

Beautiful Course with Julie Renee Session_2 of 8 _Weight Loss

Oh good, hi everyone! I do see there are – I'm clicking on my attendees and I see – it doesn't show up in Viewers but I see we do have students here already. Go ahead and say hello and announce yourself to the class. If you had any breakthroughs this week, I'd love to hear. The first five minutes while everybody is getting on the class, we're going to do just a little bit of a reboot on clearing anything that might have popped up. Say some emotion came up or some obsessive quality came up during the week where we cleared some and then something else came to the surface. So we're going to just do a five minute reboot on last week, so you can just start pumping if you want to. And what we did last week, we did clearing, focus, fine-tuning happiness, releasing inductive obsessive behaviors, focusing on balance and wins, and lightening up.

So let's go ahead and do this tune-up and then I'd love to hear if any of you have noticed any shifting yet and how the meditations are going for you. Understand now, we're full on. You've had a Sunday to do the prep and clear. Hi Sheryl! So I'm wanting to hear how you're liking the meditations, are you doing one a day, are you doing two a day, what's making sense to you. And I'm assuming that most of you are in the Total Boy Rejuvenation Program and that's what I'm going through too. It's been a long time. I go through my Wealth Program fairly regularly, but the Beauty Program I haven't done in a long time, so it's kind of fun to get back on track and use the calendar and meditations and get the exercise in.

Okay, let's see. There are notes coming in. Gilda, "Happy to be with you." Wonderful! Ann, "Hi!" And another Ann, "Hi!" And Chris, "I'm here. I found that I'm definitely a stress-eater." Good to know. And Ann, "I love the program." Fantastic!

Alright, we're going to pump for like I said the first five-minutes just to tune-up anything that popped up on obsessive compulsive eating, resetting happiness on high. Remember last week, we talked about focusing on the wins of lightening up? Like how you'll feel in your new, beautiful body, what you'll be doing. Whatever it was that you were held back being whatever weight you were, the new weight, how that allows you to have more freedom, more joy, more happiness. So that was one of the things we were focusing on – the win of lightening up.

And then another thing that we were focusing on is really the happiness factor; getting your hugs in. So I want you to get a hug a day and laugh every day. These are things that really help with lightening up. So staying happy, staying positive, staying optimistic, and noticing what you're putting in your mouth and how often you're putting it in your mouth. You know this is a time to reboot if you got off track the last few days and we're doing that also energetically with the pumping, so we're bringing us all back to present time and clearing anything that might have popped its head up and said, "Ooh, I need to obsess and eat..." or "I'm stressed. I need to eat..." or, "I'm starving! I'm starving! I'm starving!" Sometimes that happens when you start dropping a little weight.

Haruko, very good. There you are. Three times. Haruko, Haruko, Haruko. Hi Haruko. It's nice to have you in the class. Yes, so very good. We have now 12 people. It looks like – let's see here. 15 attendees. Fantastic! Alright, we're pumping and so tonight – we just have one more minute on this pump and then we're going in to digestion and that's a big, exciting transformation and we're going to really be focused on getting through as much as we can. We're going to do mouth, stomach, and large and small intestines, colon. And that would normally take a few

hours to get through, so I want more pumping with great intention and we'll see if we can get through it in an hour. That's my goal. It's going to be wonderful.

And then next week, we'll be restoring healthy sleep – the adrenal gland, the pineal gland, tune-ups and all the things that if you're not sleeping, it's really hard to lose weight if your adrenals are stressed or if you're walking around stressed, it's hard to lose weight. I noticed that I had a [Inaudible 00:05:35] happiness this week and I was able to lighten up a few pounds, so that was a wonderful; a wonderful result of a happy week. And do you notice when you're really happy, you tend not to be kind of that – stress hunger isn't there. That happiness, somehow it fills you up on some level. I noticed that myself that I didn't need as much snacking, so that was good.

