

## **Discovery Course with Julie Renee\_Session 4 of 4**

### **Pain, Vitality and Auto Immune**

Good morning everyone and welcome to your completion day of the Discovery Class. I want to welcome all of you to the show! Yay! And did you watch the Oscar's? Wasn't it exciting to watch people fulfill their dreams? It's kind of interesting to see who is getting what and what the awards were given to and of course I don't watch any of the really extreme violent ones, so I can see like half of them. But it was very exciting to see the bets of humanity, when they're saying -- they're being vulnerable. There were a few people on the stage that when they were in their acceptance speech, they were really being honest and transparent and speaking up for something important and using their speech not to ramble on but to make a difference with humanity.

I won an Oscar a few years ago. It's not a real one. It's one of those fun ones. They were hanging on like this, so you know it's not the real one because it's so much smaller. But I got this for my videos and you might notice that I love making videos. I won an award for producing lots of videos and doing a good job.

So today in our final class, we'll be covering the issues of pain, vitality, and auto-immune. I noticed we have a small beginning class, so hopefully some of you will be – hopefully there will be more of you rather joining. But im so happy to see all of you; Trevor, Jackie, Desiree, Gane, Viera. Welcome, welcome, welcome!

I think what we'll do is we will start with a Mudra and then we will go into a short guided meditation and from there we'll go into activations. I'm just wanting to tell you how much I appreciate you, how important you are to me, and that your being here makes a very big difference. So thank you for your courage, thank you for your showing up, thank you for your love. I've felt so much love and support from all of you folks. As I'm getting ready to move, I can just feel the good energy and the love and the kind wishes on an easy move, so thank you for that. Next time you see me on a broadcast, I'll probably be in a different location. Oh, except for the No More Ghosts. By the way, if that's one of the things that you're troubled by, we have a class on Thursday. It's called No More Ghosts, but it's all the whole guide to clearing spiritual parasites. So if you want to train more on that, that's a good one to come into where you're actually learning the techniques.

Alright, well let's go ahead and rub our hands together in front of our Heart Chakra, creating some heat, some Tapas, some energy. Beautiful, beautiful, beautiful. And then putting your right hand over your Heart Chakra, left hand over your right hand in a universal Mudra of self-love and self-affinity, say to yourself, "I love myself. I trust myself." And just feel that love and trust letting through the cells of your body. I love and I trust myself. I love and I trust myself. And this is the key to really stepping into ease in the body from pain, stepping into more vitality, and actually even the key to clearing the auto-immune, loving the self, loving the self being present with the self. And opening the hands in Miracle Mudra, the 'cup of love' and just receiving more love, so that your own love is being fueled. The love for yourself is being fueled, it's being replenished. Your cup is overflowing. So you see the love from the universe flowing into that cup of love in front of your Heart Chakra coming in, filling you with deep and profound love. Tipping it into the Heart Chakra and receiving, being willing to receive the love from the universe, the

abundance, the joy and bringing it in and receiving it, accepting. You are magnificent. You are a radiant being of light. You are Divine.

And then you can drop your hands in Dhyan Mudra, the Mudra of infinity, it looks like that. This way it's receptive and in this way, it's grounded. I give this morning to do grounded, so you're putting the palms like this, facing down on your knees or just above your knees. Breathing in and out pink and gold energy. If you haven't closed your eyes, you could do that now.

Sending a grounding cord down from the base of the spine to the center of the earth, make the grounding cord nice and wide, set the grounding cord on release and begin to release the excess energy in the body.

Male bodies with a line of energy as wide as your wrist, hollow in the center, from your testicles to the center of the earth, setting the testicles on release, release control energy from the women in your life, and also releasing competition and aggression. Female bodies with a line of energy as wide as your wrist, hollow in the center, from the ovaries to the perineum and down to the center of the earth, setting the right and the left ovaries on release and releasing the ovaries. We're releasing all the healing projects, releasing all the people that you've been trying to heal; your family members, your sweethearts, your children. Let's let them all go. Maybe your clients. This hour is for you. This moment is for you. You don't need to be involved with healing lots of other people just for this moment.

Going up to the adrenals that sit on top of the kidneys on the right and left side, with a line of energy as wide as your wrist, hollow in the center, from the adrenals at waistline, two inches off the spine and an inch out from the waistline – the little adrenals look like acorns with hats – down through the perineum and down to the center of the earth. Let's set the adrenals and the nervous system on release.

