

Beautiful Course with Julie Renee Session_5 of 8 _Weight Loss

Hi and welcome to Beautiful from the Inside Out Weight Loss Program. I'm just very happy to be here with you. I am in the Doubletree Hotel in San Bruno, just south of the San Francisco Airport and right in the end of the first Diamond Immersion Training. I'm so excited to be here with you and the energy is just blissful, ready to get to work on clearings for weight loss today.

What I'd like to do to begin with is to start pumping to bring everything up to 100%. Today we're going to be clearing blocks to having fun in your body, owning your body, and exercise. But even before that, let's pump up metabolism. Let's pump up digestion. Let's clear any new fat pictures you've had. Let's clear obsessive compulsive behaviors and let's just get you to that status quo on all at 100%. So let's get it started!

And we've been having such an amazing event here today. We have progressed through kinesiology, really gone through soul contracts down to DNA, and all really deeper explanations of everything. The students are swimming in information. I just came upstairs after completing an Aura exercise which people were blown away by. A very lightening experience. So we're just completing Day 1 of 7 days. Very wonderful!

And for those of you who need an online class, the Diamond Immersion Class will be online in August. And also, I will be doing a class in London. So that's coming up and I believe we'll be doing one in the Phoenix area, Mesa area of Arizona probably November, December - sometime in there. So we've got a few opportunities to come and train in the Diamond level which is really the foundational level for people who want to be a practitioner and also people who want to learn how to make the magic for themselves.

Mary, hi! Nice to see you. So if any of you have any questions or comments, any breakthroughs or anything, "Yes please. Clear the obsessive compulsive..." or "Clear the carbohydrate cravings..." Let me know about that. And then about after when we've got everything back to 100% clear, we will do the exercise, relationship with exercise and really create joy in the body around owning the body and about having fun in exercise.

What we're doing now, I know you all are aware but we're going from Class 1 through Class 4 and just rebooting everything, so that if anything is dropped off, if you've been over-stimulated, or you had some big emotions, or you had to resolve things and the emotions kind of triggered anything, we're just clearing the decks for that too. So you're just really committed to getting anything that's surfaced compulsive, addictive behaviours around food, if that's still a problem with anybody or it has resurfaced because you had a big emotion. If the digestion is improving but you could use a reboot on that, if your metabolism is just beginning to improve but you could use a reboot on the thyroid, liver metabolism relationship. We worked a little bit on fat, clearing the programs and the DNA around fat. So we're just going to bring everything to 100% again.

Yay! Trevor is here. Time for boys. Yes, it's exciting. We've got a couple men in the class. Actually there's 3 of them down there of the 18 people in the class, so I'm really looking for bigger groups of men to come in and take on this quantum healing. But one of our men is 6'7, six feet seven inches tall, so I stood up on the risers, like the speaking stand and it's funny he

said to at least take one step up because I was going to like hug at his belly-button almost. People always think I'm really tall but I'm only 5'6. He's like more than a foot taller than me, so I took two steps up. I stood up on the riser to give him a good hug. He was taller than me even with me up two steps. Pretty fun. So we have one beautiful big guy, and we have a little guy, and we have a skinny guy, a young guy. What's super fun also is we've got some young people. We have a 24 year old and someone in her early 30's. I always love it when the 20-ish people get it right away and they come in and they're already ready to learn this amazing stuff, that they don't have to wait until over 40 or 50 to get it. They want it now. So it's good, it's good, it's good.

Jen, "Hi everyone! Reading your mind." Oh, good. I like being a mind-reader. So I'm assuming Jen that you're just ready to have everything re-tuned back up. I was feeling that way. Before we do anything on fun in the body, let's just get things up to a better -- and honestly, to be very candid with you, I am in a brand new relationship, about 10 days and I've got lots of emotions and things going on so I'm back eating carbs in a higher level than I want to and so I thought, it's a good time to clear it. I'm teaching now and that's another time that I eat a lot of carbs, so let's clear this so that I can just go back to loving fruits, and vegetables and protein, and getting on with the program.

