

Essence: Restoring Your Spirit, Soul, Life Force, and High Self Connection_Part 3

Good morning and welcome to Essence. This week we'll be working with restoring the soul, the chalice of the spirit and it's a beautiful project. The first thing that I'd like to do is start with a prayer of surrender, and this is a mystical prayer and it talks about the soul being parched. And so we'll be working on un-parching the soul as we go through this beautiful hour of clearing and restoring the soul.

The prayer, "I have been apart and I have lost my way. The archons have taken my vision. At times I am filled with thee, but often all I see is this world of form. My ignorance and blindness are all I have to offer, but these I give to thee willingly, holding back nothing. For in my hour of darkness, when I am not sure there is a thou hearing my call, I still call to thee with all my heart. Hear the cry of my voice clamouring from this dessert, for my soul is parched and my heart can barely stand this longing." So that was the Prayer of Surrender from the Gnostic tradition.

And we'll start this morning, good morning everyone. I'm seeing people starting to get into the chat box. We'll start by clearing the soul contracts down to DNA on an inability to maintain 100% soul, and then we will be doing a process to restore the soul to 100%, and then we'll also be going into working with your soul families. So it's an action-packed wonderful hour that we'd be spending together. Yeah, so soul contracts, soul contracts of others affecting you negatively, spirit, evil spirit, curses – we've just added that to the line up from the Immersion Program, some of you are from the Immersion Program. So evil spirit, curses and that's all in the field of amplification, and then we're going to clear in the field of perception, group mind, group mind virus, black magic, curses of others, and traumatic episodes from past lives. And then we'll be clearing emotions, emotional programs, and finally DNA.

Hello Sophia. "Oh my goodness, how beautiful!" "Hello, hello. Good morning to all. Love from Norway." "Yay! Looking forward to the next session. Love you Julie Renee." Love you too. Love everybody. Hey, I'll have to be a little honest, I'm very tired. We're going to have a beautiful class and I might sound a little subdued. I've been teaching an incredible Diamond Immersion Program. I hope all of you are going to be able to make it. I see a few clicking in are students who have just graduated and gotten there certification for the Diamond Quantum Ambassador Program. So I'm hoping all of you would be able to do that at some point. Yeah, we really did an incredible job clearing all the spiritual parasites out; lots of things from soul contracts down to DNA. We did a DNA obliteration day and cleared out Alzheimer's and cancer genes and all kinds of other things. We did cell regeneration on the digestion, on the liver, on the thyroid. I mean, it was just amazing. Karma clearing, wealth acceleration – we had hot seats with wealth acceleration to clear really specific problems for each person. It was a good class.

Love you too Darlene. Blessings. Yay! You know the thing Elizabeth with the bladder is that if you've irritated your bladder, if you irritate your bladder, you can't have sugar. You can clear it but you're just going to need to go without sugar for probably 3 to 6 months. The sugar just really does a number on the bladder and urinary tract. That's what I've seen. And then also, you might want to just make a habit, buy the pure cranberry juice. Put a little, like half an inch of

cranberry juice in the bottom of a glass of water and drink that every day and that's going to help restore the balance. So you can pump out the problem but you're still going to have to do the physical action of restoring the balancing in there, but good job for pumping. I'm really proud of you for that. We've got so many good results from the pumping, but there's some outer action you have to do too.

"Hello from Sweden." Is that Elaine? I think that's how you say your name. It might be Elaine. "What page is cellular regeneration on Divine Human Blueprint?" I don't have the book right here at my desk but it would be called Cellular Neogenesis and there would be a whole chapter dedicated to it. And then all the systems, how to regenerate each of the systems would be following the chapter on cellular neogenesis. And, hi from Alice. I missed you Joyce, hi! Hi Martin. This is such a wonderful class. I love you guys. This is wonderful.

I was really excited about teaching this class because it's my heart's desire to really help people accelerate their divine connection and really restore spirit to its full expression, to its full expression. And we always start dealing with the body and this is just really exciting for me that we actually deal with the other part of us, the essence of us. Yay!

