

## **Beautiful Course with Julie Renee (Session 8 of 8 - Weight Loss)**

[Sings in Sanskrit from 00:00:00 to 00:00:18] And Welcome, everyone, to Beautiful from the Inside Out, lightening up. And this is our celebration, and our completion day. So we'll be beginning the broadcast and our class, our clearing class. Taking questions from you, and if you're saving something that you really wanna focus on tonight. Now is really time to bring whatever we'd miss. Whatever might not have gotten completely cleared to the chat box. Add some amazing reports from people on weight loss, and bodies found, and vitality found, and glow found, and all kinds of things. Transforming and changing, left and right. So really, really excited about all the transformation that's happened so far.

We'll also be doing clearings on being able to maintain and sustain. What you've already accomplished. Another clearing on living in a 100 percent; great, healthy, vibrant, fit body, and even better. So, we'll be clearing. You've gotten this far. Can you go even more? So, we'll be clearing the things that might prevent you from getting even better. Instead of going backwards. We're gonna do the even better. And then we'll be clearing your ability to take your next steps. We'll be talking about a couple of ideas I have for you on additional programs that you might wanna get involved with if you're ready to go further. And, hopefully getting some celebrating done.

So, any comments or questions, any concerns, things that you'd like to work on. Please put them on the chat box. Depletion. "Frustrated with my lack of results and realized, from the last session, that depletion may be very well be my issue." Okay, Jen. So, let's go ahead and that will be the first thing that we work on. And Jen, Did you-- Were you in the class this morning that we worked on dynamism, which we did clearings on all the aspects of energy, power and vitality in the body? So what we're doing right now is we're doing a clearing on again on depletion. What we don't have an hour to do on dynamism, but if you-- thought you might wanna plug into that. Also, that's a really amazing class, which we just did. So the replay will be out-- or, actually, it's out this afternoon. So if you wanted to plug into that. That's 3 hours of training. It's... it's the hour life that I did this morning and then add 2 hours. Really on restoring and getting your energy up.

And, one of the thing that I do notice is that if you are very depleted, one of the places that it shows up is in the adrenals, and the adrenals won't allow you to lose weight. So, one of the things that you wanna do is really calm and soothe your body. Get more rest that you would normally, and then do things that improve the adrenals. You could do adrenal regeneration that would be good. You could do the brain regeneration. The nervous system regeneration. Take yourself out of the intense stress, that's another

thing. Sometimes the bodies get used to being in stress all the time and they never get to really be at peace and vibrancy. So that would be another thing to work out. [Inaudible 00:03:51] everybody is pumping to improve energy and vitality, and eliminate or let go of depletion.

"I didn't know about the class this morning." Oh! Well we sent out few notices. You have to just watch your emails, 'cause we sent one out yesterday. We sent one out, I think, Saturday or Friday. Okay. "Is it part of this program?" Actually, it's part of its own program. It was people who took essence astronomy. If I could do one that would help with vitality. So, we had gotten spirit into body. And, so, I... I added an extra class. It was very inexpensive; it was 49 dollars for 3 hours of training. So, we just added an extra class this morning, Tuesday morning. So that's what that one is. But you can buy the... get the purchase, whatever, get the dynamism class without the clearing. So you wanna probably get with clearing. So you just wanna check your email and click on one of the links that we sent you. But that wouldn't really help. In the meantime, we can just clear depletion, soul contracts down to DNA, and maybe do a little sparkle all over the body for a few minutes. And I'm glad you brought it up. So it's perfect, and we can work on that. And I really think that is really the trick for you, Jen.

And when you're depleted, you know, some of the stuff you wanna do is; do things that really nurture and fuel you. So depletion, I think we talked about this last week, so. Depletion basically means death. It means that nothing is regenerating. And so, if a muscle is depleted or a gland or an organ is depleted. It's the opposite of life. It's the opposite of regeneration. Depletion means that you've lost the ability to regenerate. And isn't really true, that you've lost it all together, but there has to be a shift both in what's programmed towards you, and I think we cleared a lot of it last week, and then, you know, really the rebuilding of the... the cells them self.

Now, if more than one person wants it, let's... we could do an adrenal regeneration, would take 15-20 minutes, so. Jen, I see you're the only one making comments so far, so. We could do a-- oops! We could do a regeneration on the adrenals too. So let's see. Let's see about that. Anybody else have comments? Otherwise, we'll start an adrenal regeneration next.

Okay. Well we'll just start with the adrenal regeneration, and... As comments come through. We'll address those issues too. So, I wanna welcome everyone to the call. I have just opened up the line. I apologized. It should've been opened a few minutes ago, but happy that you're here. And we're on. We're live. Everything's working everywhere, so. I hope on everybody who wanted to get on the call, got it on the call today. I try to make it available every way we could. See. It's like 9 or 10 of us are here.

