

Essence: Restoring Your Spirit, Soul, Life Force, and High Self Connection

Hello and welcome to Essence. Today, we'll be working on increasing life force and Kundalini. It's going to be a wonderful class. Oops, I've got to put my chat box on here. And I'm coming to you from a hotel room. I am teaching the Immersion class. So I was just down with my volunteers, getting to know everybody and the class starts as soon as we're finished.

So let's go ahead and start pumping for life force. Now, life force is the information or energy that we send to our body; so spirit to body, so the energy that comes from spirit to body and gives us that dynamic energy in the body. A lot of times when people's life force is low, they feel like their energy is really low. So let's go ahead and pump for life force.

Hi Penny May. It's nice to see you on the call. Elizabeth, hi! It's going to be a great day. We're going to have more energy, more vitality, and really we're also going to do a Kundalini boost which is really nice. We'll probably do that in a guided meditation. That would be a great thing to do. So I hope you've all had a wonderful week. I see many, many of you signing on now. It's really wonderful. And we're pumping for Kundalini -- for life force rather, blocks to having awesome, fantastic life force.

What I've discovered about life force is that there is a direct connection with how much life force you have and how much your soul is able to be in service to spirit. Life force will go down when you have health issues. It will go down when you're sick, when you're having -- wait, that's an interesting background, isn't it? Is that a mirror? Let's see if we can give a better background. Yeah, that's a little bit better. Okay, so anyway, when you're sick or when people die, their life force goes down to zero. And obviously that means that the spirit is no longer informing the body so that the body isn't getting life force anymore from the spirit, so that's what that's about. And when people have what looks like maybe adrenal fatigue, and it could be adrenal fatigue, a lot of times life force is really low. So that information from spirit to body is what we're working on today. And then the mechanism of Kundalini which starts at the base of the spine, we'll also be working on today. So that's wonderful.

I think we'll start the class also with a Mantra. One that I think would be wonderful for life force is the Trayambakam Mantra. If you know it, sing along with me. *[Sings from 00:04:56 to 00:05:57]* And just allow the Mantra to stimulate and awaken the cells and the light of the cells and when we work on life force, we also can be working on bringing more light into the cells, into the cells of the body. What I've discovered is that the light of the cell is really activated when we need to regenerate, so that's when we really are getting the spirit of the cell or the light of the cell active. But the spirit of the body which is our essential nature which we restored last week, we want to have that in the body when we're awake, 100%. And so calling back your energy, if you were a guru in another life or a teacher in another life, calling your energy back from your students is a really good idea.

Also unplugging, unplugging from cords. If you were a teacher and I'm guessing some of you were, because you're on a very cutting-edge new information, old information class, so I see you all as spiritual teachers and leaders from this life and other lives, so you might have cords that are in your body that you want to pull out that will really allow you to be more yourself and lessen service to everyone else.

I love the new era. One of my students is of Indian decent and was asking me about Guru cords because she would always have pain. Guru cords typically are in the upper right side of the brain. But if you were a guru or a teacher, you could have cords all over in your body, so understand that you want to just clean out your body of cords probably for awhile.

And I see lots and lots of comments coming in. Let's see here. "No audio. I have no sound." Let me see if this -- let me know if that improved things. I just did click off on my sound and then put it back on. Let's see, I'm going to ask my assistant, would you please send me the host code for the telephone conference and I'll dial in. I'm sorry I didn't remember to do that in a hotel room. So if you could send me that on the text, the phone and then the host code. I'll get my cell phone on too. Sorry about that you guys. My mistake.

[Phone beeps] Yay! So immediately I'll get myself also on the call. Keep pumping. Sorry about this little distraction. I should have done this before. Keep pumping. Keep pumping. Sorry about that folks. Okay, let's see here. Okay my dears, so if you're having trouble with the sound, I'm now on the conference line too. I'm so sorry, I forgot about that.

