

100% You Full Body Ownership Part 4 Transcript

Welcome to our completion class for 100% Full Body Ownership. Today is going to be a wonderful class. I'm really excited to hear about the breakthroughs that you have been going through. I know I've been going through quite a few breakthroughs myself as I've been progressing with you, along with you in the class. Go ahead and sign in. Let me know who's here and we'll get started real quickly.

Gosh, I've been clearing toxicity and I cleared betrayal issues about a month ago; that was my core life challenge was betrayal and what's so amazing is like all these relationships are like falling away. All these old relationships that weren't serving me are just like kaboom and they're gone, so that's pretty exciting. And I've been clearing toxicity and I think today was the last day. That was huge, huge. I had over 100 hours on toxicity, both emotional and physical. The physical toxicity would be the atomic bomb and the radiation treatments and all that stuff. So it's been quite a ride, quite a journey for me and I'll bet for you guys too. It's really, really exciting to be experiencing some huge, huge changes. And understand that if you're going through some fits and starts and some ups and downs, that is very normal as we're clearing things out. So I want you to just be really in your certainty that all is working for your good and all is working in divine right order. Understand that we're progressing and we're amplifying and making things move much faster which might take something where you're clearing your core life challenge over a period of a month; that might have taken through your lifetimes to do. So understand that you're moving yourself very rapidly through this course of full body ownership and full self-expression which is what we're after.

Wow, I see the chat box went crazy here for a few minutes so let me just say hello to everyone this morning. Let's see, so I've got Nina, Jyoti, Janice, Cindy, Bill, and Paul. Paul's from Ottawa. And Marilyn, Manila – wow, fantastic! Denise from Sherwood Park, Canada. Lena, Tammy – hi Tammy! Theresa, Eden, Susan, Julie, Michele, Lauren, Nazeem. Hi Nazeem, nice to see your name. Marie, Andrea – more issues to clear of course. And Amy from Seattle, Joyce, "Good morning from Massachusetts." Fantastic! Roxanne, hey! Alex from Solano Beach. I think you're pretty close to me. And Heather, dear Heather, good morning! Heather's coming in to our Ruby level class starting in January. Sharon from BC, British Columbia Canada. Fantastic! Okay, the gang's all here.

You know this class has a real nice energy vibe. You guys are amazing and there are 81 of you. Oh, Marcella just said good morning from Chicago. Fantastic! So we've got 81 students in this class making this huge transformation. Understand that 100% full body ownership may take some time. It may take weeks, or months, or a few years of dedication but you've moved progressively in your power. You're stronger now than

you've ever been based on the clearings that you've been doing. I know we've given you a lot of homework.

By the way, there will be a couple more classes you'll want to jump into. We'll be doing Quantum Clear, the quantum clearings starting in two weeks and you'll get an announcement either today or tomorrow. It's set in and we're just waiting. The new Website is coming online tonight, so it will either come out this afternoon or it will come out first thing in the morning. Quantum Clear, I'd like to see you in that class. We're going to go through each of the different parts of what we clear and really learn more in depths. So this is for those of you who are interested in the apprentice level training. You're going to go more into depth of what those clearings mean. And also we have the Freedom from Spiritual Parasites and Pests and if you haven't taken that class or if you've only taken it once, I suggest you get into that class. That's November 4th. That would be an excellent class. For those of you who are really going on this path of full body ownership, those would be excellent places to step into.

Also next month we have the breast class, the Breast Health Class. It's National Breast Health Day on October 15th and we're doing a free class. We're removing breast cancer DNA from all the participants and it's free. So if you're a woman and you have breasts, or if you're a man and you know a woman who has breasts, or not having breasts but had breast cancer and want to have cancer DNA removed from her body, that's a free class. We'll also have a Breast Health Class, it's a 2-part class which will really clear up all the different things that are programming cysts and tumors and unhealthy breasts and then the second class would be on tightening, toning, enlarging, making smaller and all of that stuff which comes along with some meditations.

So just to let you know, a whole bunch of stuff is coming up next month. Oh and the wealth, Accelerate Wealth Class. How can I forget that? That's a 21-day jumpstart. 3 of my students have brought in 100,000 in 21 days. I'd love for you to be one of those people. I brought in 800,000 in a 4-month period using the techniques in Accelerate Wealth. That was a huge breakthrough for me; a gigantic breakthrough for me. So if that's where you're at, if you're really like, "I'm so committed to making a change in my financial life..." get into that class.

