

Beautiful Course with Julie Renee Session_4 of 8 _Weight Loss

Hi and welcome to Beautiful from the Inside Out Weight Loss. I want to welcome you all. No, you don't have to go to the phone line. We put the phone line up because what we found, we discovered that technology isn't always dependable, and so we would have a phone line as a backup. So in front of me, my phone is on, on speaker phone and if somebody is having difficulties getting into the Webinar, the live jam, then you can get on the telephone and not miss it. So that's our backup plan.

I'm very happy to see each one of you and I'm so curious how the program is going for you. Tonight is our favorite topic – metabolism! Yes! So we'll be doing the metabolism itself, the liver and the thyroid. So let's start pumping and clearing on metabolism itself and also full function on liver and thyroid and I'll love to see from you, some of you have had breakthroughs, some of you have had some shifts somewhere where you really notice something changing; I'd love to see that in the chat box. Now, I've definitely had some shifts myself this week. It has been a challenging week but with lots of wonderful breakthroughs. So it's been both really good and really challenging and I'll bet a lot of you can relate to that.

Understand also, Mercury is in retrograde. We had a training this morning and we had 30 minutes trying to get everybody on to the Webinar, but thank God we had the phone lines available so people were able to sneak on to the phone lines within a few minutes, so that was good.

Say hi in the chat box. Let us know what's new with you, what's changed. Yeah, things are good here. And you'll notice behind me, all but the big, white pom-pom flowers are from my garden. There's all kinds of pretty flowers in the vases and they're actually growing naturally out in my garden, which is nice.

So we'll be doing liver. The liver and the thyroid together really control your metabolism. So if you haven't ever done a liver flush, this would be a good week to do that. I had liver flush content which I can see in my computer but I can't get to it. I don't why it went to the pail and I don't what happens when it goes to pail, I'll see if I can ask someone to help me. But you could just Google it on the internet. You could just do Google 'liver gallbladder flush' and if you wanted to do that this week, I'm going to do a liver flush tomorrow. It's a little bit of a rough ride. You can be up a lot of the night cleaning out your liver, so it's a process. But I like to do three or four flushes a year, especially because I had radiation poisoning. And so if you've had some level of toxicity and you have a suspicion that your liver doesn't work, you might want to try that. And you can muscle test to see if your body is ready for it. I know I couldn't do any flushes or any colon cleanse for a really long time, but now my body is healthy and it likes it. It likes getting all the poison cleaned out of the gallbladder and the liver.

Great! Okay, so Jen is, "Sleeping a lot better, not as hungry, staying off the scale." Beautiful! And Barb says hi and Mary, "It's been very easy to tell when I've had enough..." Beautiful! "...and have been able to stop. Even almost got sick between one bite and putting the next in my mouth, so I quit. Amazed! It's so easy." Fantastic! I love hearing that. That is so wonderful.

What about, have you been having fun with your exercise? I notice I've been getting stronger. I'm doing the Power 90 Extreme 3 which is a 30 minute workout and it's really, really hard for me but I noticed that in the mornings when I get up and I work out and I look forward to it. I do my very best at doing exercises close as I can to how they're doing it, which isn't always so

good, but I feel like I'm getting stronger. I feel like I have more energy in my physical body and more energy in my muscles, which feels so good.

And Jen, "Will you please show us how to muscle test?" Sure! Muscle testing, how I do it is just taking the forefinger and pushing down with the finger from the other hand and you just are going to ask, "Is a liver flush good for me tomorrow?" "Is a liver flush good for me today?" "Is a liver flush good for me tomorrow night?" And at that, I'm going to say yes. So tomorrow during the day won't be because I have too many people to work with, but I got a yes for tomorrow night. So I'm pushing down on the knuckle, on the second knuckle, not the top one but the second one, and I am asking a yes or no question. "Is a liver flush good for me today?" No. And then my finger will become weak and it will drop. "Is a liver flush good for me tomorrow night?" And I get a yes. So that's something that we really work on in the Diamond Immersion Program, so you have seven days of practicing but you know, everybody can do it. People do the muscle testing in different ways. So if you have a different technique, very good. Somebody said doing it some other way was bad and honestly, I just do it the simple way that I know how to do it that I can get through a lot of numbers if I need to test for billions or something like that. But if you do this, that's one way that people do it. People do it like this and they rock and feel it, so there's all kinds of different ways. The way I do it is the fourth finger from the right hand and the first finger on the left hand pushing down; that's how I do it.

