

Discovery Course with Julie Renee #2 Transcript

Good morning everyone. Julie Renee here. I'm really excited to do this 2-hour amazing training. I realized we started really early and we've just got a few people here to begin with, and hopefully everybody will be joining us in the next few minutes. But you know, you're probably from all over the world so it might not be early, early for you but it is for me.

Today we're going to be doing both love and relationships and digestion – pretty exciting. So I'd love to hear from some of you on what you'd like to work on with love and relationships. And we're going to get started by doing our little Mudra ritual.

Rubbing our hands together -- so let's do that first; so rubbing your hands together in front of your Heart Chakra, creating some psychic heat, some energy, some Tapas. And then we're going to put the right hand over the Heart Chakra and over the left hand over the right hand in a universal Mudra of self-love and self-affinity and affirm to yourself, "I love myself. I trust myself. I give myself permission to express my unique self." Breathing in and out and feeling very wonderful, very connected with the universe. And it's great to be alive; feeling the love and self-love flooding your cells, feeling a new kind of trust, a new kind of confidence coming into your body, and permission to express your unique self.

And then we're going to go to bare grip, which is right hand is facing your throat and the left hand is out and the hands are gripped. This is strengthening your voice in the world. Let's just energize that, breathing in and out and just really setting the intention for the day, seeing yourself in better relationships, in relationships that have stronger communication, seeing your digestion work better and being able to easily digest what's coming towards you, having life work better, setting your intention for the day. Beautiful!

And then drop your arms and we're going to have our hands now go into the Lotus. Lotus is where your hands are actually kind of forming a cup on the inside and the fingers are the petals, and we're coming from the Heart Chakra and we're going up to the Crown Chakra, just above the Crown Chakra. What we're doing now is integrating the desires of the heart and the physical body with the high self, so that divine connection. So up, breathing in and coming down, and breathing in and coming up, and seeing your intentions of the heart and the body being integrated with your spirit, with your high self. *[Breathes deeply]* Breathing in, breathing in and out, breathing in and out. And now just take a moment to fill that integration, feel the desires of the heart and the body integrated with the spirit and the high self, the essence of you. And putting your hands together, Namaste. I honor the God/Goddess within you.

We're going to have a blessed and beautiful morning and an action-packed couple of hours. So I see a few more of you have been able to pop on and join us. I'm just back from the tropics. I had terrible internet connection, so we're doing a double header here today. I've got a tiny, little sneezy thing going on, so I apologize for that if I sneeze or drip. I will do my best in this class. But I want you to know how much I love you; I was thinking about you so much last week. I was obviously trying desperately to get on the phone line for like an hour, trying to get on, but there was just no connection at all; we were at the jungle. So here I am and it's going to be a very powerful class today - love and relationships and digestion. And I am really interested in hearing from you on what you'd like to work on with love and relationships. I have my standard stuff but if you have a few things that have been reoccurring, we can work on those too.

So let's get started with the quantum pump and I'm going to review what that looks like. So if you are to clear, your hand is pumping. So this is the way it looks going forward, and this is the way it looks going to this side, and this is the way it looks going to this side. Very good! And we're going to start clearing first of all your ability to have a love relationship that's mutually honoring and respecting. So for women, that you're cherished and you're loved and for men, that you're honored and respected, that you're and that the relationship can be really juicy and wonderful and beautiful. So we'll start with that.

If we don't get a lot of comments, what I will take you through are the clearings for the 7 Stages of Love and Enlightenment and what those vibrations are. We'll start with this and what we're first clearing is soul contracts, soul contracts of other that are affecting you negatively, demonic curses, black magic, group mind, group mind virus, curses from others, traumatic episodes from past lives, we're clearing the emotions, and we're clearing the DNA.

