

Beautiful Course with Julie Renee Session_6 of 8 _Weight Loss

Hi and welcome to Beautiful from the Inside Out, the lighten up program for reducing your weight and increasing your vitality. I'm so happy to see you today and I'm hearing that we're getting some miracles going on in the weight loss program, so hurrah! One of the students emailed me, I think 14 pounds, so yippee! That's really, really great.

Tonight, we'll be working on cellulite and fat, and removing that stuff from the body. We'll also be doing some fun stuff. I'm talking about the fast; if you want to do a fast, and we'll be tuning up the muscles.

So we'll start with a Mantra. This is the Tryambakam Mantra. And this Mantra is for creating new life and destroying that which no longer serves you, and we're going to be focusing that Mantra on cellulite and excess fat. *[Sings in Sanskrit 00:01:12 to 00:02:27]*

Alright, I have a funny little video to share with you. I'm going to try screen share. It's only 30 seconds so if it doesn't work, that's okay but let me see if we can do it. I think we can.

[Female Voice Speaking] "I'm a tummy from the Quantum Ambassador Retreat and I'd just have to tell you what happened to me. I was just in so much pain and then, I learned how to do the Quantum Pump to pump away all that constipation and I just released like you wouldn't believe. So, when you have tummy troubles, take my advice and pump it all away."

Okay, alright. Silly, silly. Very good. I think that that -- let me just double check. We're canceling it. There we go. Anyway, I hope that you enjoyed that if you did get to see it. We just finished the Quantum Immersion Retreat yesterday and one of the young women came in with some serious digestive issues and she had problems and I taught her how to do the quantum pump to actually pump open the valves. You have valves in your intestines, your large and small intestines and you can pump those open so the constipation releases. She was so thrilled -- a 24 year old, to find out that she could just pump and the constipation is gone. So there you go; another practical use for quantum pumping.

Today we'll be doing pumping first. We're clearing the programs for fat and cellulite. So soul contracts, soul contracts of others affecting you negatively, demonic curses, evil spirit curses. We're just adding that in to the formula, so if somebody said something unkind to you that's more than just saying it, maybe they've used a feather and a chicken bone. That happens and apparently these curses do stick on people from lifetime to lifetime. So we're going to remove those evil spirit curses. That's in the field of amplification. We'll also be removing family curses. If someone at some point in your family history curses your family on things like fat and cellulite, or obesity, or the lack of muscles, we'll remove that. You're weak, you're powerless and that kind of thing. We'll remove that too.

So we're pumping now for group mind, group mind virus, black magic, curses, traumatic episodes from past lives, and also we're pumping for emotions, and bloodline, and then we're pumping for DNA. So we're off to the races. And I would love to hear about any breakthroughs you've had this week, how things have changed for you. Feel free to pop up in the chat box and

let me know what's shifting, what's changing, how life is improving for you hopefully. And it's really, really exciting to be clearing these kinds of programs. You know of the other things I recommend that you do is clear your house and clear your house for any curses or dark energy because sometimes, your environment can really slow you down. Like you're doing everything right with your body but your environment is slowing you down.

Oh I'd also like to hear from you if you did the liver flush, how successful that was for you. I know that it got me down into a weight I haven't seen for a year. I did the retreats so I need to lose a couple -- a little bit of fluid is what I need to do. But I really did get down there with my target, so that was really exciting for me. And you know as for talking tonight, I wanted to teach if you wanted to do a day fast or a week fast or a 3-day fast. I want to teach you how to do that and that sometimes is wonderful too. Now we recommended the gall-bladder liver flush and some of you got some great results I know; I heard from a few of you by email. So please feel free to pop up in the chat box and I'll just explain to you how you can do a very simple fast which is not just water but really gives digestion a chance -- it gives it a break.

So if you're going to be in the fast, you'll use lemons; yummy lemons. Typically we use one lemon but you want to get a few ounces of lemon juice. So if you've got tiny lemons, these ones are kind of on the bigger side, you want to have enough juice. At least four ounces of lemon juice. And then 5 ounces of maple syrup and that's really wonderful to sustain you during the day and then sprinkle with cayenne pepper. You put that into a big jar, 2 quarts, so in a big jar like this and you mix it all together and you drink that throughout the day. Now if you do this fast, you can do it anywhere from a day to a week. I've heard once people get used to fasting, sometimes they do it for even 21 days, but I won't recommend that to start with.

