I'm giving you a ton of homework because we're really looking at that full body ownership and then it's living in the body and if one of the things that you want is to have clear energy testing and really have that skill, then of course what you're going to do is practice, practice, practice and you're going to say, I own this space, I own this space.

You're welcome, Paul. Oh yes, Lauren, drive and listen to the radio and pump. Yes, you want to focus when you get started really like make the clear intention to what you're clearing and then just pump. You can pump all day long. You can pump driving; that's one of my favorite places to pump. Sue, "Self-deception, what percentage is it for me now?" We're not working on self-deception. Did you misunderstand? We're working on family curses, evil spirit curses, trauma, emotional thought forms and cycles. So unless you had another question around that, we're not specifically working on that.

"Julie, I'm also getting mixed messages with my muscle testing. Is there something that

needs correcting with that for me?" I would just say practice and then if you're feeling like your muscle testing isn't always accurate, you can say, I am -- you get your name, like I am Julie or I say, I'm Julie Renee and I get a yes. I am not Julie because I don't go by Julie. I'm Julie Renee. But you can test, I am Julie Renee, I'm Julie, or I am Sue, I am Lauren, I am Michelle - test your name first and then make the test, because it will test 'no' if there are other influences in your hand. And then that's all about owning your muscle testing, so you want to just practice until you're owning it completely. And understand the more you recognize when it isn't you, the faster you clear what isn't you because you don't have any tolerance for it.

Michelle, I am allowing questions through this class. I know the other classes I said that we would wait until the end, but I'm allowing questions during the class. I didn't make that rule through this one, but let's go ahead and see where we are now with the clearing because we have actually a few different clearings to get through. Okay, so we've cleared family curses, evil spirit curses, trauma from this life, emotional thought forms, and cycles, we have not cleared yet. So we need to really focus in on clearing emotional thought forms preventing full body ownership and full self-expression and then cycles and those would be cycles that you would be in because of family.

Yes Elvira, I found that the pendulum is very influenced. If you have spirits around you, they can make it move whatever way they want to. I've always wanted to just and have always used muscle testing when I perfected it. And you can tell, it doesn't feel right when you test and there's something affecting your hand. It does feel different. Yes Nina, you'll still get the clearing. We're just going to really focus in for a minute here so we can move on to the next slide.

Trauma from this life informing you not to live in your body, if you received beatings or you were sexually abused, if you were in an accident or fell off your bike and hit your head, and then weren't loved or nurtured - any of that kind of stuff, that's what we were clearing in trauma. Emotional thought forms, these might be emotional thought forms that you've picked up from the family. It's not okay to fully own your body, shame on you, or that's too prideful, or some religious thoughts about you have to be submissive or demure or straighten up, or you have to comply, so those kind of thought forms where you have to give up yourself, that's what we're looking at as we're clearing this.

And then cycles, family cycles, so it might be anniversaries of problems or anniversaries themselves that every Thanksgiving, we want to diminish our joy because mom's going to freak out after she cooks the turkey and everybody's got to be really accommodating. I wouldn't say that most people have that from Thanksgiving,

but you know, just cycles that the family participates in where you reduce your body ownership to fit in to the family, that's what we're clearing.

You can Paul, but I feel like this is so much faster than hypnosis. You can. And you're welcome Elvira. I'm hoping we can just get right through this and go on to the next one, so let's see. Emotional thought forms, about 80% clear on cycles. So emotional thought forms are cleared right now and we're about 80% on cycles. We'll just keep pumping here and we'll go on to the next slide. The next thing that we'll be dealing with in this clearing is DNA, bloodline. You think about bloodline as clan and you think about DNA as actually the strands. Excuse me, DNA is we think about the information in the DNA strands and bloodline, we think about our blood which is true and the influence of our blood which is a clan, like what our clan does. They have a little bit different feeling to them.