And while we're clearing, I'm going to give you a little bit better explanation of the different areas that we're clearing. So soul contracts, soul contracts of others, and demonic curses – those are problems found in the field of amplification. I'm going to give you a little lesson here on the human blueprint. In the human blueprint, we have the main parts of our structure which are found in the word or the acronym PEMER. Perception which is basically thought forms and we'll talk about that in a little bit, and then we have Essence which is spirit, soul, life force and high self. And then after that, Matter – everything in the physical form; so cells, glands, organs, fluid, bones and everything that makes up the physical structure. And then we have Energy and energy includes the Chakras and the Aura, the golden rings which are your halo, the human access portal in the back of the head, Nadis, Meridians - everything that makes up the energetic field or body, the physical body that supports the physical body. And then from there we have Realms and the realms support everything about it. So we have the Realm of Genesis, which is new life and new beginnings. We have the Realm of Embodiment which allows spirit to live in a body. We have the Realm of Quantum or the quantum field. And then we have Amplification, which allows us to amplify things like love and gratitude; it also allows us to amplify negative things.

So the first three things that we're clearing are in the field of amplification. So these are things that are being amplified that are spinning kind of out of control and negatively, and we don't want the soul contracts and soul contracts of others and demonic curses. We don't really want any of that negative stuff spinning around in our field. So what we're clearing right now are in the field of amplification, that last field of things that have gone haywire. So soul contracts are typically in this way that we're looking at it, not a contract you have with another person but contracts to suffer – so we're taking them out, and the same way with demonic curses. And they get amplified, so you might have agreed to one thing at one point very tiny, you might have done some harm to somebody in another life or something, who knows, but you agreed to something and then it just went haywire. So from one little pebble in the pond, you got a billion things. So that's what we're taking out.

And then once we've cleared that stuff from amplification, the next thing we move into is perception. Perception if you remember is the first part of PEMER and it is thought forms. And so thought forms, when we look at perception, thought forms are the things that really were with us when we were really beginning. So even before there was spirit, there were thought forms. In the beginning was the word, and the word was with God, and the word was God. So understand

that even before spirit, there were thoughts and those thoughts could come together and create something.

And then from the perception, we have essence. So the second thing in the blueprint is essence. And so we're clearing that next – the field of perception. And again, the things that are in the field of perception that we're clearing are group mind which is a mine, a group mind virus which is a miasm, black magic – typically things that you're saying about yourself that are negative, and curses from others. So that will be you get in an argument with somebody or you drive in front of them badly and it seems somebody is upset with you – so that's another thing, and then finally, traumatic episodes from past lives. So all of that we're clearing in perception. And by the way there are also wonderful things in the field of perception. We won't be clearing them. Those are things that get enhanced when you do affirmations and things like that. There are good things too; many, many good things. We're just dealing with the bugaboos.

And then from there we go to emotions and you have an emotional body – so you have a mental body, an emotional body, a spiritual body, and an etheric body. In the emotions, things that we clear out of emotions are tied to this lifetime. So we're clearing emotions that are negative around relationships and full self-expression with relationships. And finally DNA, and that would be your cell programs. So in every single cell, you have a DNA strand and there is a program for how you should respond to like right now, to relationships. The DNA programs are just virtually everything that's running in the body, even including the energy field. So what we're then doing is clearing out negative DNA programs that would cause you to not be successful in a relationship.

So if there are any comments, I have my chat box here and I'm watching for comments. Anything that you'd love to cover in the relationships, love and relationships part of the program. Okay, Liz says that she would like to fall in love again. She hasn't fallen in love in ages. I love that! So we'll put that on the list – to fall in love. I bet some of you have that. Actually, that would be wonderful for me too. I've dated, but falling in love would be wonderful. So, falling in love. Very good! And if any of you want to put something else that you'd like to get out of the love and relationships part of the class, please let me know.

Alright and while we're clearing, we're about 40% clear on this project, so just keep pumping. Everybody keep pumping. What we're going to do now is I'm going to talk to you a little bit about the 7 Stages of Love while we're doing the pumping, so you'd get some more good juice in relationships.