What the benefit of this kind of a fast is it sustains you. You won't be able to do heavy duty work but you'll be able to walk and have your normal life. The maple syrup and the lemon seems to clear everything out and really give your digestion a break. Sometimes the digestion is just plain overworked. Even all the raw foods you're putting in, bloating, and processing, and all of that stuff. So sometimes it's really nice to give your body a break for a few days.

I do fasting occasionally but not that often. Probably once every 4 or 5 months, I'll do a week of fasting. Now with fasting, if you're not used to it, you can have like fruits. You can have a few slices of fruit if you want to during the day. An apple or an orange or something like that. It's not going to hurt you. You can have lettuce or some crunchy vegetables. Understand that the goal of the fast is to allow the digestion to rest and one of the nice results also is that when the digestion is resting, your metabolism is also at peace. So sometimes a fast will maybe shake lose a few pounds that were kind of stubborn and without the digestion having to process food, sometimes people can lose a few pounds from that too. So just an idea. It's a very healthy way to do a fast. You know, 1 day, 3 days, or 7 days at the most for beginners. So, there we go on advice from your teacher. If you do a fast, you might want to clear soul contracts down to DNA on any curses you have, on the body not working right while you're going through a fast or something like that. As a matter of fact, if we have a chance at the end of the class, we'll put

that into the line-up so anybody who wanted to do a fast could feel like they were fortified and like there wasn't something working against you. So, we'll do the fast clearing.

And today, we're really working on the fat programs and the specific fat is the adipose fat; the fat that maybe forms around toxins, has its own kind of regeneration process where it's multiplying and multiplying and doesn't break down. So we're working on clearing any curses, family curses, soul contracts and that kind of thing on the fat, and then we'll be doing a clearing on the fat. So if you had like a 200% fat production or over what you should be, we'll reset that to the normal rate. I find it really exciting for the people who are starting to notice their metabolism is changing as we've rebooted the liver and the thyroid and the metabolism itself. That's fantastic. For those of you who noticed that you're no longer having the obsessive cravings, fantastic.

A funny thing is we're not getting the chats. Are you guys just not putting anything up? That could be. Let me test. Oh, it does. Okay, so nobody's just commenting. Alright my dear, we'll pump away.

The beautiful flowers behind me, my team, my support team who are my students, my advanced students in the Immersion Program kept bringing flowers and I'm so grateful for all the flowers that came in during the retreats. We've got some pretty roses up there too. It was a wonderful retreat. I hope that you could join me sometime. The Diamond Immersion Program we did do a regeneration on digestion, we did do a regeneration on the thyroid and liver. But wow did we clear, clear, clear, clear on spiritual parasites, and on soul contracts, and demonic curses, and dark energy. It was really wonderful.

Two chat rooms. Oh okay, how odd that we have two chat rooms today. That's strange. "Hi Julie. Could you please repeat the measurements for the fast?" Oh, I'd be delighted to. As a matter of fact, let me type it in for you. I'll type it in and then you can just cut and paste. Typically it's one lemon, but like four ounces typically. And then it's 2 quarts of water, sprinkle of cayenne pepper, and maple syrup, 5 ounces. There we go. Tada! And you know what, I actually don't feel particularly hungry when I'm doing this fast. I don't know, if you can do like more meditation, and prayer, walking in the wilderness, all the better because you're allowing things to rest and come to peace in your body and it's a perfect time to really kind of come to yourself in a deep peace.

Good, I'm glad. Okay, so that's a good thing to notice. Refresh if you are in another chat room. So I'd say it out loud, refresh if you're in another chat room and come on board. I want to see your messages. Oh goody, well it looks like we got a big gang. Not a big gang but it looks like we've got 9 people in here. That's fantastic. Maybe more, possibly more. So again, just to remind you, we're working on clearing programs for fat and cellulite. Why don't we also at the same time while we're clearing that, let's clear any programs that will make you have small muscles because of course, muscles eat fat so we want muscles. It helps with fat burning. I know green tea, I'm having some green tea actually today, green tea is really good. It seems to

help with metabolism and fat too. So if you are liking green tea, be careful though because it's full of caffeine, so you don't want too much.