And then going up to the center of the head and sitting in the center of the head in your throne room, looking around. Is there anybody or anything, excess boxes, cobwebs, anything in there in the center of your head that maybe shouldn't be there? Go ahead and open a trap door out the back in the center of the head, the back of the head rather and you can take a spiritual fire hose and wash it out, a vacuum cleaner, a rake, a broom. Let's go ahead and just clean out the center of the head. Make it very blissful and peaceful. There you go. Wonderful job.

Closing the trap door, sitting in your throne room, so you're actually sitting on your throne looking out the center of the head, third eye, out the front. Just notice how good you feel. Go ahead and pull your Aura into 18 inches around your body. Put a golden vacuum cleaner at the top of your head and have it spiral around, vacuuming up the dust bunnies and fuzz balls that have collected in the Aura.

Opening your feet to earth energy, bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. And then bringing a line of energy from the cosmos into the back of your head, one inch above where the spine meets the skull, bringing it back into the back of your head, your neck and shoulders, arms, elbows, out the hands and fingertips. Bringing more of that energy down your back channels, all the way down your back channels and out through the pelvic cradle, through the belly, through the chest, through the head, fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your Aura. You're doing a wonderful job.

Coming back into the room, into your body filled with joy, filled with happiness, noticing that the body is more at peace and more ready for healing pain, restoring vitality, and eliminating, erasing an auto-immune condition. And you want to just rub your hands together in front of your Heart Chakra, creating some energy, some Tapas. And again great enthusiasm, right hand over the heart, left hand over the right in a universal Mudra of self-love and self-affinity, say to yourself, "I love myself. I trust myself. I express my unique self." Coming back into the room, may it be with the blessings of the Supreme Being that this healing meditation is complete. May the entire world be filled with radiant health, vitality, abundance, joy and peace. Tathaastu. So be it.

Welcome back! Alright, so today we are going to work on clearing pain, improving vitality, and really looking at some of the clearings of auto-immune. What we'll start with are clearing the soul contracts, soul contracts of others affecting you negatively, demonic curses, black magic, group mind curses, group mind virus, traumatic episodes from past lives, and the DNA around the pain in the body, about the boy having to be painful.

Once we've cleared that, we'll also work on the cells, the pain receptors in the cellular body, so we'll be doing a reboot on that. And we'll be increasing the endorphins being released in the brain. Sometimes, not enough serotonin or not enough happy endorphins will cause the body to struggle more with pain. So this is good and it doesn't affect everybody but sometimes you might notice that you're in pain, you get headaches, or you're achy and you can use these techniques. And actually clearing the soul contracts and things around pain will be very helpful.

This is our completion, our graduation class and I'm hoping that all of you have had an amazing experience and experienced some really big breakthroughs. I'd like to personally invite you into the upcoming classes. There is the Golden Age: Year of Miracles. So if you're in your 50's, 60's, 70's, or 80's and it's really set-up for over 60 but I'm allowing 50's to come in too. That is an amazing, amazing VIP Program where you're coming in and you're working in a group, getting your brain and your body regenerated over the course of a year. It's a 3-hour mini-retreat once a month. So if that's something that's really exciting to you or you want a brain at 100%, and endocrine system, and digestion and all that, you'd want to check that out on the Website. That's the Golden Age: Year of Miracles.

For those of you who came in and said, "Hey you know what, what I really want to do is I want to be the weight that I've always dreamed to be..." I have a weight loss class coming up. It's an 8-week class and it comes with a beauty program so you actually get to make yourself younger while you're doing that. It's for ladies – the weight loss program. It's just because fellows, the dynamics are very different for men and women on weight loss, but we're doing a special one for the girls.

There's the Accelerate Wealth Class also coming up in March. Weight Loss starts in April and Wealth class starts in March, and then of course there's the VIP Program. That's the one to one program where you work with me directly and I'm working on you, just you exclusively for 5-hours over three months. We do three hours upfront and then 20 minute check-ins and that comes with the home study course. If you can do it, do it. It's such an incredible opportunity. I won't always be available to do the VIP Program, so it's still there and it's really fun for me to work with individuals. I'm you know going more towards groups especially this year, so if you're so wanting to have that personal touch, the program is still available – the VIP Program.