So on an energetic level, how many of you I wonder have read *Power vs Force* with David Hawkins? That book came out maybe 10 to 15 years ago and he defined the different energy vibration levels of humans. 0 being very, very low on the scale, 500 unconditional love, 600 joy, 750 enlightened mastery, and 100 Christ consciousness. So from that concept, I've gone ahead and defined the stages of love and part of being in these different stages is how much you've actually been able to accelerate your own energetic vibrations, so some of it is that. But some of it also is what you were preprogrammed for. For example, what your parents experienced in their love and relationships. So you might be set where they're set or something like that.

So Level 1 stage of love, the vibration level is 0 to 130, so it's kind of low. This is obligation cohort based on survival. So you're together because you're going to survive together and perhaps there is some kind of love there, but it is a love based on obligation. So perhaps more on loyalty rather than a heart connection. Level 2 or Stage 2 of love is moral obligation. The

energy vibration is 110 to 190 and with moral obligation, the right thing to do and so in other words it's either maybe you were pregnant when you got married or your family expects it, so you're obligated to this person and based on social pressures or religious beliefs. So you stay with the person even if it's not a relationship that really produces a lot of love.

Level 3 or Stage 3 is getting up there a little better. 170 to 255 is the vibrational level. Cooperation and support, companionship basic. So that's getting into a more user-friendly kind of relationship and some of you might be in that one. Level 4, and it starts to get better when we get up to Level 4, based on fun, partnership, mutual respect, companionship, and the companionship is elevated. It's 230 to 245, so you're getting into a little nicer, more fun kind of relationship. Yes, you're going to have your challenges but the basis is that you want to be there.

Level 5 is soul mate. You might have thought that soul mate was going to be Level 7. The two higher levels are a little bit harder to achieve because of the energy vibration and most people haven't gotten to that energy vibration yet, so you typically need to be in a higher vibration to experience those last two levels. So Level 5 soul mate, mutual honor and devotion, and it's a blessed union. The energy vibration there is 370 to 480 – so that's really nice. 500 is unconditional love, so you're getting right in there of unconditional love, mutual honor, respect, devotion, and a blessed union. So beautiful!

And then Stage 6 or Level 6 is 470 to 720 – joyous partnership. And joy is based on the relationship knowing and awareness. Joy is the basis rather on the relationship and it's kind of this more soulful divine connection. You feel really in-tuned with your partner. You've maybe seen one or two couples like this in your life where they're very blessed, they're very happy, they kind of have this little secret between the two of them, a twinkle in their eye when they look at each other – that's Level 6.

And then Level 7 is divine compliment, cellular harmony, expressing creator god/goddess in the body. So that is actual full expression of the human experience in Level 7 and the divine experience. So you're integrating the higher expression of yourself with the being in incarnation. So that's a pretty wonderful thing to shoot for in some lifetime. That would be fantastic.

Alright. Let's just check and see now where we're at. Oops, I've got a couple things on my screen I going to click off. Alright, I see some comments have come in. "Some of my friendships have been superficial and I would like a deeper, more meaningful relationship." Okay, so let's put that on the list. A deeper, more meaningful relationship. Very good! "More self love, so I can give love better." Beautiful! Colleen, "Attracting and enjoying authentic, positive, loving communication presence from a higher vibrational." Okay, so attracting higher expressions of love. Very good. Okay, so we've done Will, Linda, Colleen, and Sarah. Thank you. "I would like to invite spirit of transformation into my love life from partnership and transition into working relationship, working together a few times a year. It's an art. I would like to clear whatever issues are still there with him and be welcoming new love relationships in my life." Okay, so that one sounds like something preexisting and something that you'd like to move into more and deeper.