Okay, Jen, "Mixing it up. Walking puppy, horseback rides, elliptical weights. Very gentle to start." I love hearing that Jen. Wow, that sounds super wonderful. I know I just got overly enthusiastic last week and I really worked out hard, and then I went for an hour walk, and then I went [*grunts and laughs*]. It was like too much; all that pushing, pushing, pushing and not eating as many calories, so I had more calories and that seemed to help. I've been having coconut water which also is helping keep the electrolytes balanced. Wonderful!

Are you finding that exercising is a little easier? That's the other thing I'm kind of curious about. With all of our clearing, I would anticipate that it would be more fun, but I don't know if that's true or not, but I'm really enjoying it myself.

Okay and so we've got a bunch of viewers on now. Probably most of the class is here. I'll just make an announcement that at the top, above the chat box is a green note from us with the information on our tele-conference line. And from now on, we're going to be having the tele-conference line open while we're doing the Webinar. If you lose the sound or you lose the video, you can continue to stay in the chat box, but you can listen in on the phone line. So you might want to make a note of that. We'll be using the exact same phone line for the entire class. It's not going to change. So if you wanted to have that as a backup, I think that's really wonderful. And like I said this morning, we had our first Essence Class which was spectacular, and we couldn't get the video or the audio sound to work. The chat box was working. So we went to the phone which was perfect and 30 minutes in, all of a sudden, the video and the audio starts working.

We were really clearing some profound things this morning; clearing things that are problems in the whole human race around the human blueprint and spirit of the essential nature and the essential self. We cleared darkness from the entire body. We brought back parts of spirit that have been hacked off and removed for eons from people and restored spirit to body 100%. It was an amazing, amazing class. It's still open. It will be open until next Tuesday morning, if

you're thinking, hmm, that might be interesting to jump in too. We'd love to have you join us in Essence if you like.

And I was on TV today. I was on the Lifestyle Channel and talking about you guys. So, all good. It's pretty wonderful – the quantum activations that we're doing and the miracles that we're creating in our life and the changes and the rightness. My apprentices say, all of them are telling me their eyes are glowing and it's true, it just gets worse. The more you do this stuff, the better it gets. I had a boyfriend once tell me at night, I'll just say that, that there was light coming out of my eyes. He said they were like flashlights. There was actually, literally lights. He was a little distressed about it but he's like a new-age kind of a guy that he had never seen light coming out of somebody's eyeballs before. Some of you can lighten up, really lighten up.

Okay and Jen asked her body if it wanted to move and it wanted to nap, so that's good. Yeah, sometimes you just need to rest. It's so amazing sometimes when I've just pushed and pushed and I take a day or two of downtime, I have so much more energy and things really shift, so it's really good to listen to your body.

We'll actually be regenerating the liver and the thyroid today as we're clearing the metabolism. So we're going to be doing some cellular neogenesis today on the liver and thyroid. Oh by the way, I think a few of you are in Golden Age, Year of Miracles. Just to let you know that we're doing the endocrine system on Friday. So if that's something like, wow, to have my whole hormonal system redone, we're rebuilding that in Friday. We did digestion, the whole digestion and I know we did digestion here on this call too. We did it piece by piece, part by part, starting from the mouth and all the way down last month for Golden Age, Year of Miracles, so that was great. We're doing the brain and every part of the body. We're doing all the systems over the course of a year. It's just super fun.

We're about 80% clear on soul contracts, soul contracts of others affecting us negatively, demonic curses. So that's the field of amplification, and then we go into the field of perception and that's actually part of our blueprint. That's group mind, group mind virus, black magic, curses, and traumatic episodes from past lives - perception. And then into the emotions and the emotional body, we cleared that, and then DNA, the DNA obliteration process.

