

## Beautiful Course with Julie Renee\_Session 1 of 8\_Weight Loss

Hi everyone. Welcome to your class. And I guess you're not everyone; you're a very special, beautiful human being and I'm so excited that you're here tonight. We're going to do eight weeks. This is a brand new program. Obviously, the Beautiful from the Inside Out Program has been selling on our site very successfully for five years, but it's the very first time I'm taking people through a weight loss program and I'm very, very excited about it. We're going to be approaching things a little differently than other weight loss programs, obviously and we're going to be focusing on what we gain out of being the ideal weight and what the wins are.

So I'd love for you to pop on as people are signing in now and just make your declarations. What is it I intend to lose? I intend to lose 30% of my body fat in the next year, or you can do 5 pounds, 10 pounds. So what is it that you want to let go off, so that's the first thing that you put on there – what you want to let go off and why it's so important to you? I'd really like to know what your motivation and your 'why' is. For me, I am definitely going for the 10 pounds that I've continued to have on my body for many years. In my 20's, I was always this really wonderful weight and I'd love to slim down to within three pounds of that weight that I was in my 20's. So I'm definitely shooting for 10 pounds.

What I'm looking to do myself is bringing more balance, more happiness, more joy into my life. What I've been discovering is I'm researching the process of weight loss and especially those last, tough 10 pounds is that happiness is really important and lowering your stress is really important. So I'm going to be working on that with you. I'm going to be right there with you doing my thing too.

I know there's always a little delay on the chat box. You know tonight, we're going to be really working on something wonderful which is bringing in more happiness. We're going to cover a couple important factors. People tend to gain weight when they're depressedes. *[Phone ringing]* Hold on one second. I bet this is a student trying to get in and I'll just tell her to send an email. This is so funny. Sorry about that. *[Phone conversation in background]* Okay, hang on folks. Go ahead and fill in the chat box and we'll get you started. I'm going to forward this on. Here we go, so we can get Jen in too. Very good. All done. Sorry about that, one of my friends called me about a half an hour ago and said she wanted to join the class, so I was wondering if she'd get the link if she signed up at the last second, which you didn't, so here we are.

Alright, well I'm looking for some conversation here, a declaration on what you would like to let go off. So for me, I'm going to put in the chat box my declaration, so it's actually spelled out somewhere. 10 Pounds. The second thing I would do is what's the win, what's so important, why do I want to lose this weight? And one of the things is just feeling really happy in my body and really being able to live my dream life in every aspect. Yeah, there we go. So I've got a little something, a declaration up and know there's people viewing, so if you want to do a percentage and you're like, 2% of my body weight, or you want to do whatever, we're going to be looking at the wins, so what you are going to let go off and what the win is for you. And I think one of the things is raising happiness, raising vitality, raising your joy factor, feeling like you fit in again, or feeling like you're connected with the world, and being able to do more things.

For some of you, I just was down in Mexico and I did rappelling, and I did zip lining, and I went down the longest water slide in Mexico, I did something called air surfing where it's a surf board but it's tied up on ropes so you hold on to ropes while you zip across like a zip line on a surf

board – that was really wild. So that might not be in your activities right now but it might be something that you shoot for. Maybe it's waterskiing, or feeling good in your bathing suit this summer.

Wow, we have a shy class. I still don't see anything in the chat box. Well, the sound of silence.

Alright, there are three aspects to the beautiful program and you're going to be choosing either tightening and toning during rapid weight loss, or full body rejuvenation. So both of those succeeding programs are going to be excellent to do along with the clearings that we're doing. Tightening and toning is for people who have a significant amount of weight to lose and you're losing it and your skin is loose. So that's going to really kind of focus on – you're going to be doing two meditations a day, five days a week, and then you have the weekends off. It's really going to be focusing on tightening you up. The full body rejuvenation, I would recommend for most people. I'm going to do the full body rejuvenation which is a meditation every day and you can actually double up and do two. So you can do a morning meditation – that's the beginner one for the first month and you can do the evening meditation, the advanced meditation, and do that all in eight weeks. The full body rejuvenation includes the cheeks and the eyes and actually does some nice things to improve vision, along with tightening everything up.

One thing that's been super fun, I got a girlfriend call me the day before yesterday and she used to know me for like – gosh, she's known me forever, like 26 years or something, and I don't know if you call it bragging on me or whatever but she's like, "I tell all my friends about you. You just keep growing younger and having your dream life and you're the woman who makes it all happen..." And she was on and on and on about how I'm growing younger. And the way I'm growing younger is by doing all these activation and clearing things out and really being more and more and more myself. Understanding that our body is meant to live hundreds of years and when we remove all of the information on the body that's not aligned with the body, that is when we really get to live in this youthful, vibrant body.