Okay and I see lots more people signing in. Let's go ahead and go to our first slide and we'll get started and then we'll do some more hellos to people. Hang on one second here. Here we go. I see Thomas from New Zealand. Let's see, I'm probably missing a few people. I'll just scroll down here a little bit more. Heather, Sharon, Thomas, Marcia, Thomas, Dixie, Desiree, Haruko – beautiful Haruko who's going to be graduating very soon from the Immersion Program. And Dixie, Aaron – good morning Aaron. It's nice to

see you. Marianne, good morning. And Jyoti, "When is the free breast class in October?" That is October 15th, 11am Pacific Time. You'll get an announcement. And then many hello's from Haruko.

Alright my dears, so we are in the final training for the 100% full body ownership. There we go. This is actually section 4, integration and forward movement. So that is where we're at now. Step 1 is a life in balance. How many of you have really been able to, as you're doing all these clearings, really step into more balance in your life? This is very, very important. It's a very key aspect to full body ownership. It's really being able to have a full self-expression which is the life in balance. And the key aspects we look at for life in balance are your emotional life and so that feeling of joy, of bliss, of happiness, of feeling peaceful and serene. And then your family life and that would be family and also it could be your spouse, so relationship with your family and spouse. Your social and friends life. So you have your inner life with your family and your spouse, if you have a spouse and then your outer world life, your activities in the world – going out, doing things, having fun, having movie friends, or going to games, sports, the theatre, or hiking, or whatever that is, but you need a social life. A spiritual life, this is inner and outer, so when we think about spiritual life, we think about your inner life and then also outer which would be going to a group. Outer might be going to church, or a meditation group, or something like that, so that you have friends who are part of your spiritual life also.

And then being fulfilled in your career, really living the career; your mission mastery essentially. And then family – oops, we had that up above, so let's put that here. Family and spouse, that was also up here. Let's put that there. Intimate friendships would also be here; spouse and intimate friendships. There we go. And then we have creativity which includes art, music for yourself. And I think we also want to add one more which is your financial love, that you have everything in order.

One of the things I recommend to people who are doing full self-expression and full body ownership is to get your financial life and your career life in order; actually in all of these areas. And so you might work with a coach, or you might use something like -- I used Suze Orman's 'Women and Money' and I just went through it step by step and really did every single step. So I have all my insurances setup, my will setup, durable power of attorney. You just want to get your financial in order. You want your savings account, and an investment, you want your retirement fund set up. That's part of really owning the body is owning the expression of the body.

And then health and recreation, that means eating well, having a good nutritional plan and also having a good exercise plan including vacations. Vacations get in here; so that all around, you're really balanced and living your life to full self-expression.

Okay, so we look at this balance wheel and by the way folks, I'm going to send you the 'Life in Balance' book and the balance wheel sheets, little videos, so you'll have some additional training this week to go through. One of the things we do with the balance wheel is we look at where are we at with the balance wheel. If we look at social and friends, are we at 20% happiness or are we at 80% happiness? If you're able to muscle test, you're going to be able to see where you're at. Let's see, so social and friends, yes, right now I'm at 100%. I have a social life that's really working for me. I'm meeting friends for lunches and going out to dinners and I'm dating, so my social life is at 100%. You can muscle test right now and look at, where is my social life right now? Some of you might be at 0 or at 10%. If you have too much activity in your social life, that will also be at a lower place for you. It might be a 20 or 30% if you're too busy socially.

These are things by the way that you can go through the list and clear, just like we did with core challenges. If you have challenges or difficulties with social life and friendships, first thing you want to do is maybe clear betrayal, or trust, or 'I can't be loved.' Any core challenges around social and friends. It's a really great thing to go through the balance wheel and clear the issues that wouldn't allow you to go to 100%. And then you take the outer action and you set up times to -- whether you're attending something regularly like an organization where you're beginning to build friends in an organization, or you're attending a church. I know that's a great way to make friends quickly if you're new in the neighbourhood. I joined a church and sure enough I've got friends at the church already. I've just been here 6 months and I've got lots of people to do things with. You know it's up to you but meditation groups are a right place, yoga classes, the gym sometimes. Really it's up to you where you -- maybe even school, maybe taking some classes. I know I'm thinking about life drawing classes or not even classes but just joining a group of artists and doing some life drawing would be really fun for me this Winter, as it's dark and there's not as much outer activity. I'm thinking that might be really fun.