Alright. So, what we're working on right now is regeneration of the adrenals. And says Regener, "Much appre--" [Inaudible 00:07:39] "Adrenals sound food, which I'm sure is good." "Much appreciated blessings." Perfect. "Self-sabotage is still on the issue for me." Alright. We'll put that in for the next clearing after the adrenals. Self-sabotage. Fantastic. So, I'm just gonna have you guys pump, and I'm gonna be working on regeneration on all of your adrenals. So everybody just pump. Pump gold energy with the intention of adrenals regenerating.

And, I think, I might have showed you this, but if I haven't let me just sketch it out for you. What essentially we're doing is we're taking a master cell, and there's--- Let me show you this. So that's a master cell with the nucleus. Nucleus? Absorption organelle, Elimination Organelle, and DNA. So that's we're--- First doing, we're pumping them up to 100 percent, and then the next thing we're doing is, that little caterpillar on the inside, that's the mitochondria. So we're pushing--- We're regenerating the whole interior of the cell to 100 percent. We're mirroring the cell at a 100 percent too. Surrounding cells. So, understand, the master cell is the teacher cell. So we're mirroring that to other surrounding cells, so they get a big boost up. They're all matching now to 100 percent functioning cell. And then finally, we're pushing on a program in the mitochondria. And we're starting a cascade of new cell growth with new cells coming in at a 100 percent. So we're starting that cascade of new cell growth. So the first thing we do is we... we pump to get the cell, the master cell, which is the stem cell, we get that up to a 100 percent. Yahoo! You're welcome, everyone. So this a good class to be in.

By the way, I... I did put some links up. Really I'll put them up at the end of the class. If you're thinking what's my next step while we're doing this pumping for awhile. We'll talk about next steps. One of the things that I'd love recommend to you-- Ah! Trevor got on. Good. Sure that would be great. So I think we've covered that in my comments. Maintaining, sustaining, living up 100 percent, and getting even better than what you've already accomplished at the ideal... we can put ideal weight in there too, but fit, healthy, 100 percent. Okay. Wonderful.

So, okay. So, next steps, if you're lacking the regeneration and you wanna do an over-all body reboot, brain regeneration, and wonderful one-to-one insta-VIP program. The 'Golden Age: Year of Miracles' is for those of you who love doing it in the class, and love... love the chat box, and the interaction. It's 3 hours every month, and it goes for 12 months. So you get 36 hours with me. Regenerating you. So you got a whole year of working on the entire system. Which is really nice to follow the weight loss program. So that might something. You should be around 50 or over 50. That's in golden age meaning 50 and over. So if you're younger than that, there are other things for you to do, and the VIP program is one of them. The quantum immersion program. Trevor, I know, is coming in to the diamond immersion program. We're sending out the announcement tomorrow. So we have a class lined up. Online will be in August, and

September will be London, and then December will be Arizona. So we have three immersion classes coming up, and you'll get the announcement, like I said, tomorrow. Actually, I've got links are getting set up right now for the 3 different classes. So, those are my highest recommendations for all of you guys. Who have really been passionate, and dug in, and done what you really wanted to do with your body, and are looking for more. Looking for how do I take it to the next level. Perfect.

We're about 60 percent through, we're just getting the cells up to 100 percent. So, we had other little ways to go on that.

The adrenals are so important. They... they do so much for us. Adrenaline which, actually, stimulates the body, and it was only meant to be used once every few weeks. The adrenals were set up for cave men and cave women to run away from the saber tooth tiger. And, so, what we've done is we've got bings, and beeps, and alarms, and phones ringing, and all kinds of things. And every time the phone rings. Every time an alarm goes off. Every time. Even your microwave or your dishwasher goes, "Beep! Beep! Beep! Beep!", or other trucks, or the jackhammers, or whatever. It causes the adrenals to spit out some adrenaline, and maybe so cortisol. And, so, that is why the adrenals they poop out now. They never did, when we were in a cave. When we're a cave man, but now that we're on the modern age, and we have all these bings, beeps, and alarms. We're overusing our adrenals. We're overstimulated.

So one of the things that I recommend you do to help with healthy adrenals. Is to shut off those alarms, or unplug those alarms, and really tone it down as much as you can now. This phone doesn't actually ring. The base rings. And I have, like, a harp and angel music coming on my cellphone, where you can control the sounds. Lot of times I just turn the sounds completely off. Disable them when I see a light. And you don't need all the alarms. You know, you can remember minute when the, you know, microwave is done, or the dishwasher's said, "You know. Get in the alarm." Telling you it's done. So you could turn them off if you can.