Let's see, a couple more comments. Gilda, "Carbs are still a problem." And Jen, "Noticed I'm feeling fuller." Barb, "I'm doing full body meditations and love them. Have lost five pounds." Fantastic Barb. Me too! Fantastic. Okay, it's working. So if carbs are a problem, understand that you may have like a physical addiction, so you can pump and you may have to go through a few days of feeling like you want the carbs but making another choice. Or having some kind of a carb alternative that's more healthy for you because of course, there are some really healthy carbs like the beets, and carrots, and even lettuce I think is considered a carb, brown rice, quinoa where you're getting some protein. So if that's in your diet, if you're allowed some grain or you're allowed to have a vegetable that has some sugar in it, that might be a good wean off the carbs.

I also noticed, I get a very clean rye bread and that is really satisfying to me. It's an organic, German rye bread that I get in Whole Foods and I really love it and it really does the trick, if you want something that's carb like. You get it.

How about exercise? Is everybody feeling like they're getting enough exercise in? It's of course week 1. What we're really looking at is getting more vitality, more juice, more get up and go and so I really encourage people to start out easy. You don't have to start out with the P90X, Power 90 Extreme. But a half hour of dancing, or yoga, or hiking, running – something that's getting your metabolism going and then, I'd really love to see you do that twice a day. I made a decision that I needed to not work 10 or 12 hours without much of a break and just kind of catching up on the computer when I wasn't sitting doing the healing. So today I had a few hours where I was actually out working in the yard and gosh, I feel like a new woman. I feel powerful, and balanced, and I'm not sneezing or coughing. I just feel better, so that's a good choice for me and you'll have to look at how much movement you can get in during the day. I know my goal would be to feel really energized at the end of the day so that I could go off to dance or a 13 mile drive over to the ocean and walk the ocean beach for half an hour and enjoy the sunset. Now that sounds really good to me.

Okay, more comments came in. LC, "Could you show up once more how to do the pump, the hand." And Barb, "You are pumping. What are you intention thinking? Can we talk about that?" Sure. What we're working on right now is digestion and we're clearing soul contracts, soul contracts of others that are affecting you negatively, demonic curses, black magic, group mind, group mind virus, curses from others, traumatic episodes from past lives, emotions, and DNA> And we're clearing all the blocks for the digestion healing in this lineup. Then, we'll be doing cellular neo-genesis and I'll explain that process when we get there. But now, we're going to pump just like that. Like that. Very good.

Okay, I think I saw something else. "Starting slow but getting back on track. Need to get my strength and endurance back." Jen, yes, wonderful. Sheryl, "For weight loss, do I need to be doing the tightening and toning for rapid weight loss?" No. I'm encouraging everybody to do full body rejuvenation; the whole thing. And how many of you are doing it twice a day? So you're doing the beginner's one in the morning and the advanced one in the evening? Because you can; you can do the meditations, you can do one meditation in the morning, and the second meditation in the evening, and that may also help. So if you have the time for it, put it in. and you know, everything you do both with exercise and with meditation really just helps the process all the more. And then what we're looking at is getting you enough calories that you feel good in your body, but not so many calories that you maintain the weight in your body. And I'm not a calorie counter but I had somebody show me the numbers and it turns out I eat a lot more calories than I really need to. And when it comes right down to it, you can enjoy a few bites of something and not keeping [Inaudible 00:12:21] something and you get the same kind of joy and satisfaction out of less.

Okay, so what we are working on again is clearing the blocks, soul contracts down to DNA on the digestion and that is the mouth, the stomach, and the colon, large and small intestine. Very good.

And I did have a request come in before the class and I think it was – really, I was asking for it last week but it was on a difficult breakup. And so while we're clearing here, we'll clear life being hard to digest or having a breakup that affected your weight. So while we're clearing now, we'll clear that also. So if any of you had that, I think I did ask for that last week, who has this, and then I got someone send me an email today saying I had that, so we could just double check that we cleared it.