One of the things I'd like to do while we're going through the weight loss program is return to looking more like my early 30's and 20's. And it's so funny because I was on vacation and there is a 26 year old who wanted to date me – actually two of them down there and I was like, no, you're too young for me. They're like, "What, do you have a boyfriend no?" But something is working because I'm looking younger.

So okay, first clearing we're going to do –oh, yay! Someone wrote, "I'm so excited!" okay, Barb is from Perth, "Hi! I would like to lose 10 pounds too. I want to do more sports activities and feel more comfortable in my clothes." Okay, well that's a good start.

What we'll be doing in the eight weeks is we'll really be getting up to what we're winning, what we're winning, what's coming in, what's getting better – so we're really going to be focusing on how we're building our healthy life and not as much focus but definitely today, declaring intentions is really great to get started that way.

Okay, we're going to start with clearing DNA. That's a standard one I always clear. It's the very first weight loss clearing that I did for myself. The clearing looks like this. It's a hand movement. So if you want to do side to side, this is how I teach my apprentices – side to side. And we're clearing any programs in the DNA that would have you gain weight as you get older, maybe because you need to have weight to survive typhoid fever or something like that. So we're going to just do that side to side movement. You could just go like this, that would be good. Very good!

So that would be the first clearing. It is anything that would have really a stronghold on you that you need to pack on weight as you get older so you can survive. And understand that women's bodies were programmed - really this is a crazy thing - in recent eras to die between 40 and 60. When we no longer were fertile, we couldn't contribute to the tribe much and so our bodies were programmed to die. So if we live, we needed that weight so that we could survive the illnesses that came to the tribe or the children or whatever. So now that we're in a different era and we can live hundreds of years, or we can live 150 years, or 120 years, so we're going to shift that reality and we're going to say we can live in a young, sexy body for a long time.

Okay, Jen, "I made it Finally." Oh, fantastic. And Chris, "Also for ancestral ..." Well, that's what it is. It's ancestral ... Understand that your DNA is a combination of all the programs from your genetic heritage. So keep pumping. I'll be right back. I'm going to click off for a minute.

*[Long Pause from 00:12:34 to 00:12:45]* My strategy for getting through the sneeze is to shut the computer off. *[Laughs]* Oh, life is so funny isn't it? Hey you know what, this week is my birthday so it's a perfect time for me to start this even healthier program. One of the things I'm going to encourage all of you to do is - and we're still clearing the DNA - is to make a plan for yourself for healthy eating and also some kind of an exercise program. I don't want you to kill yourself; I want you to be nice to yourself. Over the weekend I setup kind of a healthy diet that I'd like to follow. It's mostly vegetarian with a little bit of meat in it and I think it would be a good plan for me. It helps with joint inflammation and it helps remove toxins from the body - so that was the diet I came up with. There are some wonderful diets.

If you're a beginner and you're starting, beachbody.com has something called The Total Restart and has some really fantastic recipes and it has some herbs that you take for three weeks. That's a very nice program to be on. It's not expensive. It's under \$200 I think or around \$200 for all the herbs and the directions. So if you were just a total beginner and you don't know where to start with just a healthy diet that will help you start getting your metabolism kick started, that would be great. And then some kind of exercise plan, so whether you're walking at half an hour a day, you're doing yoga, dancing - I want you moving your body. I want you owning and moving your body, and preferably at least twice a day. But that doesn't need to be hard exercise; that could be a stroll in the evening after supper. It could be a little dancing in the house, some belly-dancing or something like that.

So we're just going to really be working on owning the body, feeling good in the body, having good nutrition. And I know that that's - we just talk about this because it's real. I mean if you're eating 3,000 calories a day, we can pump all we want and we can clear all we want, it probably isn't going to make that much difference. So we want to really take advantage of what we're doing and the shifts we're doing, and maybe even create some new patterns and programs.

And the next clearing we'll do once we've cleared the DNA, we're about 60% through on the DNA clearing, the next clearing that we're going to do is we're going to clear like obsessive/compulsive behaviors and eating to replace the feeling of love, or eating to calm stress. I think that that's a fantastic clearing to do and we'll start from soul contracts and we'll go all the way down to DNA on that one too. So that would be good.