So you want to be looking at where you can expand in your social and friend's life and your emotional life. When we look at emotions, it's like your well-being, how fuelled your emotional tanks are. You want to be thinking about your emotional tanks and maybe you could test right now. I think overall for the group on fulfilment of emotional tanks, like how fuelled you are, how expansive you are, how full you are with your own happiness and satisfaction. Oh dear and this is only reading at 32% overall for the group. Let's see, the highest person in the group is 98 and the lowest person in the

group is at 2%. Oops. It's my hand. There's too much energy in my hand. If I come near the mouse, it starts moving. So your emotional life is something to really start working on clearing. I know I've seen some real miracles with my immersion students who are going through the yearlong program and how there's this sense of well-being that really starts to become them. Whether they've come into the program with any sense of well-being or really with kind of a disassociated sense of self and then really moved into a space of emotional wellness. And we look at full body ownership as part of this, this emotional wellness. So you can use the same clearings to do each one of these.

Career, are you in your chosen mission mastery? Career, are you doing what you really love? Sometimes it's okay to do a career that we don't really love but it brings in money, so that we can have the kind of coast time where we just go to work, do the work and then we come home and we explore our emotional life, our inner world, or our spiritual life, or our creativity. And so it's not that you have to be in a mission in your career, but you have to be good with what you're doing. So understanding, this is the career I'm doing for the next 3 years while I'm developing this part of me so I can move into something even better at some point in the future. And you could be at 100% satisfaction with your career, knowing that that's what you're doing, and then you could take that into a deeper level. And so when we look at satisfaction with career and the entire group of students that we have, the highest level of satisfaction is 100% and the lowest level of satisfaction is 10%. And so some of us have some work to do; some people in the group have some work to do on really clearing the way so that you can really love the career or what you do with your days, your waking hours.

And then the next part of the balance wheel is family and friends. With family and friends, we look at our intimate relationships and really how well those intimate relationships are. Sometimes I make a little corner here for spouse so that it's separate from family and friends and you have something that you're really in check with, your spouse too. You might be 100% with your spouse because you're so aligned and you're soul mates. Family might be somewhat troublesome and might be down at 30 or 40% and so then you would want to work on bringing this to a clearer space; inner and outer action. You clear the core life challenges with family which might be betrayal, not being loved, not being supported and really get that cleared to the bottom so that it's completely cleared out with the amplification, perception, emotions, DNA and bloodline. You would clear that all the way to zero. That's how we would do that and then you start really working on, how do I relate to my family in a way that works for them that doesn't challenge them, that does not make them wrong, really appreciates who they are and that they gave me a life or they helped me develop myself. Even if they helped you develop yourself because you went through hardships and you became a stronger

person. You want to be putting appreciation and love in this space with family and friends.

We have already a little bit talked about finance. Like I said, I highly recommend -- oh, yeah we did test. Did we test here? I'm trying to remember. Did we test for family and friends? No, I don't think we did. So family and friends, happiness, people who are happiest with family and friends, the intimate people in your life is at 83% and then the lowest is at 2%. So yeah, there's some work to do in the group since some of you have some really significant challenges with family and intimate friends.

And then finances, we have like I said talked about. I think Suze Orman's books are really easy to follow. I know some people just really don't like her personality. I particularly am so appreciative that she just mapped it up. I don't watch her on videos so I don't know what she's like on videos but in the book, it will have a chapter and you have homework. It took me four months to do all the homework in all the books. If you're a woman and maybe you weren't really trained or there's no DNA, there's no bloodline that allows you to have your financial information, it's really good to clear all of the blocks to having the financial information and really that you can have logic and order and you can have wealth and abundance. You can be one of those really women who've got your financial life together, you've got your security. If you think about the women who have their retirements nailed down and have their financial security. So, you want to clear your money space.

Clearing the money space by the way, we do the deepest level of clearing you can imagine in the Wealth Jumpstart. So if that's really one of the things that you want to go deeper in, join in that class next month. It starts I think -- let me see. We moved it back a couple days. It's going to start on the 14th. It will be the 14th and the 15th. We'll do kind of a jumpstart. The first two days, we're going to do 2 hours of clearing in the first few days to get you really, really moving. That's coming up in just 2 weeks.