The field of amplification is affected by the soul contracts, and negative soul contracts and demonic curses, but it also has a whole lot of wonderful stuff and that is love/attraction really starts, is in the field of amplification. So because you start with an idea, or a concept, or a thought and then it's amplified, and gratitude will really accelerate the field of amplification. So when we talk about amplification, all the time we're saying soul contracts and demonic curses and it always sounds negative, but the field of amplification was designed to help us amplify the good and amplify the wonderful. So that's amazing.

Also, let's look at perception. Perception actually started to exist before we were actually even being of life; before there was spirit, there was perception. And perhaps it had a different name to it, but it was thought forms and thought forms gathering and accumulating. And when there were enough thought forms, there was reason for essence to exist and for a being to become. And so then essence of spirit would develop from perception. We call it essence in our training and our definitions and essence includes, spirit, soul, life force, and high self. It's pretty cool to be working and clearing essence, like we're doing in the Essence Class.

And then from there we have matter, and then the programs in matter, it's very interesting because in matter we clear DNA and around matter or in this field of emotion, the emotional body, we clear emotions. So lots and lots of stuff to clear. I think in the energy body like our Chakras and meridians, there's not as much. There's dark energies or colors that don't serve our Chakras, our Aura, our golden rings, etcetera. We might get dark energy, but I think the number one culprit in the energy body is spiritual parasites; so that's what we're clearing when we're working on the energy body.

And you know when we think about the energy body, I think my favorite meditation is Dynamism. That's fantastic. That one really just helps in a hundred different ways of restoring energy, And without intentionally clearing parasites. Like you're not thinking about clearing what it is – the alien, or the evil spirit or whatever, but that meditation is an hour long and it knocks them all out. they get all kicked out of the body because you're owning all the different parts of the body that give you energy and power, and so you're taking away all the power and energy from the parasites, the spiritual parasites. So that's very, very wonderful and cool. Yay!

I'm also thinking, when we come to weight, one of the things we also look at is happiness and balance. You know some of you have expressed, "I don't care about the numbers. I care about feeling fit, and happy, and balanced. I feel like I want to look good. I want to feel good about how I look and happy. I want to move easy so I can do the things I want to do..." So happiness is a very important factor and I think we continue each week to clear more and more possibility for that full body ownership and happiness on a greater level.

Now I've definitely had a very happy weekend this weekend. I had dates and I had dinners and lunches out. It was very special. I had a really special weekend. I'm full of joy and celebration. And then the internet went down and Mercury is in retrograde again, it's so funny. But you know, it's just one foot in front of the other. I mean life is never perfect, is it? So we always just continue to bring our best self to every situation and when we bring our best self, it's so amazing how goodness shows up.

Okay, we're about 98% clear on all those blocks that we've been clearing. Okay, Jen said, "I missed the makeup session. Will I get the same benefits from the replay?" Yes you will. "I really, really need the adrenal work." Good. Yes, the replays are excellent and you want to pump along with the replays. When we're pumping you're pumping. Definitely! But the quantum field is no time, no space, so understand that you're in good shape.

Something else came up. Well I think all of this Jen on the feeling like you need to put on weight for emotional protection, I think all of this is looking at how to live life in balance and to clear away the programs that would allow those ideas to show up. And then it's the right time and I'm intrigued at your desire to really honor and listen to your body. You know one of the things that probably has to happen for you is to take all of the programs that run you around emotional abuse and just once and for all clear them out. So that would be like quantum pumping all the violence from this life and past lives, all the programs from any emotional abuse or otherwise and just cleaning and cleaning and cleaning, and then setting a new mode for happiness, for joy, for connection with honoring, loving, and respectful, kind people.

Okay, metabolism is clear on the soul contracts down to DNA. And then for the group right now, metabolism is set at 40%. Not too good. So what we'll first do though is we will clear the liver and thyroid of soul contracts down to DNA, and then we'll reboot the liver and thyroid with cellular neogenesis, and then we'll reset the metabolism. I just asked could we reset the

metabolism right now, we could. So if you're wondering why things are going so slow on the metabolism, it's because it's set at 40% across the board. Some of you are going to be at 80 or 60%, but some of you are going to be really low. And so as a group, the metabolism isn't set very high, so we're going to take care of that today. And then of course, your actions and activities also help with metabolism.