Alright, let's see where we're at with our first clearing. Oh, we're 100% clear on the first clearing. Fantastic! And so the second clearing, let's see here. Since we've covered some of the 7 Stages of Love and then I think deeper, more meaningful relationships, let's clear what we can now on really having a deeper, more soulful, intimate connection. So any blocks that would

prevent you, because I think the last one also, attracting a higher expression of love, let's clear things related to the 7 Stages of Love and where you're at and see what we can clear out so that love is experienced in a more profound and beautiful way. And so we'll be working both on the deeper connections, on attracting the higher -- so things that would block, attracting the higher, things that would block the deeper connections, and then also related to the 7 Stages of Love.

You know what I'd love to do is have you let me know what stage you think you might have attained. And you could muscle test and see what is coming in for you. Are you Stage 1, Stage 2, Stage 3, Stage 4, Stage 5, 6, 7? Where do you think you're at? If you had made some notes, you could let me know where you think you're at. Because the cool thing is, you have more possibility of being in Stage 5 to Stage 7, or even Stage 4 to Stage 7, if you've cleared the decks; if you've removed your family programs. So that might be fun to do also.

I see another comment came in. Dina, "Experience deeper romantic love relationships, attract soul mate deep in my soul. I know this is the year for me to meet my soul mate/husband. I want to remove any blocks to allow my beloved to come to me Thank you so and God bless." Fantastic! You know, I think a lot of us on the call, I'm going to include myself, I also have that sense. I moved into my new house and it feels like love is just around the corner, and so these love clearings are so important to helping. You know there are outer actions to meeting the person, you got to show up in the world and then there's the inner stuff of clearing away so that he can see you for who you are and really be magnetized to you. And Luke is in Stage 3, thank you. Yes, so if any of the others would like to maybe muscle test and identify what stage you've accomplished so far or where you are now, go ahead and do that. The screen is going to go dark for me for a minute...

And here I am, red-nosed. *[Laughs]* Oh, so funny. Okay Yoko, good morning. "Good evening from Japan. My fiancé and I have been separated for 2.5 years mainly for a financial reason. He is American and I am Japanese. We want to find a way to live an abundant life together." I love that. Okay, so the block to your relationship has to do with some kind of outer success, so that's an interesting challenge so that the group mind doesn't support or something doesn't support you being together. So let's put that into the formula here and see if we can get to that. Relationship troubles, troubles from money, and I bet many people have some kind of money troubles or have had some kind of money troubles in relationships. I know Suze Orman is always saying it's the number one cause of divorce and problems in relationship is the money issue but it doesn't have to be. But apparently, there's something going on there, so I've added it to the list.

Okay, we've done some really nice work so far. Oh my gosh, we've gotten through the 7 Stages of Love and we've only been on for half an hour. How cool is that? That's really wonderful. Hey, by the way, while we're doing this clearing, I'd like to tell you about my Immersion Program coming up. So if you're enjoying this training and clearing and you think that you might want to actually be a health activator, a quantum health activator, I do have a few open spots for people in my year-long training. The first step though is to go through the week, the one week training and then you can decide if you want to go further. And it is a certification program, so you'll be certified after one week of training. It's coming up in May. I think May 19th through the 26th in San Francisco. So if that's something that is like, "Yeah, that's me..." Get in touch with me and I can help you get signed up or you can go on to the Website and read about it and sign up. It's the Diamond Immersion Training Program in San Francisco. Maybe some of you are ready, so

please consider this a personal invitation from me. I can see that you are ready and I'm ready to teach you.

What we do there is really clear a day of spiritual parasites, a day of soul contracts down to emotions, on problem energy. We do a day on DNA alterations and we learn how to remove cancer and Alzheimer DNA and kinds of genetic heritage problems. You'll actually learn how to remove them and you remove them at the same time. We do a day on wealth and success and a day on love. It's the most powerful training you'll ever experience. With seven hours, we do five hours of training, take a two hour break and then do two more hours. So we've got it broken up in a nice way. There are breaks all the way through. But you will be really transformed. If you can imagine, 47 hours of clearings in one week, you're going to walk out of there a new and different person. So that's my little plug for the Immersion Program coming up. It's a really, really remarkable training. And from there, if you wanted to go to that and you decided not to do the year-long, you would be able to do the activations. You'll learn how to do everything. Everything just gets better and better as you train longer.