Well we're still pumping on the DNA because the DNA is a very, very big factor and I thought this should be the first clearing. It was the first one I did for myself and I did notice a change. It's kind of funny because I've always kept my body pretty trim. There was a point where I was a little heavier, 152 pounds was my heaviest weight and that was about the time that I cleared the

DNA. And well I had some unhealthy habits too. I like to have a donut every morning. I'd walk out to the donut shop and have a donut and I sort of said, okay, if I'm going to have this beautiful, trim body – and I think I lost 23 pounds when I did my four months of healthy eating, back then, healthy eating was crazy. I really didn't know that much about nutrition yet, so I bought the Atkin's diet. It was just like all the latest craze. I did not eat all the bacon and stuff, but I did eat a lot of protein and vegetables, and eating a lot of protein and vegetables and taking out most of the carbs made a huge difference for me. I got a trainer to come to my house once a week and he said, "Oh, you don't even need to lose weight. You look great..." which really gave me confidence and made me feel like, okay, I look great the way I am. I don't need to lose weight, so now I can just have fun. And back then, I did a walk-run program and then we do things like squats, and sit-ups and things like that – so strengthening things and light, very light weights and I had fun. I really had fun. The trainer was a handsome black man, so we were flirting a little bit and that was nice too.

But I just felt beautiful; I felt beautiful to begin with. and perhaps I was up more than I wanted to be in weight, but getting some outer validation that you already are beautiful, and I want you to know that to me you're perfect and you're in divine order for what you understand so far, and we're going to be shifting that, that you have new programs running that really support you in your dream body.

Very good! Is anybody feeling a shift or feeling warm as we move into this DNA process, because the DNA is in every cell of the body. I know I'm starting to warm up a little bit. So understand that this shifting that we're doing with the DNA is changing every single cell in the body, so it gives you fantastic information. By the way, how many of you tuned in last night when we did a free weight loss clearing? If you didn't get that, you want to maybe hop over to my YouTube channel and go through that too. That was a free hour introduction to this class. So if you haven't done that, that will have some fun clearings in it too. More just to entice people to come into the class, but you might as well take advantage of every clearing, right?

Okay, let's see where we're at with the DNA. 73%. So the fact that this is taking a good amount of time means that it was really an issue with a lot of us, so good. I think I've gotten mine cleaned out but it's interesting because my body is responding right along with yours, so I am feeling shifts in my own body too.

I think one of the things that we'll be talking about since we're going to take a little more time with the DNA, we're normally at the beginning of a process where we're intentional on lightening up, we examine our diet and exercise and I'd love to know just a survey of how many people feel that you're on a healthy diet right now and that you have a regular exercise routine. So if you could put in the chat box, I'm eating really well, I'm on my mark with the amount of calories or however you do it, I'm on the mark with what I want to do with my diet, my nutrition and I'm also really thrilled with my exercise program. So if you would let me know, or I need some help on my exercise program, or I need some coaching on the meal plan, I can maybe interact with you on that.

Okay, so what we're going to really be looking at, obviously we have to have that conversation about it but what we really want to look at is how's your mental state of health? Are you feeling balanced? Are you feeling happy? Are you feeling like you have your success integrated and you're not just a workaholic? I know one of the things that's been quite a challenge for me the last five or six months as we got bombarded with appointments, 20 minute appointments from

You Wealth Revolution Show and so I've been working around the clock and will be for a few more months. I've been trying, trying, trying to get my schedule calm down and I realized it's up to me to actually have time where I have play time, and time that I go dancing, and time that I paint, and play my harp. So it's kind of a juggling act when you're running a company and so that's something I'm going to really be looking at myself is how do I improve my balance. And literally, it's so cute, we talk about balance, I started this week, a few days ago I started back on a program that I really love, Yoga Booty Ballet and it requires balance. So I'm standing on one foot, I'm doing the tree pose, or I have my legs extended out back and forth, and that's a big, fun thing for me – figuring out how to be balanced in my body.

Okay, I see Jen. “I need to get going on exercise and back on my healthy eating plan. Love my wine.” Well, that sounds like a plan then. Healthy eating plan and exercise. If you have an idea of what you like, I can list a couple things that you could do. I really love Beach Body and you like it, you don't like it, it doesn't really matter. It's a company that provided DVD's and an action plan for an exercise routine. They have all different kinds of programs from very lightweight to very strenuous. And I am not into with my life and so much going on right now, I'm definitely not into doing like the Power 90 extreme, extreme Level 3 or something like that. I've done that in my life and it's not something that would make me feel beautiful or sexy. It would just be hard. It would be like I was in the military and I was just like pounding on my body; so that's not what I'm going to do right now. But if that sounds fun to you, “Yeah, boot camp...” then try the P90 X. It can be fun if you're in that mood of, let's just turn it out. I really do like Yoga Booty Ballet. You can get the dance routines or you can get the whole shebang. The dance routines are just really fun. You do a little bit of Yoga and some dancing for half an hour and you feel like a woman. And you do some Mudras and Mantras and some breathing. It's nice. It's a nice routine. It's not going to strip you down like a heavy duty cardio. Maybe you want to do something like that, but I sweat when I'm working out with the YBB, so I bet you will too if that's what you choose. Yoga is great and I know a lot of people like the hot Yoga, like Bikram Yoga. You have to be a little bit careful, like for me, my intestines, my digestion cramps so I must dehydrate faster than the 90 minutes. Even with the drinking water, it doesn't quite work for me, but some of you it will work for. Or Restorative Yoga or .... Yoga, Pilates, running, dancing. Dancing is really great. Working out; maybe you belong to Curves.