Yeah, that's probably true Elizabeth. You know you can – I mean it's a discipline for probably the first week, but you can pump obsessive, compulsive, addictive on sugar cravings and clear soul contracts down to DNA and that will help you a lot.

I can't send the prayer but I can say it at the end again and then you can replay it. It's not allowed to be printed or resent. It's not my prayer. It's from the mystical tradition of Gnosticism, so I will end the class with it also and then you can replay it and maybe take notes. And I apologize but I know this tradition, they don't allow things in print. It's like they have the copyright, kind of. That's funny. But we'll do it at the end too.

Yeah, Linda is asking about more of an explanation about how the field is affected by the quantum pumping. Liz's head is prickling and good morning Paula.

Yeah, what I discovered when I was in the garden having my healing process where I was going from extreme pain to wellness, my hand started moving and it just was doing this action. And what I noticed is that the molecules were reorganizing themselves. So we're all part of a quantum field, including our body. Our body is part of that field and it's molecules vibrating, and moving, and shifting. So when you have the experience of being one with everything, you are really accessing the quantum field and you're being one with the field which is everything. Everything is in the quantum field. And what I noticed is that my hand was moving meaning an outer action with an intention allowed the molecules to reorganize themselves. What we're doing with the pumping in this case is we are reorganizing the molecules so that the programs, the thought forms, the curses, and all that stuff that's existing in your field and in my field is getting cleared out; so that's what we're doing with the pumping. Essentially, the molecules are – if you can think about this, thoughts are things, thoughts become forms or curses, or whatever we're clearing become something that goes into the mix of all these molecules bouncing

around. And what we're doing is we're actually clearing those thought forms that are affecting you negatively from your energetic space, your physical space, your spiritual space.

The other thing that the Quantum pump does is that we can use both to create new life, like the cellular neogenesis, and we can in addition clear or remove things. When they describe the Shiva energy to the Shakti energy in the Indian tradition, it's the creator/destroyer energy and with the pump, we're able to direct the molecules to either create or destroy. And we call it clearing, we don't call it destroying but that's really essentially what we're up to when we're pumping.

Oops, I think we need to re-mute on the phone line of looks like some people. There we go again. It's good to have a backup of a phone line so all of you don't have to miss it, even if you're in transit or whatever.

Let's see. Thank you to Nancy. "My head is prickling." That's normal, yes. Thank you, yes. "Good morning Julie from Marie." Hi Marie. "Evil spirits, is that put together with the soul contracts and the field of perception?" Elizabeth, we just added and thank you for asking and it's in the field of amplification, so it's put in with the soul contracts – evil spirit curses.

And what we're looking at in the class, discovering curses from others meaning things that people say to you that aren't kind. That's in the field of perception, so it's in a thought form in the field of perception. Evil spirit curses are when somebody actually maybe uses a chicken bone and a feather and some wart from the frog or a toad nose or whatever, eyeballs from a lizard, who knows. But it's actually where there were some kind of cursing that involved some technique and that cursing would have activated either demonic or satanic energy. And I was telling the class, I'd say it really doesn't happen that often but I did clear somebody, one of my apprentices a few years ago. And some of the students were saying, I think it might have happened to me and so we started testing and sure enough, there were not huge numbers but everybody had some. Everybody had some of those from this life or another life. So we've now added that into the field of amplification at the beginning. So soul contracts, soul contracts of others affecting you negatively, demonic curses, and evil spirit curse – so that's amplification. Good question.

Wow, Trish can really feel this. Hi John, nice to see you. "I'm concerned I hurt my nervous system with the Kundalini work we did. Have excruciating sciatic nerve pain. All of the major life nerves and I can barely stand, or walk, or sleep. Is this due to energy moving through these channels?" Well, that's an interesting question. Did the Kundalini activate the nerves? John, I'm going to clear you. If anybody else had a reaction like that, it's punishment energy from the spirits that have lived in your body and don't want you to have the information. So I'll clear you for a couple of minutes and it should be able to remove that energy. And then when you have that experience, if you say, "This is not me. My body feels great all the time..." instead of saying, "My sciatic pain is really flared up..." it really, really helps. The 'this is not me' for five minutes and immediately one pain shows up.