Liquor ice--- Was watching the quails flying over head. Licorice root is really good. So you could drink licorice tea. That helps restore the adrenals. There's a great book on adrenal fatigue by a chiropractor. It's the only book out there that actually talks about how to figure out if you have adrenal fatigue, and some of the nutrients that you need to take to restore your adrenals. So B-Vitamins, and C-Vitamins are good. There are a number of recommendations he makes that I highly recommend. Even if you do the regeneration of the adrenals, we want you to actually support it nutritionally too, and they can get better.

Yeah. Well that, Jen. If you startle really easy. That's a sign of adrenal fatigue. That's like the adrenals are way over taxed. So your nervous system is really shorted, circuited. Yeah. That's really tough and the nurse's aide with the alarms. Wow. I get it.

Okay. So that's... that's some of why the adrenals-- Actually I was engaged to a pediatrician, like 8-9 years ago, and he was seeing students at 15 and 16 with adrenal failure and adrenal fatigue. And understand the volume of alarms, and bings, and computer games that they've played to fry out their adrenals when they were teenagers. Really, really shocking. And in western medicine. They feel that once the adrenals are gone, they're on. So someone has to live a life without adrenals, which sounds really awful. But in our system, we have the ability to regenerate adrenals.

As a matter of fact, I might be able to share a video, and I'm gonna give it a try 'cause I think it'll be fun for you to see. So keep pumping. And I'm gonna see if I could pull out an adrenal video from Holly, who was a student of mine, who attended a class. And just keep pumping, and I'll see if I can pull it out and share that with you. 'Cause, I think, it'll be fun to see. Fun for you guys to see.

Okay. Oh! She comes right up the top. Here we go. And hang on one second here. Let's see if I can share. [Female Voice Speaking] "Hello. My name is Holly Hill." Oops! [Female Voice Speaking] "And I've been enjoying the--" "Hello. My--" Here we go. At least I've found it, and then I think the--- Camera. Capture. Share-screen. Okay. And what I wanna share is... [Inaudible 00:17:42] to it. So you move that over. Keep pumping. Yeah. Not sure if I'm gonna be able to make this work, but let's try it.

[Female Voice Speaking] "My name is Holly Hill, and I've been enjoying the privilege of receiving healing work from Julie Renee since about August of 2012. This film is being made in February of 2013. Little before I met Julie Renee, I had clinic findings that are considered in the medical model to be extreme. And I was having PET scans regularly to look at the condition that was diagnosed. [Inaudible 00:18:42] to this it was showing the condition of my liver, my adrenals, and so forth. And the adrenals, on the first PET scan last July, showed that one was shriveled, the left one. Now progressively, between the times I started working with Julie Renee and to the last PET scan that I had at Christmas time, it showed the adrenals contin-- That one adrenals continuing approve. And on a December. At the end of December scan it showed this finding. Adrenals normal. So I'm really thrilled, and everything else is getting better too. So, thank you, Julie Renee and Thank you, God."

Okay. I'm thinking you've maybe heard it but you didn't see it, is that right? You probably heard it but didn't see it. I think I know how to do it know. I think I have to... I have the video sitting on my lap-- desktop. So, anyway, Holly had her adrenal grow back, and it was diagnosed on a PET scan as shriveled and gone. None functional, and then it

came back. So, very cool. We're at 90 percent on the cell itself. So, the master cell in both of your adrenals.

Okay. Very good. Yay! So, yeah. I... I know what to do next time. So next time I want to share with you. I'll have the video sitting in on the desktop, and then I can that, but I at least you had to hear it. So that's good. And, by the way you guys, if you haven't checked out my YouTube channel, Julie Renee. I've created a lot of free training for you. Go into the playlist on all the different topics that we cover, and there's probably 20 playlist in there. And, really have that-- You're gonna really love it. I've heard people will play it in the background or play it while they're eating, and they're wonderful, wonderful, wonderful videos. Typically, most of the videos are 3 or 4 minutes long, and they are giving excellent training. Short trainings and short tips on how to do things better, how to live brighter, how to regenerate [Inaudible 00:21:18], all of that. So I really encourage you to get into the YouTube channel, Julie Renee Doering. Julie Renee Doering.

'Kay. Let's see here. 98 percent and then we'll start the cascade of new cell growth, once it gets to 100 percent. So, we'll pump for another few minutes. And I think, more people have joined us now. Well. Another one or two people had gotten on the call. Very good.