Anyway, we're pumping for life force and what we were just talking about was if you had been a teacher or a guru -- everyone's all good. Okay, good. Great! So if you've been a teacher or a guru, you might have cords in you from other people and that's another way that you lose your certainty or your power, so we want to obviously clear those cords. Right now, what we're doing is we're pumping soul contracts, soul contracts of others affecting you negatively, and demonic curses. We're doing the field of amplification first and that would be all the negative things in the field of amplification. And then followed by group mind which is a meme, group mind virus which is a miasm, then black magic which are typically things we say against ourselves, curses which are things that other people may say about us and sometimes we could curse ourselves too, and then traumatic episodes from past lives. Now that grouping is in the field of perception. And then we do the emotional body; we clear programs in the emotional body. And then finally, we clear the DNA.

What we're clearing are blocks to really like 100% life force, that your spirit can inform your body 100% with dynamic energy. And sometimes it will go down like I was saying at the beginning. I'm just going to repeat myself a little bit. It typically goes down for health reasons, but it also could go down for emotional reasons. If you really were having lot of traumas with a family member say, your life force could go down or you could feel weak and exhausted. And I met some of you, when you're putting things together it's like I get an emotional piece of information that's really hard to process and then all of a sudden, I don't have lot of energy. Well that is your spirit not giving the body any life force. That's actually what's happening. So with this spirit and body, you could go through -- for example, you could have a night of no rest and still with your spirit really present in your body, you could inform your body at 100% the life force. So it wouldn't be the best situation, I certainly wouldn't recommend it all the time, but say you just had a sleepless or you just weren't able to rest, maybe you had a baby that was up all night or something like that, your spirit can inform your body of life force.

And by the way, this life force also I associate with those feats of incredible Herculean power. So a parent or loved one is trapped and all of a sudden, a man or a woman has super human powers. This comes from the spirit informing the body of something completely different than just physical reality. So we'll clean that area up also - the ability to really have access to your power and that's what I really see with life force is that it's all about the power in the body, the light in the body, the energy in the body, the dynamic energy that when aligned with your mission and your purpose, life force at 100%, you have a kind of power that you wouldn't have if you were depressed or sad or off-track or doing something that wasn't in line with you , so I always say we are working on outer and inner things.

Oh thank you Laura. I just happened to look down. Thank you so much. Thank you! That's a real compliment on a day. I had a very, very busy day yesterday and room set-up late at night and early, early in the morning down to the room, so thank you. I so appreciate it Laura. "Does it matter if you pump with your right or left hand?" The right hand tends to have more power because the right hand is the giving hand and the left hand is the receiving, receptive hand. The left side is the receptive side of the body and the right side is the giving or outer side of the body. However, if you are more comfortable with your left hand, then go for it because it works anyway. But the reason that we do use the right hand is that it's the outer, so that's how we do it.

I just have to see if I missed any comments here that weren't about sound. Keep pumping. Paula, "How can we cut cords from other lifetimes in case we were gurus or teachers. Which method to use?" Very good. I will answer that one. I think that might be the sum total of the questions. Okay, so in the Karma clearing course, we go through removing cords. So if you wanted really like a lot of information about cords, contracts, agreements and karma and how to just like really push everything, do the Karma Clearing Course. We have it live several times a year but it's also sold as a program on the site. It's not expensive at all. So I'm just telling you that's the full treatment. But what I would recommend is imagining pulling them out and to the outside edge of the Aura. It really is about being focused and using your mental consciousness, your awareness to remove the cords. So that's what it's all about.

The blue, cobalt blue deprogram is really good. You could do that, but with a real focus on removing the cords. Because you could use cobalt blue to deprogram your body and it would leave the cords in. So you have to like consciously remove the cords. When I went into the Berkeley Psychic Institute the first time for a reading, I had thousands of cords in me because obviously I've been a guru, and a goddess, and a teacher in every life that I've been here, so it was a big job to pull all the cords out. And I have to pull now occasionally, so people will reinsert the cords and I have to pay attention and pull them back out. And what I love is not being corded but being able to be in service to people but not have that constant energy exchange and demand on my physical body, so I love that.