And then finally, I think some of you are ready to train with me and that's the Diamond Level Immersion Program. And that would be fantastic, if you find a way to do that. Let's see, we've got the contract right here. It's the Doubletree Airport Hotel in San Francisco. I decided to make it super easy, right next to an International Airport, so you don't have to even rent a car. It's so lovely. It's right by the bay. You just walk out the hotel and you're walking by the bay, a beautiful walking pass. So it's a 7-Day training and that's in May and it should be like maybe the biggest event of your life if you come. We just teach you everything. I hold back nothing; 47 hours of training. Oh rich, rich, rich training.

I'm going to check on your notes and your messages and see what's coming in here and you keep pumping everybody, pump, pump, pump. Good Morning Brenda! "Fibromyalgia and adrenal health." Okay, that's Donna. "I suffered from migraines for all about 2.5 months during the ... modality got rid of my headaches completely." Thank you very much Jackie. Wonderful Jackie. "I have been struggling with throat infection since I was a child..." Donna. Very good. And Marilyn, "Thanks for the past three sessions. My pain is psychological. I can't finish a project that I'm doing. I want to do it but I find everything else to do."

You know, that's a really interesting thing on the 'can't complete projects.' What you'll notice, if you have a little bit of skill and this is what we really train you how to be sophisticated in the Immersion Program, is that if you can't finish a project, you will very likely have soul contracts, demonic curses, things like that preventing you from moving forward. They can just kind of appear. Soul contracts, and demonic curses, soul contracts of others aren't necessarily something that you signed up for. They can just kind of show-up. If your project is something that will help humanity or help your family or will make a difference on how I contribute to you, sometimes and I don't want to create this dynamic or make it bigger in your head, but sometimes dark forces don't want you to fulfill your destiny. But it's your opportunity to say that's not me and to push through it. I was working on one of my pages on my Website and I just was exhausted when I would think about working on it, I would be like, "Oh, I got to lay down." I thought, well that's not right and I just checked and sure enough there was a bunch of soul contracts in there and curses preventing me. So I just pumped for like a few minutes and finished the content of the page and it was just easy. It was just so easy.

So sometimes it's really not so much you but you're in this vortex and you believe the vortex of stop energy, or the vortex of stuck energy. You believe it because it's what you've always experienced and so it gets to dominate you. And once you've really established this and maybe it takes a year to establish it or six months where you're like, oh no, I don't have to believe that. and then clear it, clear whatever is in the way, you are a powerhouse. You can move forward much more rapidly. I only noticed that if there's somebody that you have an angst with or a disappointment, a psychological barrier or you're just feeling, oh they don't like me, or oh they did this to me, or something like that, where you identify with what they did wrong rather than what they did right. I want to encourage you to just put in your mind and when you speak to people what they did do right and just drop the 'they didn't do what I needed them to do.' Everything that you can validate that you're being supported gets you more support. Anything that you validate and say over and over again that says, I want supported, encourages more of not being supported.

So when I look at we had issues with the designer and I was having a lot of struggles with her so I let her go, but you know I looked at what she did do and if I can keep that in my mind and really say, wow we got the most amazing images, the most amazing videos, really the images

and the videos were such a gift. Like that was something that this designer brought with her is this really clear eye, really like a creative visionary in that some of the videos are amazing. You might have seen some of those fancy-shmanzy ones, but that was good. And so if I focus on what I was supported in rather than what I didn't get, more support can come in. So an offer for improving what wasn't correct on the Website came in this morning and that's kind of the energy that you can just regularly, routinely create is the universe supporting you, supporting you, supporting you by saying, I'm being supported.

I know I've taught this over in relationship too, that if you've been disappointed in relationship, you want to focus on what you did get out of the relationships you've been with rather than what you didn't get. Because as you focus on what you didn't get, you get more of what you didn't get. And as you focus on what you did get, you get more of that, more fulfilling relationships.

We're about 80% through this clearing. I'm so happy you're here. We've had another 20 people in the last few minutes. Yay! It's s interesting with the technology thing and I won't spend much time on it but we had you getting auto-responders and reminders and apparently the auto-responders didn't send, so some of you might not have gotten a link until the last minute and I apologize for that. This is fairly new technology. It's been around for probably 11, 12 months. Google Hangout, maybe a couple years, maybe a year and a half. It isn't that old. And you know, remember the old-fashioned TV's when they came in and had the rabbit ears you had to kind of stand and adjust and all that stuff, I think there's always a period of time where the technology is improving and getting better and I just know that we're so excited to be able to offer you these live classes where you get to actually see me as if it's a TV show. I mean we're interactive, I see the chat box, I feel you, and I get to work with you, I get to answer and respond to you, rather than just a tele-summit. I know the summits are very simple and this adds another level that it feels very intimate and personal to me and I feel like I get to actually spend time with you makes me really happy.