What I want you to do is make a commitment to yourself and get started this week. Maybe tomorrow but certainly by the weekend. Get yourself really a plan of how the food I'm going to eat – I found like a specific diet. I always find that when I'm shifting gears and I'm transforming, it's really nice to have something kind of spelled out for myself. And the diet that I started was one where it just shows you all the foods you can have and the foods you can't have. So I went to the grocery store and I picked out like half of the foods that you could have and then I've been kind of figuring out what kind of recipes and how to put together. So already I just started with this and I've got a list of 11 different meals that I can have out of this. Mostly green, and fruits, and some grain. So you might be creative and just think, that's what I want to do. I want to have kind of a nutritious diet that I'll make up myself. If you're really busy, you might want to have something that's just simple and easy to order.

I really love that you think about live foods. I get a little concerned about the frozen meals because they have very little life in them so I really encourage you to have sprouts, and seeds, and things that – algae, and things that activate life and energy, things that validate you alive. So you don't want to have things that are so dead that they don't feed the body and then the

body starts going into crisis because it's distressed that it's not getting any real nutrients, that they're just getting a few dead calories. So what you really want to thinking about is delicious and nutritious things to fuel our body.

Did we get another comment here? "How much exercise time do you recommend per day and how many days a week?" Okay, well that is an excellent question and let me just check on the DNA. Are we done? 3% left. Okay, we're almost there. I think if you haven't been exercising, start with 10 minutes twice a day. If that seems like, "Oh I could do more than that..." Let's start with half an hour. I would be happy if you did a half an hour once or twice a day the whole time through the class and you're welcome to have a rest day or two rest days during the week. I find that moving really helps me feel great with my body and it keeps my metabolism running. So on the weekends, I look forward to it because I'd go running and I will go to like a park reserve and I'll run for a mile or six miles or something, and so the weekends I really look forward to it. During the week, I get up early and meditate and then do some kind of quick routine, like a half an hour of something, and I get right to work. So whatever fits with your schedule

I think the other thing that's really nice is when we're rocking and rolling is that second thing that you do. If you go for a walk after supper for 20 minutes or 30 minutes, I think you'll notice some really nice shifts. That's the time when people get very sedentary and so the food that they eat later in the day kind of sticks. So if you actually move around a little bit and get your body burning calories, that might be a wonderful addition too.

So happiness, so what we're going to be doing next is tuning up our mental health. And the mental health, we're clearing obsession, compulsive behaviors related to overeating or anything related the relationship of you with your body, so we're just going to clear the decks. And not to worry there's no shame; as a matter of fact, we can clear shame. We can clear eating food to replace love connections or to resolve a feeling of stress in the body or some kind of an emptiness. Let's clear all. So now you're going to be doing the quantum pump. The pump goes like this. There we go. Beautiful! So do the quantum pump next and really getting our mental health tuned up. I'd like you to be thinking about one hug a day at least. So if you need to, go out and gather your hugs. This is really, really going to help with weight loss. One hug a day at least, minimum.

Okay, very good, I am going to set up for a second. I'm back. Sorry guys. I had a tiny, little bugaboo kind of a cold thing coming back from Mexico. It should have been by next week but I got the sniffles. So if I sign off, I'm literally taking care of the sniffles, so that's all.

Okay, one of the normal things that we deal with when we're embarking on lightening up is we motivate ourselves by the fear of what's going to happen if we continue to be the way we are and continue to stay a little bit too big to fit into the clothes and my hips hang out over this side of the hands and I'm not really fond of that. It's kind of embarrassing and I don't want my sweetheart to see me that way or whatever. We kind of go into that, like the bad part of things but what I'd really, really like us to do is to start thinking about what are the wins as you're lightening up? What's it going to feel like? What are you going to be wearing? Are you going to be putting on like a new outfit or a new bathing suit or a new lingerie? How is that going to make you feel when you're out on the dance floor or hiking and with your friends? How are you going to feel when you're sitting with your friends, looking beautiful and trim and they're going, "How are you looking so amazing I heard you are going through a difficult divorce or something. You're incredible. This has been the best change in the world for you." And think about people

invalidating you and being excited for you and loving you through it. They're like, "Wow, show me how you did that. That's so amazing." So think about what those wins – how you would actually feel as you're lightening up. What's that going to make you feel like?