Okay, looks like a question came in. "Lots of energy. Mucho Amor." Thank you Elena. Okay Nicole, "When we restore our soul life force, is there also a raising of vibrational frequency?" I don't see them hand in hand. The vibrational frequency is really related to what you've learned.

If this were something that you learned and you accomplished, then that's why it came in. It might go up a little bit. I would see though that the training that we're doing would raise your vibrational frequency in essence because A, we're clearing away blocks to your spirit, body relationship essence, so you're advancing yourself that way. I really see the vibrational frequencies, where we are is more like peeling away an onion. All of you are enlightened masters and then you have all the stuff that isn't true on top of you. And so when we take all the stuff that isn't true, you become more and more yourself. I don't think there's a getting to. I think there's a peeling away and each time you peel away, you become more yourself.

I had some challenges, family challenges this week and for the last couple of weeks, how to deal with something that's extraordinary and unheard and not necessarily socially acceptable. One of my family members is choosing to have a different lifestyle than the norm. And the process for me of -- wow, initially it was like I don't like this and I don't want to be part of that process, and then coming to an awareness that I'm love. I'm the experience of unconditional love. And so in my own time, clearing what I need to clear so that I can love my family member as they are with the choice they're making. And then that would potentially raise my energy vibration because I had like bump of I don't like what's happening and then I had the opportunity to look at myself and say, no, I am unconditional love. So regardless of what a family member is doing, I stay true to myself and then, that lifts. You see, so it's like a growth process. That's what really lifts us. And sometimes we get lifted because we lighten up when we take all the programs off. And honestly, that's what it ultimately is. You take all the old programs off and you keep going higher. And then there's a point where you're at 600 or 700 and all of a sudden you just wake up and you're 1000. I see that possible for each and every one of you.

Let's see, there are a bunch of things that came in. Alex, "After starting to do this work, I had five small entities in my bedroom and touched my head and feet. This was a fearful experience. Will the clearing help?" Yes, definitely. Just keep pumping and have the intention that the spiritual parasites be cleared at the same time. And Charlotte, "Could we magnetize them out of us into a balloon and blow it up?" You definitely can. I like to imagine lassoing, like a rope, like a cowboy and just lassoing all the spiritual parasites in one place and then I do the rose bomb on top of them or you can pump on top of them and just blow them up. Yup, good idea Charlotte. "Fourth session we cord clearing in the future." Not sure, but I would be happy to consider putting a cord clearing to our process.

"I have Karma Clearing program, however that program we are supposed to think about a certain person in order to do the clearings for a large group. Are we supposed to visualize just a crown of people?" That's an interesting thing. Yes, Karma Clearing works with a corporation, it works with a country, it works with a group of people, so absolutely you want to and notice how you lighten up when you clear your Karma with your country, with your city, with your church. So I like to do it with everything, not just one to one people. In the Karma Clearing class, we did it specifically around relationships and we did it like around Valentine's Day i think and maybe the holidays, so we are really very specifically tuned in to personal relationships. But Karma Clearing, you want to clear your Karma with everything and everyone, and the deeper in more you go, the more fully expressed you are. So thank you, that's a really good question.

We're doing good! Okay, "Subconscious programs where I drop my power and energy over to male energy which drops my vibration. How do I stop this please," Penny May. I think that thing that you could be doing is you could change -- there are some fear pictures that are in there from past lives is what it looks like. I get it really strongly but survival was dependent on you being submissive to the men around you. And ladies, this is a challenge that we have. I should probably do a 4-week female tune-up for owning your power and having good, loving relationships with men that are cherishing, honoring, respectful and you get what you need. I think that maybe is a time would probably be good time to do that pretty soon. So clear the past life trauma stuff, that will help a lot and then psychologically, it's also in the emotional brain so you need to change the programs in the emotional brain.

And Margaret, "When we clear the Karma with a person, will that person also feel it cleared?" Yes, that's really wonderful. I'll tell you a story. My brother cleared Karma with his second wife. He had three wives and his second wife -- not all at one time, but one at a time. She was a really hopeless drug addict, just really terrible. Anyway, she would always come around knocking on his door, asking for money, being just generally creepy and when he cleared the Karma with her, she hasn't knocked on his door since and it has been like four years. So, it really, really works. Karma clearing was good.