The weather is so very, very beautiful here. It's been like in the 80's today and the sun is shining. Last night, I live on the top of the mountain so the clouds came up kind of to the edge of my property of three acres. Yet, my house like Jack and the Beanstalk was sitting on top of the clouds, and so it was like this little piece of heaven. I was sitting in heaven. I don't know how else to say it any other way. It was so magical. And even this morning I woke up and the clouds were still there in the valley while the sun was shining brilliantly on my home and on my land. It felt really, really special and magical.

Jen, "Are the advanced meditation downloads from the later dates on the calendar? Am I understanding the first half are the beginning meditations and the second half are advanced?" Yes, that's probably how they set them up. Originally they were setup as CD's so that you get both the beginning and advanced on a CD and now they're in the calendar. So just click on the advanced meditation which would be month two. You'll get the second one there. So just do the first one in the morning and then the advanced one in the evening. Good question.

"I'm dealing with that now." Let's see. Erini, "Hello from Greece. Thank you for this wonderful opportunity. Can we watch the healing sessions over and over again?" Yes, if you want to. Yes, you get them about 12 hours after the class. "I mean can we repeat the program on our own?" Definitely. "Much love to you and all the lovely participants." Fantastic. Wonderful. Well, our class has grown. We are open, so if you have any other friends that want to come in, the class closes next week. At the start of class, it's the last time anyone can pop in and join the class. So if you have a girlfriend, or a relative, or someone who has a friend you want to bring in, they need to sign up before the class at start time next week and then it's closed out. And really, this

is the first time I've done this. I do believe that we'll do this quite a bit but probably only twice a year because it's eight weeks long, so it's a big, long class. So this is a great opportunity to come in and create a miracle for yourself. I'm excited. I'm excited for you.

"Dealing with a difficult breakup too." Very good. Well, that's in the clearing from soul contracts down to emotions and DNA, so we're getting to it right now, so I'm happy to have you say, "That's me too." Yeah, it's funny. Not funny. I know it's hard on difficult breakups. My own breakup, just a guy who couldn't show up. He's crazy about me and he just can't seem to manage to show up, so we're not dating anymore. Anyway.

Another three minutes and we should be done this, so we can go into the mouth. And understand that with digestion, the mouth is really important. It's important to have healthy teeth and gums and saliva glands. Now the saliva really does about 30% of breaking down between the teeth and the saliva, 30% of breaking down the food. So you want to really masticate your food, you want to really chew – 30 chews each bite and that will maybe slow you down on how much food you eat too. If you have to eat slowly, out your fork down each time you take a bite, put it in your mouth, chew it, savor it, enjoy it, get it really turned into mush and then send it down your throat. Also drinking maybe half a glass or six ounces of water before you eat, that's a good idea. Not to drink while you're eating, so that seems to help also. I think you have a little bit of a sense of fullness with a little water in, and then really chew your food and you really enjoy it, savor it. Those are some ideas I think it was out of the book *Conscious Eating*. I love the book. It was all about eating slowly and being thoughtful and no diet at all, just you don't need to eat so much and be grateful for every bite, bless the food so it's balanced and it's good for your body.

Let me show you while you keep pumping in the clearing, this process you can do a figure 8 over your food. So kind of if your food were like that, a figure 8. You just make an 8 with your hand and you do it over the plate. Now, you do that six or eight times while you're blessing the food and thanking God for the beautiful food, and it raises the energy vibration of the food to match you. So that's one thing you could do. I did that while I was in India and never, ever got sick. I even drank the water and ate the local food and some of the cafes don't have particularly clean dishes on the side of the road and I never got sick. I never got a parasite, I never had a digestive issue; so blessing the food really works.

And you want to be in communication with the food. Since we're working on digestion, we might as well talk about this. So you want to thank the food and appreciate the food and really ask the food to nurture and nourish your body 100% and then also see your body having a capacity to really appreciate and enjoy the food and honor it. So if you're eating meat, you want to think that there's an animal spirit that sacrificed its body or came in to provide nourishment for you. That might be the way you look at it. So appreciating the food and blessing the food makes a great deal of difference on how the food gets registered in the body.