And I think about fitting into my clothes, I've put on a few pounds since I dealt with going into these low escrows and the stress of moving, so I'm really excited about the pretty, new clothes that I bought last Spring that I don't really fit into. So I'm excited about getting back into those clothes, and I'm going to feel great. I'm going to be going out dancing. I'm going to events this summer. I'm going to the theater. I'll be wearing my pretty clothes and I'll be picking up some new clothes too, so looking my very, very best. I'll put myself in places where leaders are and I'll feel really wonderful about how my body is. So that will be great because I'll be a living testimony to living in your ideal body, youthful, and very happy, and vibrant.

Okay, Barb asked for reflux help. Maybe we can do that "Sometimes I don't see another person all day. I live in the country." Yeah, I know that. I have the same issue Janice so we have to mock up that people come around us or that we go out and go to the coffee shop and bump into somebody or something. So we got to create excuses to get out and get those hugs, and then you can hug yourself too but honestly, the mental health hugs are from other people. The reflux stuff, yes we will be doing a whole series. It's a couple weeks in, maybe two or three weeks in we'll be doing the whole digestive system. So we will be rebooting your metabolism and your digestive system entirely, in its entirety. So that's the little ways down but first we need to clear. But yes, so you can bring it up on another class and I don't see why not. Very good!

Alright, so are you thinking about what it's going to feel like to lighten up and how people are going to go, "Wow! You look incredible. I am so amazed at you. You are beautiful!" And can you just start feeling that energy of excitement? When was the last time that you were your ideal weight or the weight that you're kind of shooting for? When was that? Was that recently or was that awhile back? For me, the last time I was the weight I'm shooting for now was 12 years ago, so it's been a long time. I've worked really, really hard and I've accomplished tremendous, wonderful things and I've gotten within three pounds of it, but I haven't gotten back to like that ideal weight. And maybe what I'll find when I get down there is actually the ideal weight might be a few pounds heavier, so we'll see. I don't know. We'll just have to see.

Okay, let's see. So we've gone through mental health things, we've cleared obsession, shame, compulsion. We haven't cleared stress but the eating to replace love, we've cleared all of that. Do any of you feel different? Are you starting to feel some shifting going on? I would imagine so. Okay, so let us do the next clearing.

Okay, these are really good. "I can lose weight. I can be balanced and have joy in my life and I am lightening up and it feels great." So all the ways that we've told ourselves, you could do the quantum pump, that we can't lose weight or it's too hard or it's very hard, or the 10 pound are hard, or whenever we've told ourselves and we're clearing that black magic, we're clearing soul contracts and curses, so we're just going to kind of clean house on the ability and actually losing, dropping, lightening up. And I know a lot of times we think about losing and we kind of are fighting against ourselves because we don't want to lose anything. I totally get that when you really don't want to lose anything because when you lose something like your car keys or your phone, it's a bad result. So I think thinking about lightening up would be really great. I don't even know who coined the phrase 'weight loss.' That's kind of funny, isn't it? Yes, you want to

lighten up. That's what you want to do. You want to move into your dream weight or your ideal weight.

I see another post. Great. Yeah. I talk about these concepts on other videos. It's the idea of being joyful in the body and loving your body. These are... concepts and we're at the beginning so what we're doing, you might have heard me talk about it, we're actually clearing soul contracts, soul contracts of others that are affecting you negatively, demonic curses, black magic – which is things you say about yourself negatively, curses from others, group mind, group mind virus. We're also clearing emotions and DNA. And so even if I've talked about it on other videos, I don't know if we cleaned house and we really cleared it, so that's what we're doing right now. Fantastic! If you think about a steady clearing every week for an hour, you're going to have eight hours of steady clearing and that's going to be phenomenal. So we're going to clear, and clear, and clear.

Jen, you might have seen the video from last night which is the free class that I did to introduce people to this class and we did do a little clearing on that to give people a sense of what it's like to be in this class.

Okay, the next standard strategy is to feel bad about fat and what we're going to do is shift that to feeling good about fitness. So we're going to let go of the strategy of if I feel bad enough about my fat, I'll let go of my fat. And we're going to start focusing on being really fit as a fiddle. Fit as a fiddle and feeling fine. Was that Fred Astaire maybe singing that? I'm not sure. One of those wonderful dancing, singing fellows. Oh, from Singing in the Rain, wasn't it? I think it was. Yeah. That's good.

So I know more of you are on the class. We've got like three of you or four of you posting, so if any of you are feeling a little courageous and want to make your declarations on how much you're going to lose or what percentage you're going to be lightening up, what you're going to win if you're at the dream way that you're going for, how will that positively affect you, what your strategy will be if you have some idea. Like, yeah I'm going to go for a walk every morning and I'm going to go dancing, maybe make a date on match.com every week I don't know but if you have a strategy, even if you don't post it here but if you have a strategy and you've written it down and you've committed it to yourself, it's more likely to happen isn't it? So it's good to kind of chart it out and see where we'll go with that.