Let's see who's here. Oh good, 9 attendees already. Great! And hi to those of you who are watching it on the replay. I know there's another 6 of you so I'm hoping you're pumping right along with us and getting all the benefits. And you guys are fast starters. This is the very first of the weight loss program, so we're testing out the trainings and seeing how the activations go, so you're the guinea pigs for the class. Thank you for stepping up and being the forerunners for this class. I'm sure it's going to be huge as we move into the future. This is something that so many people need and want, and to alter group mind, and get rid of the soul contracts, and change the DNA, and improve metabolism and digestion, and all the things around having a healthy, vibrant, slim body. It's really exciting. It's exciting to bring the work out in the world.

Let's see, on obsessive compulsive, it's 100% clear. 100% clear on obsessive compulsive relationship with food. Okay, carbohydrate cravings. Craving sugar, craving carbohydrates - 96% clear. Let's clear a little bit more. And while we're clearing the carbohydrates, let's also clear spiritual parasites that stimulate cravings for carbohydrates, for sugars, and things like that. Let's do a big sweep and clean all of that up.

Gilda, "Good to hear you're having your own challenges. I'm not the only one." *[Laughs]* Gilda, you're so cute. Yup. Yes, I had a family member do something that really stimulated some emotion in me, so that was something. A brand new relationship and he's taking me out morning, noon, and night for food and you know, early romance and then whatever else. Like over stimulation and working really long hours and all kinds of things. So I've got all kinds of things stimulating and I figured, let's just clear it. What's so fun is that we've cleared the decks before and now we're clearing it based on what stimulated it that we missed in the past.

So sometimes something hyper-exaggerated or some extreme emotions will kick it right back in and all those stuff that we did clear is clear, but then there's this other layer that we didn't get to

because we weren't hyper-stimulated when we started. And one day this week, I was down another two pounds, so I had lost a total of 8 pounds, but I don't think I'm there anymore. I'll get there again. And some of you I bet have lost way more than 8 pounds. I'm sure some of you lost 20 pounds, so that's wonderful. I'm sure that's the case.

Oh good, another viewer. Yay! Okay, so the carbohydrate clearing is cleared or the -- yeah, anyway, it's cleared, the cravings for carbohydrates. Anything on obsessive emotional eating, do we still have some on that? Yup. We have about 30% more on obsessive emotional eating, so let's clear that too. Understand there's a mind over matter. There's creating an agreement with yourself, so you can be hyper-stimulated and you can still have the agreement with yourself. I've noticed that my thoughts are 'I can choose.' Like I look at a piece of chocolate - he brought me a whole bunch of chocolate, my new boyfriend and I can look at it and go, 'I can choose...' and then I go, 'I choose chocolate.' You can choose, so you can have what it's going to mean to me to be slim and how much my life is going to change as a result of being able to really own the body that I want.

And I think that that's really probably what has to be mapped out for all of us especially when we have some setback or some behaviour or something that we're doing that isn't quite working. The actual writing it down, how my life is going to change, how good I feel about myself, what I'm going to do differently, what bathing suit I'm going to wear, how many beaches I'm going to be on in the next year and beach days, how I'm going to feel about myself at the 4th of July barbecue, and how I'm going to feel when I'm at the symphony in my pretty little backless dress, or whatever that is where you really put a lot of wins in having a body that's trim, and slim, and the ideal body for you, and energy, and vitality.

You know one of the things that I had wired into losing weight was that I always lost weight when I was sick. So the worst of cancer for me, the very worst, I dropped down to 96 pounds. I couldn't eat and it wasn't anorexia. It was malnutrition based on being unable to eat because I had cancer in my throat, and so that association with weight loss means being sick. So let's clear that. Does anybody else have that weight loss means being sick? Let's clear that also. I know I vowed to myself that would never happen and over six months when I was 96 pounds and I was so committed to putting on weight, I gained 50 pounds in 6 months. I just ate night and day and then got up to 146 pounds, which is a little bit heavy for my body, 146 pounds was a little bit too heavy but I was putting some meat on my bones.