And then also you can muscle test, will this food nourish my body today and will eating this food help me lighten up? So you can do a couple tests, if you know how to muscle test which is just pushing this finger down. A yes is firm and a no is dropping. So if you know how to muscle test, you can actually ask will this food help me lighten up, is this food good for me, will it nourish my body. You can even ask what percentage the food will nourish your body. I had some leftover birthday food from the other night. Today I had fish, and quinoa, and broccoli, and I could say

did that food nourish my body 100, 90, 80. So the food overall nourished my body 83%. Not bad.

Okay, Jen is asking for clearing stress from law suits. Go ahead and pump Jen but we have just a very limited amount of time to get through digestion, so pump for clearing the stress from the law suit, that's fine, but we're going to actually start working now – let's see, we've been in the mouth. The mouth is 80% done, the stomach 40% done. So we're in the mouth and once we're completing the mouth, we're going to roll right in to the stomach. I think we do have a week on – well, I don't know. Next week is health sleep, adrenals and pineal glands. So that adrenals, when we work on adrenals, we're really working on clearing stress from the body at that point.

I'm so happy you're here and we're doing this together. It's wonderful. Are there any more comments? Okay.

So I take it none of you are doing two meditations yet, so that will be something kind of fun to introduce if you have the time. That will be really good. And yeah, I'm curious about are any of you doing exercise twice a day? Half an hour of walking, or aerobics, or weight lifting. That would be something else to find out.

"Should I have asked if it's something I could do on my own?" No, no, no. I think it's fine that you asked. We're being really assertive by saying we're going to get through the digestion in one hour, so I just kind of chuckled because I feel like I know you guys don't know how much it takes to get through regeneration of the mouth, the stomach, and the intestines, but like normally it would take three hours to do it and we're going to try and do it in an hour, so adding extra things just probably is like wild. But while you're in the field and then the field stays around you for a couple hours after the class, just keep pumping away and pump that stress away. So no, you were absolutely right to ask and some of the classes like next week where we are working on stress, that will be a really ideal time but I know it's immediate, it's eminent you have something coming up tomorrow so you have to deal with it. So, pump away.

Oh wow, "Golfed 18 holes." Where do you live? I want somebody to teach me how to golf. A girlfriend gave me golf clubs and I haven't learned yet, so I'm hoping that my life comes a little down in the new home and that I'm able to take off lessons on Friday mornings. We'll see, but that's wonderful."Nice, gentle strolling." Sheryl, "Do we need to do pump only with you or do them on our own too?" Pump as much as you want. The more you pump, the faster you shift and if you're noticing, "Oh, I've got some obsessive or stress eating stuff coming up..." You can pump for yourself and you can clear it. So understand that you are powerful and that you have the capacity. I'm going to guide you through this, you're going to get stronger and stronger and your pumping is going to get more and more effective. Practice makes perfect.

Jen keeps falling asleep while meditating. I know my voice is soothing. Maybe try and do it – I'm not sure what to say. Sitting up, maybe be a little bit cool, that kind of helps too. Let's see, doing it not when you're really sleepy. So maybe you're more awake when you're doing it. Maybe do it in the middle of the day or after you've done your exercise, you could meditate maybe. That's a few ideas. Once you really get the hang of it, it's my voice but it's also we're hitting a wall of unconsciousness when we're working on tuning up things that maybe we haven't been that in-tune with for awhile. I'm proud of you. I'm proud of all of you, each of you for taking this on and really going for it. It's wonderful.