If you think about it, your body is meant to be feeling good all the time. It's meant to be in a good situation. And so if you all of a sudden have a stabbing pain or you slept wrong, you're saying you slept wrong, a spirit has come in and started exerting energy. So we want you to do the 'this is not me.' You can pump and that would also really help.

I made a decision based on a visiting with the all students in the Immersion Program to do an 8-part series on really understanding what spiritual parasites are and how to clear them, and an 8-part series really understanding the soul contract loop down to emotions, so that there's a deeper understanding or up to; so we'll be really working on that in the upcoming classes I'll be creating over the summer. So if that's something you want to work more deeply on, that would be two proloner classes that are really going to give that information out.

Hi Soleil. And Alice's question. "Is Essence Class kind of like soul retrieval?" We did one on retrieving parts of the spirit and we're going to restore soul to 100%. I don't know what soul retrieval is but probably, I think so. I'm just going to make a guess because I don't use that term, soul retrieval. When we did the spirit retrieval, we restored all the missing parts of the spirit too and that I believe might be sometimes what people call soul retrieval but I don't know; I'm not sure.

Good Elizabeth. "Do you write down what we're clearing and consciously focus on all levels of clearing from soul contracts to DNA?" Yes, I advise you to do that. I have little notes from -- do you see kind of looking down every once in awhile? I'm looking at my notes to see where we're at. And especially in the early stages of learning how to clear this, it's good to be checking off this is 10% cleared,... is at 100% clear. So yeah, that would be good although it's not a requirement with this class. You can just pump away and I'm obviously keeping track of things for you. So, yeah.

"Lots of injuries with right leg, ankle, knee. Am I causing this?" It could. It could be a curse. You're not personally causing it, I'm sure. The right ankle, right knee are involved in your outer life, so if you're feeling like you're constantly being challenged with your ability to move forward in life, the right side is like your professional life or your life in the world. Your knee, the ability to honor yourself and that would be in your outer life. The left is your inner life, whether it be sexuality, or emotions, or spiritual life. And then the right leg would be like the – the leg itself is moving forward, the joints like the knee and the ankles are the flexibility or ease of moving forward. The bottom of the feet are soul understanding and then when you think about the power, the legs are the largest muscle in the body, so really that force to move forward. Knee, when you say knee problems, I would say that's really struggling with being able to truly honor yourself, truly love yourself and give yourself what you need in the outer world. And ankle, I would say is the inflexibility of moving or taking a step forward. So one of the things that I would look at if that were a challenge for me is I would look at clearing your ability to really enjoy this life and to enjoy both the inner and outer experience of this life. So you could do the soul contract learnings, you could do the Karma clearings, and then life in balance. We have a little Website, I think it's under \$10 and it gives really the guide of how to live life in balance. You get a little video with that and worksheets with it, and it's a wonderful thing to be able to just

embrace your life and love your life. But I would also clear the soul contracts down to DNA on the things that we've just talked about on honoring yourself in the outer world and being able to be flexible and move forward. I think that would help. I've had a lot of injury on my right side and no reason injuries which is great, so once I figured it out, it stopped. So that can happen for you too; you can just stop having injuries.

Okay, great. We are clearing that. "I think I just had a visit of one this weekend. Scary experience." That's too bad. Linda, "Are entities, evil spirits, ghosts, demons, transmortals, aliens, and implants all spiritual parasites?" I put them all into that heading but aliens themselves are in their own group. So when we look at spiritual parasites, I call them all spiritual parasites but aliens will be a separate group from -- I mean if you test it, it wouldn't test as a parasite; they would test like a disruptive but they would all be in the training that I would teach you how to clear. The others ones actually feed off of you and the aliens seem to really just make a mess of things and disturb your space. They're the shift disturbers. But we put them all into a bundle, even though technically, aliens are not spiritual parasites. So entities, evil spirit, demons, and transmortals -- those are all in one bundle. And then alien, there are 8 types of aliens, and those are all in one bundle. And we're only looking at the things that trouble the body. You know there are beings from other planets who are lovely and don't trouble us or disturb us, so in this case where we're looking at something that's either parasitical or disturbing to the system, that's what we're working on clearing. So I just wanted to clarify that if there was any confusion because we're not ... down to ourselves and not every race from another dimension or place is harmful to us. We're looking at the ones that are disturbing our body or our field.