Okay, let's see here. We've cleared the obsessive emotional eating. We've cleared about 70% of the spiritual parasites, so let's clear that. And we'll also touch on weight loss goes along with being sick. Let's clear that; so weight loss goes along with being healthy and vibrant. So if it's a concern for any other besides me, we'll clear it off for all of us. Weight loss means being happy, being balanced, being well-respected -- I think that's another one that some of you have is a picture around maybe predators or too much attention. Let's clear all of that kind of energy and living in a vibrant, healthy body means you're powerful, means you're respected, means you're cherished and honored, and that you have your vibrant self where you'll really get to fully express yourself.

Okay, 98% clear on the spiritual parasites. Good job! You can probably tell there's definitely a different background. I'm at the Doubletree, I might have mentioned that, in San Bruno and so I'm in a little hotel room. It's so funny because I now have this big, beautiful home with incredible views and I got this tiny little box I think, and one of my beautiful students came in and she was like, "Oh, you have a gorgeous big room!" It's all a matter of perspective, isn't it? It's funny because I was thinking, oh I got this little, tiny room. Now that I've got this giant house and this huge bedroom with a fireplace and a really huge master bathroom, and a nice big closet, a walk-in closet. I have to stay in a little hotel for a week. Oh, poor Julie. [Laughs]

Okay, Jen, "Can we raise our metabolism so our romantic diners aren't so bad?" Well, we'll definitely work on metabolism. I don't know. I think -- but we will get the metabolism to 100% again today, without a doubt. It's happening. Okay, so let's focus for a couple more minutes on clearing the spiritual parasites that stimulate obsessive compulsive eating, carbohydrates, sugar eating, emotional eating. We're clearing spiritual parasites and I'm going to kind of double up because we made no progress for a couple minutes. Something shifted where they're some stuff that's hanging on, so we just virtually didn't shift at all, so let's keep pumping away here. Oh, and now we're kicking into gear. A couple of you got serious along with me and were like, "Uh, uh. We're not going to let that happen."

Okay, so spiritual parasites are clear. Good! So I'd like to clear any pictures around being slim, meaning being sick or being dangerously ill or something like that. So just take a minute or two. It looks like 3 of you have that picture with me, so we might as well just clear it. And then we'll start rebooting for everybody the metabolism, so we'll have the metabolism reset at 100%.

"Hi Julie, last week I did the Essence program and the weight loss program with you and the next day I had splitting headache. Is it energy overload or could it have been spiritual parasites?" It's spiritual parasites. Sometimes they come in and you can test. But they'll put punishment energy on you for changing and you just go, 'this is not me' and you pump like this and clear them. You can also use blue, cobalt blue deprogram energy. You can imagine them shrinking so it just disappears. You can this is not me for five minutes. You can use violet energy to disappear them. So understand that when you have a headache, it's not you. And if you say, "I have a splitting headache..." you've now given them permission to be inside you because you've claimed it as I." "I have a splitting headache." So you have to be very careful. You could say, "There's pain moving through my head that's an energy that isn't me and I know it's clearing as I speak." Something like that where you can identify it. I always use pressure; I don't even say pain. "I've experienced some pressure in my head that doesn't match my healthy experience in life, so I know it's not me." And then you can pump this way. You can punch imagining cobalt blue going into the head. You can really focus your attention on where the pain is and shrink it until it shrinks to nothing. You can use a violet color to pump. So just to change it up instead of this gold or this quantum pump, you can use violet and that often will clear it. And then the 'this is not me' affirmation for five minutes. "I feel good every minute of every day. This is not me. My head is relaxed." And you know, you can test. When that pressure comes in, is this punishment energy because it's spiritual parasites. Understand that you're

changing and they notice your changing and they don't want to lose their spot in you because they're squatters.