Okay, so on the clearing pain, we've gotten through the soul contracts down to DNA and now we are going into the cells and we're going to work with the pain receptors. We're going to turn off the pain receptors that are stuck on all the time and we're going to also at the same time and I'm doing a different movement for my immersion students, we'll be working with inside and interior of the cell, you're going to do this. If you can see that, my hand is going pretty fast because imp working with a lot of you. So what we're doing now is we're turning off the pain receptors that have been stuck on. So the things that have been stuck on, we're turning off. And then were increasing the serotonin levels in the brain and increasing dopamine and endorphins, things that would allow the body to feel good. That's what we want; we want you to feel good. And remember that if your issues is pain, you want to move in the body, you want to own the body, live in the body, have your spirit in your body, exercising every day. Even if it's ...and yoga, stretches, gentle walking – own your body, get your spirit in your body. Don't space out but actually get yourself in your body because that stimulates the release of more endorphins.

Lots of messages coming here. Let me read some of those messages. Let's see. Okay, so there's a lot of requests for concerns that are -- my screen is doing that funny thing, making your notes go up and down. I see a lot of requests that are very specific. "Can we remove a particular illness from the body..." like fibromyalgia or something like that. Oh, here it goes. Now it's moving. Here we go. "Severe anxiety from lack of finances. Clear income..." "Alopecia..." "Step into my calling as a healer." "Clear chronic inflammation..." "Kidney infection..." Yes ... it's fine

to receive. Thank you. JD, thank you for that. I don't know what a big ball of yak is. It sounds not good.

Okay, what I'm seeing are very specific auto-immune illnesses, so what we'll do is we'll put in the formula that we're clearing soul contracts down the DNA. Once we've done the clearing the cells, we will clear the soul contracts down the DNA. We'll remove the illness that way. So Hashimoto's and fibromyalgia and MS and all the other requests, we'll do them in a big bundle and we'll clear them from your field. And there would still probably be things to do. Normally in a VIP Program or in the Golden Age: Year of Miracles, we actually are spending hours during clearings and then we're regenerating the body and really training the body how to get back to health. And it's an activation, meaning that your body and the blueprint has the information but it takes time. If you've lived in the belief system that your body is ill which you'd be experiencing, so it's like you had a lot of physical evidences, it's not your fault that you would know any different, that you shouldn't believe it because of course I believed it too, but you've got to undo that pattern entirely and completely and live in health and health returns gradually. It doesn't return necessarily like an overnight miracle. We hear about miracles that are overnight and they do happen.

I know one of my ladies who came in for a 20 minute session came in with cystic acne and we cleared soul contracts down the DNA and we just cleared the skin and improved everything. Took the dark energy, took the demonic energy out and the next day, the acne had dried up and the second day, fell off on her pillow. She said she woke up in the morning and she had all these scabs on the pillow and her face was clear of income. So that does happen too but understand that it's the person who -- like I know that you all want to shift, I do and some of you will have that you're learning something from it.

I was talking to a friend of mine, a Theologian who left the seminary. He was a professor and he's now teaching classes on love. He works a day job as an administrator at a medical facility. It's a security job and he said he was watching a Star Trek episode of ... gave him the opportunity to relive his life. And he lived his life completely differently, didn't take chance and never became a leader, never was a star ship campaign. And it's fascinating the choices we make. When I think about that, I think about when we're given great opportunities and some of those are related to pain and our auto-immune illness and lack of vitality, and our breakthroughs our daring going where no man has gone before, and breaking through, and learning, and understanding, and conceiving, and going to the depths, and going to the bliss are what make us so powerful and make our message so important in the world. And then being willing to take the chances, to say, "Okay, I created this illness for myself so I could learn something from it, so that I could do something with it, or that I could be an inspiration to others. And however it was that you set it up before you came in to your body and I know it's hard to believe that you would set up anything that would go wrong in the body, but we do have agreements to have different things go wrong and we have the power to end those agreements if we feel like, okay I got what I needed, I'm out in the world teaching or I'm in my community center showing people how to do physical therapy, whatever it is you're doing, you've learned what you want to learn from that, you are ready for joy -- that's the next thing.