By the way, we'll also be doing a full reboot on metabolism and metabolism is the thyroid and the liver primarily, and then also ... We'll be doing a full reboot on the adrenals because it releases stress hormones when we're setting the adrenals. So we're doing a whole lot of stuff in these eight hours. It's very, very exciting. The first day today, I wanted to really just get you off to a good start. So we talk about some concepts and lay some ground rules. So I hope all of you have thought about which series you're going to be following – rejuvenation, full body rejuvenation, tightening and toning during rapid weight loss. There's a face lift meditation program that I'm going to suggest you do after you do the weight loss program. So I'd like you to choose one of these two and then you can do the face lift program when you complete that in 60 days is my suggestion.

Now I've made suggestions on diet and exercise in the program but I know that my expertise is quantum clearings and so diet and exercise, I think there are a lot of wonderful experts out there and you're welcome to use my information which came from me; it didn't come from anywhere else. I put my information down. But I think there are some programs, exercise and diet guides



that would be wonderful for you to use. And the other thing about food is I'm going to suggest if it makes sense to you is to eat five times a day, but to eat much smaller portions. I think that would be wonderful. I'd be curious to see if any of you are using diet teas or diet supplements. That would be interesting for me to know, so we can have a feel for who's doing it 'au naturel' and who is using maybe ... and green tea extract or something a little stronger. There are some very healthy slimming formulas on the market that you can get if you want to help your metabolism a little bit at the health food stores.

"Can we firm sagging skin?" Yes. I was talking about enlarging our breasts on another video. "Can we work on clearing cellulite?" Yes, there are a couple videos of me talking about breasts and you'll find now that you've signed up for the program, you'll see that part of the meditation program is for firming up the breasts. So you can enlarge them, you can tighten and tone them, and you can make them smaller. So we have a couple meditations related to breasts and people love the Advanced Program. They like the Beginner Program too. The Advanced one, six of them, you work in your DNA. So it's kind of fun to be in there and in meditation working on your DNA. The meditations are under 30 minutes all of them and many of them are about 20 minutes, so they're easy to get in. They're not so hard. You don't have to meditate for an hour every day.

The Prep and Clear Meditation, you guys are going to love, love, love, love, love. That's an hour long and I suggest people do that on Sunday and you can do when else if you want to, but I would recommend you do it every Sunday because talk about the energy shifting in your body, that meditation have saved people's lives. And I am not kidding; people have taken it in to their loved ones who've had a stroke and are dying, are slipping away, seizures and they played Prep and Clear and the person gets back in their body and the body realigns and people get back to life. And so what looks like terminal bye-bye becomes life again and that's the Prep and Clear Meditation. I tell you, once you've listened, you'll understand it. It is powerful, powerful, powerful. It gets you owning your body. It really works on so many aspects of owning and enjoying your body, tuning up your Chakras, running energy through all the channels and improving your dynamic energy. So you're going to love it, love it, love it.

I also included in there the Happy Hormones Meditation. I know some of you have that. That is not one that you need to do. It's a bonus meditation – the Happy Hormones training and meditation. And then also the Adrenal Reboot Meditation is also in there and it's about part of the daily meditations but it's the same meditation that comes out with Fatigued to Fabulous, and people really heal their adrenals over eight weeks with that Fatigued to Fabulous Program. So that particular meditation, you learn how to restore your adrenals and you do it on a daily basis or every other day or whatever. The more you are passionate and I don't mean about spending lots of hours doing things, but really I'm taking this on, I love myself, I have the ability to give this to myself and I'm going to have a quantum shift. Life is going to get better. I'm going to feel great about myself and my body. So that's what we're really looking for and we're really looking for good mental health. Oh and we also included the Balance Your Life Now book. So you'll have a little guide book and you could get through that in less than an hour, but it really helps you kind of sort out what life in balance really is, and I should review it because I haven't been in balance for awhile, and I promise I will. So it's something that I teach and honestly just getting so busy that I've had to kind of put some breaks on and say, okay I have to take a vacation. I have to go out. I haven't done a day off. So I am getting there. I hope you are too and if not, this is the time that we give ourselves permission to love ourselves enough, to bring our bodies and

our lives into balance because balance allows us to be fully expressed and really getting that mental energy back into the body and in balance with your emotional and physical energy. So owning the body means having the spirit really move through the body and have some fun in the body. So it's human/animal goes out and exercises and being what, spirit. They are two, right? And then meditations and prayer, being happy with the work that you do and feeling really fulfilled and in joy, having your financial life in order – that might be something that you work on while we're doing this lightening up process. A lot of times people, they have stress around money or they have stress around relationships and seem to just not – like weight sticks on them like glue and this is one of those where we're actually going to be able to shift that. Is that a problem for anybody? Either you're really, really stressed about finances or relationship problems or ending relationships or transitions, like abrupt transitions? So that I know that I can work that in as something that we'd really spend some time clearing. So if that is an issue for you, why don't you put it in the chat box or send me an email and let me know, "Yeah, that's a problem for me."