[Drinks water] Drink your water bottle. I had a pretty glass and I drank all of it while I was waiting for you guys. I had coconut water in this pretty glass.

Okay, let's see if there's anything else here. It's sub-conscious for sure, yeah.

I took pictures of the Koi swimming around today and I posted it on Facebook. I wonder if anybody has seen it. I've got like 50 Koi in this little Koi pond and it's full of weeds right now. I think I have to get a gardener out there to pull some of the weeds out. But they were very happy today and I threw some fish food in which they always love. It's always fun. Simple pleasures.

Okay, the liver's about 60% clear. So I'm just going to explain what the liver flush is like and then if you want it, I promised, I had said I would send something out, but now my content isn't accessible in my computer for some mercury retrograde reason, so I just suggest that you just Google it. There is a book on liver flush that you can get if you want to do like a preparation diet for six days or more; there is a diet you could follow, but you can just do a simple liver flush.

And how it works, like tomorrow I'll be doing mine. In the morning and afternoon, you're able to eat as much brown rice as you want and then vegetable broth like clear liquid is fine. And it's not so strict but primarily brown rice. And then some time at round two, you have to stop with the brown rice and then at 4 o'clock I think and 6 o'clock, I'd have to check my own schedule, you have Epsom salts and water. And then at 10 o'clock – so I think it's 6 and 8 that you have that, and then at 10 o'clock, you have one cup of fresh-squeezed grapefruit emulsified with one cup of olive oil. You drink that and you can put castor oil on your liver, in like a little compress, like a warm rag or a towel or whatever, and then you lay down. And then the liver and gallbladder, grapefruit juice and olive oil *[Coughs and excuses herself.]*

[Long pause from 00:28:26 to 00:29:21] Sorry for you on the phone, you heard me cough. Okay, well, too much talking all day I think. *[Coughs]* Okay, I'll stop talking for a minute and let my throat calm down.

Okay, so the olive oil and the grapefruit are the perfect combination to clean out the gallbladder and the liver, and then you'll be running to the bathroom on most of the night, so understand that you're not going to get a good night's sleep and it's pretty much done in the morning. You have to do another couple cleanouts with Epsom salt and water and by noon, it's all over. You're in good shape at noon. You might be a little tired, a little weak, and I don't recommend it if you're in poor health, but it really flushes out the liver and gallbladder. And if you're looking to get a big improvement in liver function, you're going to be getting all the little stones and the sand -- what comes out is it looks like lime peels, bright, green lime peels. So you know that you're hitting the bile from the liver when that comes out. And it's kind of exciting because you don't really know that that was inside you and you get these little stones coming out and stuff and you're like, "Whoa, things are going to work a lot better now." So, it's pretty cool.

And then you can but you don't have to, I always do a warm water enema with a few drops of peppermint oil in it, just to wash out anything left of the bile that was in the liver. I don't want

anything left in my color and my intestines, so I just wash it out. But you don't have to; I mean it comes out on its own so it's entirely up to you. And then you can drink lots of water and then you eat a little light for the next couple of days. And let's say it also stimulates a little weight loss just because it's a really cleanout. I think once just overnight, my weight dropped five pounds, which it wasn't a weight loss thing that I was doing, just a lot of stuff came out of me, and so it changes things when the liver and the gallbladder empty out. You don't have all that gunk in there; the toxins in there. And then the liver functions much better and your skin looks amazing after you've done it for days. Your eyes look clear. It's really good.

Have any of you done a liver flush, just out of curiosity? Everybody's busy pumping. Okay, any done a liver flush? My friends, all the famous people friends, all the secret people, they rave about their liver flushes and they talk about it like it's nothing. You know, just part of the body needs to be cleaned up.

Okay, liver is at 70%. 70% clear of the soul contracts down the DNA, so we're getting there and then we'll do the cellular neogenesis after that.