I think in the age of androgyny where we're able to have our God-information, what a great time to really have and own your body in joy and create any future lifetimes. Like you could even go into soul contracts all the way down through emotions, group mind, group mind virus, black magic, past lives, and you could create your future lives to come in and take out the programs

that say I need to learn from pain or I need to grow from pain or I need to launch myself from pain or illness. So understand that you have that power. You can do that. And I'd love for you to look at what it did and what you can be grateful for, what came out of whatever it is. Like your resilience, the love that you get, the support that you get. You've gotten good things out of what's been happening to you and maybe it's time to turn the tables and create ways to get good things from good things happening to you. And so that love and support, that dynamic presence in the world, all of that you can create differently. So you don't have to stay with the same picture but appreciate what you got and then notice that you can create a new picture, you can create a new dynamic.

Okay and now we're just going to go right into clearing all the different names of the illnesses; so for fibromyalgia, and MS, and chronic infections. So every auto-immune illness that's on this call, let's go ahead and clear that from soul contracts down to DNA. So that's what we're doing next. You might be feeling a little bit more ease in the body, if you are a person who suffers from either chronic pain or auto-immune illnesses. Let's just see, but that would be a response, like the body would start feeling more relaxed and peaceful. And then from there, we'll go on to doing some vitality and energizing processes.

And as we're working on this, you're doing the quantum pump folks, this is what you're doing. Okay, chronic inflammation. Okay this is like an infection, okay. "Can you clear Meniere's disease?" Yes, I have. You know some of these illnesses by the way were just in a Discovery class and when you want to really get to the bottom of it – Meniere's, I had a man in the Pentagon work with me who had that and it took several sessions. Like doing a VIP Program where we're one to one and where we get to really look at everything involved with it is really helpful because your unique pictures in a group, we may or may not touch on. So I just want to encourage you if it's something that I wouldn't expect 100% result from this class because it's so short and it's not personalized. On the other hand, it's powerful and I would expect a good result but maybe not 100% result on this because we didn't look at what are all the dynamics involved and I always think that that's really important, to look at all the dynamics, and you can do that in the VIP. The Emergent program is really great because you learn how to do it for yourself, you learn how to ask yourself the questions. Oh, so there's just all kinds of names of illnesses that are coming. Belinda says, "I'm feeling lightness, relaxation. Thank you." Okay and lots and lots of names of illnesses and diseases.

We're clearing! The Mantra that's really good for this is the Tryambukam Mantra. You probably have heard. Why don't I while we're doing this, I'll chant that and if you know it, chant along with me. *[Chants in Sanskrit 00:39:06 to 00:40:14]* And the Tryambukam Mantra creates new life, so it's the creator/destroyer Shiva energy. So it's a wonderful Mantra to do while you're doing your quantum activations. These Mantras that I teach are in the residence of truth. Sanskrit actually is the exact essence of what you're saying and English actually and some of the romantic languages are a description of what you're saying and so it will resonate some around 12% true English, where Sanskrit will resonate at 100% true. So if you sing it with devotion and with strength, you can cause a shift to happen just with these sounds, these sounds of truth. And I do teach about that. I have a Sound of Truth program that has 15 of these powerful Mantras. Some of you might have it already. Yay! I just so appreciate you. Thank you for being my world and for bringing all the love into your world and your commitment to help others. I see you, I get it. Thank you, thank you, thank you, thank you. I really, really appreciate all the good work you do in the world.

Ooh! Do you feel that shifting? I'm just getting tingles all over. I think we're getting to the bottom of some of these auto-immune nonsense. And you know when you look at it metaphorically you think, well auto-immune is the body finding itself. It's doing the opposite of what it should do. I think that the connection of spirit and body, how when the body is doing the opposite, the spirit kind of abandon ship and says, I don't want to be in that body and so then the body is fighting with itself all the time, maybe even harming itself rather than helping itself. Even though these systems were made really to keep us healthy, we've got systems that are doing the reverse of what they were meant to do.