“What does the 8 symbolize?” Infinity. It’s one of the ancient symbols. The 8 is that infinity symbol. Infinity meaning eternity, but it also perfects things. So if you’re putting that infinity symbol over the food and you’re blessing it and asking it, that it will rise up to that vibration of like ohm or the eternal oneness or infinity, so the food vibrations goes way up. I’ve always loved eating Indian food that a Brahman priest had prepared because it’s been prayed over and so the energy food is very high. So when we talk about food, there’s two things to look at. One is the natural energy of the foods which is like sprouts, of course I just went out and got some more sprouts, live food, seeds, things that are just vibrating with energy, what grass juice. Wheat grass juice has the energy of blood, human blood, which is incredible and vibrates at 70 megahertz or something, I don’t know but it’s like this incredible vibration where something – you know, like a French fries at 0. So understand that we’re looking for the high vibration of fresh food – that’s one thing and then the other thing we could do is we can raise the energy, the blessing of how the food nourishes our body. So that we can also do, and I like to do everything. Why not?

Okay, let’s see. Done through the mouth, the mouth at 100% and the saliva glands, we’ll be regenerating 52 days for the saliva glands and that’s what we’re looking for. And we’re going down to the stomach, the stomach is now 51, so we’ve come up 11 points already, 11 percentages. Very good. So we’re jumping right in and end at 5:30, so good.

I think that digestion seems to be one of the most challenged systems in the human experience and I think women seem to have more difficulties with digestion than men. I look at the on-going requests I have from women over 40, it seems like once perimenopause sets in, digestion starts becoming an issue for so many people, so many women. I look at that and I think there’s a motility issue which is just the stool moving through the intestines which we’ll be getting to, so that seems to slow down tremendously which happens to be related to the nervous system as well as the brain. The brain is producing and releasing enzymes and the nerves, all these little finger nerves that are in the intestines actually move the stool down. So we have nerves, very important part of digestion. We want to keep our nerves very healthy and then in the brain, the release of enzymes and obviously from other parts of the body too but the actual directions are coming mostly out of the brain for enzymes.

You’re welcome Golda. Do I get tired from all the energy and moving? Nice, beautiful, thoughtful question. Thank you. I’m feeling your concern for me Jen. I can honestly say that when I was under the weather, I’ve been not feeling well for a weeks, I would be really, really exhausted at the end of the day. On a day like today where I had a 3-hour break and I was out celebrating in nature, I feel almost nothing when I do the energy movement. Meaning, I don’t feel depleted. So I think honestly, if you’re in good health and you’re feeling happy and grateful, your stress level I’m really working on, that for me last week when we started this and I was like, okay, I am going to reach my goal. I’ve had this weight loss goal, everybody thinks my body is just fine the way it is and I’m sure it is, but I really wanted to return to my 20’s weight forever. I mean I’ve been kind of having it as a goal on my calendar every month for probably three years and I was looking at the goal and you know the main issue for me is how much stress I have in my life and how much I overwork way too much. So for me last week, it was kind of a rectifying for me of well, what do I need to do to change that so that I get to be delighted. I feel like I want to go dancing, or play golf, or that I’m sitting in my living room playing my harp, and having permission to live my joyous, balanced life. So it’s really wonderful to start out with all of you and look at what do I think are the things that are preventing me from moving into my dream body. Now that I’m in my

dream home, the next thing is have the body that works wonderfully well. So, that's what I'm working on.

Is that LC? I bet that's LC. "If one hand gets tired, can we use the other or why not both hands?" Yes. That's a wonderful question. The right hand is the giving hand, so it would naturally be an outer hand would be producing with outer activity. The left hand is a receiving hand and you can use both hands if you want to and we do that when we're clearing spiritual parasites or if we want to amplify and move the energy faster. And actually it would probably be a really good idea for all of you to use both hands so that we can do this faster, since we have 25 minutes left and my intention is that we get the whole digestive system rebooted.

Okay, so we're doing two-handed and we're doing the stomach; along with the stomach, the esophagus. So if you have heartburn or if you have acid reflux, any of that funky belly stuff, that is what we're working on. We're working on regeneration of the upper valve, the esophagus and the lower valve, from the stomach and the stomach itself. And balancing the acids and whatever else is in there, so we have the ideal situation for food to be digested.