I've had an amazing day today. I've been talking to people who have really had miracles. One of my young women, 24, I try to show you the tummy thing a few weeks ago. She has had... She had... Keeping with the... She's an immersion and a VIP client. And she came in with Crohn's disease, hoping that maybe she could get a little better. And, 2 weeks later or 3 weeks later, has no evidence that she had Crohn's disease. It's completely gone. Completely gone. And then, she was looking to start working 'cause she's feeling better, and she got 2 job offers within an hour or two of doing her 20-minute tune up with me. So she was really happy. Another woman and, like, a 60 year old woman, had awful six strokes all at once. She just like had a stroke, after a stroke, after a stroke, and really lost her cognitive function. She just was not herself. And in the VIP program, she has transformed so happy and cleared. She sold her house. She's moving--- The realtor said it's night and day difference. She's just over the moon happy. Her brain is working, and she's packed. So that's where a couple of the really happy breakthroughs that I got celebrate with people today and yesterday. So many, many happy people, and lots and lots of transformations. And I know with our group too, there's a lot of transformation there. There is weight loss in this group, and there is one for vitality, and a return to exercise, and joy. So very, very exciting for me to actually have you with me for 8 weeks. I'm really, you know, support the transformation as it's happening.

I believe that we'll be doing another weight loss class. Certainly, in the fall due to one, but I'll see if I can squeeze one in the summer. I'm not sure. And any class, like the

weight loss class you've been in once, you can review it for 97 dollars. So, once you've done the program; weight loss, and the wealth program also. We let students review it, as often as they want for 97, so. You've paid the big chunk once, and you get in. Just basically to help cover with the expenses of running the show. So you speak.

Okay. So we now have gotten the adrenals regenerating. 43 days of regeneration. So just take a breath in and notice that the adrenals are at waist line, just about an inch out from the waist, and 2 inches of the spine. So just feel the light in that area. Maybe notice--- You can be daily now pulsing golden suns. We can give you, if you don't have the 'Fatigue to Fabulous' that's a good meditation for-- Let's see here, I know where it is. Let's get rid on this one. Yup. Here it is. If you don't have this meditation yet, you should be using it. If adrenals are an issue. This is the regeneration for the adrenals. There you go. So you can just cut out, cut and paste, the link. The link. And then you'll sign up for the program, and you'll get a training on the adrenals, and how to take care of them, and then you'll be able to have this adrenal meditation, and use it daily if you like to. So, really has some great tools and tips, and there's a 5 minute stress relief meditation in there too. It's a nice program.

Yay! Yay. You're welcome. You're welcome. Okay. Let's go on to clearing self-sabotage. Maintaining, sustaining, living at 100 percent in a great, healthy, fit body, and even better than you are now. So that we're removing all the blocks, to being even better than you are now. So anything that would kind of... Now you've gotten to, here. Now you're gonna backtrack. We're gonna remove all that. And what we're doing is; soul contracts, soul contracts of others affecting you negatively, demonic curses, group mind, group mind virus --oops. Evil spirit curses, black magic, curses from others, traumatic episodes from past lives, emotions, and DNA. So we're gonna clean the house there.

Be, not necessarily. You can do them in a different order. You can continue on, or you can take a break. Whatever... whatever you like. The meditations are set up, so you could actually do them for six months. You could do the soul body rejuvenation, then you could go the face lift, then you could do the tightening, and *tumming?* for the weight loss. They're just set up in different orders, but it's the same... same group of meditations. It's entirely up to you. So they don't lose their gusteau, if you keep doing them. But sometimes... sometimes we need psychologically. We need a break. I think that, you know, it's really such a joy, and you're only doing. You're not repeating them for 7 days. You're like, "Oh good! I'm back to this one again." So it's good. Whatever you choose.

If you're... If you're making progress. I would suggest you stick with it. If you can see that things are changing, and transformation, and you like what's happening, and you wanna go further. Then just stay with it. You're welcome.

This beautiful flower's back there are from Marci Shimoff, some of you might now her. She's love for no reason, and happiness for no reason lady. Okay. About 6 to minutes of clearing yet on this topic. So, maintaining, sustaining, clearing self-sabotage especially around weight and eating, and then great, healthy, fit, body. You know, I wonder, what the self-sabotage is for you. Let's go see. Hilly. You might be-- Maybe ask. I'm thinking that maybe it's also getting yourself permission to plan ahead. So maybe the self-sabotage happens when you're out and about, and you're faced with, you know, desserts and whatever. And you haven't given yourself a permission to choose something other than, you know, what's in front of you. So, maybe having permission to plan ahead, to stick to your process, and to be happy, and joyful, and not feel deprived. Might be part of this clearing.

