

## **Essence: Restoring Your Spirit, Soul Life Force and High Self Connection Part 4**

Good morning everyone and welcome to Essence. We're going to be working on clearing the remaining blocks to breezing the energy of the body. Also clearing blocks to having full divine connection and removing blocks to the full integration of high self in the body. We'll be raising the energy vibration of the body. We'll be restoring the mechanisms in the energy body and the spiritual body for getting your spirit really in your body and getting your high self really set up in your body, too. So it's going to be an amazing, amazing class.

So let's get started!

We'll start with raising the energy of the body, we're going to be removing blocks. So we're doing soul contracts; soul contracts of others affecting you negatively: demonic curses... very good. Okay, just checking to see, I can't see you on the screen but I can see you in other ways so I know you guys are there.

And feel free to sign in and say "hi" so I can see who's on the call. I see like 15 of you are in so that's good. Alright! So we're also adding to that list evil spirit curses. So if someone actually put a curse on you like the chicken bone with the feather and the whatever; eye of newt [laughs], we're removing that and that's in the field of amplification. So those 4 soul contracts, soul contracts of others affecting you negatively: demonic curses and evil spirit curses so that's in the field of amplification. And just so you know... Good morning, Paula, thanks for signing in. that makes me know you're there. That's good [laughs].

So as we're clearing this, first, the field of amplification, I would explain a little bit about the human blueprint and by the way, if you're wanting to come into a pre-apprentice training, we have a present and new class coming in pretty soon so watch your announcement in the emails. That's a 3-part class, it goes with, along with this book which is in the introduction to the human blueprint. The 100% You Formula. You can get that on the website, you can get that on Amazon, you can get it in Audio e-book or hard copy. So that's coming up and by the way, we'll also be... we've got dates now on the calendar for the online Diamond training that's coming up in August. And looks like a Diamond training in September... we're still negotiating dates with the location but looks like it'll be in September, London and then a Diamond training also in December... negotiating dates on that in Phoenix. So we don't have anything official, yet, on the location but you can find out more on the website and certainly we'll be making announcements as everything firms up. So lots of training available.

Ooh! Lots of people signing in. Okay, Cathy, yay! Hello from the UK. Hey, Leslie! Hi, Carrie. Good morning, Trish! Charlotte: "I have no screen or sound." Ooh, that's not good. My tech will help you, Charlotte. Darlene: "Love you." Hi, Darlene! Love you, too! Hello from Soleil, Beautiful and Joanne from Australia. Fantastic! Hi everybody! Good morning, I love you! So nice to be with you.

Okay, so lots of things I'm just chatting about but I wanted to circle through a little bit the human blueprint while we're pumping and again for those of you signing on now, we're clearing the remaining blocks to raising the energy vibrations to divine connection and high self-integration. We'll be doing midstream, I think we'll be doing quantum bliss meditation then we will be bringing essence into body along with high selves. So we'll be really making the connection rock solid for you. So we're pumping in the fields of amplification.

So the human blueprint is, it starts with perception. Which is the thought forms that create us. And then from perception... so it would be, like in scripture it says: "In the beginning was the word. And the word was with God and the word was God." And so understand that even before spirit, there was a beginning that existed with thought, with words, with thought forms. And so even before you had a spirit, there were thought forms floating around that were creating an individual being that was you. And then from that beginning, from word, we have essence and that's... this class is all about essence, your essential nature which is spirit. Spirit, soul, life force, high self and the opening for divine connection, of course. So essence and then the third element is matter which is the physical body. So once we get through clearing amplification, perception, emotions and DNA, then we'll be raising the energy vibration of the body. And so matter is everything that's physical: cells, the glands, the organs, the bones, everything like that.

And then we have the energy body. And some people kind of accept that the energy body and the spirit are the same but they are actually different elements. The energy body is the chakras, the meridians, the golden rings which is your halo, your human access portal, your meridians and nodes, and all the energy mechanisms that help run your physical body and help your spirit and physical body integrate. The energy body is developed out of the physical DNA and you're born with one little chakra bud and over seven years you really develop your chakras, your aura, your spiritual energy body. If you are interested in knowing more about your energy body, this book has it all. And probably the most definitive guide to the seven body chakras ever written. So you're going to find an amazing wealth of information about halos and why they show up on the enlightened masters and saints and how you can activate your halo.