Okay, I see another comment come in. Adrian, "I would like to have more bliss and love in immediate family, including my animals." Okay, bliss and love. And by the way, we're over 70% on having a deeper, more meaningful relationship. So we're doing good. Everybody's pumping; pump, pump, pump. We'll pump together. Beautiful!

I'm thinking about lots of things. I'm thinking about how some of you -- I'm just looking at the whole group. Some of you are able to attract something. Like you have male attention, or female attention if you're a male, but it seems to me like we have mostly women in our group today. So you do get male attention but you don't bring in the level that you want to bring in. So it's attention but it's not the soul mate or divine complement, or you know, that kind of love that you're really looking for. So I'm also thinking that maybe clearing anything that magnetizes what you don't want in your life. And somebody might have mentioned it in a different way, like I'd like to magnetize what I do want, and magnetizing what you do want partly starts with clearing away and magnetizing what doesn't support you. So let's do that also.

The sound of silence. Oh yeah, I was thinking about that falling in love, you're actually talking about the chemistry thing. The 'goo-goo-ga-ga.' That wonderful kind of release of chemistry that comes organically from inside you. I think that's what you're talking about. Like, I'd like to feel that delicious chemistry. And it's very interesting, Allison Armstrong, I've done her training and I love her, I mean she really has a lot of wisdom and I grew up with a lot of what she teaches. She was always saying you don't want to have someone that's like you're a 10, falling all over yourself because the other person will have all the control if they're like a 10. You want to have someone who's kind of like a 7, 6 or 7, because you can equally love and you can have your mind too. So you can have the chemistry hopefully with the 7, but you don't have the out of control, can't figure, can't maintain your own boundaries, also expression wishes or something like that. So it's not really lowering the standards; it's actually getting the right chemistry. And the right chemistry in love probably isn't a 10 because if they're a 10 for you, unless they're -- let's see, so you're looking at them and they're a 10, unless they're looking at you and you're a 10 is probably going to be out-balanced. And typically when someone is a 10 for us, oh they're like everything we ever dreamed of, but we're not everything they've ever dreamed of. So we're projecting something on to them that they're not projecting on to us necessarily. I wonder why that works that way, but it does. So 7-7 is a really good match.

I had a fiancée years ago who was a Japanese doctor and I guess I must have been a 10 for him. He was not a 10 for me. He was more like a 5 or a 6 for me, but it made sense on paper and I was always trying to like -- I always made kind of poor relationship choices, so I thought, I'm going to use my head; I'm going to think with my head. And there were a lot of things that seemed to match up, head to head, so we were in agreement and alignment on a lot of stuff. But he promised the moon; he'd find out what I wanted and then he'd tell me, "I want to give that to you. I'm giving that to you. I'm going to give that to you. I'm giving that to you..." And so he was always finding out what I wanted and positioning himself, telling me, "This is what I'm giving you now. This is what I'm giving you." But when it came down to it and we were facing the wedding at Grace Cathedral in San Francisco and we had already done the deposit, and we were doing the beautiful -- we were going to do a big party; we had rented a mansion. He cancelled. He cancelled everything and it was just -- he was 10. He was giving away, giving away, giving away everything, but he actually didn't have the emotional space or the ability to actually fulfill the promises. He just would do anything to keep me, which was a really good lesson for me on how I partner, that the partnership should be equal. The men should have power to ... The fellow I was engaged to admired the power that I had in the world. He'd make a joke, "She could pass gas and the flowers move around her. Whenever, she would do the funniest things and say the funniest things..." He was funny. But he really wanted to own this kind of power and since he didn't have it himself- he was a doctor, a pediatrician -- he thought that maybe marrying a woman who had all this power would give him access to the power. And what I learned from that is to look for a man who already is happy in his own right; like a wise elder king who's already established his own power. It doesn't have to be the same kind of spiritual power, it doesn't have to be, but he's confident in himself and isn't just interested in me because of my looks or my abilities, but loves me as a human being and loves my heart and who I am expressing in the world. So yes, interesting how love shows up.