What I am planning to do is about I'd say two-thirds of the class will be just clearing and a third of the class will be regeneration. So we'll be doing a process called cellular neo-genesis which is really the growing of new cells in the body with new information. So we'll clear the DNA of the old information and then we'll literally grow new cells using the quantum field. Pump, pump, pump like this. And the master cells, the stem cells that were with you seven days after your parents conceived you, and we will get the master cells, so the stem cells to 100% because they're in the blueprint already; they're at 100%. And then we'll mirror them to the surrounding cells and then we'll start a cascade of new cell growth. I understand that I know that this is kind of new information for a lot of you that you maybe have never even heard of it but you will and you will get it and it will feel wonderful to you. Don't worry about being perfect because this is not about being perfect. It's about loving your life and that perfect doesn't really fit with that. Yeah, so we're going to have some fun, have some laughs. Laughing helps so much. Watching happy movies helps. I had a little headache yesterday, I was a little overtired and I was working, and I had a little 45 minute break and I turned on a romantic movie and it was hysterical. It was about a guy and a girl who decided to get engaged because his dad's sick and he wants to make his dad happy and all of this have some humorous things that happened to them. I was laughing and I just turned the corner and I just felt so much better. Understand that you could do that with the lightening up. Lightening up really is emotionally lightening up too, right? So we want to really put and feed into our brains happy, positive imagery, smells. So, aromatherapy maybe? I know I have some beautiful scents I haven't used in my bed and my pillows. I used to put a little aromatherapy on my pillow before I go to sleep and I love that smell and that could be something that I could do. I've got a lavender shoulder pack that you could warm up and gosh, I haven't used any of that for ever since this thing with the escrow and the house and I've been here six weeks now, so that's enough. Time to get into action. I'll be right back.

Okay, that was really exciting. That was a big sneeze. Let's see if anything else came in here. Classes are recorded in case you miss, definitely. And the classes are sent out 12 hours after the recording. Understand that these are videos so they have to go through a rendering process, so you get them the next ..... typically, but the next day. And honestly if you haven't gotten them within 24 hours, just send me an email. It might have come into your Spam folder and we can get that. You can actually send to [trainings@juliereenee.com](mailto:trainings@juliereenee.com) and they can replace it if you didn't get it. But yes, everything is recorded and you have it; you have access to it.

And if you can make the live classes because I'm really committed to picking up the energy of the group and so as we're doing the clearings, I'm really working with the people who are present. Obviously the replays will be fantastic because you'll get what the group was going through, but if you want your energy signature your information to be part of it and you want to ask questions too, it's really great to actually be on the live calls. But it works both ways; it does work both ways.

"Will there be a replay of this session?" Yes, definitely. "And if so, will it be useful to listen to and will it continue to clear?" Yes, yes it will. It will be good to listen to again. I always think it's good. You know when you hear something the first time and you hear it one way, you hear it the second time and you hear it in a different way, you hear it the third time and you're like, "Whoa, what was that about? I totally missed that." So yeah, I think it's good. And understand also there is last night's replay that's also up, so you can also – so you have two that you can use. And the meditations are going to be really, really important.

And by the way, I do talk fast once in awhile. When I'm excited and I'm passionate, I'm in this kind of flow and I'm recording, I can talk kind of fast. If you find that and I went through – I threw away like five meditations and did them over because they were like Speedy Gonzales, so I did throw away a bunch of them. It took me a long time because I just was really wanting everything to be just right for you guys. But if you find that the talk is really fast, "I wonder what she said..." you have all the transcriptions. They are a part of the program. They're in the action guide. You're going to see there's a journal that you can keep a daily journal if you want to, there's a calendar, and then there's an action guide and each of the different sections will have the transcriptions for each of the meditations. So if you want to read the transcriptions, they're there for you so you can really make sense right down to the littlest detail – my goofy English occasionally. Alright, very good.

Alright, well we've cleared what we were working on. Everything is cleared around that. Being able to have the weight fall away, being happy, being able to be balanced, and being able to be vibrant and healthy during this time. Actually we didn't clear being vibrant and healthy, so let's do that. And since we had a request for reflux, although we won't regenerate the reflux, let's also clear any soul contracts down to DNA. So soul contracts, soul contracts of others, demonic curses, group mind, group mind virus, back magic, curses, traumatic episodes from past lives, emotions, and DNA. Let's clear all of the programs that are informing the body about reflux, heartburn, indigestion, gas. So let's just start that and I don't know if we'll get all the way through that but let's start pumping away on that and let's start clearing that. So let me just do one shift that's really related to how things flow through the body.