Charlotte is saying her right hand is sore. I want to say 'this is not me' to the hands for five minutes because the pumping should actually be joyous and effortless and if there's a disruption like a pain in the hand or a fatigue in the hand, it's probably like an evil spirit or a demon or something.

Okay, you probably want to mute the phone again, the phone line. Thank you. Very good. Sorry guys, I'm so sorry. That was a pause for a technical difficulty. I'm so sorry about that.

Okay, let's see. "During the first lesson did I answer all these? We're supposed to keep our feet on the floor while doing the pumping?" It doesn't matter. As a matter of fact some of my students, my apprentices in this last group were pumping with their feet too. They were having fun, so you can pump with your feet if you want to or keep your feet on the floor." And then, "During the first class when you suggested we move spirit into painful areas, I did this with my ribs and back on both sides. That helped but didn't last. What do ribs relate to? I need suggestions?" Karen, on the ribs, it's part of your torso, so let me think, the ... muscles, it's like holding your heart and your lungs, it's protection. Hmm. And then the rib cage and then the muscles in between the rib cage, yup. What I'm picking up on is that the rib cage is an area of protection. It protects our ability to live, and to breathe, and to have our heart going and all that. So it's protecting the vital organs; so that's what your rib cage would be a protection of your vital health, your vital organs, your vital health.

And you can continue to pump 'this is not me' because if you had a shift where the spirit got in and you felt better, then you're on the right track. So the 'this is not me', if there's a disturbance or a pain feeling, it would be very wonderful. You let me know how that works. And then also ... to our soul way up to 100% so spirit will be more protected, so that may help.

"Yes, wonderful. You're clarifying all. I'm so grateful." You're welcome Elizabeth. Cynthia, in the right hand, it will be a spiritual parasite and you can pump with the left and the right hand at the same time and do the 'this is not me' to the pain because like I said, it's punishment energy. Once you finally own your hand once and for all, it goes away completely and it's not there anymore. I had a young student, a 24 year old in the class this week and her hand was bothering her and her wrist. She said 'this is not me' to her hand for five minutes and then she jumped up and said, "It worked!" So we're really just working on you owning all of your body and all of what is you, your hand and your ability to jump. You just got to kick them out and work on it until they are out once and for all.

"How do you pump with your feet?" I wonder if I could back up way up here. So we had music going and we were like -- oh you can't really see. So we were going like this, but they were just kind of kicking out. You can't really see it. Sorry guys, I can't back up anymore. So, like that and they were having their hands and their feet go. The people who were doing the feet were my wonderful followers from India that had come in -- you know, with Indian descent. So one was from India and one was with Indian descent living in Toronto and they were just having fun with their hands and feet. So their hands were going like this and the feet were kind of replicating it. The feet do about 70% of what the hands do but just having the whole body involved was really fun. We were going "Happy, happy, happy, happy..." that song? [*Hums*] We just pulled it up because we were pumping forever, so we had some fun songs playing.

"I also have an issue with some clicking in my wrist, elbow, and shoulder. You mentioned last week that they were spiritual parasites. Would I pump with the intention to clear these?" Yeah, you could, definitely. So you could pump -- the reason for that in the shoulder and the wrist, so you do the clearing of the soul contracts down to DNA and then you would pump the area clear and I then I would say the "This is not me. My wrists feel great all the time and our shoulders feel great all the time." And you might get a massage and have it outwardly adjusted, or a chiropractor or a physiotherapist could potentially adjust it also, because it could be that something is a little out or got knocked out because of a ... or something but then the spiritual parasites kind of jumped in and you don't really seem to improve.

Yeah, the audio disturbance is not so good. Sorry about that. I'm really sorry about that you guys. Their phone line at the studio production place must have gotten un-muted and I'm really sorry about that. "Like paddling." Yes, it looks exactly like paddling.