Okay, someone said something. "Love the meditations. Had a busy weekend and missed a couple of days. Does it set me back?" No. Just keep going. I'll see if one of you is sending me a message. It is one of you. I think it's Jen. Okay, good. "Is the liver flush usually done in a day?" Yes. My liver flushes are – the first day, it's the prep. It's done in the middle of the night and it's done by noon the next day. So like I said it's brown rice until 2 in the afternoon and then either 4 or 6 o'clock, I don't remember, at least start with the water and Epsom salt and that's to just get all of the bile and stool out of your body. And then at 10 o'clock, it's the grapefruit juice and olive oil, and then you're flushing during the night, and then it's just a clean out in the morning with the Epsom salt and the water which again cleans the colon. It doesn't do anything with the liver and the gallbladder. So yeah, it's one [Inaudible 00:37:52].

Okay, let's see. "I started a 7-day that my daughter had given me but on the fourth day, my kidneys started hurting so bad I quit." Yeah, you know there's all these different techniques. I'll tell you what got me started on it was my girlfriend from Germany who's like 76 years old and she was one of my apprentices, one of my students and she had to clean out her liver; it was not in good shape. And she had suggested it for me because of the toxins I had in my body and I was trying to figure out ways to get the toxins out and that was a good solution. So she just started a little sheet off the internet and said, "Here, do it this way..." and it's worked for me. So I think rather than all that prep stuff, I just get right to it and do it. and I don't really eat heavily, so I don't eat heavy salami and big whatever stuff. I don't eat a lot of that greasier, meatier stuff. For some people if you have a really, heavy, fatty diet, then probably you need the whole week to kind of soften up the body or even two weeks to get it ready and get some of the heavy stuff out. But if you're already kind of a light, healthy eater, you're probably just fine with the overnight process.

"Emotions pop up for me to clear during the week. I will write it down and clear soul contracts down the DNA." Yes. "I'm not so confident doing it myself. I wonder if I'm doing it correctly." Let me test. Let's see. Yes, you're doing it 73% correctly. For a beginner, that is fantastic. Just keep going. You're doing it. It will get better and better. "And then I have done a liver flush but it was a disappointment as I didn't see any stones the following morning. I have to do it again." You know, I think each of my flushes has been different and I've probably done 13 of them now in the last four years or something. And some of them are really, really spectacular and you see a

lot come out, and some you don't see that much. So I think that they all work for good and so I wouldn't do it more often than seven weeks. I know my girlfriend and I – I won't say her name but she's very famous, you know her – she will go on a liver flush binge and she'll do like one and then she'll rest three days and then she'll do another one and I think she's nutty, but she's just determined to just clean out that liver and she has that kind of strong personality that's just like, "I'm going to do it. I'm going to take a month off of work and I'm going to flush, flush, flush." So what I test for my own body is seven weeks typically as soon as I can do another one, if I wanted to do another one. But if you had one that was really what you felt was unsuccessful that you want to do it, you can do it probably sooner than that if you didn't really see much come out.

And then I would also recommend the compress of cod liver oil. Just a warm cod liver oil on top of the liver. Once you put the grapefruit and olive oil in, you've drank it, then you want to put the compress on the liver. And those directions come on when you Google; when you find your liver flush, you'll find those directions too.

Alright, so what I am thinking is that it sounds like only of you has tried it and it wasn't that much of a success and it's not 'row, row, row your boat.' It's actually a little bit tough. I think the joy of it and we could clear any fear around doing the liver flush, the joy is that you feel so good after it's done. A couple of days later, when your body has released and gotten rid of a ton of toxins and your metabolism works so much better when the liver is at a higher level of function. So understand that we can do the regeneration, but if it's full and it's marinating in toxins on the inside, the regeneration isn't going to be as effective as if it's all clean and sparkly inside.

Okay, let's see where we're at here. Liver is at 100% clear and let's go on to the cell regeneration. Remember we kind of mapped it out? I showed you what we were doing with the stem cells, the master cells. We were doing that on the digestion a couple of weeks ago. So let's go ahead and do the work now. So we're quantum pumping into that stem cell of the liver, the master cells of the liver, and we're getting them to 100%. And then from there, we'll start a cascade of new cell growth and also we'll be mirroring those healthy stem cells. So that's the next step. I'm growing me a new, sparkly, wonderful liver.