And at the same time, let's go ahead and clear any blocks, any soul contracts or demonic curses, anything that would prevent you from being able to feed your body in a healthy way and enjoy it. and any blocks to exercise that would just prevent you from having fun. I think one of the things we really want to do, whatever we choose for exercise, we got to have fun or it's not just worth it. I mean, you only have 16 waking hours or 14, I don't know how many hours you sleep – oh, that's something I wanted to talk to you about. But anyway, I want you to have fun with the exercise. Sleep, sleep, sleep, sleep. So that would be one of our projects. I'd love to hear from you how many of you are sleeping well, going to bed before 10 o'clock at night and sleeping seven to eight hours. What we found is that people who get good rest tend to lose weight easier. And what we also found is that people who are going to bed 9:30, 10, shutting the lights off and going to sleep, they feel happier, they feel healthier, they have more vibrant

energy, and their metabolism works better. Also, drink more water. Every half an hour, drink four ounces of water. Now, what you're really shooting for is your body weight in pounds, in half, in ounces. So if you're 130 pounds, you're going to drink 65 ounces of water. And you can do that by breaking it up every half an hour, 45 minutes, you want to get water in.

Oh good, Jen. "Super extreme self care and love experience. This is so empowering." Fantastic! I love that declaration. I'm right there with you. More love, more self love is always, always good and self care, always, always good. That's fantastic! I love it. So we're going to have fun. We're just going to have a really, really fun eight weeks.

And by the way, I will have my team send you out, if you go onto Facebook and you want to start posting your transformations, I have a page called Miraculous Living and I think that will be a perfect place for us to be interactive and for you guys to be posting your shifts. It's already up – Miraculous Living. So I think that would be a fun place to share whites going on if you're Facebook people. And maybe you're not, I don't know, we'll find out.

Okay, we're down to the last few minutes. Let's pump, pump, and pump. Normally we do a short 5 or 10 minute meditation. We really got off to a great start today. I think all the ground rules are set. You know what to expect. You all have your program. You could go in and click on to the type you want - the rapid weight loss with tightening and toning, or the full body rejuvenation. I'm going to go with full body rejuvenation. I really like that idea of dealing with my face, and my breasts, and my belly, and my butt, and my legs, and everything; so I'm going to do that one.

Okay, let's see. Sheryl mentioned that she is a little bit frightened of it not going to work because she needs to lose a lot of weight and for health reasons. I think the one thing that I'd like to encourage you to do is think about all the wins rather than putting the pressure on losing a lot of weight. So if you lost a pound a week but you did it for the whole year, you'd lose 50 pounds. And you did some gentle exercise and meditation, you started really loving yourself, you started having more fun, you have better connections with people, life would get better. So I just really want to encourage you. We can next week work on fear pictures, if that's still there for you. Maybe it will go away this week, we'll see. And if not, bring it up in the class at the beginning and we'll deal with that. We'll shut that off. We'll shut it down.

Jen said, "I'm up at 3 every morning and then back to sleep." If you wake up to use the bathroom at 3, it's like an alarm clock goes off and it's your habit, I don't think that's a problem if you go right back to sleep. When it gets to be a problem is when you lay awake for an hour or two hours, so you'll just have to decide. I know it's pretty heavenly to sleep all the way through the night but it's also just great to get to bed before 10 and really have a good night's sleep and even if you get up a couple of times to use the bathroom, who cares, you've really had a great night's sleep. So, I want you to be thinking about that too. And like I said, we'll actually be dealing with the sleep stuff, the pineal gland and the adrenals, and really improving sleep also. So that's part of the weight loss program is to deal with sleep.

"Missed the ground rules because I don't have the log-in link. How can I catch up with them?" Jen, I just went through as we talked, the whole class was kind of the ground rules. So you didn't miss it if you were here the whole time. We talked about having a good diet, having good exercise, think positive, going to bed at a reasonable hour, drinking water and all that stuff. So those are kind of the ground rules. And also rather than focusing on a lot of pressure on being perfect, we're going to focus on the wins, and feeling vibrant and happy with what the wins are.

So we'll continue to refine that as we progress. I'm a real stickler on starting and ending on time, so I honor and love and cherish each one of you. I will see you next week. I can't wait to hear any breakthroughs that have happened, even if it's just shifts in emotions. That would be really nice if we saw the scale go down a little. We'll see. So start your meditations if you haven't and choose tightening and toning during rapid weight loss or full body rejuvenation. Eat well, drink enough water, exercise, go to bed around 10, and I'll see you in a week. Alrighty, God bless. Bye-bye everyone.

**[END OF TRANSCRIPT 01:00:56]**