Okay Kathleen, "Are we able to pump both hands at the same time?" Definitely and especially if you want to move things faster; use both hands. And then Charlotte, "Will you be doing a class on Karma Clearing soon?" I'd be delighted to add that into the summer schedule. I will put that on. I'm planning on doing some free classes over the summer so once a month, we'll be doing something free. Introduction to bigger concepts and then we'll be doing some -- like the Karma Clearing is a 1-day class. So yeah, we can definitely do that.

Nina, "Do we have to identify the person or spirits we are Karma clearing and cord clearing with?" Not necessarily. No, because you can do it with group. But it is nice to know this, I had evaluated myself with all the people who are attached to me after I've done a couple big clearings, I looked and I realized that people re-corded because they have bodies and they missed me so I had 800 cords and I had to pull out but obviously, I'm not going to go one on one with them. And then, "If I was a leader in a past life, how do I know who to clear cords with?" You just evaluate what's going on in your body and you remove those cords, and you can end the Karma with the whole group. So that's one way to do it that's really effective. And understand like I said, they might get lonely, might miss your energy and cord back in, so you just need to un-cord again. You can clear soul contracts down to DNA around the importance of being corded to somebody, but understand that cords naturally happen because it's what we do with our mothers when they're infants and it's how we survived and how they know what's going on with us. We're corded to them. And so it's a tool that we are aware of from infancy and we don't really actually realize what we're doing but we cord the people we feel that we want to have the information of survival with. So understand that they're not doing it maliciously and they're not trying to take something for you. If you've been a teacher, they're doing it because they love you and they want to stay connected to you. And then you remove it and then you put love in the space. And sometimes, I know I've been calling my students to me so if you felt

particularly pulled to me, I really activated bringing my students back to me in this lifetime so we can really amplify this work and this is the era where the work could go out in the world, where the quantum information and the human blueprint information can finally get out in the world. We're ready. The world is ready. And so I'm calling my students back, not with cords but with hey, this is a new way to connect. And I love it because in the past, we didn't have technology like this so we couldn't necessarily be in touch with each other without some kind of energetic cords, but now we can, so that's pretty fantastic.

A whole bunch of questions came in. You guys are so good. We've got lots of really good questions. "Yes, please. Female..." Okay, I'm convinced. I'm going to create a female tune-up class. "Yes, please female tune-up..." Oh good Okay, more than one. "I have someone close to me that I keep feeling like I don't like him. I don't really have a reason for it. How would I clear it" Just do a Karma clearing. You probably have had some traumatic episode in a past life and it may be that you don't actually want him really close to you or maybe that he's changed and he's a new guy and you want him close to you. So clear the cords, contracts, agreements, and Karma. And I will put a Karma Clearing Class into the summer schedule so if you want a live class, just watch for that and then you can see.

And then Paula, "Yeah, it would be great to have a female..." Okay, great. Let's see where we're at. Oh good, so we've cleared all the blocks to having 100% life force. Let's go ahead and start pumping the life force up and so we're improving the relationship with spirit and body and we're raising the life force up to 100% and as a group, we're at about 60% right now. Some of you are quite low and some of you are higher and within a few minutes, we're going to be all at 100%, spirit informing the body of 100% life force and we'll see what that energy feels like for everybody at that point. That would be wonderful.

Sheryl, "My left scapula is paining and uncomfortable today and during last call, is it a cord getting activated?" You know what I see, it's an alien. So someone is attached to you and causing some pain. You know you can pump. You can lasso it, tie it up, and pump it. But sometimes it could be a cord, so it's a good thing that you're asking. And then the way that you identify what's what is you muscle test, so you can use Kinesiology.

"A Quantum class in Arizona." That's funny, we did the 7-day training in Arizona, November 11th and yeah, I am actually thinking of going back. We did it in Mesa. And good news for my international students, it looks like I'll also be teaching the Quantum Immersion Program, the 7-day program in London. We don't have dates yet. I'm thinking it would be really super wonderful to get it in end of summer in September, so we'll see what happens. And then we will have also in August, we'll have an online Immersion Training. And I think in November, possibly in Novembers in Mesa, we don't have that set up but it's been in my mind. Mesa is Arizona or Phoenix. I guess we should say Phoenix.