And then spirituality, again we're talking about your inner life where you develop yourself as a spirit in a body and divine connection, the connection with the divine, and then the outer spirituality which is sharing with like-minded people. Even attending this class is working for your spiritual nature and in your spiritual community.

Creativity is arts, music, dance and those things that give joy and satisfaction to the body. Those are very, very important. And I really want you to think of this, even if you have a job where you have to do some creative stuff, it's not the job stuff that's going to give satisfaction to the body. It's going to be the stuff that you actually do in your

personal life, in your home life or the life away from your work. I want you to have creativity in your personal experience.

And then with health and recreation, we look at really both having a nutritional plan that works, having an exercise plan that works, getting out in nature, taking family vacations, taking vacations, doing your adventuring. And really this health and recreation is so related to the emotional tanks being filled and can be related to social and friends. When you really have your health and your own emotional tanks fuelled, then family and friends comes up, right? And when you have your spirituality, your emotional space becomes stronger. They're all intimately related.

What you would start to do when you get the little balance wheel program, the balance book and the worksheets, you can actually do this once a week for 12 weeks. You might pick something to clear each week and each week, you're going to take the balance wheel sheets and you're going to measure where am I? Am I at 60% on this and 80% on this and 20% on that? So a piece of the pie and so you're going to map it out, where you are and then each week you're going to do outer actions. So many if your social life isn't where you want it to be, maybe you set up a lunch or a movie date with a friend, emotional life isn't where you need it to be. For me, I've doing spa days to refuel when I've been quite depleted and that certainly brings my emotional tank -- it fuels my emotional tank when I spend a day at a lovely spa. It's your choice, but I can guarantee you that if you do this for 12 weeks, you'll take the actions, you'll have a guide book to follow, you'll have the worksheets -- you'll be 100% at the end of 12 weeks. What we do is the clearings but you'll also do the outer actions. So if you're not in the career you want, you can clear the core challenges or blocks to being in your career and then you bring satisfaction up. You look to where you can appreciate what's already happening and fuel that energy to expand it; so making it even better.

Okay, I see a few notes came in. "Chat is hard to see even full screen on YouTube." Okay Thomas, we're going to be sending you that too. "Namaste," from Nina. Okay, so this is really the first step in the follow up work for full body ownership and then we're going to go back to core life issues next. How many of you felt like you got to the end of your first core life issue that you cleared? Mine was betrayal, we had talked about that. I got entirely cleared. I've been working really long hours on toxicity and that would be the next one I would clear. How many of you feel like you've got this first core life issue to zero, that you're done with the first life issue? And so once you've completed the first main core challenge, you proceed to clear additional challenges. Typically folks have about 10 core challenges, so understand that maybe I'm going to be starting core challenge number 3 tomorrow. Typically people have 10 core challenges and each one

may take you a month to clear. But once you are really aligned, once you really cleared and you're aligned, you awaken to your awakened self or yourself.

Julie says that she thinks she did. Fantastic! The answer is, yes you did Julie. Joyce, "Not close. A lot of kickback from my body." Joyce, that's true. What you might do is also work on clearing your body that supports you and your changes. And so as you're clearing, you maybe spend 9 hours clearing any blocks to the body going into trauma around the difficulties of shifting, making that shift.

I see October 15th so there must have been a question that I didn't see, but that's the Breast Health Day. And then, "I'm not sure how many I'm supposed to work on betrayal and abandonment." Nina, how many hours do you still have? You have 14 more hours on that. And then Jyoti, okay. Sharon, "I think I cleared it." Sharon, you're right. Michelle, "I don't think I did. Maybe you can check for me please." Michele, you have 21 more hours. Michele with one 'L'. By the way you guys, I don't go by Julie but you can nickname me, if you want to shorten, you can call me Jules or Julie Renee. Jules, j-u-l-e-s is my nickname and Julie Renee is my name. I don't really go by Julie.

Nazeem says she has 6 more days left. Yes, that looks right. Theresa, "Not yet. I think I have about 20% left." Yup, you're about right too. I think you've got about 23% left, so very good. You're really doing good reading, Theresa. Aaron, "I'm working in betrayal. Do you know how many more hours I have left?" 8 more hours for Aaron. Marie, "I think I'm halfway through." You only have about 30% left Marie, so that's good.