So we have the energy body, and then we're supported. So that's basically the human blueprint and the human blueprint is supported by 4 realms. So the realms are: the first realm is genesis. And that's the realm that we can, out of nothing, create. So creation happens in genesis. The second realm is embodiment and embodiment allows the spirit to actually inhabit a body. So embodiment. Really, without that realm, we wouldn't be able to actually live in bodies. We'd be spirits [Inaudible 00:08:25]. And then we have the quantum realm. And people often refer to it as the quantum field. But in this way, as we look at the human blueprint, we call it a realm and the quantum realm both allows us to access these vibrating molecules that we are all part of and to rearrange them, and to change and restore. I often say that the quantum field is very much like the Shiva Shakti; it's the creator, destructor energy that allows us to create new life and to destroy things that no longer work for us. So just disappear them. And the fourth realm is amplification. And amplification is wonderful. At its best, you know when you think about the fields of love, of joy, of gratitude, of celebration of happiness, or even amplification as we start a cascade of say, new cell growth. So your brain is growing all new cells. This is the field of

amplification at its best. And we have a few things that we clear with amplification. So when we start clearing, we start with the field of amplification and the problem energy and that is soul contracts, soul contracts of others affecting you negatively, demonic curses and evil spirit curses. So we're going to just put an end to those in whatever we're working on. So that's the first thing we address. And then in our clearing, the second thing we address is perception. And so remember in the blueprint, perception is the first, thing. It's the words. So we're also thinking that perception is the thought forms and form us of how we respond in the world. And in perception, the things that we clear are group mind, which is a meme, m-e-m-e, miasm, m-i-a-s-m, miasm which is a group mind virus and then we clear black magic and typically, black magic is things that you say about yourself. Like, "I have a migraine" if you say "I have a migraine," then you're owning whatever it is: virtual parasites or darker energies. If you say "I'm experiencing pressure in my head that is not me," or "I'm experiencing pain in my head that is not me" then you're not claiming it. So understand that that is black magic. When you say something about yourself or you can say something like "I can't lose weight" or you can say "I have a bad habit of blah, blah, blah" and so whatever you're telling yourself, you're putting a kind of a spell on yourself. So that's black magic, curses of others and when we say "curses of others" it's not evil spirit curses, it's not done maliciously and intentionally but it's... maybe you had a fight with your husband or your brother or sister or your ex or something and you said unkind things. And those things build up around you as thought forms in the field of perception and need to be cleared out. And also, we will give you a real good understanding of what not to do with others. So I was working with a lady from the Cacao islands and her husband cheated on her. And she really loved him and they fought for 2 years. And when I was really cleaning her up, I looked at her and she said "where are all these curses coming from?" well, you have to believe in curses to have a lot of curses. And I said "do you want me to take a look and see what's going on with your husband?" and I saw the fighting. And she put like 16000 curses on him in 2 years. So understand that what we say goes, the thought forms go out into the world. They become something and then they hover in our space, in our field.

So you want to clean them up and clear them out and then not believe in them anymore so using your words for good only will really help you. As you clean things up, they won't be magnetized back to you. And then the final thing in perception that we're clearing is past lives, traumatic episodes from past lives. And those will leave an imprint on us, too. They will be things that have been spoken, or experienced and in both cases, they are registered and stored in the field of perception. So it's kind of like a little bit of the field of perception [Inaudible 00:13:27] brain in a way and that it takes your information from lifetime to lifetime. So if you've accomplished great things in lifetimes, you have that in the field of perception. But, of course, everyone has some difficult challenges that weren't dissipated, weren't disappeared, weren't resolved with love taking place of the problem. So understand that we need to clean those things out and then in this lifetime, continue to seek for understanding and really to dissipate or disappear those things that are traumatic with love and really task that they really no longer exist in our space. That we're not hurt that our mother didn't love us the way we wanted to or ex-husband misbehaved in whatever ways. We just want to go to this space of love so we don't carry it with us. And we want to remove any of the curses say when you are in the understanding that you have that idea that curses... you know, like "I'm really angry with him,

blah, blah, blah” that kind of thing. We want to remove that so when you have a response that feels like “hmm... I could be angry about this” or “I could seek to understand and love knowing that all pain is really the expression of fear or being disconnected and wanting, needing some kind of connection; needing some kind of [Inaudible 00:15:05]. Even misbehaving children really want the attention from their parents, they want the love. So understanding that adults can behave poorly.

Okay, so let's see. We went through perception and essence and matter and energy and... okay, I know. That's what I was going to say.

And the next thing that we clear is emotions. So we're clearing all of the emotional hiccups and anything that's stored in your body that rid your body of emotions. Typically, the way that we clear are from this life and then past life trauma is where emotions are stored from past lives. So that's where that goes. And then finally we're clearing DNA and the actual programs from your family line, from both your mother and father's information. And there's another thing that we can clear... there's lots of other things but there's basic line up. We also can clear blood lines and sometimes things will come through and actually live in your DNA. So that's an interesting thing, too, where it's like a clan or bloodline but it actually is in the blood.

So I see lots of... so I see someone's having trouble with sound and pictures. And I have my session... Yay, Michelle! Fantastic! Good morning. It's raining and the birds are singing. Morning to all, Patricia and from Slovenia. Love you and you're an angel. Thank you. Makachi, that's a beautiful name. I don't think I'm saying it right. Hello Ellis, happy to see you. Lizanne.