"Lemon 2, water, cayenne, maple syrup, and lemon 2." Yeah. You know what, I clicked lemon. If you look down, lemon is down there, it's separated. I apologize it's not in the same batch but lemon, yeah. One lemon typically, about 4 ounces of lemon. So if you have a tiny lemon, I have kind of a big one so this is more than enough lemon juice, but if you have a tiny lemon, you might want to do 2 lemons. "Swelling on feet went down." Very good. And sometimes you know, the weight loss with the liver flush, it might be the third liver flush, I think it was the fifth liver flush that I lost 5 pounds overnight. You know what you're doing? You're getting your liver and you're getting your metabolism to work better. So I'm glad the swelling has gone down in your ankles. That's really good news. It means that the liver isn't as distressed and the lymphatic system and circulatory system are able to carry the fluid out of the ankles now and it has a place to go, the liver is working well enough that it can detox the fluid out of the extremities. That's what we're really looking for and now that you know that, when you notice that things are getting kind of puffy and swollen, it might be time for another liver flush. The first year I did it, I did liver flushes every 5 to 7 weeks and I did 9 of them over the course of a year. It was really, really good for me and made a huge difference in my vitality, in my skin, in my eyes, in how everything worked in my body. So yeah, it's something wonderful to do on occasion. And I know it's not fun when you're doing it but the end results are so wonderful.

Yeah, on being able to sustain, I think that's going to be certainly one of the things we also work on in the 8th day or in the 8th class. We did work on the obsessive compulsive and being able to sustain so yes, we will be working on that in the class. Definitely. And let me know if you're starting to drop some inches. Almost reached your goal weight. Oh, I have often. Okay I got that. Oh it seems like it came up twice. That's funny. For whatever reason, the chat box put you in twice. Maybe you held your finger down. Good, yeah, we will. We will be working on sustainability. And of the things you want to do for yourself every morning if that's the case is pump and then I could also think that you want to relive any family curses or curses you have on the ability to sustain weight, weight loss, or the ideal weight. I think that would be a good thing. And we'll do it too, we'll do it in the 8th class, I promise.

We're about 80% through on clearing soul contracts, soul contracts of other affecting you negatively, demonic curses, evil spirit curses which is something brand new to the line up, family curses also brand new to the line up. And again just to say soul contracts and demonic curses, those are in the demonic/satanic stuff. They're not things that you did to improve yourself. They might have been started with something you thought but then in the field of amplification got out of control. So all of that stuff, evil spirit curses, that would be something that's when who was evil in nature or harmful in nature did to you or your family. I was joking about it being like a chicken bone, and the feather, and the ... and the frog leg and whatever. They mix everything together and curse your family or you. That might have not been in this lifetime but curses are thought forms and they stay around until they're cleared, so clearing them is going to make a really big difference.

The other thing I was commenting on is I being away and really working in a hotel, I noticed how environments can be curses or have curses or dark energy on and that can affect how comfortable you feel, how safe you feel, and how you strong you feel with your body to maintain your commitments and goals to yourself, how much you can love yourself, or how much room you have for yourself. So it's in what we'd also do, pump and clear your home. You can just change the energy, the color of the house every morning and it might take a few hours to just really clear it with the quantum pump. Things like candles and incense and salt in the corner and things like that, they're good but the honest to goodness truth is when you really clear all the curses and all that whole line up that we've talked about. The property on the house is going to make a huge difference and being able to maintain the energy vibration of the house at a really high rate, and I know that's what you're up to. I mean I really look at all of what we do as being on the path to enlightenment, so we're on our way and the more we do, the better.

Okay, something else came in here. "I've lost 2.5 kg since I did the liver flush." Fantastic. So happy to hear that. That is wonderful, really wonderful. I know, it was really amazing. I did it more than a week ago now but I really loved the result I got. It was remarkable because I had not seen the scale at that weight like in more than a year. So it was like, wow I can do it. I can do it! So, really good. And then understand and I know you do that the liver flush, the whole thing is getting the liver to work better means the processing, all the processing plants and the elimination plants work so much better in your body and that's what we want. We want everything to work better.