And Loreen, "I'm still not sure what the core issues. Confusion about life challenge." Okay, we went over this really well in lesson 1 and 2. In the first two trainings, we really covered that. With the core life issue, first of all the first thing that you were to clear was agreements with yourself against yourself. I think everybody has completed that. That was a shorter 10 or 15 hours of clearing for most people, sometimes under 10 hours. And then the second thing was a core life issue or something that shows up all the time.

My example was -- let me come back on the screen for a minute here. My example was betrayal from conception. My mom went on a diet when she conceived me and I had a twin brother and because she was dieting, well she was convinced by some authority that she should only gain like 10 pounds while she was pregnant, she had twins, and so my brother, twin brother abandoned ship and disappeared from the womb. I understand that she has some bleeding during that time but no formal miscarriage, so he was absorbed in the body or whatever. But I had a twin brother who left so I felt like betrayed or abandoned. I was left with this cookie mother and then I had a mother who was dieting. From that moment and from birth, the issue always for me was betrayal and so

whatever I set up, I was always getting betrayed. And so for me, a girlfriend going out with my fellow, or my fellow cheating on me, or something like that. It was something like I had an apprentice years ago who took all my books and she was going to start publishing them under her name and cooky things like that that just don't belong in my space. So for me, I spent time clearing betrayal which was my core life issue and I spent hours, and hours, and hours clearing that. You'll have hours and hours meaning maybe you'll have 30 hours, that would be a small core life issue or you might have more than 100 hours and that would be more normal. 100 hours of clearing.

They're big but you have to understand that and this is so perfect that we're going into this, I have a slide on this next or maybe that was something that was already up is that when you're clearing a core life issue, you're clearing it from all the lifetimes you've experienced it and you'll go into future lifetimes without that core life issue. And so what may have taken you lifetimes to just clear one issue, you're going to clear all issues in the next few months which means that you're really aligned for that awakened life, for living a life of full self-expression but beyond that, your illuminated life, your life as a master, as that Christ-consciousness person.

So as we clear things away, understand that you want to go slow and steady. Everything that you do will change your reality. And so this week where I cleared betrayal and I'm now clearing toxicity, I've been clearing toxicity for about 3 weeks and I think I finished betrayal on the end of the first week of our class because I'm going right through the class with you guys. One sec. *[Clears throat]* The betrayal stuff is really interesting how a couple fellows, 3 fellows that I've had interest with at some point in my life, it became very clear to me this week, "Oh no that's why that didn't work out..." or, "Oh, that person's not for me." I got very clear and maybe it was a little bit abrupt. And also on children, there was an issue around children and that cleared really fast. So that's core life issue.

Okay, we'll put this back on the screen. So we answered what is the core life issue again, so it's very clear. "I'm not sure mine even are. I believe they may be parasites preventing this." That could be Debbie. Maybe having a right to own your body is the first one to start with then. If you have parasites, it's having a right to own your body. Own your body, live in your body, and be a sovereign spirit in body. I would clear that if parasites are a big deal and that looks like a really good core life issue for you to start with. Paul, "Betrayal, how many hours left?" 12 hours left for Paul. And Sharon, "Yay! Thank you." You're welcome. Nazeem, "6 more days of 20 minute pumping with Mantra." I don't know about 20 minutes of pumping with the Mantra but 6 more days, so whatever you're doing, the Mantras definitely speed things up. If you're playing the Mantras or any f my music, it will make things go faster. There are 4 MP3's that used to

be sold as CD's that are on the Website. You can go in and get any of my music and the energy of music is at Christ consciousness so it will help move things faster. "I think I'm at 99%," Alex. Yes, about 97%. Very good. And Denise, "How many hours left for me?" Ooh, Denise you still have quite a few. You have 40 hours left. And Nina, "My mistake. Sorry, Julie Renee." No problem.

"What if you don't know your main core value issue?" Well, you're going to start with your best guess. You look at things that have repeated over and over in your life -- jealousy, betrayal, disappointment, pain and sadness, grief. You're going to look for something that's like the clue or the indicator. Maybe it would be helpful for me to put like the top 10 for people. I think that would be helpful. Let's put up the top 10 -- oops, I put it in the wrong place. One second here. There we go. We'll put it here. Okay, core issues. I'm just going to list some of the core life challenges here. We already did betrayal.