"Uh-oh, I'm left handed and have been using my left hand." That's perfectly fine Jen. Don't worry about it. I mean honestly, when we have 5 million minds who have really grasped the concepts of the quantum field, there will likely be no pumping at all. The pumping is how I was directed to get that field working for people even if their energy wasn't very high. So even if they're not an enlightened master, if you're pumping away, you don't have to do anything else but just pump. And left hand is fine; if you're a lefty and that's what's natural for you, then use your left hand and that will be just fine. I tend to read with my left hand, so the palm is receptive to what's going on so I'm feeling what's going on in the palm of my hand rather than always reading from the center of my head so I can talk and I don't have to be in trance when I'm with you and my hand will pick up when we've completed something. So that's what I intend to do with my left hand.

Are you guys drinking enough water? That's the other thing that really helps with weight loss and everything else – hormone function, neuro-transmitter function, digestion; everything you can imagine is totally helped with water. So drink, drink, drink. Four ounces every half hour. No guzzling. 16 four ounce glasses of water every half an hour or half your body weight in water. So if you're 130 pounds, then it's 65 ounces of water that you need to drink a day. If you're 180 pounds, it's 90 ounces of water you need to drink a day. So it's four ounces every half an hour and you do your own calculation. So, all good. Whatever that weight is, it's all good.

I don't know if this has to do with weight loss but it certainly has to do with lowering stress. I don't know if I'm a good shopper, I don't shop very often. I know what I like and I probably go quarterly or every four months or five months and I shop for my clothes, but I have this beautiful home and it needs furniture. So this past week, I have picked out living room furniture, dining room furniture, master bedroom furniture and that has been so happy. It was such like a joy for me and I noticed that I was like, this is my home, I'm living in it, I've been here six weeks now, as the joy factor goes, the stress factor is going down. It's been really interesting to watch. Now I know that it could be a problem if you're a shopaholic which I'm not really into that, but it's been really fun. When I have brakes, I'm looking for different kinds of rugs on the internet or like outdoor furniture and that kind of stuff and it's fun. I don't think I thought it would be fun but it is fun. I'll bet some of you are really great at decorating and finding your perfect whatever-clothes, the right thing for the house.

Okay, it looks like we're done with the stomach and we're going on to the large and small intestine, colon. So let's start pumping for the large and small intestine and colon. And the stomach, esophagus, and lower valves, we'll be regenerating. Wow, 150 days. Okay, 150 days of regeneration. So that means that you're growing new cells in the stomach for 150 days. I want to show you while you're pumping, so keep pumping, we're doing the cellular neo-genesis process and I'm just going to draw it out so you have an idea of what we're doing.

Okay, so imagine that this is a cell and this is the nucleus, the absorption organelle, elimination organelle, DNA, and the mitochondria. Now, what we're doing is we're taking the master cell, the cell that was with you seven days after conception and we're using the human blueprint that has the perfected cell in it and we're bringing the perfected cell back into its physical form in your body. And from that, the first thing we do is we mirror this perfected cell to all the surrounding cells. And understand that the master cell is the cell from which other cells come from. So it's like the teacher cell or whatever. And so already, there's all these cells that are around the master cell, you know the big craze about stem cells, well stem cells have the secret for regeneration. Okay, so the first thing we do is once we pumped it up to 100%, we use the light of the cell to mirror to the surrounding cells and we get the surrounding cells to read at 100%. But those cells came in when your master cell wasn't at 100%. It might have been at 10%. The second thing we do is we start a cascade of new cell growth. We push on a program in the mitochondria. The mitochondria looks a little bit like a caterpillar crawling on the inside bottom of the cell and or whatever bottom. It could be anywhere really. So we're pressing on that program and there's a cascade of new cell growth and that's what I was talking about; you're going to be growing new cells. Now those cells are being originated from a master cell that is now at 100% and so you're going to have some very healthy cells coming in and growing a new stomach, and a new esophagus, and new saliva glands, new stuff in the mouth and the throat, and then new intestines, new colon. So that's how that works.