Okay, 100%. So we've cleared fat, cellulite program. Let's just double check and see on muscles that are less than 100%. Now we'll pump a little bit longer for heavy muscles, muscles at 100%. Obviously you have to exercise those muscles at 100%. But sometimes there are aging programs or curses, group mind that you reach a certain age or you have a certain health condition and you can't have muscles or you can have very little muscles and we really want that nice balance. This program is really about being healthy and vibrant and really having your power, so let's pump for muscles for a few minutes too. And so what we're doing is we're clearing any kind of programming that would prevent you from having great relationship with your muscles, having your muscles be at 100%, not just for your age but for you as a human being.

So now I'm curious, would somebody write in the text box, the chat box here and let me know did you see that silly little video I played at the beginning. I'm curious if my little screen show worked for you guys and you saw our young ... her tummy talking. I'm just curious if it worked. We have more viewers. Yay! I'm wondering also how the meditations are going for you. Are you noticing any changes in how you feel about yourself or how other people are recognizing you? I know I'm getting crazy amounts of compliments on how beautiful I am. We had the whole staff peeking in at us and apparently the rumors were that there was some very beautiful teacher at the hotel. It was hysterical. And the room manager for the hotel who was really taking care of our group came in and asked me, he said to me, "We love your group. I love your group. It's like a family. It's so nice. We love them." They wanted to make sure that we came back. That was very cute.

So I'm just wondering how you're feeling and if your relationship with inner and outer expression is showing up in your life at this point. Okay, let's see. "I saw it start but then it went back to you so I just heard it." Oh, okay. Well, we'll set it up next week. It's hysterical and it's just like 30 seconds. So we'll set it up for next week when we have class and it's just good for a giggle. Thank you for letting me know. We'll upload it in the program. I know there's a little tool on Google Hangout and I thought I'd give it a go.

Okay, let's see about those muscles. 95%, so let's keep going. Are you guys exercising? Oh, on house paint. I didn't mean the actual paint color. I meant the internal color. Like I've been working on happy colors, like pink and green in the house. You can fill the house with gold just to purify it. So you want to be grounding of the curses all the way down to even maybe emotions left in the house or your programs that are related -- you can even see if there was anything related to DNA and your house and how well the house supports you. But I'm actually talking about the energetic color and not actually painting it. Painting is whatever color you think is good for you. I'm looking at some beautiful, rich, luscious deep colors for my living room. The colors are meant to support you on the wall but what I am thinking about is the colors in the house. So if you muscle test it right now, the color of the room you're in, not the walls, but just muscle test and start with asking is it black, gray, white and then go through the colors. Because what I found for most locations is black and so there's this kind of dark energy in houses, maybe left over from other people or not, but if you clear all the curses off the house and all the soul contracts of the house, just as if it were a person and you were tuning the person up; you tune the house up. It really syncs up and supports you better in feeling great in your body, being able to maintain your own momentum.

When you think about being in a house that has dark energy or curses in it and you can't put your finger on it because it's not necessarily spiritual parasites, but the energy at the house is kind of murky or thick, so understand that you can change the thickness of the house. Maybe you feel like you can't get a lot done in your house and you have to go out and go for a drive to make phone calls, and it just is like the house doesn't let you do a lot or doesn't let you be successful, or doesn't let you maintain your weight. So that's why I brought that up. I was just thinking, it was so on my mind while I was teaching the class. I had four students in the back of the room that were my support team, clearing the room about every hour and it made a world of difference for the students going through this immersion training, better than any training we've had. Meaning that emotion stayed relatively, even heal -- people didn't go through huge growth supports. There were tears occasionally as people were breaking through to join ecstasy. Occasionally there's something; grief, letting go. But the overall stability of emotions and the freedom that people were experiencing was really beautiful, also supported by continuing to clear our dark energies that would waft out of the people as they were clearing, so we just kept cleaning the room. It was wonderful and it got me thinking that this too might make a difference in weight loss, and beauty, and growing younger, so keeping the environment beautiful. Not just like flowers and beautiful paintings and things like that or paint on the wall, but also really working on the energy, the etheric part of the house.

Yeah, painting is a lot of work. So I'm going to have a painting party and I expect everyone to come and help me paint the house. *[Laughs]* That's a joke. I don't expect that. It's a big house. I have a big house. The outside painting is really good. Inside paint, the walls are white or real pale, light green that I'm not that fond of so all the walls are getting painted eventually.