"Awesome, yes. I really feel called to this and you. I believe I have been calling for you for 30 years. Bless 3 love and blessings." Oh, I bet that's a heart. Thank you. I'm so happy. I'm really happy that we're connecting and I've gotten out of my invisibility cloak and I'm in the public eye,

so I'm happy. I'm really happy that we're connected Elizabeth and everybody who's hearing the calling and coming in, that's fantastic. So yeah, I also think we're going to do a 3-day training, a live training, and maybe do it in a couple different countries or locations. So it will be a shorter version and much less expensive. It won't be a certification program. It will be more like an introduction weekend. So that's probably coming up too.

Yay! Penny May, you're near London. Oh fantastic! I'm really excited. I've been to London three or four times. So I was talking with one of my students yesterday and we're thinking about doing after the Diamond Retreat, just for a small group, maybe a dozen or two dozen students, maybe doing like ceremony in Stonehenge, or doing kind of an adventure where we go to the Chalice Well Gardens where the holy grail was found and maybe do a ceremony in Stonehenge and go to Saint Nectan's Glen where the Knights of the round Table met, go to Merlin's cave and Tintagel. So we might do kind of a fun week of adventure and mystery and tune in to and make it kind of like meditation and quantum techniques and adventure all together. So, that may happen.

Okay, "How to pump life force high." Just pump. Oh, how to keep life force high. Check every morning. Life force is about your happiness and about your health. So it's one or the other when life force comes down. Okay and Nicole, "If pain has shifted from left side of the body to the right side, what significance is that? Is it just clearing up?" No, you've started owning one side and then you kind of owned the other side. It's a little bit kind of, he's a bugaboo, he's a ... You got to actually kind of trap him and clear him, so just keep working on it. It's going to come.

Linda, "Thank you Julie. I feel so grateful to have found you and I feel like I have been looking for this. I'm so happy I found you." Yay! "Pain in right shoulder, and elbow, and hand for about a month. Could I use this?" Yes, definitely Linda and I'm very happy we're connected and definitely use the techniques to clear the spiritual parasites. "Recording from last week's session were a bit challenging for me to hear" Oh, okay. Sure, I'm not sure who -- that's the end of something. "...technique again. The recording from last week." If you could tell me who that was, who wrote it, that would be helpful.

Okay, so let's see. We're at 98% on life force and what we're going to do now is clear spiritual parasites that are interfering with life force. So yahoo, let's get rid of some of those spiritual parasites that are bringing us down. Cynthia, "I would greatly appreciate you demonstrating the proper pump technique. The recording from last week's sessions were a bit challenging for me to hear." Oh, okay, so that's from Cynthia. Okay, the quantum pump is like that, like that, like that. So you can see, here's my elbow, it's against my body and this is the way I pump. It's a little funny, something with my screen where I see half of something. Oh, maybe I could -- no. Yeah, me too Penny. I've been to a ceremony on Summer Solstice and then been there at another time close to Summer Solstice, so it's really cool to be inside to get permission to go inside the circle and do ceremony. Let's see, I'm sorry I can't see the whole host on -- oh, here it is. So it's just kind of sticking there for some reason. "This is Patricia. I have residual internal nerve pain from about shingles about a year and a half ago and I've applied what I learned in classes. It debilitates me. My body dislikes the meds. Thank you." Yay, Elizabeth. "I have