So I'm just guessing I haven't read you... read you, but I'm picking up that, you know, some self-sabotage, it doesn't happen in the house. It actually happens when you're out and about. And in your house, where you got it set, you got the food set properly, you've got your exercise equipment, or whatever it is that you need to make things work. Set right. And then you go out of the house. So many-- and there you are. You know, facing whatever you're facing. So, let's clear that too.

Oh well. You're welcome, Anne. Thank you. That's such a nice compliment. "Timeless and Youthful." Yay! Fantastic. "Yes. Definitely making progress, and after today's class, I did the dynamism meditation, which I've done before, but today, after the clearing, it as much deeper. My husband told I looked different. Brighter and lighter." I know! I... I'm thinking that, that should always be part of dynamism instead we'll do daily clearings, before you do the meditation. Once you've done the clearings, you don't need to them again, but to get the best effect, I think doing the clearings is important. That's fantastic.

Did any of you do the fasting? I've just gotten around to it. My maple syrup, and water, and lemon juice, and cayenne pepper. And it's a day-tude for me. I finally got to do it. So, I know, that most of you or many of you did the liver flush, and that's fantastic. You can muscles test on how often to do the liver flush. I did it. I think, I did it, 7 times the first year I did it, and wow did it make a difference on everything in my body. How everything functioned, and releasing toxins, and just feeling good on my skin. And I think that Apple Pectin idea really if you're having, you know, difficulties with the valves opening, I think that's the great idea to use Apple Pectin. And maybe slow it down a little if it's the first liver flush. Like I just get in there and do it, but you could do the 6-day prep. So you could eat lighter, and, you know, start getting... Working with the loosening up the stones in the gall bladder, and the liver. Understand that when you do the liver flush, it also flushes the gall bladder. So it's a two for... two for one. Two for.

The clearings are permanent. Yes. We don't-- you don't need to repeat them. But it's always good to check because sometimes you pick up new stuff. New soul contracts, or



new curses, or whatever. So they won't be on the billions, like, taking you a long time to clear, but it's good to check every once in a while and see," Hmm. Feels like there might be something in the now." With my willingness to be public--- Did you guys know that I really had to clear a whole bunch to be able willing to be seen or be public. So being born autistic, not talking until I was five. There was a way that I could help people, and there was I wanted to remain invisible. So I had to clear like crazy for a few years, to be in front of you guys. And it feels wonderful, and comfortable, and I know I love you, and I know you love me. So it... it works. That was a lot to clear to be here with you, and I'm happy I did it.

So understand that--- Oh I was gonna say, being this visible means that I'm subject to, prone to getting some curses from people that don't want the work out on the world, or beings, or whatever. And I can just send them, love and clear, you know, just we're working on transforming the planet. And understanding that even clearing the curses is helping transform the planet. Especially if you don't respond in unkindly.

My... I... I go to the Catholic church of the Barber Hill, partly because it's just right there and convenient and I like the ritual of church and communion. But there was piece on the bulletin, where the priest said that sign was knocked down, and we have stop it, and there's evil spirits, or drunkards, or mean children, that are knocking it over and we have to put up cameras and arrest them and put them in jail, where they belong. And I was thinking that the approach is so ancient that nowadays, what we would do is make a budget for the sign being knocked down, and invite the people who are knocking them down, maybe have something that addresses their opinion or their needs. I think the Catholic Church has... had some, you know, I don't know they haven't had the best reputation. I don't know about the nature of best reputation, and people's feelings still harden, and they get kicked out, or they don't get to take communion, or something else happens, and they aren't forgiven. I think that's the struggle with the catholic churches. The Unforgiven group.

So, to take on an attitude of love and acceptance and generosity and build in a budget of 'if it gets knocked down 3 times a year'. Have the budget cover it and you just call the person and say, "Oh! It happened again. Come fix it." And send love to the people in the community that are suffering. And, really, if somebody's knocking down a Mother Mary, you know, beautiful Mount Carmel mother. It's a beautiful sign of Mother Mary on it. They're in pain. So we would to give them a lot of love and understanding and help them. And, you know, the best way to clear evil spirits from a person is to give them a lot of love. Evil spirits don't really get to hold on.

Okay. Lots of comments. So "Particular liver flush program you recommend." Jen, I... I have just pulled something of the internet that was, and I think we went through it on one of the class, I'm sure we did, it's 3 tablespoons of Epsom salt in 4 cups of water,

and you divide it in half. You take 4... You take half of it the night before and half of the next morning. So you take a few ounces, like 5 ounces or 6 ounces, at 6-o'clock and 5 ounces at 8-o'clock, and then the flush itself happens with a cup of grapefruit, freshly squeezed, and a cup of olive oil mixed together will suffice. You drink it and then you could put cod liver oil on your... in a, like a poultice, on your liver if you want to. Lay down and everything starts moving. And then you're up a lot at the night.