Perfect, perfect. Yeah, you know when we're looking at this overall clean up of all the systems, it's really good to look at what you live in too. So I think when you're looking at really owning the body and you're also looking at owning your life, owning your bank account, owning your home, owning your car, really by living into 'this is me' and the more that 'this is me' that what is not you is no longer allowed to be there. So, yay!

I happen to have my books here so if you haven't gotten Your Divine Human Blueprint, it's an amazing book; I highly recommend you get it. And the 100% You Formula comes with the whole home study program and it really helps you understand the field of perception. So, I love them. And we've cut my hours back a little bit this summer so I'll be able to complete The Female Power Brain. I know so many people are so anxious. I actually wrote it last summer and then I got hit with this wonderful blessing, but the tele-summits booked like 3,000 20-minute appointments and my schedule was so full, there was no room for writing and creating programs. So somewhere in July, I start having like 10 or 15 hours a week to work on projects again and I'm very excited. We'll be doing a brain program, a brain regeneration program, and then an 8-part series on spiritual parasites, and an 8-part series on soul contracts - the clearings on both amplification and perception, so you learn everything there is to know. So I'm very excited. That's what I've got. Summer plans is to really dig in and create some new materials.

We also have a Love Program that's halfway, it's in process. The Quantum Love Program will also be probably completed before the end of summer. We'll have a really fun, active summer creating new content. Yay! It's always nice to have new content.

Thank you B. So you bought the book on Amazon. Fantastic! I love it. Notice we've got distributors, so Amazon is now like all over the world and so I'm seeing sales in Europe. I'm going to be checking into people to transcribe in different languages this week, so that's the next week. We've just gotten through edits and indexing for the big book and the smaller book also is going through some strict edits. We're catching any little typos or missing parts of a sentence and sending it off to transcription. It would be transcribed into Hindi, also Japanese, and Spanish. Hmm, what other languages? Russian. I think we have another one, a European language. Anyway, German. Another one though. It will come to me. I got a list. My students want to bring me into other countries so we're getting them transcribed. Are all of you English speaking to begin with?

Jen, no. I haven't seen any of your messages Jen. I want to see them. Okay, let's see, muscles are clear. Jen, write me what you want me to comment on. I'm happy that you're clicking in, that you've gotten into the right chat box. I'm sorry. Who knows what happens with this program sometimes. Okay, so we've cleared soul contracts down to DNA on fat, cellulite, and not having a proper muscle tone.

What we're going to do now is we're going to work on new programming. 7 minutes we're going to pump for ideal programming, so if you were over producing fat or not able to release the toxins that the fat builds around, if you were under-producing muscle results, so we're going to work on regeneration really. Maybe its chemistry. So whatever it is your body needs, we're going to pump for 7 minutes on that. Sometimes people need a little bit of testosterone in the body. It comes from the adrenals and when the adrenals are overtaxed, they won't produce or release enough testosterone and that is so important for muscles. So we'll just pump and see what we get.

Okay, let's see. "I was asking about how we clear dark energies. What are the steps?" Okay, just pump. If you're cleaning up your house like I was mentioning, you just do the soul contracts all the way down and you just pump. One of the things I look at are, is the house cursed or are there family curses on your living environment and that kind of stuff. That's really good. And then you can ground the room by putting like a rose on each of the 8 corners of the room and a rose in the middle of the room, and then just have a line from each of the ceiling and floor corners, so ceiling is 4 corners, floor is 4 corners, and then in the middle of the room is a rose and that rose is your grounding cord and you can just set it on release and release the dark energies from the room, and that's extremely effective. You can also release energies from beds, like say you're on a hotel and you were going to sleep on a bed that other people have slept on, so you can do the same thing. 4 corners in the bed, rose in the middle of the mattress and ground it down to the center of the earth. And something that's really fun folks is you could take a wallet or a check book and you can do the same thing. Ground the 4 corners, center rose, ground it to the center of the earth and release any negative energy on a check book or a wallet. It's really nice. It clears funny energies off of the bank account, so it's a good idea.

It's my catch-up day today. I have been resting a lot of the day because I've been teaching for 7 days straight. Drove home late last night and did my Essence Class this morning and then had the day to sleep and do laundry and meet with you guys at the end of the day. So it's my very mellow today and tomorrow, back to normal. Full speed ahead. And while I was gone, the gardeners came and moved a whole bunch of kind of wild bushes that were just not pretty. So that's really good. I'm really happy about that. And I think this is so true, you lighten up in all aspects. You see, am I really nourishing myself? Am I nourishing my garden? How much is sitting around that doesn't belong in the space because really what's in your body, what's in your environment is really reflective of each other, right?