Mary, "Mine is more like if I lose weight, I lose my power, my wealth, etcetera." Very good. Let's clear that at the same time as losing like health, scary health stuff. And Jen, "What about holding weight as emotional protection?" So emotional protection, let's clear that and losing power or losing wealth if you lose weight. And what we're going to say instead of weight loss and I'm going to re-title this program. It is called weight loss right now so you're referring to it right, but I'm going to call it 'Beautiful from the Inside Out Lightening Up Course' or something like that. Because when we lighten up, we feel better. And when we lose something, like I lost my keys, I had to rip the house apart for 45 minutes and that's not a good feeling when you lose something, so let's call it the 'Lightening Up Class.' In the future, that's what it's going to be called. I realized I hadn't thought it all through but you know, our language makes a big difference when you get the right language. So when we lighten up, we have more power, we have more wealth, we have more beauty, we have more health, and we're safe; we're completely safe. And people look at us and say, "Wow! I like that. I want to be like that."

And then I know we have cleared emotional protection before but we can add that in again. That's fine. So if it's re-stimulated that you need to put emotional protection weight on, then let's clear that again. So the idea would be if there was an energy coming at you that didn't feel safe, that you would say to yourself, I'm safe. I'm safe. I can trim up and slim up and be safe. Or I'm powerful. I'm strong. I'm safe. I grow my wealth as I slim my tummy. So the 'I'm Safe' is really important. I don't know if I did here at the -- I've done like 3 meditations today already. One more to go. But the 'I'm safe. I'm safe' allows you to own your body and the spiritual parasites to leave. So 'I'm safe. I'm safe.' Because understand that you are safe and who's stimulating the emotional protection is spiritual parasites, that you're not safe. It's not you. That's a surprise I know to some of you, but when you're overeating to protect yourself, that's a spiritual parasite. That's not you. So you've got some buddies who've been around with you for a lifetime perhaps or when that one incident happened when you were a teenager in your 20's or whenever it happened and a few spiritual parasites jumped in and took over and they serve a purpose. They pretend to keep you safe but it's not a good thing.

"Feeling jealousy and too much attention from looking good." You know, that comes when you're not humble, when you have a kind of energy of pride and you don't honor and bring other people into the conversation of joy and delight. So if you are a beautiful person or a powerful person, you'll notice that really powerful people always bring people into the conversation. They're humble and they are amazed at you and they think that you're wonderful. And so those people don't get jealous because there isn't anything to be jealous of because we're just all people. And so if you're with somebody and you've slimmed down and you're in your ideal weight and they're not in their ideal weight, then the things that you want to do with them are honor or cherish them. Just like, "You do that so well and you're so powerful..."

My girlfriend Barbara Niven, she's an actress. She's a very successful actress. She's one of the stars in Cedar Cove on Hallmark. And she's so loving and she's so humble that she'll like, "Oh,

you do that so much better than me..." and she's got hundreds of thousands of followers because she's done Charmed and she's in all of these shows and movies. She's played lead. She's played Marilyn Monroe in the Rat Pack and I mean she's just been really a successful working actress her whole life. A beautiful, beautiful woman and she's just humble as can be and no one feels intimidated by her beauty because she's so real, and genuine, and sweet with everyone. So understand that you have the power to have people feel wonderful around you, and feel great about themselves, and to feel cherished and respected, so it's you not paying attention to yourself and your beautiful body except at home.

Well, it looks like we lost the phone line. I don't know what happened there but let's try -- let me just hit re-dial. One second here, we'll do re-dial so anybody listening on the phone line can keep listening in. It will just take me a minute; I have to enter an access code.

Okay, so we're back on the conference line too. I don't know what happened there. It just went off.