"This is not me. My hands feel good all the time. This is not me. My legs feel good all the time. This is not me. My head feels great all the time." So something where you're validating that you feel great all the time and you know that the visiting pain is a visiting pain that is not part of you. Instead of saying my neck hurts, you say this is not me and my neck feels good all the time. And

you're acknowledging that that is not part of you. It's an energy that's foreign to you. And when you do that for five minutes, the energy cannot light; it cannot stay because you do not claim it as your own. So one of the really important things to know about releasing spiritual parasites is that when you say, when you know that what is in you is not you, you don't fight it and you say, "This is not me. I feel good all the time. This is not me. I feel good all the time." Whatever way you say 'I feel good all the time' and 'this is not me' you're convinced that that energy doesn't have anything to do with your body. There's not something going wrong with your nerves or there's not something going wrong with your muscles. You're not dying. Whatever it is that sometimes your mind will go to something like that and just absolutely certain this pain came on and doesn't belong to me and it's not me. So that seems to be key to really changing being able to own your body and I want you all to really be able to own your body and have it feel good all the time.

Awesome. Elizabeth, "What about digestive problems?" We do offer digestive reboots with all of the classes like the Golden Age Year of Miracles and the Diamond Immersion Program, that's the whole day. Actually all of the training, the longer trainings with bigger things, we do digestion. Would you guys like me to just offer a digestion class that's 4 weeks long? I could do that. Even in the beauty class, the weight loss class, we regenerate the digestion. So I think you're asking can spiritual parasites affect digestion, absolutely. So you could clear soul contracts down to DNA, clear all the spiritual parasites, and then regenerate each part of the digestion starting with the mouth going all the way down to your bottom.

"What order do we clear ourselves to heal ghosts, spiritual parasites, DNA, etcetera?" Margaret. And then, "My root chakra feels open a lot all the time. How do I keep it protected and closed?" I think that sensation of the root chakra is probably being left open by a spiritual parasite, but I would just imagine it closing. I would just close it up so that it's not wide open, but I think that you are saying -- I don't really understand the question, so let's see. Is she saying that stuff comes in? No, it just feels too open. It feels to open. Okay, so the root chakra for you looks like it's open 140% rather than 100%. So why don't you just close it down 40% and you could pump it close to 100%, so you're not like closing it all the way but you're just bringing it down, removing the excess 40%. Somehow, it's too high. And clearing yourself, you do soul contracts down to DNA first and then you do the spiritual parasites. It doesn't matter what order but I usually do entities, evil spirits, demons, transmortals, and then aliens. That's typically the order I do and then we also while clearing spiritual parasites, we clear mechanisms and seeds and implants and things like that, and we teach that sophistication in the class that I'll be teaching. Some of that is also taught in the No Ghosts Class that I have recently taught. There's a couple different ways to train on that, but like I said I'm going to be bringing out an 8-part series on the spiritual parasites on who they are, what they are, why they're there, and how to move the out of your space permanently.

And Nancy, I'm not quite sure of that's a question there, if the body is affected by earth's changes, and I have stories to tell you about earthquakes and my body going down and shaking on the floor right before the earthquake happened, so you want to slightly unplug from the trauma of what's going on in the planet and stay present with the physical experience. We can

send love to the planet, and heal the planet, and soothe the planet, and calm the planet, so grounding is really helpful. "Could it not be parasites trying to cause large destructions?" That's true, yes. "I would love a digestion class." Okay, good. I'll put that as a note. We'll see if we can get that in, a digestion class. Fear of owning the body, okay. "Is saying this is not me while pumping beneficial for great weight loss?" It could be. Yeah, it totally could be. "I have issues with resistance. What about the bowels and the colon?" Okay so Katrina, I think what I've decided is I will create a digestion class and we'll do it in the next few weeks. So let me get into my schedule and we'll put something together for you guys. So there'll be an opportunity if you wanted to enroll in a digestion class. We'll just really work on that. And then on the resistance, if you're resisting healing yourself or resisting authority, I know one of my students was like really in the thick of resistance for a few hours, and you can just pump that away. It's soul contracts down to DNA or you can just pump the resistance away; so either one.