When we're clearing the DNA, bloodline, you want to locate all issues preventing full body ownership and use the quantum pump to remove it. Or the second process of removal removed in meditation, the DNA problematic genes, as an example like a clothesline with streamers hanging down and some of you have done this I'm sure because some of you have done the DNA clearings with the meditations and then you just vacuum off those streamers that are black dots. We say they're black or black dots. And if we have time, I have put in time for a meditation. We'll see how far we get through this class but that would be the second technique. The first technique for removing DNA problems with full body ownership is to do the quantum pump and the second technique would be using a meditation technique.

Examples of DNA programs preventing full body ownership: you don't have a right to be here, perhaps an unwanted pregnancy, or financial difficulties, supporting and feeding you, you are a burden, black sheep of the family, better off never born, you were to born to take care of your mother or your sister, your dreams or lifestyle are not valid with your family, you don't count, you're just a woman, a child, illegitimate or whatever - fill in the blank, your father or father's family is no good, you're just like him. Those kinds of things, they're new echoes in this lifetime but you'll see that it's a theme that goes lifetime to lifetime. Illegitimate means that it happens over and over again in the family and not just one time. All of these things will happen over and over. They'll just keep replaying. So you'll just want to clear them from the DNA and any other issues around full body ownership. It's not safe to be fully in the body is another one. Slave pictures like keep your head down, you can't live like a king - those kinds of things can also be in the DNA. You can be strong but you can't actually experience your strength, you can have vitality but you can't actually show your vitality - that kind of stuff.

That's a good question. We're pumping now. We're into clearing bloodline and DNA. We've gotten through the last group which was group mind and now we're into bloodline and DNA. And just as a review since we've gone through the quantum pump, each time we'll do it again because it looks like Richard has a question on how does the pump work. And so first of all this is how it looks, hand is just moving like that. And then it works because we are making an intention in the field, the quantum field. We are all particles vibrating in the field and by rearranging the particles, we get a better result. And then in the DNA, there is a second technique that you can use and this might be actually what Richard was asking because he might have heard that there's a second technique to use in DNA or he might have seen it in another class. This is the DNA technique. It's a cross shifting. So your hand is going 'doot-doot-doot-doot' and across your chest and like that. There's the second way. A very potent, very fast way to work in the DNA to help remove DNA problems preventing full body ownership or any DNA problems.

Yes and so if you weren't quite paying attention, I'm giving you a second quantum pump technique for clearing DNA. It's like a cross and I'm using my right hand. My elbow is at waist and I'm going across. We're clearing DNA and bloodline. When you are just clearing bloodline, you're going to just clear like this. When you're clearing DNA, you can clear it like this or you can clear like this. But bloodline, you clear like this. And not to worry, your hand will either shift or you can keep doing the crossover DNA pump. This is what I teach my immersion students. You are my apprentices and I'm giving you this advanced hand technique for DNA. But this will work too; it just goes slower.

Oh that's fantastic Julie. I love hearing that. Congratulations! She cleared some entities. And Cindy, it's definitely not important to know what they are Cindy. You just clear them. The more you pay attention to them, the more you bring them up and you make them valid. You just can clear them. You're welcome.

Again, we are clearing the DNA and bloodline. We've got about 7 minutes in this clearing. So about 7 more minutes of clearing DNA and bloodline. And let's see, I was thinking that we can do the Gayatri. We can do the Gayatri while we're clearing DNA and bloodline. That will make it even go faster. The Gayatri is for enlightenment and definitely is for full self-expression.

[Singing]

*Om bhūr bhuvah svah
Om tát savitúr várēṇ yam
bhárgo devásya dhímahi*

dhíyo yó nah pracodáyāt

[8X]

Okay, DNA and bloodline are cleared. Yay! So we will go on to the next step. This step is really about understanding who you are and what does it mean to have full body ownership. Questions you can ask yourself are exactly that, who am I and what does it mean for my body, what will it feel like to me to own my body 100%. Now know that you are a child of light, of divine origin. You have a right to exist and take up space, to be happy, to live fully and completely in your body, to be and know love on the deepest level, to use your brain and body to its fullest and most delightful capacity.