Would it be helpful to clear fear around flushes and cleanses? Does anybody have that issue where I'm afraid to do it or it sounds unpleasant to me and I don't want to do that? I mean if you just let me know, we can add that to things that we're clearing if it's helpful. If it isn't, then we don't have to do it. "Clearing uncertainty..." for Gilda. *[Coughs]* Let me disappear for a second and cough. Sorry. *[Pause from 00:45:06 to 00:45:39]* Here we go. Too much talking today. A 12-hour day.

"Good idea." Okay, good. Alright, so we will take that up as soon as we get through the liver. Ooh, liver is at 87%. Alright, we're almost there. Okay, 100% on the liver. 52 days of regeneration. We're clearing fear, anxiety, any blocks to having a successful liver flush. Let's do that now. And then we'll immediately start in clearing soul contracts down to DNA on the thyroid and then we'll do thyroid regeneration if we have a chance.

Okay and that's clearing pretty quickly; it's about 88% clear already. We must go on and as well, we'll start clearing the thyroid from soul contract to DNA at the same time.

Okay and we're clearing away on the thyroid, soul contracts to DNA. 81% clear. 98% clear. The group average on thyroid is 60% function, so as soon as we are cleared on DNA, we're going

right into the thyroid regeneration. So pump, pump, pump. You can use two hands if you want to. I'd really love to get through all of our work tonight. I think we're going to do it. We still have 8 minutes.

The thyroid is in your throat and it's the shape of an Anvil and it's about the size or a little bigger than a walnut and it controls your metabolism which is why we really want to improve it. It also helps with body temperature and it sends out a few different hormones. Again, if it's off, you can have sugar cravings, you can feel fatigued. Sometimes the thyroid will get knocked out of balance because the adrenals are so taxed. So when people make a joke about having a gland problem, they're talking about the thyroid. You know people will make an excuse that they're heavy because their thyroid doesn't work. So understand that it gets blamed for a lot of bad habits, but we'd really, really love the thyroid working at 100%. Just like the liver, we want them both working at 100%. Just like our colon, and our intestines, and our stomach. It's just really, really important to have the body working really well.

Looks like somebody new joined us. I see a 12 there, 12 viewers. Hi to whoever just came on. I'll bet it's early, early morning for you. Okay so we're working on regenerating the thyroid at this point, bringing the thyroid up to 100%, giving some days of cell growth.

Great! Right now, we've got about 30 days of cell growth and the thyroid at 100%. I'd like to get you over 70 on cell growth and the thyroid, but we are regenerating the thyroid. While we're doing this, let's go ahead and start also multi-tasking and working on getting metabolism set at 100%. Now that we've got the liver and thyroid regenerated, the metabolism was set at 40%, we cleared all the soul contracts and DNA, now let's go ahead and get the metabolism set at 100% too.

Sure Jen, that's a good idea. She's Googled some images for the thyroid and the adrenals to regenerate them. That's a great idea.

Okay, metabolism is going up to 80% and the thyroid regeneration days, 73 days. Perfect! That is exactly what we're looking for. So, just a little bit more of the reset of the metabolism. Yahoo! This is powerful. It's a powerful night and we are unstoppable. We are making changes regardless of mercury retrograde and whatever else is going on.

I'm so proud of all of you and I know that this is a big leap for each one of you and that you're ready for a change, and I can see it happening and it's really cool. Keep track of what stops you and what helps you move forward. Remember that you can do doubles; you don't have to do doubles but you can. You can do double meditations. You can do double exercises. Get out in the morning, get out in the evening. So those are sometimes things that help keep the metabolism up and running and help with shifting, keeping stress out of the body.

I see something came in. "How can I shrink the nodules on my thyroid? Thanks." That you clear like spiritual parasites, so you could do this chopping motion and just imagine them shrinking.

Alright my dears, we are right at the end of the class. Let's see what we got our metabolism to – 98%. Pump for another minute everybody and we'll have it at 100%. I love you. I will see you next week. I had an awesome week. Have some fun. Remember to keep balance in your life and I will see you soon. Take care. Bye-bye!

[END OF TRANSCRIPT 01:01:15]