Okay my dears, let's see. So the jealousy thing, that's what we were talking about. So understand that you have the power to really alter the reality of what's coming in around you. I think about Barbara who's such a good example - a beautiful working actress, Barbara Niven. Niven, you might recognize. David Niven was extremely famous and he was an actor. He was her father in law. Like from the 30's and 40's; a very famous actor. Also think about Jeff Hoffman who was really close to me for awhile and he's a former Priceline CEO and worth 55 billion dollars. And I'll tell you what, you'll never feel intimidated by him because he's so intrigued with you and he's a mentor. He's like, "You're amazing. Oh my God, you're so amazing. That's so incredible. You're changing the world." And so here's a person who has incredible power and wealth, who makes everybody feel totally and completely respected and honored, and he's just a great guy. And so just know that as you step into your power and your greatness, that's one of the things that you'll want to incorporate. You'll want to have that become part of your personality too. An honoring, respectful nature where you're not about yourself; you're about having other people feel great about themselves because when they do and you're humble, you don't have to be dismissive of yourself. But when you're humble and honoring and people feel great about themselves, they like you. They want you to be successful and they're very comfortable with your success in their body.

Trevor was saying the waist measurement is really important for the guys, so that's great. Excellent! Let's see here Okay, so all of the things we've been working on are clear. The jealousy thing is clear. Let's see, what else have we been working on? Fear around jealousy, oh and the emotional eating is cleared. Let's go on to resetting the metabolism to 100%. So most of you are set at 70% on metabolism, so let's pump that back up. We're pumping on metabolism, thyroid, liver - the whole thing all at once. This is fun. 82%, so we're coming up.

Now understand, you can do this for yourself everyday; if you want to pump a little bit and muscle test and see where you're at. This might really help. Some of it is about outer action and some of it is about inner action. Okay, we're at 98% on metabolism. And from there, we're going

to go into any blocks to exercising, owning your body, having fun in your body, celebrating, take vacations, having a regular exercise routine, really set at healthy so even with nutrition that supports your exercise, that you get it down, that you don't starve yourself, that you have really good assimilation of nutrients when you're exercising, that you have all the electrolytes in your body and all that. Sometimes we'll setup an exercise program where we'll like mind over matter it, and sometimes we leave out that the body needs nutrition so then it starts freaking out because it's distressing, because you don't have the nutrients you need, either maybe some minerals or the protein or whatever you need to support the healthy muscles. And so then you think that you're a failure and at some point you just break because your mind can't keep disciplining yourself. So let's kill that and any spiritual parasites that are attracted or attached to that. So exercise, fun in the body, owning the body, enjoying the body, recreation, and even some of you don't give yourself permission to take vacation time. So, we'll include that in there. Yahoo! You're welcome to do two if you want to because we're just getting started on the project for the day and we're 35 minutes into the session.

But I for one had a little setback this week with way too much of stimulation and totally going for the carbs, so that was what I wanted to do and I could see that you guys were aligned, so that's fantastic. So we got all that kind of packed reset really great. We got the metabolism set. We've cleared a bunch of spiritual parasites, the obsessive compulsive carbohydrates is gone. Yay! Are all of you enjoying exercising these days? Is it starting to be fun?

How did I discover my methods? Hmm. Okay, I'll tell the story. I literally survived the atomic bomb testing in the Nevada desert. I had 17 surgeries, multiple cancers, was in a wheelchair for a year, was told I would never walk without unbearable pain, I'd be walking with canes and eventually end up back in bed, and many other challenges. So that's the story of the bad stuff. 8 years ago in prayer and meditation, I went into my garden in prayer and meditation and said God, I can't take it anymore. I'm in too much pain and every year, there's some big drama. I got a new cancer, a new this or that, more tumors. I can't take it. I was promised the Garden of Eden and I'm living in hell on earth. And in that very day, I said God take me or make me well. You promised me the Garden of Eden and I'm living in hell on earth. And in that very day, prayer and meditation chanting, The Sound of Truth - those mantras, those are mantras that I chanted on that day when God, The Divine, or however you want to say it revealed to me or allowed me to see through the veil and began to watch cells regenerate.