"So you ask questions." I think you're asking Jen how you clear your house and I think that I've explained it to you a few times. You clear soul contracts, soul contracts of others affecting you negatively, demonic curses, evil spirit curses, family curses. You don't necessarily have to ask questions. You don't have to muscle test to see if you've got thousands or hundreds. You can just clear the whole bundle and what I've just said is that normally, there are curses like family curses on the house or evil spirit curses on the house. If there is dark energy in the house, there are going to be curses. So I just say just do the whole list and even if you're not so aware of what's on the list, clear until you get it to 100% clear and then ground the dark energy off and you can pump and you color in. So I think yeah, it's a few steps but that would be good. And

then obviously you have spiritual parasites in the house too; sometimes there are ghosts or aliens or something in the house, you can also clear them. This is really good.

So again we're doing about 7 minutes on creating the right chemistry in the body and just establishing a body that's able to process like the toxins that maybe the cellulite forms around or the fat forms around. You can pump for the fats. You can do the 'this is not me.' I'm pumping down to 100%, so if you're at a 140% or 110% , you have 10% too much, you can keep pumping yourself down to 100% and that's where you really want to be in. You want to be in a healthy weight without excess fat.

You see sometimes you guys pop off and on. Okay, "Regarding meditations, I'm doing the hormone meditation. I find them hugely beneficial. I think my adrenals were overtaxed. I love all the meditations. Your voice is very soothing." Wonderful, wonderful, wonderful. I'm so happy to hear it. With 13 hours of teaching, I had a break for a week from the meditations. I'm starting back tonight and I'm really looking forward to it. It does feel like -- actually, I feel happier listening to my meditations. It's really uplifting to me too. I'm doing it right along with your guys. Alright, we're somewhere around 83 to 85% done on this one. I've seen nothing from Trevor. No. Is Trevor posting on the other chat box? Maybe someone could cut and paste Trevor. I don't know. I'm not sure what to say. But I'm not seeing Trevor, so if he's making comments, I'd love to hear them. I'd love to see them.

Okay, that looks good. So we've worked a little bit on both your ability to have 100% fat instead of a larger amount and we've worked some on restoring muscles. Trevor, "Since the liver flush, did twice. Lost 6.5 kgs in a week. Running 6k at least of 8k track. Doing it daily." Fantastic Trevor. He's on the same chat screen as I am. "Since the liver flush, did twice. I lost 6." Okay. Thank you guys. Thank you for sharing and I'm really excited for Trevor. Yay Trevor! Yay! Fantastic! We have to figure out when I'm coming to London. I'm ready to get some dates, so let me know.

Alright, let's clear any blocks to fasting. Any curses, any problems that anyone might come into on programs, thought forms, and things that would cause problems. I was looking at the palm tree in the reflection here. I've got palm trees out my front window. They're blowing in the breeze tonight. Okay, so the fasting, we're clearing the ability to really successfully fast to feel good in your body and to have a beautiful experience and perhaps lighten up. Perhaps let go and give your body a break from the digestive process. Now this is entirely your choice. It won't be for everybody. But for those of you who are wanting to get a little bit more juice and get a little jump start to your process, this would be a nice thing to do this week. So, it's up to you.

You probably already know this but I can talk a little bit about muscle building as we're clearing. Now of course if you're fasting and you're having minimal calories while you're letting your digestion rest for a day or two, you want to really take it easy with exercise. You don't want to strain yourself. Proper nutrition is very important and protein seems to be one of the really important things for muscles, along with like a carbohydrate like starch, like a potato or something like that. That's actually quite good for muscle and fuel, if you're getting into it like a