Margaret, "A digestion would be great ... would be fabulous." "Would love a digestion class." Oh thank you. Okay, so a whole bunch of people want that. "My sexual energy has been dormant pretty much all of my life. Can that be cleared?" Definitely Martin, yes absolutely. "Yes, I am in for digestion class. Maybe just for hormonal system." Yup, okay. Yeah, I do a 1-day on the hormones. We used to do it as a 1-day retreat that people would come in for and it was beautiful. Yes, we have a Happy Hormones meditation and we have a training that's an 8-day long training on all the endocrine system, so that might be fun too.

"What could be preventing me from weight loss no matter what?" Well that would be a question in the weight loss program. We should -- actually folks, time is flying by here and I'm answering questions which I love to do but I would like to actually get to the projects for today, so I'm going to stop answering non-related questions right now. But I love you and we're going to work on the last 20 minutes we have a class here on the projects for the day. And digestion class, I've 20 minutes we have a class here on the projects for the day. And digestion class, I've heard you. We will have a digestion class. And if you guys want a hormone class, I will do that too. In the hormone class, we can work on restoring sexual dynamic energy if you like; that could be part of the class.

"4-part class on vision as well." Okay, 4-part class on digestion, endocrine, and vision. I got it. We're doing it. "On resistance, do I say an affirmation while I pump?" Nope, just pump away the resistance.

Alright my dears, so what we need to do right now is check. So we've cleared soul contracts down to DNA, and we're pumping the soul up to 100%. And at the start of class -- oh no wonder, we've got a whole bunch of people on the call today. That's why I'm going non-stop with the questions. I love you guys and I appreciate all the questions. It's really fun to be interactive. Once in a while I have a class where nobody asks questions and I'm like, what's going on? So, thank you. Okay, so we're pumping up the soul to 100% and when we started the class, at the beginning of the class, the average soul was at -- oops, I'm going to sneeze. Okay, the average soul was at 23%. So some of you were quite a bit lower and some of you I'm sure were higher, but we're going to get you up to 100%.

The soul is really the chalice of the spirit so it's the container and the protective -- it's kind of the skin, the outer skin of the spirit, so it's the protection. So let's pump for a few minutes. I'm just pumping up soul to 100%. Oftentimes, life force will be low also. If the soul is down, the life force will definitely be down. Within the life force of course is the information from spirit to body, so how much you're getting from spirit.

I got all the bless you's. Thank you. Honestly, I'm feeling really fine, really great. Like no cold, nothing wrong with me. I think just fatigue and the flowers and dusts and who knows what, but I'm good. Thank you for the blessings.

Okay, everybody is at 100%. What we're going to go next into is soul families and karma. Most people call it soul families but families where you're related and you come in lifetime after lifetime. That doesn't mean your physical family but it means the spirit family that you belong to. And what I'd like to do today is clear karma with your soul family so that when you do incarnate, you get to choose because you might be cycling with a family that's no longer suited for you and is not growing at the rate that you're growing at. So we clear karma and you can choose to continue to cycle in with that soul family or you might actually find yourself free to be with maybe higher beings. So we're going to clear the karma next; that's what we're doing.

We're going to clear agreements and karma. Let's see, anything else? No, just agreements and karma. So things that no longer serve you, maybe you made agreements with your soul family that no longer serve you, and then karma. So Karma in this way that we look at it is entanglements. It's things that need to be fulfilled, that you need to keep cycling in, and in, and in until you resolve something. And a lot of times things just never seem to resolve, so it would take lifetime, after lifetime, after lifetime.

I'm doing a circular movement with the karma clearing and you can do a regular pump like we always do. If you want to, you can do a circular movement on the karma clearing. When we do the karma clearing class, we do a lot more if you're actually with somebody who's part of your soul family and you want to clear karma with them, you'd be doing an energy exchange. We use magnet roses for that and we pull all of our energy out of the other person and then we pull all of their energy out of us and we send the energy back to the right person. And then we remove cords and that will be physical cords, or excuse me, not physical cords. They look like electric cords or hoses between you and the person and we remove those by pulling them out and getting them out beyond the outer edge of the aura.