And so that was the first. That was the beginning. That was my miraculous transformation. And I've had miracles happen in my life before that, but that was a turning point for me. That was when I woke. In that time, 7 or 8 years ago, I was an avatar in the planet who had gone into unconsciousness and I was like at an energy vibration of 600. Today I'm at 1700. Back then I just leaped to a thousand in like 3 or 4 weeks which is unheard of, but I woke up, I remembered who I was and I woke up, and I remembered why I was here - that I was here to bring in the information of the quantum field and the human blueprint back to humanity. It has already been part of us. It's always been part of us. I mean that's our make-up, and I'm one of the people who's bringing the information back. And so I'm remembering people that we have this miraculous body, that we're radiant beings of light with an innate ability to heal, and we come with a miraculous system. It's my mission and my purpose. And I woke up in the garden that

day and have continued to uncover and discover many, many things. To come into a very human experience with violence, with health issues, with emotional issues, with money issues for a family that were indentured servants and really low, held down people, and to be able to clear and clear and clear, it was my opportunity to really have a full human experience and then really step into full human mastery, and that's what each of us are doing. I love sharing my experiences with you and I love the work that we're doing together because we're altering all of humanity. We're creating a new group consciousness, a new group mind, a meme that's very positive and very much based in the truth of who we are.

You're doing a wonderful job you guys. I'm so proud of you. So we're going to be looking for smaller waist measurements next week. People are feeling happy with whatever is going on, that's your measure for slimming and trimming. This is Week 5 and we have 3 more glorious weeks left of clearings and really celebrating what we've already accomplished and celebrating what's to come; our wonderful, beautiful life.

Okay, we're at about 70% clear on this topic. It's so fun today. I'm actually meeting some people who I didn't personally know, I haven't physically met any of the people at the retreat but three of them are VIP clients who I've done lots of work with and seeing their faces for the first time and meeting them in person for the first time have been super fun to me, all these new people who have been following me. I'm hoping to meet each one of you at some point physically. I'd love to meet you in person. It's really wonderful for me. It makes it all real.

"I did the liver cleanse on Saturday. It helped with the sugar cravings." Fantastic! I'm very happy to hear you did that. I also managed to get the liver flush in. It was Wednesday and Thursday I did it.

Yeah, I think you're asking me how did I develop my techniques on weight loss. You know, I work with anywhere from 9 to 30 people a day and many people have questions around weight loss and so I'm actually asking them on an energetic level, I'm asking their body what are the contributing factors to their weight challenges. And I'll get a variety of different things from people and one of the things I thought we could do really well is in 8 weeks kind of cover a majority of the things that I see over and over again for people on weight issues.

And weight is kind of an interesting thing because like enzymes and digestion and the thyroid and the liver, there's things that really need to improve sometimes for people. Like they might have good habits but there are other things that are off. And so by addressing everything, will you need enough muscle, I think that's one thing that I'm really working on is bringing some of that muscle mass back. I'm spending hours and hours and hours doing health activations on people and I had to cut a lot of my physical activity and athletics out to keep up with my work and I lost some of that muscle that likes to gobble up the fat as it comes in. So really having everything properly balanced is the whole puzzle, the whole putting it all together. So I'd say most of the weight loss techniques have come from working with people like you in the VIP program who say, "Hey, can you look at this? Can you help me?" We'll do some of that.

This is really fantastic because we actually are dedicating 8 hours just pumping away the blocks, the challenges, pumping up the regeneration for things that affect weight. So I'm very excited to see what all the results are going to be, and know that we're a work in progress, and that this quantum work does make a difference.

I think the other thing I'm wondering about is are any of you feeling maybe more beautiful on some levels? With the exception of probably Trevor, I think all of you are doing the 'Beautiful from the Inside Out' meditations on tightening and toning your body, all the way around. I know the meditations -- I'm actually listening to all of my meditations and not just making stuff up. I'm listening right along with you guys and it's wonderful. I thought, well I'm going to do this program exactly like you guys are doing it. So rather than me doing my own, making up the meditations as I go, I'm just like listening along with you guys to the same day and really loving, just having the experience of being a student too during the week and just following me as a teacher and me as a human in a body. It's fun.