something that causes me severe pressure in my head, stomach, and legs. It gets worse when I do the pumping program. It actually feels like a body on me. Is it a spiritual parasite?" The answer is yes, it is a spiritual parasite. So understand that you've maybe had lifetimes and lifetimes where you weren't aware of the spiritual parasites, and now you are. So it may take a year or two to really get power over them and one of the things I have to say is just develop a sense of courage and longevity and I'm doing it until it's gone and I'm clearing and clearing until there is nothing left. This is my body. I own it. I love it. I live in it and it's mine. I'm here and I'm not in a hurry. I know that this clearing isn't like McDonald's fast food. It's going to take some time because they've been there for years or lifetimes. And you can do it, and you can finally get to the very bottom and get to the zero, and that's what we're ultimately after. On the nerve stuff, I would recommend getting into the Golden Age Year of Miracles. Golden Age Year of Miracles is where we would regenerate the brain and the nerves. Also the VIP program, we regenerate the brain and the nerves. The Golden Age Year of Miracles, we're doing the entire body. It's 36 hours of regeneration. \$170 a month.

Okay, a whole bunch of questions are coming in. You guys are keeping me busy today, aren't you? *[Laughs]* Okay, "Does the rate of speed we're pumping matter?" Not necessarily but yes, if you pump faster, it seems to amplify the field when you pump with more energy or intention. From Anna, "How do we know when we are finished with the parasites?" Well you won't feel them but you can muscle test if they're at zero. Charlotte, "Raven essential oil really helps shingles." Okay. Very good. I think I may have gotten everything that came in. I hope I did. If I missed something, just post it again but I think I got everybody.

Okay, let's see. Life force is at 100%. So now we're going to work on Kundalini. The Kundalini process I'd like to do with you, I'd like to take you into a guided meditation. So if you would now find a comfortable seated position, with your spine erect and your feet on the floor, breathing in and out. And as you breathe in, breathe in positive energy and as you breathe out, breathe out negativity, worry and concern, breathing in and out.

Send a grounding cord down from the base of your spine to the center of the earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release any excess energy in the body. Breathing in and out.

Male bodies, with a line of energy as wide as your wrist, hollow in the center, from the testicles to the center of the earth, go ahead and release control energy, competition, aggression. Female bodies, with a line of energy as wide as your wrist, hollow in the center, from each of the ovaries to the perineum to the center of the earth. Set the right and left ovaries on release and begin to release all the healing projects from your body. Breathing in and out.

With a line of energy as wide as your wrist hollow in the center, from each of the adrenals, the little acorn-like glands that sit on top of the kidneys, on the right and left side of the waist, about one inch up from the waist and two inches up the spine, and those two lines of energy go down through the perineum down to the center of the earth, set the right and left adrenal on release. Let's go ahead and release the adrenals, release the fight or flight energy. and we're also

clearing spiritual parasites off of the adrenals. And if you like to, you're welcome to be pumping with your right and while you're going through the meditation. We're amplifying the quantum field. We're clearing the body. We're clearing the energy centers and preparing to activate the Kundalini to bring more balance, more harmony, more peace into the body as we clear away that which is not you, so that you may be 100% authentically you, enlightened, awake, aware, in joy, in celebration.

Plugging the nervous system into the adrenals, and let's go ahead and do a clearing on the nerves now. Anybody who's had shingles, or fibromyalgia, or diabetic nerve pain; let's do a nice clearing on the nerves. And so just allowing all that lacy network of nerves to be plugged into the adrenals and draining down to the center of the earth any paid, and we'll just allow a full clearing of the soul contracts down to DNA as we're clearing out, clearing out, clearing out - clearing out the nerves. Allowing the nerves to go back to their divine programming. Noticing that you can be in a relaxed, peaceful place; that it's safe, that the nerves don't need to be on high alert, that pain can drain out of the body and you can return to joy and happiness. Just allowing that pain to leave, allowing those nerves to come into their perfect divine order, feeling very wonderful, very connected to your spirit, your high self, and The Divine.