So one of the things I urge you to do is to own the body, sing, dance, recreate, walk in nature, get your spirit in your body as much as you can, as often as you can all the way to the tips of your toes and your fingertips. No matter what, you want to own, own, own your body and then claim the health, claim the health and the body that I am in great health every minute of every day and my immune system knows how to function beautifully and does function beautifully. And you know you want to keep with that mindset of -- because the more we say, "My muscles don't absorb food from the fibromyalgia so they've atrophied and I'm in a lot of pain all the time and I'm going into a wheelchair..." Whatever you're imagining to yourself, that repetitive, negative stuff, you might say well I think that might be true but understand that you're creating your reality. It might look like that's where you're headed but if you used your mind and created something different, literally the universe wants to respond to the better version. So I think that we repetitively over and over again think about the version that isn't so good and if you could just start really thinking over and over again about the version ...

This feels really good. The energy feels really great. You guys are amazing. I so appreciate it. This particular class is very, very powerful and generous spirits. I really get how big-hearted you all are and how willing you are to share in the joys and the happiness and get to the health.

Okay, we'll spend the last 15 minutes improving vitality and there's a number of different things we can do. One is let's do an essence tune-up. Essence is spirit, soul, life force and high self and so what we're going to be doing is improving the spirit. So if any pieces are missing, you don't need to do anything. If you like to, you can continue to quantum pump or you can just receive. We're going to be retrieving all of the pieces of spirit that have been broken off. So if you're 60 or 80% there and then there's missing pieces, we're retrieving all of them and then you want to also imagine your spirit coming back to you away from like hovering over your boyfriend, or your husband, or your child, or whatever. We want your spirit entirely back with you. And what we're doing is we're improving, repairing, bringing back spirit so that it's 100% and then spirit will inform life force in the body, so it's going to start informing it, kind of energy in the body.

Sometimes we just think it's adrenal fatigue but often times, it has a lot to do with how much the spirit is present in the body which provides life force. So spirit provides life force. And then we have the energy body that's just Chakras, and the Auras, and the Nadis, and the Meridians and all that stuff, that also provides wonderful fuel, wonderful energy for the body. And then we have the cellular body and then the light. And I think Dynamism is the mini program, it's an amazing program that goes through all 15 aspects of energy. Maybe we'll do an energy class. I think that will be super fun; maybe do a 4-part energy class. So right now we're improving, bringing back missing pieces.

There's some Scripture I'm just remembering. It's "I have gathered myself from the four corners of the universe and left no parts to the ruler of this world." Gathering ourselves saying it's time to pull ourselves in as spirit. Whatever those hacked off pieces were, we're pulling them back from wherever; our past lives, or we may have been abused, and pulled in pieces, and torn apart or even in this life. We're pulling it all back. It's very mystical when you think about it. And the restoring of Spirit is huge, huge, huge. We do a little bit of it today. We could do several hours on this topic.

Okay, spirit is back. We're getting life force now to 100%. Okay, we're at about 70%. Oh very good, another 20 of you joined. Yay! So if you came in late, if you didn't get the link on time, definitely the replay will be available. What we're typically doing is there's an auto sequence that goes out 12 hours after we do the class, but it's available pretty quickly and I'd love for you to see and experience the whole class. So if you came in late, please do watch the replay.

So if any of you have questions, you're welcome to put the questions in the chat box on what would be your next step. One of the things I'd love to encourage you to do is do one of my meditations each day. Those are going to help you with staying in the quantum field for half an hour every day. It should be great for you to be practicing getting your energy vibration up. The meditations you might notice are quite different. First of all, they're recorded in the sound studio. Meditations are uniquely mine with the harp music which is also uniquely mine and if there's some singing on it, that's me singing. So they're set at Christ consciousness. They're in the 900's, the energy vibration on the Power versus Force Scale of David Hawkins. So you'll notice that they're really uplifting and they really help you. Any one of my meditations is going to really be uplifting for you. Some of them are training meditations and some of them are kind of blissful, enjoyable, let's go on a journey meditations, but they all are very healing.

Lauren, I don't know "What if you did not receive..." I don't know what that means, so if you want to -- didn't receive the healing or didn't receive the link? I don't know what that question is so please say more. JD, "Energy is fantastic." Yes, I agree. "Can you download the replays?" I don't know they are on YouTube and you'll have the link permanently. I think that's the way that you get them. I think we're ultimately going to organize delivery pages that you can always go back to that will have your class in it, but in the meantime, you'll always have the link. That will never change. That will always be the same, exact link. So if you'll just save them, you know you could always have the links to watch. Lauren, if you didn't receive the recessions part of this one, I'm a little puzzled, are you actually in the class or did someone invite you to the class? Because this is a class that was for people who have a Discovery session and opted into a class. So they had a 20 minute session with me and then they opted into this class and gave up their 20 minutes; so that's what this class is. So I'm not sure how you were invited if you gone in. It might be that someone maybe snuck you in. I don't know.