This will actually be your homework is to really look at what is full body ownership for you. You might write just a page or a little essay for yourself on what is it for me to own my body and to be fully expressed, so that you're very clear on what your ideas of full body ownership are. For me, it has to do with being strong, being vital, really not having interruptions in my energy from maybe too much toxicity, having a love show up in my life, being able to stand in friendships that are formed out of mutual cherishing, honor and respect, clearing away that which would maybe in the past would have brought in relationships that had betrayal as an issue and so for me, that would be something where I'm always cherished and honored. Full body ownership might also mean ownership with your life. It might mean having a beautiful home and a beautiful car, wonderful friends and a loving partner, great relationships with your children. Full body ownership might mean owning your eyes and being able to read and enjoy reading, or listen and enjoy the symphony, or listen to beautiful music or rock music, or the stream and the little creek babbling brook or the bird song and so your ears really work well. Or being able to smell the beautiful smells of flowers, to be able to feel, to be able to actually have loving sensations on your skin and to feel the touch of love. To have sexual pleasures is full body ownership. To have strength to run a mountain trail or run races and swim distances, and maybe swim in the ocean and snorkel.

So I want you to really be thinking about what pleasures, what joys are part of full body ownership. That's the homework for the week and of course to keep working on, because many of you had a hundred hours or more some of you on core challenges. And so of course this week we'll be also on working core challenges but the homework this week is to write a short essay on what is full body ownership for me and perhaps if you want to take it a little further, do a vision board. I do a vision board in two ways. I'll do it with images and I'll put images of myself, I'll put images of people doing what I see myself wanting to move into, and I'll also do keywords or key affirmations that will go on to the vision board. So that could be another thing that you could be working on is really imagining and owning the next level as we're clearing away that which is not you. That

will be a really great process this week. So an essay, perhaps a vision board, the key affirmations or keywords that move you into full body ownership.

Oh you're welcome Nina and you can pump lying down. Yes you can. So we're going to go on to the next clearing. This is your homework for this week; you've gotten your homework and the next clearing is on what I had mentioned to you. Sometimes we see full body ownership, removing family and spirit inhabitants. Spirits in bodies, these would be maybe family members who are dominating your body; an uncle, or a grandparent, or a grandmother, a mother, or father, or a husband. You want to clear out people who are in your body that have some of their energy inside you.

Guides and guests. Guides would be spirit guides and guests, anybody who would prevent full body ownership. We're kicking them out. They don't get to be there, So if you don't want to have conversations in your head, these guides and guests have to go. You could have them wait out on the bleachers outside and you could ask them for information occasionally.

Pests and parasites. Pests are aliens and parasites are demons, evil spirits, entities, transmortals - those are parasites that negatively influence full body ownership. So this next process, we're going to clear away spiritual parasites.

[Laughs] You have the moving PowerPoint there and now you have me. Okay, let's see. Yes Nina, spiritual parasites can be in your technology and you can ground the technology with a grounding cord. So just ground your computer and then you can quantum pump with the chopping for clearing technology. First of all you ground the computer; you can actually send up a cord from your computer to the Supreme Being and then you want to just chop, chop, chop and that can clear the technology. You can also for you, you could clear any curses or anything like that on you that would cause you to have problems with technology. You can also do that.

That's great Julie. Yes, you know it's a surprise and I think full body ownership is kind of awakening to what you've allowed to squat in your space and not being aware. One of the things we do in all the classes is we really open our eyes to what's really going on inside us. I'm very happy to hear that you've let some of those guides go because they certainly aren't doing you any good and they're just kind of cling-ons and they at one point maybe did serve a purpose but not anymore. I'm really happy to hear that you've discovered that. You're welcome, Nina.