And then when you end a relationship like that, like that was just a couple of weeks before the wedding, the invitations were already out, and then you want to go through Karma clearing. And really one of the things that you can do is remove cords, contracts, agreement, and the Karma, and then the energy too. So there's a whole process. There's a Karma Clearing class that's on my Website - it's very inexpensive- that you might want to go through and there's a Karma Clearing Meditation download that you could get on the Website. So if that's something where you want to take it even further, you could go through that training. But that really helps clear away the contracts, the agreements, the things that were left just hanging there and also gets your energy back in your body which is very, very helpful.

Okay, were doing good. And the deeper love, we're done with that. The deeper more meaningful relationships and also we did 7 Stages of Love. So let's see, let's do attracting a higher expression of love and anything that's in the way of that, being able to have the yummy chemistry. The request was falling in love but I'd like to use different words than falling in love because there's something that energetically isn't quite there for what we want to shift. So experiencing beautiful chemistry, meeting really the dream man, the person that you've imagined to partner with. So let's put that into this formula too. Yeah, let's work on that next. Attracting a higher level or higher expression of love, more meaningful. Beautiful!

And then we're pump, pump, pumping. Everybody pumping. And if you weren't at the beginning of the call, we went through what we're clearing, so I'll do that again for those of you who've come on. I know wave had some viewers that have come on since. We're clearing the field of

amplification, soul contracts, soul contracts of others affecting you negatively, and demonic curses – that's the first part. The field of perception, we're clearing group mind, group mind virus, black magic, curses from others, and traumatic episodes from past lives. And then in the emotional body we're clearing emotional programs, and then in the cellular body, we're clearing DNA. So that is what we're clearing – blocks to a higher level of love. That's what we're working on now. Bliss, love, attracting a higher level of expression and love. And then also the yummy chemistry that comes with -- that fun kind of love where you're at the initial stages of love, the honeymoon phase, and the juicy chemistry that comes from that. And some people are a little addicted to the juice -- I'm not saying the person who asked because I'm sure you weren't but they just go from one relationship to another looking for the chemistry of love and it's kind of like a drug addiction almost. It's that excitement. They live for the excitement, rather than the companionship and the joy that can be experienced over a period of time

So the last clearing we'll do will be related to any money problems, any obsession or compulsion in relationships – we'll clear those too. Money problems meaning things that would get in the way of you experiencing the day to day love that you always want to. And then we'll also add to that, the last one we'll add obsession, compulsion, and things like that. The things that don't serve you in relationships.

Where are you all from? You know when I went to India to live in -- 1989 to 1990, I was in India and I really have not been out of the United States. I've been all over the United States but not out of the United States when I went and it was really remarkable for me because the culture and traditions were different. But there were mothers worried about their kids, and there were relationship issues very similar to what we had in the United States. So it was like landing on another planet and then discovering that all humans have kind of similar issues. Maybe they're designed in a slightly different way because group mind and group mind virus work a little differently in different countries, but the same kinds of concerns from country to country, from person to person, from mother to mother. The world became very small then and what I realized, oh my God, we are really so much alike.

Okay, Louise commenting that she had relationships like her mother and like her father and she wants her own version. Yeah, I like that idea.

And part of the reason that we're clearing and pumping like this is to clear away those patterns both from mother and father, so those come in our DNA program and it's also I think in the emotional brain. A lot of people notice that when they go through like a brain regeneration experience which is the VIP Program, and they go through the 3-month mentoring, but they grow a new brain, that everything just changes, that life becomes very different because they are not working on a... and of course what you've learned, you don't lose. You learn about relationships from ... you don't lose that, but the pressure or the impression is much less so you're free to have your own experience.