Okay, well these are a few that will get you started. Betrayal, being able to own your body as a sovereign spirit, meaning the only one that's owning your body. Oops, I've been writing and you haven't been seeing what I've been writing. I'm so sorry. Silly me. Okay, here we go. I'm so sorry you guys. I thought the screen was up and you're watching me write. So betrayal, being able to own your body as a sovereign spirit, permission to be yourself, slave or servitude, toxicity - internal and external, overworking, no permission for balance or joy or ease, lack of self-worth, inner condemnation, self-sabotage, wealth is wrong, programs can't have abundance. Those would be some really good core life issues to be working on.

"What if you don't know what the main core value issue is?" Just work on it and by the way Tammy, just work on any core life issue because that's fine. If you don't get the main one the first time, whatever one you're working on will bring up the next one. Cindy, "I'm feeling really blocked and down. Could this be pumping bringing up issues and releasing?" It could be. I think the one thing you'll want to do is really understand that there's nothing wrong and that this is just part of the process. Theresa, "I can feel the vibrant energy as you discussed what will be the results. Thank you for all of what you're doing." Yorue welcome Theresa. And Paul said thanks. "What core issues would you recommend for me?" Aaron. Betrayal, permission to be yourself, wealth -- those would all be good ones. "How do I know my core issue? In many hours I have various swollen ankles to clear." Marcia, we do muscle testing and that would be how you might pick something. Swollen ankles tend to be the lymph system not working properly and so you might also be working on something physical which might not be like one of these things but it would be maybe a core physical issue that you be working on.

Julie, “For me once those guides released, the clearings kicked. Some fanny. Lol.”
[Laughs] Yes, true. Amy, “Can addictions be life challenges and escapism?” Definitely, yes. Addictions can definitely be core life challenges and they probably are related to the other core issue. Like addiction, they may be just unique and unto themselves but they may be in response to something, like covering something over like anger. Addiction might cover anger or fear. And so to relive the anger or the fear or some other thing, or the escapism – we’ll cover over something like that. You want to look at what its covering over and clear that at the same time.

So Debbie on full body ownership, remember that I’m actually giving you lots and lots of opportunities to keep clearing for like awhile. I’m recommending maybe 0 months of clearing so you clear all the 10 core life issues. I mean all of you on full body ownership right now, you’re all at about 60% and coming through the Freedom from Spiritual Parasites and Pests, that would bring you up another 30% probably; that would get you closer. But understand that as you clear the core life challenges, you go deeper and deeper into your awakened state. So yes, I would highly recommend that all of you get in to that class. Even if you’ve taken the class once before, try and do it again because that clearing is so profound. And for my list, we’re going to be promoting this on one of the tele-summits, my list will get a second bonus where we’re going to also work on guides and guests, so it will be a separate day that we’ll be adding an extra little bonus of clearings.

Core issue 1, etcetera, I think it’s better to know what you’re clearing. You can name it core issue number 1 but you probably need to make a decision on what it is you’re clearing. “Can you reread the list? It’s unreadable on the screen.” U-huh and you’re going to get this right after the class. Betrayal is the first one. Being able to own your body as a sovereign spirit, permission to be yourself, slave or servitude, toxicity – internal and external, overworking and no permission for balance or joy or ease, lack of self-worth, inner condemnation and self-sabotage, wealth is wrong, programs can’t have abundance, addictions and escapism cover over anger, fear or some other issue. So those are the ones that we have on the list but there are many, many more. I think when you’re looking, look at the balance wheel, clear the balance wheel. Those will be shorter clearings. Those won’t be like a month of clearings. And then get into classes, like if your core life issue is around wealth, you’ll want to get in to the wealth class where we really go deeply for 5 hours with me and then you’re getting homework. It’s turning your field into a wealth magnet.

Dixie is asking for an example of toxins, internal and external. If your body is toxic or you have toxic emotions, you’ll know that that’s yours. Does she? Oh, you do. For me, I had exposure to atomic radiation as a child and developed cancer and numerous other

illnesses. I had 17 surgeries. You can have arthritic joints. There are many, many things that the body feels toxic, so that would be internal. External would be like emotional toxins like either people not being loving or you're not being loving or feeling irritable. Sometimes when the liver is off, you can feel angry and irritable and you're like, "Wow, that's not my emotion..." but it's there, so that would be toxins – external.