body builder. But the protein powder is really, really great for fuelling muscles or organic proteins, natural proteins rather. So when we look at testosterone, it's one of the key factors. If you have low testosterone, for men or women if you have -- how a woman would know she has low testosterone or she's lost her drive or her focus and her sex drive. So the testosterone gives her sex drive and also the ability to kind of go for it. And then for men, if you're noticing that your muscles are weaning and your tummy is expanding, that's another indicator that perhaps the testosterone isn't just as high as it needs to be. So testosterone really does help with muscles, and then proper protein helps with muscles. When you're building muscles, you want to work the muscles at most every other day and then you want to rest the muscles at least in the way that you're working them. So a balance of like weight lifting every other day or sit-ups every other day, and then maybe yoga, stretching, or maybe some cardio running the opposite day. You want to work the muscles differently and you don't want to work the same muscles necessarily every day. The thing is muscles need about 48 hours to recover and rebuild and so ideally, that's kind of what you're doing. You would work the same muscle group in one day. So if you did doubles, you will do a morning light workout and an evening light workout. You wouldn't kind of switch gears, or the lower body maybe waist down to legs. And then maybe two days later you do -- I don't know, but then you'd have a rest day like stretching or whatever and then maybe you do the upper body. So you're wanting to give at least 48 hours of rest when you've really worked your muscles hard. And the doubles, I think the second thing that you could do during the day if you wanted to do a second thing but you weren't up with a lot of energy, you could like walk for an hour or half an hour or something like that, or run. Something where you're getting another period of movement in. When we were farmers or ... gatherers, we were moving our body a lot more than you are now and so that's one of the things that really keeps the metabolism happy.

Alright, let's see here how we're doing on the fast clearing. 5 more minutes on the fast clearing. Also maybe you had some blocks obviously to doing the fasting. Some traditions, some spiritual traditions have fasting -- some of them a little bit cookie, some of them where the fast during the day and then eat like crazy when it's dark, which isn't very good for your body. I know a lady who was from Africa, Ethiopia and I don't know which denomination but it was an Orthodox Christian Tradition that she was in but they really fasted for Lent, so a lot of the people lost a lot of weight and ate very, very lightly and fasted for the 6 and a half weeks of Lent. That's a long time to fast. Ramadan, the Mormons fast on Sunday. So it's definitely a spiritual practice but also a common practice to help the body work better and to give your tummy a break and maybe to allow you to focus on things other than food and eating and what's next and preparations and all that stuff. So it's nice, it's nice in a lot of ways. Emotionally, spiritually, it's good.

Yeah, you can pump to increase your testosterone to the perfect level. You definitely can. One more minute on the clearing for being successful in the fast. And you know sometimes just a simple thing like adding an enzyme to each meal, taking an enzyme or two will help the body process food better and help you lose weight. So if you find that you don't process food very well, it might not be that you need to reduce calories. It might mean just adding an enzyme or two enzymes before you have your meal so that your body processes better. That's another

idea. And you can pump for enzymes but you can also simply enough take an enzyme or two before eating.

"How long do we have access to all the meditations? Should we be downloading them all?" Indefinitely. You're going to have them forever, for the rest of your life. We're just setting up a wonderful backroom. It should actually be set-up this week by June 2nd, I think he told me. So I've got a coding person coding our Website, so when you buy a program, it's there for you forever. So you'll go to your name and it will show you what programs you have, which programs you've enrolled in or purchased, and then you'll be able to click on whatever program you want. So a big, big improvement on the site and it's transforming this very second. I know that I saw that coding about 10 days again and he felt fairly confident that we'll have it up and running first week of June. So we'll be notifying everybody for you'll have a password. It will be one password and you'll get to all your programs. So anything that you've purchased from us, it will probably take us a little while to sort everything out, but each program is tagged and so it will show up one page. It's pretty exciting. So don't worry about downloading and going crazy. You're welcome to if you want to, but they'll be there forever. You can have them forever. And I'm planning to be around forever; a long, long time. I'm happy to have you have them.

Okay my dears, we're just coming up to the end of the class. I'd like to end the class again with the Tryambakam Mantra, and really on the creation of new vitality, new beauty, new joy, new strength, new muscles. And the destruction of excess fat, things that don't serve you, the destruction of obsessive compulsive behaviours and all of that. So we'll chant the Tryambakam Mantra. *[Sings from 00:59:23 to 01:00:07]* May you have a blessed and beautiful week. For those of you who are doing the fast, I'm sending you love, and support, and energy during that wonderful experience. For all of you, I'm so proud of you. You're doing a wonderful job. I'll see you next week. God bless. Bye-bye!

[END OF TRANSCRIPT 01:01:14]