Okay and we're clear on the deeper and more meaningful relationships and the good chemistry of being in love. So we're going on now to clearing relationship troubles with money, obsessive compulsive, and we'll also put in there that we're going to clear any blocks to self-love. So that would be where you project everything on someone else and you can't show up for yourselves; everything's about the other. So let's clear all of that in the next batch. And are you starting to feel some shifting or are some of you starting to feel some energy moving? That would be interesting to hear.

Promises are usually agreements; contracts are usually something in writing and yes they are in the Karma clearing – that is what we're really working on is cords, contracts, agreements, and Karma, and then the energy also. Sometimes we get our energy really embedded in the other and we need to pull our energy out. So it's a really good thing to do the Karma Clearing Training and really learn how to do it and then clear everybody that you've ever had a relationship with. That's a very, very powerful experience. I did and believe me, you get free. You really do. So say you clear 200 people, that's incredible. "This is fun." Yay!

And then in our next hour, we're going to take a break in about four minutes. Take a potty break, get a glass of water, get up and stretch, and then we'll do another 55 minutes. Our next section will be on digestion. So we'll go through love and then we'll go through digestion today too; so it's a powerful, action-packed day today.

I love and appreciate you I'm so happy you're here. It's a beautiful day to have a breakthrough. Everyday really is a beautiful day to have a breakthrough, isn't it?

Feel free to write questions and if you have questions on love and relationships, we have a few moments before we take a break and I realized potentially I could be answering some questions. We have a very intense, wonderful group here. Everybody's working really hard on getting this clearing. I love it. I too, I'm looking at everything that's shifting, so notice I'm being quieter than usual, and a lot of good stuff is changing right now. So know that everything is in divine order and that we are making a difference in your field and it's going to be reflected; people are going to experience you differently.

Okay something's come in here. "My daughter repeated my marriage and it didn't work out too well for her either. Can these patterns be dissolved?" Definitely, definitely. So really when you have an issue like that or your daughter does or you do, like you repeat your parent's marriage with someone else and said, "I have had a relationship like my mom's, my dad's and I want my own." You want to look at the things that really make the relationship the same. So you want to remove the soul contracts and curses and all that, but especially the DNA, especially if it's patterned after, and then in the emotional body because that will also include the emotional brain, so you want to remove those patterns. I think it's also helpful to read a little bit about love and relationships. There are so many love experts out there. Some of the good ones really kind of help clarify -- if you've had parents who were poor at teaching you about relationships, like they didn't have like a one or two relationship, you want to actually inform yourself and not just think that your body knows about a higher level of relationship. You want to inform yourself of how the higher levels work. So that's a good question and it absolutely can be cleared.

Yeah, thank you Cynthia. Yeah, it's the same thing. So we actually are kind of working on clearing some of those things, but you can use this pump the same way. So if you would say, "My parents always yelled at each other rather than loving each other..." You could clear that. At the beginning of the class or kind of midstream, we did the 7 Stages of Love and that's also very helpful in really understanding where you're at. It defines a little bit at where you perhaps where perhaps and where you want to set yourselves. Maybe you want to set yourself a soul mate, and so you can clear that way too. But you could just do this pump and clear yourself. And if you want really a whole day of this, come into the Diamond Level training because we do a whole day of this and we go through the Karma clearing and we really get to every single thing that you want to clear. We'd get to it and then you walk out with the skills to really know how to

search for a block that might show up a year down the road. Just like, “Hey, where did this come from?” We could clear that too.

Alright my dears, we’re going to take a little break. I’ll just get up a minute, potty break. I want you to all stand up, get a drink of water, if you need to use the bathroom and we’ll come back in somewhere in 3 to 5 minutes. I’ll see you in just a little bit. And my team, you’re welcome to pop on one of the videos so we have something playing for the 3 to 5 minutes that we have our little break. Okay, I’ll see you in just a little bit and we’ll be working on digestion next.