And then we do contracts, and contracts are typically things that you've had, that you've written. So like a house, you bought a house together or you had a marriage contract where you were business partners or something like that. So we clear contracts, physical things. Agreements which we are clearing with this soul family clearing, we're clearing agreements and we have certain things that are made verbally. And there are things that at the time made a lot of sense, like if you were husband and wife and you were newlyweds and you said, "Oh, when we get to be 80, let's go on a sunset cruise to Norway..." or whatever, but you know you've got this kind of daydreaming agreement. Like, "That would be amazing! We're going to have such a

wonderful life.” And then one of you dies or you have a terrible divorce or something happens and that isn’t fulfilled but that agreement continues to live. It doesn’t go away because it’s a thought form, so thought forms become things. And so it needs to be fulfilled so you need to come back and keep reliving it until you complete that agreement. So what we do is we just clear all those agreements.

And then finally it’s the Karma. It’s all the other things that have been built. All the things that are unfilled between you and this case, the soul family. When we do karma clearing, it’s one to one. But you can clear your karma with groups of people and you can clear your karma with an organization. I was part of the Nestle Boycott many, many years ago. They were doing something not nice to the mothers of India and the babies were dying. So Nestle created some bad karma with a lot of the mothers there and the mothers here that were ... So you could clear your karma with an organization like that or like a corporation that you’ve worked for; you could clear your karma with them. The church, you could clear your karma with them. It’s a wonderful process.

Let’s see here. Yes, that’s true Elizabeth. That’s true. “Should we repeat these classes to continue clearing or is what is done is done?” Well the interesting thing is what is done is done and if you repeat the class, you have more sophistication each time you listen. So my students who came into the Immersion Program, the Diamond Immersion, I had three of them volunteer in the back of the room and they were so excited because they’re in a different place now. Six months later, they’ve learned so much on a different level. They could hear what they were hearing but the understanding or implementation of things were much deeper. So understand that when you clear the soul contracts down to DNA, we restore the soul and all of that, but you can learn more. And the thing is mutable, palpable; it changes. And so if you’re in trauma, the soul will go down. So in this case, not necessarily all the clearings, but yeah, you want to pump up your soul and life force on a regular basis. So you go through -- let’s say you get pneumonia, or bronchitis, or you hurt your leg, or you’re in the hospital, you were in an accident or something like that, the soul goes down so you want to pump it back up. It’s good. I think it’s good to go back. Some of the things like spirit retrieval, once it’s back, it’s back. We pulled your spirit back from lifetimes of being hacked off; we did that already and it’s all together and it’s repaired. So unless you got into some nasty problem, like a black magic wizard or something like that, you probably won’t be losing any part of your spirit anytime soon. So things are changing on the planet. There’s a lot more love on the planet. It’s a good time to be on the planet.

Fantastic Elizabeth. I’m really happy to hear that. Kathleen, “Good evening from Hong Kong. How wonderful!” “Julie, just to let you know, after our class I had an acupuncture session.” That is fantastic Kathleen, so life force dramatically improved. Yes, that’s what this class does. We go right to the issue and we address it and we alter it, so we improve things a lot, a lot, a lot. I love hearing that. Thank you Kathleen.

Creating contracts with the soul family. Yeah, contracts are from this life, so if you’re with someone in your soul family, you could create a contract which is written. If it’s not in this life

that you created a contract, it goes into karma. So in this life it was these contracts and in future lives, it would just go into the bundle of karma.

There is an audio. It got sent out Linda with the class, so you could contact support and ask them to resend it or if you have the original email that we sent you, we sent it two or three times I know, because that class was a little bit challenging but we did have an audio going at the same time. So there is an audio for the first part of class. Yes, for class one, she's asking. So we can get that to you.