Yes, Jen. I was looking at our pictures from the unstoppable gala. I don't know if you got them but on my Facebook page, there's a picture of you and I. You have to scroll down a little bit but not very far because I posted them like a week ago. So you'd click on the unstoppable pictures and you'll see a really nice picture of you and I. I asked the photographer if I could look at the pictures. I said all the photographers are taking pictures and I know I was in a bunch of them, and so I went through their Dropbox and they let me pull up the pictures, so that was kind of fun.

Let's see where we're at. Okay, we're at about 98% on fun and exercise. What we're going to do now is to get the rest of that cleared, we're going to clear satanic energy. So there's kind of a, "Ooh boy, did that make a difference? I'm just feeling tingles all over as I clear that. Wow! "

Send me an email next week when I'm home. I'm not on my big computer and that's where I've got it and I'm happy to send it to you. But I'm home on Tuesday, so just send me a message and I'll send it to you. You can tell I'm in a little, tiny computer I bet; or maybe not. I'm on a computer that's just slightly bigger than an iPad. Great for travel.

My hand is on my chin because it's holding me up because I'm going to fall asleep pretty soon. I've been going since 6. I've got a little more than an hour to go. I've got another guided meditation to do before my day is done, but we're doing a great job here. We're making a big difference for all of you and me.

Let's see where we're at - 98. You know what I'm going to do now with everything that we've cleared today, clearing any satanic energy out of any of those issues, so that may also make a difference. Just even a little bit of dark energy, maybe about 2% or 4% or whatever it is, let me get it out of all of those pictures. Everything that we've cleared from the beginning of class, I'll work on. You can pump if you like too and I'm going to go a little bit into trance to work with each of you, so you'll see my eyes closed for a minute or two while I'm clearing it on a deeper level for you. And then I'll open up and I'll see if I still have some more time to answer some

more questions. Let's see how we are doing, yeah, 8 more minutes. Okay, here we go. *[Long Pause from 00:52:55 to 00:54:36]*

Okay, let me know how that felt for you guys. Okay, so I've got, "Thanks for the meditations. It gives me great sense of hope." Wonderful! And Mary, "Were you able to find a version of the liver flush? I found one online but it was a little different. I still did it Sunday and Monday and feel a big difference." Good. It's just what I explained to you exactly. So it was brown rice until 2 in the afternoon, and then 3 tablespoons of Epsom salt and 4 cups of water. Drink a cup at 6 o'clock, 8 o'clock. A cup of grapefruit juice and a cup of olive oil emulsified that you drink at 10 o'clock. You can put cod liver oil on your liver if you want to, to help it move. And then in the morning, it's the Epsom salt and water when you wake up. So if you wake up at 6, then you have one at 6 and one at 8.

"I did that Hulda Clark version and may do it again in 2 weeks as I didn't see many stones. This time, I'll drink apple juice for 5 days beforehand and it softens the stones apparently." And, "Are the meditations effective if you fall asleep?" You should do them as opposed to not do them. If you're sleepy, just put it on and do it, but they even are more powerful when you're consciously creating that meditation.

Okay my dears, we're just coming to the very end of our class and I might end a minute or two early because we've just completed what we've needed to complete on clearing the dark satanic energy from everything. And we've also gotten to 100% clear on the exercise, joy in the body, clearing the blocks to that - so that's done. We're completed with that.

And so, I just love you. I wish you well this week. Have a delightful week and I look forward to seeing you next week. God bless you. Oh, Trevor is saying something. "Did exactly both Sunday and Monday what you said. I feel great." fantastic! Okay sweethearts, stay in touch with me. Let me know your breakthroughs and I'll see you soon. Love you. Bye-bye!

[END OF TRANSCRIPT]