Okay, so Jackie said you can't download any of the replays, which makes sense. On the other hand, you don't need to download them. I mean they're big, long files that are an hour long videos. You would just go to the YouTube channel and watch them as often as you want. Wow, thank you. Tameka says, "Thank you so much! My vision is so much better." Fantastic. JD, "This feels fabulous. Very powerful." You know what that I think we can do is we can send all four links when we send out this link. I'll have to check with my administrative producer and we'll see if we can do that, where we can send the final all four links on the final replay message. If we can, we'll do that. There will be a way. So if it doesn't come that way, we'll figure out a way for all the people who are in the class. You'll get all four links at once, so then you can save

them on a page or save them to a file somewhere. So you always have those links. It's so funny, I know you guys, a lot of you are summit people and you love downloads; it seems to me like it would fill up your computer eventually if you downloaded all these big files, these big videos and things like that. So I would think it would be nicer to just have the links, but that's just my thinking. I don't know. I'm not a techy person and I definitely don't -- yeah, anyway. Making you write – I'm making you write. Lauren, "Thank you. I understand what you mean about being grateful for what you have." Beautiful. Oops, this is shifting really fast here. "...and learning from your illness. I am much more positive being happier and I'm claiming my healthy body, ready to be 100%." I love that. I love that Lauren. Yay!

All four replay links are included in the email. You'll get them in 12 hours. Okay, so that's administration confirming. ... in the body, so it's one of the ways that people know they're healing, maybe 5% of people, they have that where they're burping all the time when they're moving energy. Kate, go ahead and send a message to support to get that question answered. I don't know how you got in if you didn't opt-out of the 20 minute one because this is the only way that people got in to this class. So send a message to support and see if they perhaps -- support@julierenee.com, they can help you sort that out. Okay, beautiful.

Oh my goodness, how did that happen? 8:57, my time. I bet it's a different time your time but we've got three more minutes to work on vitality, energy, and spreading the love, getting questions answered. So I really, really encourage those of you that could come into Golden Age: Year of Miracles to just jump in to that class. I've never done that before. It's so modestly priced and you get all the brain regeneration and body regeneration for a whole year. It's a 3-hour mini retreat, so 36 hours of actually activations; very, very deep level, very profound. So you can jump in on that; if you can swing it, it's very modestly priced. If you're one of those people who can afford the VIP Program, get in there. Get in there. This not going to be around much longer and I just want to encourage you that you get to work with me one on one for five hours. That's an incredible experience. So you're going to get a whole lot in the five hours. Life gets so much better; so a lot to choose from. I'm going to see some of you on No More Ghosts. I noticed names on the screen are in the No More Ghosts class. That's wonderful. So I'll be seeing some of you on Thursday and just stay in touch. Let me know how you're doing. I get all the emails that are really directed towards 'these are my breakthroughs.' Obviously they're filtered. If they're tech issues, I'm not taking tech issue questions. But when you send me an email and you say, "Hey this shifted..." I get that. It makes me happy and I respond to you. I celebrate your wins; I really do. And you know I share with you your frustrations and hopefully give ways to breakthrough those things that are frustrating you.

Alright, well we have one minute left and let's just end the class with our Love Mudra. Just know that you are loved, you are cherished, you are appreciated. Your being here makes a difference to me and makes a difference to the people in your world so thank you for being here, for being courageous, for giving all you give, and for loving us. Thank you for loving me. I love you. God Bless You. Rubbing your hands together, I want you to give yourselves some love from me, and from yourself obviously too, and from the Divine, and get your hands nice and warm. Putting your right hand over your heart Chakra, left hand over your right, in a Universal Mudra of self-love and self-affinity, affirm to yourself, "I love myself. I trust myself. I express my unique self." Breathing in and out and [Coughs] Excuse me – and really accepting that love, trust, and full self-expression. God bless! Love you. Bye-bye!

[END OF TRANSCRIPT 00:59:56]