I agree Cindy, yes. "You give really good issues to clear." Fantastic! Alex, "Julie Renee, I tested over and over for fear of God as my biggest life challenge. Does it make sense?" Fear or maybe it's fear of God. Yeah, maybe but maybe it's more fear of authority or perhaps it's just fear; fear of your own divine self. I get it that it's more fear of your own divinity than something else. I do. Andrea, "Slave, servitude struck a never with me." And me too Andrea. I definitely did a lot of clearing there so that I could get to the place where I am now so I'm really happy that you can see that for yourself. Nina, you're welcome.

Okay my dears, let's go down here. I had put in some singing, if we were going to do that but I think, let's go into a meditation at this point, okay? We've got just a few minutes left and for those of you who still have questions, I'll be on again for 10 minutes to answer questions in the chat box after the class is over. And so we're going to go through a meditation now.

Finding a comfortable seated position with your spine erect and your feet on the floor, sending a grounding cord down from the base of your 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, ground your testicles with a line of energy as wide as your wrist, hollow in the center, to the center of the earth. Female bodies, ground your ovaries through the perineum down to the center of the earth. Set the ovaries on release. Set the testicles on release. Ladies you're releasing your healing projects. Men, you're releasing female control energy. We're both coming in to neutrality. Both male and female bodies are coming into neutrality and ease. Men are releasing competition and aggression.

Going up to the adrenals that sit on top of your kidneys, they're one inch up from the waistline, two inches off the spine. They look like little acorns with hats. With a line of energy as wide as your wrist, hollow in the center, through the perineum down to the center of the earth, setting the adrenals on release and setting the nervous system on release.

Going up to the center of the head and in the center of the head is your golden temple of silence. Opening up a trap door out the back of the head and just washing out with a

spiritual fire hose or however you want to clean it yourself and just washing out any looping thoughts, worries, or concerns. Again, you are a sovereign spirit in your body. Any extra looping thoughts, any unwelcome visitors – that gets washed out the back, through the trap door and down through the big grounding cord to the center of the earth.

Opening your feet to earth energy and bringing earth energy up through the feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Bringing cosmic energy into the back of the neck and the head, once inch above where the spine meets the skull, bringing that cosmic energy into the neck, shoulders, arms, elbows, forearms, through the wrists, through the hands and out the fingertips.

Pulling your Aura into 18 inches around your body, breathing deeply in and out, sitting in the center of your head in that golden temple of silence and looking at the body in full self-expression, looking at the body in full body ownership, seeing yourself with the beautiful relationships. The first relationship, the first beautiful relationship is with yourself. I see a new kind of ease, a new kind of happiness, a new kind of certainty about your life being powerful beyond measure, knowing that whatever it is that you're moving through is in divine right order. Seeing yourself with loved ones, perhaps a sweetheart and in your full body ownership, being more present than ever before. Seeing yourself having fun and taking vacations, having money in your bank account, living your dream life, having the career you really love where you get to contribute to others, seeing what this full body ownership means to me, maybe more strength in your muscles, more ease in your body, maybe just a more beautiful relationship of spirit to body, feeling yourself out better than you have in the past.

Such great ease and such great peace is just flooding through your body. The energy of God flooding through your body, this ownership of the body, this intention to be fully and completely yourself has now been set. A new standard has been set because you've claimed it for yourself and you will accomplish it in this life. Great energy, vitality, strength, joy, happiness, bliss flood your body as you move into full body ownership.

You are a radiant being of light. You are capable of becoming all that you are, all that you can be. Breathing deeply in and out and imagining spirit filling out to the tips of your toes and to your fingers, and then doing a spirit stretch. The spirit is stretching deeply into the body. Breathing in through the nose and out through the mouth, in through the nose and out through the mouth, Rubbing your hands together in front of your Heart Chakra, creating some heat, some energy in the hands and then putting 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. I own my body 100%.

Let's end the class with the Tryambakam Mantra.

[Singing]

*Om Tryambakam Yajamahe
Sugandhim Pushtivardhanam
Urvarukamiva Bandhanan
Mrityor Mukshiya Maamritat*

Namaste. I'll see you really soon. We'll be sending you the Life in Balance Program. You'll be getting that and I'll be answering questions in the chat box for the next 10 minutes. I love you so much. Thank you so much for being part of my world and for making these changes. As we change, as we change as a group, we set a new setting point, a new tipping point for humanity. Thank you so much for the new group mind and the positive shifts that we're creating together. You're changing the world and one by one we are making a new group experience of full body ownership, of full self-expression and love. Alright, bye-bye for now. Love you!

[END OF TRANSCRIPT]