If you're curious and you really want to get into the science of it, I suggest that you read *Your Divine Human Blueprint*. My book that really explains cellular neo-genesis, which is what we're doing today. So we're not just clearing; we're actually regenerating cells today.

And something that I teach in very great detail at my Diamond Immersion Class. I'm hoping some of you might be coming in to the Diamond Level Class. That would be wonderful for me to have you there. It actually technically starts May 20th. May 19th we want everybody to arrive and we start at 9 in the morning on May 20th and we go through the 26th. Seven days of training, Seven whole days, seven hours a day. There's a two-hour break from 3 to 5 and there's a break at lunch time too. There's a few breaks in there because the training is very intense and very wonderful and I'd love for you to join me if you feel like it. But we're actually doing some of that training right here and now. What I love about the quantum field and the human blueprint is that it applies to everything. So growing younger, growing slimmer, accelerating wealth, regenerating glands and organs that have been surgically removed, improving eye sight, getting your ears working better, hormones – it just works for everything. So it's good, it's really, really good.

The Tryambakam Mantra is a really good Mantra for regeneration and that's in the Sound of Truth, but I'll sing it while we're doing the regeneration on the large and small intestines, colon. *[Singing from 00:46:46 to 00:48:03]* And that is the Mantra for destroying illness and actually also creating new life and new cells. So as we move away things that are less than, that no longer serve us, and maybe destroying patterns that no longer serve us, we open to a new more healthy, vibrant life with more vibrational joy in every single cell.

That's great Jen. I'm so excited that you are excited. This is amazing. It really is and you're learning how to do it. Oh, okay. So then, while we're working on digestion here, it's a really great week to focus on digestion and notice what your stomach likes and doesn't like. I'd gotten some herbal supplements to bring the color of my hair – I have a few gray hair and its really interesting bit the supplement makes me bloat and makes me look sick to my stomach, so that's not something my body wants. So you can really be more conscious and more observing of your digestion. It might be an interesting week if you have used colonics, this might be a week to do a session or two of colonics and clean out the color and the intestines. Or warm water enema with peppermint. That's kind of a nice, soothing way to clean out the intestines a little better. I'm not telling you to do it. I'm just saying that this would be a week since we're regenerating this whole digestive system; it would be a week to be very conscious about what's going on and what's coming out and a nice week to do a gentle colon cleanse, if you feel like it.

The company I used to always sell their colon cleanse products was called Energetix and then that ended with an X, Energetix. They have a really nice 5-supplement product that takes you through about 21 or 30 days. Some of it is 21 and some goes 30 days. So it takes you about just short a month of using herbs that really clean out the colon and the intestines and the stomach. It's very nice, very gentle. I could never do a colon cleanse until I discovered this one. So if you're one of those people who think it would be really cool to figure that out, you could check into that. You could search on the internet for Energetix ad then their colon cleansing products. It comes in a little kit. It's not necessary but if that's what you're thinking, that would be nice to cleanse and purify my body more, that might be nice. I think juice cleansing is also a really nice way to clean out the digestive system. And then I have done fasting and I do it with like a palm syrup and maple syrup combined with cayenne paper and lemon and you just drink that all day long and you can eat if you feel like eating but it's so nice to kind of rest the digestion. So I'll do that for a few days every few months. I'll just do a little fast. Fast is different than cleanse. Fats is just allowing the system to rest, where cleanse is actually scrubbing the insides, so you get a different result.

We're about 60% through on the regeneration of getting the regeneration up to 100%. First we have t get it to 100% before we can start the cascade of new cell growth, so we're about 60% there. I think we're going to come really close to getting this much done. It's going to be fantastic.

In two weeks is the metabolism, so we'll be doing the same process – cellular neo-genesis and we'll be doing it on the thyroid and the liver and really working on everything to do with really having and sustaining great metabolism. So that would be wonderful.

We also have a week dedicated to clearing the fat and cellulite program. That's a little further into the program, but that would be good too, right?