Trevor had a really great result with the liver flush. I know the liver clearing and then the liver flush together. Just like the clean outs. I know people from essence like, "Whoa! This really amazing!" You know 'cause we've cleared out the soul, the spirit, the life force we really installed the spirit into the body and the divine connection got hooked up and, you know, if you do it all at this kind of this nice timing. Really it's powerful. So it would be a good... good time while we still, you know, fresh from the liver regeneration and clearing to do the liver flush.

But there's a fellow you wrote a book, and that book is, you know, it's like 150 pages long about the benefits of the liver flush if you wanna understand it, and then he gives a 6-day prep. So you could follow that. I think you could just search liver flush online and you can find it. I think use... use the authority.

I think so, Andres Mortz. I think so. Yeah. Yeah. I think so. I, like I said, I haven't this 6 day. I've just done a bunch of them. Just to-- You eat brown rice the morning of, and you can eat brown right until 2 in the afternoon. So the more you eat, the better it cleans it out. So believe it or not you gotta try and eat as much brown rice as you can 'cause it really kind of serves as the [Inaudible 00:39:15] in there. And then you start the clearing. So the brown rice does help.

Okay. Let's see how far we are. Maintaining. Living at a great, healthy, fit body. Ideal weight even better. Cool. And self-sabotage. So that's clear you guys. We did it. So which do we do now? Should we party? I'd like to, also, I would like to hear if you wanna party, 'cause we could. Yay! Rock on! Rock on! Rock on!

Let's go ahead and clear your ability to take your next steps. Whatever that is. With your weight loss, with your rejuvenation in any area of your life, but especially with your health and vitality. So, any soul contracts, soul contracts of others affecting you negatively, demonic curses, evil spirit curses, group mind, group mind virus, black magic, curses of others, traumatic episodes from past lives, emotions, and DNA. Let's clear anything that would block you from being able to really whole-heartedly take your next steps. Now I'm gonna say whole-heartedly take your next quantum leap and your next quantum activations. So we just get rid of all the obstacles for you to really jump in and live even more fully expressed. Yay! Yeah.

I'm sorry. I did sleep. [Inaudible 00:42:27] slept. Who knows what's going on? The yawns. The frogs were out chirping' just little bit to go. It's... it's been overcast today. We had scorcher yesterday. It was really hot here. So ran around and opened all the windows this morning thinking," Oh. I'll cool it down before it gets hot again." and today we had overcast. So didn't get hot. It got warm though, but not hot. Oh. I know what do we do is. I'm fasting. That's it. That would make you a little tired, won't it?

It's still fun to do the body clean out and, you know, the rejuvenation really working on yourself, and simultaneously working on your environment to make it support you even better than it has. So on my bedroom and dining room furniture and the rugs for that house arrived this week. So the weekend was spent in hard labor. Putting things in place. Getting things set up. So, it's a wonderful weekend of nesting.

Wow! Mary where are you? Over a hundred today. It's out in the dessert. In Central Valley. New California.

South Dakota. Oh my gosh! That's a toasty day in South Dakota. I know it does get hot in South Dakota. I... I used to live in Worthington, Minnesota. I was married to a farmer in Worthington. Which is not that far from South Dakota. Just north of the Iowa border. Close to Sioux Falls and whatever. Long time ago. I was a farmer's wife.

Yeah it's wonderful, Jen. You have to come visit me up here. It's I... I now have a guest room. I'll show you. Maybe. Keep pumping. Let's see. Can you actually see it? Maybe. Yup. You can sort of see it. Sort of see it. That's the guest room.

You know how you can get an invitation everybody. Is come to the Ruby and Emerald levels of the immersion program. They happen here in my house. So you could get to hang with me in my house for a week. It's pretty dark nice.

"I live just outside Sioux Falls and Parker." Okay. "How do you fast and for how long?" You can fast for a day, or 3 days, or a week. I tested that my body can could do 3 days this week. So what you do is, 5 ounces of maple syrup, and about the same of lemon, 5 ounces of lemon, in two quarts of water, and you drink that throughout the day, and you could put some cayenne pepper, and that actually helps. And, if you need to, you could have a little bit of fruit juice, or you could chew lemon or carrots, or something like that.