Going up to the center of the head, in the center of the head is your golden temple of silence. Sit on your throne in your golden temple of silence for a moment and just experience this beautiful, beautiful temple; your own healing temple. And opening a trap door out the back of the head, any looping thoughts, worries or concerns, any excess boxes, paperwork, contracts - let's get rid of all of that. Open the trap door. I like to use a spiritual fire hose that just washes things out really fast, but you do what you want to do; a vacuum cleaner, a leaf blower, anything that you want that will clear out the center of your head and just out the trap door and it drops down into the big grounding cord at your hips and just goes to the center of the earth, and this energy and all these stuff leaves you and just turns into energy. The earth just absorbs it and recycles it. It's like fertilizer. And it's okay to let go. It's okay to let go. You're safe. You don't need all that stuff in your head any longer. Letting go of squatters, letting go of pressure and seeing pressure just shrink to nothing. Seeing light at the center of the head, that golden temple of silence is lit with brilliant, golden light. It's okay to let go. You're safe. You're safe. You're safe. You're safe. You're safe. Beautiful, beautiful!

Close that trap door now and just enjoy this center of the head, this beautiful clearing, that softness in the center of the head, this divine connection. You as spirit now at 100%. You as life force in body, 100%. Pull your Aura into 18 inches with your body and bringing that Aura in to 18 inches with a nice, sharp, defined edge to the Aura. If there's any holes, dings, or dents, go ahead and smooth them out with your spiritual hands now. Bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. And then bringing more of that earth energy up through your feet, all the way up and out the grounding cord at the hips. Feet meaning your soul understudying, legs are your ability to take your next steps in both your outer and inner life. Knees, your ability to honor yourself, the divine of you. thighs, your history, your power, the ability to move forward, your strength - those are the biggest muscles in your body.

Bringing a line of energy from some place in the cosmos into the back of your head, one inch above where the spine meets the skull, bringing it into the back of your head, down your neck, and shoulders, arms, elbows, forearms, wrists, out the hands, fingers, and fingertips. Bringing more of that cosmic energy into the back of your head - that's your spirit, your human spirit access portal. One inch above where the spine meets the skull, it looks a little bit like a keyhole, an old-fashioned skeleton keyhole. And bringing that energy into your neck and then down through your back channels, and down into your hips, and looping up through the belly, through the chest, through the neck, through the head, fountaining out the top of your head like a beautiful Italian fountain, bathing and cleansing your Aura, and any excess energy is running down the grounding cord at your hips. You're doing a beautiful, beautiful job.

And it's time to awaken the Kundalini. So now we are imagining as we sit in the center of our head an energy at the base of the spine. Kundalini, Shakti, life force in the body. So this is another kind of life force. This is programmed from the DNA and it's part of the energy body. This life force is part of the energy body. The energy body is like the Chakras, and the Auras, and the Nadis, and the meridians; so Kundalini is part of that information. It starts at the base of the spine and it's a double helix. So there are two lines of Kundalini coming up, the back of your spine coming up, all the way up through the spine. So it looks like a double helix as it comes up and it's just making this beautiful passage up and out the top of the head. Out the top of the head, and it can typically be light green. And now all is flowing, so let's let that Kundalini flow. Some of you would stop in midstream, so we're going to be working now. But those of you who want to, you can pump with your right hand but we're really focused on just allowing that Kundalini to flow up around the spine, around the spine, up through the head. And then as it comes up the top of the head, it's encircling the body and it's dancing. It's like making figure eights, so it's looping, and looping, and looping up over the head, and around the body, and over the body, and you're in this incredible bubble of this kind of light, brilliant green Kundalini. And breathing into it; breathing in and out.

And some of you may have a rocking feeling going on where the Kundalini is making its way up the spine and as it's making its way up the spine, your body is naturally rocking back and forth. Some of you may have a tingly feeling. Maybe the skin is feeling tingly, or maybe the back of the head is feeling warm and cool where the human spirit access portal is. Or just behind the center of the head there, just in the back I see this kind of awakening sensation and just allowing that Kundalini, just sitting in that awakened Kundalini that is with the body when it's alive. This bright life force that allows us to feel more, to experience more, to be more connected with our spirit self and our energy body.

You're doing a beautiful job. Just take a moment. Maybe we'll just be here in silence for a minute or two and enjoy this sensation of this brilliant Kundalini supporting the body, the life force at 100%, noticing the shifts and the changes in the body, in the energy, in the spirit relationship with the body. How good it feels to be in this body. How wonderful What an incredible experience to be physically in this body, to have spirit and body 100%, to have life force 100%, to have the Kundalini active and brilliant, to have the nerves calm, to have the

adrenals healthy and functioning well, having the body feel at peace sitting in this golden temple of silence.