We're not going to clear to zero on all of this - the spiritual parasites, pests, guides, spirits in the body, but you can also do this as homework because I do want to do a little

bit of a meditation before we end today. I always have so much for this class; it would be like if we could spend 4 weeks together, I would so love that. And maybe some of you will consider coming in to the Diamond level and then into the yearlong program but for now, we're in this wonderful training where you get to do a lot of work. The sun is changing which is making me look like a ghost a little bit. There we go.

Okay, so we'll do another minute or so of pumping on this and then we'll move on to the next process. Guys, if you can keep messages to no more than 3 lines, understand that I'm kind of one -- I see Amy has written a really long message and it's going to be too much to keep my focus on you guys and read long messages. So Amy, if you have one sentence or two sentences, that would be great. I just feel like a little torn to read that really long message. And please come in to the class on time and if you unfortunately can't make the full class, please don't spend time explaining that you've missed most of the class. I understand that some things come up but you'll want to just pump along and if there's a specific question related to the thing that we're doing now, that would be great. I love and appreciate you and I didn't tell you that before so you didn't know, so not to worry.

Right and pain is going to be a spiritual parasite Julie. So in the meditations, you just want to keep clearing. Okay, so let's see. We're going to go on now. We have 5 minutes left for the school and you guys are doing so wonderful. It's been an amazing class. You'll get the PowerPoint as usual, so that's coming to you. Here we go. Let's see here. Oops, we're past the Gayatri. We'll do the meditation next.

What I'd like you to do is find a comfortable seated position with your spine erect and your feet on the floor, breathing in and out. Breathing in and out. As you breathe in, breathe in positive energy and as you breathe out, breathe out any negativity, worry or concern. Breathing in and out. Sending a grounding cord down 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 energy in the body. Continue breathing in and out.

Male and female bodies, with a line of energy as wide as your wrist, hollow in the center, from the ovaries or testicles to the center of the earth. Ladies through the perineum to the center of the earth. Set the male and female bodies on release. And then going up to your adrenals, as your male and female bodies are releasing and let's go ahead with a line of energy as wide as your wrist, hollow in the center, from each of the adrenals through the perineum, down to the center of the earth. Set the adrenals and nervous system on release, plugging the sciatic nerve into the adrenals. Going up to the center of the head, taking a spiritual fire hose and washing out the center of the

head. Opening a trap door out the back, letting excess looping thoughts, worries and concerns, even spiritual parasites and thought forms that are in your head, just wash them out and they just wash down to the big grounding cord in your hips. Pulling your Aura into your body, bringing it to 18 inches around your body. Opening your feet to earth energy, bringing earth energy out through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord.

Bringing cosmic energy into the back of your head, one inch above where the spine meets the skull, down your neck and shoulders, arms, elbows, forearms, through the hands and out the fingertips, down the back channels, down into your hips and then 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 now sitting in the center of your head in your golden temple of silence, imagining your full body ownership, imagining having power and strength, having vitality and joy, seeing your spirit completely owning your body as a sovereign spirit in body, one, one unique spirit in one body, full expressed, able to go and do and be, be loved and cherished, travel, adventure, live in your beautiful home, seeing yourself strong, strong in body, strong muscles, healthy immune system, seeing your body and self filled with joy, filled with happiness. And then allow your spirit to fill into your body, breathing in and out deeply and coming back into the room. Breathing in and out. Breathing in and out. May it be with the blessings of the Supreme Being that this healing meditation is complete. May the entire world be filled with radiant health, vitality, abundance, joy and peace. Tathaastu. So be it.

Welcome back and we are at the end of our class. It's actually 9 o'clock here so we'll be signing off. I will stay on the chat box for 10 minutes and answer questions for you. I love you. I believe in you. You have a lot of homework this week; a different homework. I'll put some of the homework back up on the screen and I'll be answering questions. Continue to clear your challenge, your main body challenge or your personal life challenge rather and then you have the homework of the essay and if you want to take it further, the vision board and affirmations. Alright, we'll see you next week and like I said, I'll be in the chat box.

[END OF TRANSCRIPT]