Fasting is allowing the body to rest. It's really not a... It's not a cleanse. It's really just allowing the digestion to have a break. And I find it really nice. Sometimes I'll just do 1 day. The longest I've done is a week, but you can do even up to a month. I wouldn't recommend it for newbies. I think start with a day, and then grow to 3 days, and then 6 days, which is kinda pace yourself. Get used to it.

One of the benefits of fasting is that you really accelerate your stem cell regeneration. Your body is not working on processing food. So it gets to actually focus on bringing new life to your body. And people will say once they get passed the first few days, where it's a little tough, you'd certainly start feeling really good, and really blissful. I think the first few days, you know, it's kind of like, your body is getting used to not having a lot of food and, you know, whatever the emotions are that go along with food. Your body is shifting, and you're creating a different kind of way of being. So, I rarely get passed the place where you're... you're in a bliss and you're not hungry anymore. But I know... I know it's good for me, and I'm very much appreciating doing it. And it was my intention to do at least 3 days before our class had completed.

So we've talked about the liver flush. We've talked about fasting. There's a wonderful company that is called Energetix. Energetix with an X. And they make a product for whole cleanse, body cleanse, but it's a colon cleans. And the products are very, very high vibrationally. Highest I really that I ever seen on a colon cleanse. So, I... I used to have a resell license and sell other peoples products, and I would always get people on that colon cleanse 'cause I... I just feel that really cleaning out the colon and the digestion makes a world of difference in how your body assimilates, and how you feel, and how your brain functions. So it's a thing that I've always recommended.

Some of the colon cleanses that I've tested like at Walgreens and, you know, the grocery stores and things like that. Test so low. So if you could test vibration, and check out even some of them at... at, like, a whole foods. Test kinda low. So you wanted something that's really gonna support your body in may getting a vibrant change, and healthy change, and you wanna put things in you that are high vibration. And that's a new conversation for some people, you know, we're as really I'm trying to eat more nutritiously but you're still eating processed foods, and I eat some processed foods. I try to eat mostly eat the outer rim, you know, the colorful fruits and vegetables? Grains, and nuts, and things like that. So that's a large portion of my intake.

Anyway if you've never done a colon cleanse, check out the company Energetix. You'd have to find a practitioner, but inevitably there's somebody advertising who is a practitioner in your area. We... we've got people all over the place. And they can sell you the product, if you want to colon cleanse.

A full body cleanse, another one, the test actually pretty high and surprising at speech body dot com's total restart. And you can just get that online. And it's... it's really wonderful. It's not as deep... as deep of clearing. It's for people who really are struggling with weight issues and wanna get a handle on it. And so it's the beginning level. And it's lovely. It's really lovely. I bought the product for my older brother, who really needed a boost, and, you know, not gonna give it to him unless I try it myself. So I bou-- I did last

summer. I went to the total restart. And it's lovely. It's a... it's a good experience. You don't feel traumatized by it, and definitely does clean things up in your system.

Okay, Jen. You're on your way. Good. Jen and I met few months back at the unstoppable event. Right? And so, we have a personal connection too, but I have a personal connection with each of you. Okay. "How do you know if you had curses? Would you feel from--- What would you feel different from your usual self? I know I could always test, not condense. My answers are always correct." Okay. So be-- Everybody has curses. So just assume that you do, and it's nothing different than normal because normal is curses. I think one of the things that we're really get into is feeling... clearing the field of limi--- amplification, and clearing those thought forms in perception that are harmful to you. So just assume that you do, and then clearing you'll feel lighter and brighter and more vibrant.

"How do you test for high vibration and muscle testing?" Exactly. So you can test vibrationally how good Energetix is. Energetix colon cleanse is vibrationally, you know, I've always tested that I... I got a 98 percent right now. I've always tested it really high. So that one you could just ask that question of the product. Let's see. "Heard of Doctor Schwartz?" No. That doesn't mean anything. Schultz. Schwartz or Schultz? I don't know. No. I don't know who that is. But that doesn't mean anything. It's probably someone wonderful.

Oh. Collon Wonder, if you've heard of him. I think someone was telling me about a doctor who is amazing with regenerating colons or making them healthy or something like that. So that probably is the person that we're talking about. Okay. Let's see. Able to take your next steps, 100 percent. Okay, my dearest. That's clear. So what else should we do? We have a few more minutes. Should we party? Party.

Okay. So let me go for what would be good for next steps. I know we've talked about it already a little bit. So if you wanting to continue on with the weight loss program. What I would suggest is that, you do, if you're... obviously everyone but I don't think... I don't know if Trevor's doing it, but everybody else is on the Beauty program. So what I would recommend is that you continue on with the beauty program, and then you can do another round of the clearings if you'd like to.