Other than the one email today, I didn't get any emails on what your wins will be or how it will feel to lighten up. So I hope that you actually took the time to start imagining what your life is going to be like in this body that's fit, and healthy, and joyful, and lighter. I know I had done – Tony Robbins was really old but this kind of full self-expression program that he had, I can't remember what it was called, and he had suggestions on making some breakthroughs and one of his things, he had this walking or exercise meditation, or kind of meditation but it was kind of a guide. "Every day in every way I'm getting better and better, yes! Every day in every way, I'm feeling better and better, yes! Every day in every way, I'm healthier and stronger and brighter,

yes!" My girlfriends Barbara, she was saying it's kind of like the Wizard of OZ. Lions and tigers and bears, oh my! But there's something really fun about making a game of this in a very joyful, playful kind of a way. Instead of it's hard work, let's have this be really fun. Lions, and tigers, and bears, oh my! I'm slimmer, and trimmer, and healthier, oh yeah! SO I just really encourage you. And then you know, when you're having that difficult moment, maybe you could pump and maybe there's something symbolically you can have to remind you whether you wear a ring or a little wristband or a little promise to yourself that I'm doing this for myself I'm transforming my body into a fit, healthy body that I'm going to be delighted to wear for the rest of my life. And by the way, this does make you younger. So if you go to the mirror tonight and you noticed that your skin on your face looks younger, that's right. The cells are regenerating in your mouth and it may affect your skin in your face.

"Thank you. That was beautiful and light and happy, and free." Thank you. Wonderful. So we're coming up at the home stretch. We're two minutes from the completion of class 2. And I want to encourage you, so let's go through kind of the ground rules for the week. If you can squeeze in two meditations a day this week, do. If you can squeeze in two exercise experiences a day, please do. And like I said, it doesn't have to be anything heavy duty. You just go for a walk after dinner and that would count. We call those doubles, so we're going to have you do doubles this week if you can. Stay to a healthy diet and I want you to bless your food, communicate with your food, slow down, chew, 30 bites. Just for the week, just give it a try.

Notice what is shifting. Notice what your body, your stomach, and your digestion likes and what it doesn't. So you could even maybe keep a little journal this week and just notice. I was out and I had something, some restaurant served me potato chips and unconsciously I was very hungry, it was 3 o'clock and I hadn't eaten lunch yet, I ate the potato chips and boy, did my tummy get mad at me. It was like this whatever saturated fats, fried oil, grease whatever and I registered that, because I don't eat potato chips. They were sitting in front of me and I was really hungry, so a good lesson. So write down what your body really loves, when your digestion feels like it's working really well and write down when you notice that something isn't aligned with you, when it's not feeling good. I want you to pay attention to it so that you can make really good choices in the future. And as we go about week after week, we're going to be able to refine everything about our life, about our fitness, and about feeling really great in our body, growing younger – all of it.

"Does figure 8 need to move clockwise or counter-clockwise?" Just make an 8. It doesn't matter. Let's see, in doing it like this, so let's see, is that clockwise? From the bottom it goes up and it goes – it looks like counter-clockwise to me. So it goes up and then it goes over and then it goes in. So I think it's maybe counter-clockwise but I don't think it matters. Just how it naturally feels to you will work.

And then, "Deep down I have self-doubt about getting my younger body back after what stress has done to me. Can I fake it until I make it?" You definitely have to fake it until you make it. BE happy. Hey you know what, I also suggest – oh, and we're overtime. Dress yourself up very nicely, put a little make-up on every day, maybe spread some Coco Chanel on and say, "I'm a sexy, juicy woman and I feel great in my body."

Alright my dears, I love you. I believe in your capacity to heal. We are just at the beginning. Congratulations to those of you who've lightened up a little bit this week. Congratulations to all of you for showing up and for doing the meditations. I know that you're all doing a great job at

lightening up and becoming more of who you are, so together, we're going to make this miracle happen. Okay, I will see you next week. Bye for now!

[END OF TRANSCRIPT 01:01:47]