Okay my dears, let's see here. We've got the karma cleared from soul families and we've got the soul up to 100%. So the next thing that we can do, let's see here, yup we'll brighten it. Okay, so since we've got the clearing of soul families and we've got the soul up to 100%, now what we're going to do is brighten up the soul. Sometimes on this planet that's influenced by satanic, demonic energy, even when the soul is at 100%, it will be darkened. It won't be the bright light, like that radiant being of light that I talked to you about. So right now, we're pumping to brighten up the soul to its full brightness and we'll do the spirit at the same time. So we're brightening soul, spirit to its full brightness.

Beautiful Kathleen. That's fantastic. By the way, you can pump to clear like your house. If you feel like your house doesn't support you or your car doesn't support you, it's not quite the right energy, you can pump for that too. But I'm very, very happy Kathleen. That's amazing. Before you know it, people won't think we're weird when we're pumping and walking around on the streets and in the taxis. They would be pumping along with us. They'll go, "I know what she's doing. I like it."

Oh no, it just came in. Clear your house. Actually, if you're going through renovations or you're having contractors, it's really great too clear DNA or not necessarily DNA but on the property itself too, because sometimes there can be like evil spirit curses on the house or problems on the house and then or your relationship with the house, so if you could clear that, that would be good. You can pump for others. Yeah, of course. You want to get their permission if you're going to clear but if they say yes, then go for it. What I discovered is if I changed people and they didn't give permission, I took on their karma. So I took on their problems, or health problems, or their financial problems or whatever it was, if I changed them without their permission. So you always want to have their permission.

Oh that's fantastic. Wizard energy, same way. Linda, that's wonderful. To clear like wizard energy, you do the same thing. You clear your soul contracts down to DNA, you'll do a karma clearing, and then you'll just pump it clear. But there might be cords if you're connected with that person, so you just unhook yourself from it all and any reasons. Because if you're hooked up with like a dark wizard or something like that, it's possible that in another life you were participating somehow. Whether you were a wife or you were doing it yourself. So you want to unplug from that system. Tiredness Hannah, sometimes it's the adrenals not working right, so you just don't have enough of what the adrenals produce. Sometimes it's low testosterone, sometimes it's lack of life force from spirit. You know the mp3 to download, one that really is

good for low energy is dynamism and it's incredibly helpful. It's about an hour long and it tunes up all your energy and power centers in the body. It's probably the most powerful meditation that I've ever done. It really goes step by step, tuning up everything that would cause you to be low energy. So that would be a good thing for you.

Okay my dears, we're about 80% on the brightness of spirit soul, so that's probably feeling good. I'm feeling kind of light and cool. You see my face is glowing. Okay and then we'll end the class with the prayer of surrender. Just pump another minute or so and then we'll do the prayer. I think we had a better class. We only has about a minute of technical interruptions today, so yippee! We're getting closer to getting it together.

Sure, let me grab that for you right now. Just keep pumping. We're just brightening up spirit, soul, life force. I'm getting that right now. I should be able to just grab it. There it is. Here we go. By the way, just this week we changed so it's going to be a lot easier for you to find meditations when I suggest something. When you go into JulieRenee.com, there's now a link and the meditations, they're in by topics. So rejuvenation, or Chakras, or whatever, illumination, love, whatever you're looking for, we now have them; all kind of orderly and in a drop down menu for you. So that's going to be wonderful and easier to find.

"What about DNA?" Yeah. So the question about DNA, let me just say, we do have trainings on DNA and it's in your Divine Human Blueprint. So if you go into meditations, you'll see some trainings on DNA and then the book, Your Divine Human Blueprint has the information also, but that might not have been the question. It just said what about DNA.

Okay my dears, let's end with the prayer. "I have been apart and I have lost my way. The archons have taken my vision. At times I am filled with thee, but often I am blind to thy presence, when all I see is this world of form. My ignorance and blindness are all I have to offer thee, but these I give to thee willingly, holding back nothing. And in my hour of darkness, when I am not even sure there is a thou hearing my call, I still call to thee with all my heart. Hear the cry of my voice clamouring in this dessert, for my soul is parched and my heart can barely stand this longing. Amen."

I love you. God bless you. Have a wonderful, energized week and we'll see you next week.

[END OF TRANSCRIPT 01:03:44]