You know it's... it's interesting 'cause different things will show up. So the things we've cleared are clearer, but you might go to a deeper level with the clearings on a second round, because, say, something we cleared from today. Shook something loose from day 4 or 3, and now you could get to it. Where you couldn't get to it before? So when heard to go through this for another 8 weeks just do. Just keep doing it on Tuesday. Just watch one of the videos, and continue on with your program. I think that would be wonderful, and then just stay with the healthy eating plan and exercise plan. And

remember, exercising doubles-- You don't wanna do them all the time, but if you wanna have a breakthrough week, and then go back to normal. You know, you could do 1 week doubles meaning you're exercise in the morning and then afternoon evening, but that's a week. Not forever.

So, that's what I would recommend if your focus is really on weight loss. Dynamism is really a fantastic program. You're gonna get ,right now if you pick up the dynamism you did this morning, you'll also get the replay link from the clearing today. So that's 3 hours of training and the guided meditation, which is absolutely wonderful. Most powerful meditation I've ever done, and that is... that's on the site. That's 49 dollars on the site. You can find it under meditation regeneration or rejuvenation.

Okay. I've.. I've included for you already on the chat box. So I think... hopefully the people who needed it. The 'Fatigue to Fabulous' would be great for those of you who are wanting to continue on your adrenals, and understand that adrenals need nurturing. So we've started the regeneration so you wanna be pulsing golden suns and meditating to improve their function.

If you're interested in taking this deeper. This is exciting for you. I'd recommend the 'Quantum Healing Secrets' and many of you, I think, came to me through that 'Quantum Healing Secrets'. That's really the beginning of the apprentice program or the immersion program. So it's a good place to start. If you hadn't caught in 'Your Divine Human Blueprint' yet that would be good to get your 'Divine Human Blueprint'. That has all the protocols, and really gives you the culture, the feeling. You get to know lots of people who, in the book, lots of stories of people who've gone through the regeneration with me. Just like you, and it just fortifies your belief in yourself, and that you can heal. So I highly recommend the 'Your Divine Human Blueprint'.

So, let's see. I've recommended already 'Golden Age: Year of Miracles'. We actually are regenerating the entire body, over the course of the year. So you can jump in anytime you want, and it's for people over 50. If you're 48, you could certainly come in, but understand it's... it's for people that are 50 plus, and it's really meant to deal with the body that's already started some of the aging process, and we're really looking at getting good to great, again. Get you. Getting things better. And not working with 12 year olds who haven't started that process yet. So that's another thing that you might wanna consider the 'Golden Age: Year of Miracles'. Very modest price. So it's really nice.

VIP program is the one that one some of you've already done that. I love you for that. I know that were... we can progress, and lots of miracles happening in the VIP program. Which is the brain regeneration program. Nervous system, the entire body gets addressed although, you know, it's 3 hours up front, and then 6-20 minute check ins,

and you do it exclusively one to one with me. So we can get a lot done with those hours that we're working together.

And then the immersion program. I really wanna really push our London program. We've got a really exciting venue lined up. So, Maidenhead, London. So, very, very exciting, and that's in... On first part of September. September 6, I believe it starts. Watch for your announcement.

Okay. I've given you all your next steps both physically and what's possible on the programs. You know, I love you. Do whatever you would like to do. Whatever calls to you. I'm not gonna sell you anything. I just wanna let you know what... what there is for you to step into next. You are amazing, and you are meant to succeed. Just keep, you know, keep true to yourself. And when you find a block don't be upset with yourself if you have a slip or a something happens. What I just suggest is you get back on horse, and pump.

You know, sometimes, people they do really well on their diet, and then something emotionally triggers them, and then they're off, and then they're, like, totally completely disconnected from the goal that they had. And I want you to pump yourself right back. So, say, "This is not me. I'm slim, trim and fit, and I have healthy habits." "This is not me. I'm slim, fit and trip, and I have healthy habits." "This is not me. I have I... am slim, fit, and trim, and enjoy healthy habits." There we go! So, let me just check here. "Thank you so much for all the classes, and your beautiful energy." You are so welcome, Vi. David Hawkins. Yes. And we know David Hawkins. "Thank you for being you, and for everything that you're teaching us. I'm so happy to be your friend." You're welcome, Jen. Alright, you guys. I love you. I love you. I love you. Good job! We will see you very soon. In the funny papers and in our dreams, and la-- next whatever. Next gathering. So, God Bless. Take good care of yourself. Let me know what you are doing. Send me an email, [julierenee@julierenee.com](mailto:julierenee@julierenee.com), gets directly to me. Alright. See you soon. Buh-bye, everyone!

**[End of Transcription at 01:09:20]**