And when you're ready, allow your spirit to flow back out in your fingers, and toes, arms, and legs, torso, neck, and the head, coming back into the room really feeling that delightful energy. Rubbing your hands together in front of your heart Chakra, creating some heat, some energy, some Tapas. Putting your right hand over the Heart Chakra, left hand over the right hand in a universal Mudra of self love, self affinity. I love myself. I trust myself. I express my unique self. Breathing that in and out, really feeling the body, feeling that love and self trust, and permission to be yourself really flood the body in joy, and happiness, and celebration. May it be with the blessings of the Supreme Being that this healing Kundalini awakening meditation is complete. May the entire world be filled with radiant health, vitality, abundance, joy, and peace. Tathaastu. So be it. Welcome back everyone!

Let's see, some questions came in. Okay Soleil, that would be probably a question ... we're working with spirit and I do want to answer it but it's not really on today's topic. You know where you would be really just so answered is in the Golden Age Year of Miracles Class, so I'm hoping that you might want to join us. Bone regeneration is covered in that class and also in Your Divine Human Blueprint, the big book. So let's connect where we can do some physical healing for you. Okay, "I'm getting pain in my right ankle and that would be a spiritual parasite. Torn ligaments, fractures, slight pain mean it's healing?" It could be it's healing but it might also mean a spiritual parasite is just bugging you. Say 'that's not me' when you get pain, especially when we're doing the healing process and it will typically go away after a few minutes. You just say that's not me for about 5 minutes. Penny May, "I had started circling and then my pump was out of control. A lot of outer circles around the outer head." beautiful! that's a really wonderful experience. Elizabeth, oh thank you dear, "That was awesome."

Let me know how you like that Kundalini experience. We can or rather I was going to suggest go ahead and do that meditation, so if you want to just kind of sip forward on the video, you can do that multiple times. Obviously, awaking Kundalini is typically a process. I went into a Kundalini class 15 years ago and my Kundalini was awakened because I had been a teacher in another life and I taught Kundalini, but I could see how the rest of the class were just starting to get it, that their sensations would go maybe halfway up there spine. For you guys, you did really well. I did see some blocks and we addressed them as you guys were going through them. So that feeling safe and making the transitions, I think we addressed it so that everybody could go up together. So that's wonderful.

Let's see. "Can you give me the time in Maui, Hawaii and join after you started?" Hmm, can you give me the time? I'm not sure what that means. "Thank you. I've been clearing for years. My eczema has gotten worse and worse. Why is my well-being and serenity have improved or worsened?" Well one thing that happens is that we start disassociating with the body and working on our emotional spiritual well being and I think that it's one of the things that we're learning in this era is that full enlightenment is not just emotional and spiritual well being but also the well being of the body. And in all other eras, we've abandoned the body for our spiritual

pursuits. and in this era, it's brand new so don't fault yourself at all. You're going for the programs that have existed forever and it's the way that's shown is to disassociate with the body. So you'd want to be clearing the soul contracts down to DNA, jumping into classes. I'd love to see some of you in the Golden Age Year of Miracles. It feels to me like it's a good match when you're talking about physical problems where we really are doing three hours every month on regeneration for a whole year, so we regenerate the entire body over the course of a year. We do 36 hours of regeneration. I'm not selling you on anything; it just seems to make sense for some of you to come in and really do the deeper work in the body also.

I love you. I appreciate you. We're just at the end of the class and there's a bunch of excited students who haven't met me yet. An entirely new group of people have flown in to work with me today in the Diamond Immersion Program. I hope that one day, you'll also be joining the, I love you. I appreciate you. I will be getting the text box and I'll be looking at everything that's coming in, all your messages. So please let me know how the meditation was for you and I'll be seeing you last week. And just know how much you're loved and how thrilled I am that you're in my life. I'll see you next week. God bless.

[END OF TRANSCRIPT 01:03:46]