Okay my dears. So let's just check and see if we've gotten clear... Yes, yes, yes, yes. Okay, so we cleared the energy blocks and all the blocks to raising the energy of the body. Divine connection and high self-integration.

So the next thing that I would like to do is clear any spiritual parasites that are causing problems in this space. So that'll be the next thing we do. And you can just pump for spiritual parasites since there's a training on spiritual parasites that you can take if you like to. I'm actually preparing... I think it'll be an 8-part series on spiritual parasites. So if you really, really want to get to the bottom of it all and clear it to zero, I think that 8-part series... I do the 75-minute training on no more ghosts and it gives you a sense of things. But if you want to be in the container of having someone help remove them all, that would probably be the ticket for you. And then also the Diamond Emersion class, we get everybody to zero and then teach people how, if something comes in, how to keep it out. So just pump for now on the spiritual parasites.

Oh, Romina, good morning! Yeah, this is such a beautiful house. The birds are squawking out there. It's a really wonderful place to be. My furniture is arriving today. Thank you for that comment. I'm very excited, I have dining room and bedroom furniture arriving today. There's more coming in the next 4 weeks. But some important pieces, so, makes the home really a home when you have the stuff that belongs here. No, Margaret, cigarette smoking is an addiction but it could be stimulated by a spiritual parasite. In many of my trainings we we rid of

addictive/compulsive behaviours like the diamond-level class, we do it in the beauty, lighten up weight loss class, we do it. So that's something like an element in your body. Gosh, we had this amazing experience. I've done this so many times but we had a nurse come through the diamond-level and she had done her VIP day before she came to the training. And we did the brain regeneration which is just a perfect way to remove the addiction energy. So we regenerated the brain then she said "I've been smoking since I was 16 and then I'm like" 45 or 50, I don't remember. She said, "I want to stop" and literally, we regenerated the brain and removed all the addictive/compulsive programs in her body and she stopped smoking. Like instantly. She never had another cigarette. And she's one of my ruby-level students and she said several other addictions fell away which I don't know what they are but the smoking was something that, you know, starting from a teenager. And so we're very, very happy with that result. So you can have that. It's, I think, the ideal way for getting the addictions out of the body is to the brain regeneration because we really clear all the patterns and their programs out of the brain and just give you a fresh, new palette. You still have the information but you're not driven by all the stuff that's sitting there. It's like toxic, you know, whatever.

I think I got everything so far. So what we are doing right now... Let's see. Raising the energy of the body and clearing out the dark energy... Oh no that's not right we are actually doing spiritual parasites, still. We start teaching and I entered here. So spiritual parasites and then we are going to raise the energy of the body. Okay, good. And we are just making some nice progress. So we are not going to remove every spiritual parasite from you. That takes hours and hours so I'm thinking of doing an eight hour class but what we are going to do, is we are going to remove spiritual parasites that would interfere with raising the energy of the body, divine connection and high self-integration. So we are removing any spiritual parasites that will prevent you from doing that or interfere with you doing that.

Sure we can put that in the chat box. I was thinking about that this morning that it might be a nice extra, extra thing. Today, right now we are cleaning spiritual parasites and anything that would interfere with....

By the way, we do have the 5 phone lines open. So that's another option for you if you'd like to hear and you're having some technical issues so the phone line is on and open so that's another way.

I don't know if you guys realize this and I know there's so many different traditions but this time of the year, as summer solstice is approaching is the time of light expanding and great light coming into the planet. And in the Christian tradition, it's a time of the out crying of spiritual gifts. It's considered Pentecost. It's the season and really you are in essence at the perfect time. So this out crying of spiritual gifts of being able to receive and integrate these spiritual gifts.

So I haven't slept this time because it seems like divine messages/information comes through. So I'm delighted that you are doing essence and you are catching the line of the beginning of Pentecost which comes on for a long time. It goes on throughout the summer; the Pentecost so this outpoint of spiritual gifts. And you might just pay close attention to the gifts coming to you and how life is improving or how your divine connection is improving. And we really look at the integration of spirit as really the opportunity to restore physical health to the body, too. So as you are one hundred percent in your spirit, you can source a kind of energy and power in the body that wouldn't have been available to you had you not been one hundred percent. Think kind of a natural progression might be the little mini-program we have on the side to this point which is dynamism which goes through the fifteen aspects of energy and power in the body. So once you've completed essence you might think dynamism might be, you know, really good next step. Let me just pull that up for you. It's just wonderful little program. It's like about a hundred and sixty minutes of training and guided meditation. The guided meditation that's sixty minutes and I think there is a ninety minute training. Let me see. I'll just pull that up for you guys I know you like it when I do.

There it is! And here we go. I was actually thinking it's time I do a tune up too now that we are restoring spirits and body.

You know, one of my classes is going through restoring chemistry in the body like the chemistry, you know, spirits and hormones are very much like sisters they do kind of similar things in the body. So it's a perfect time to both be restoring energy and really working on having your

chemistry work for you. Many things to re-arrange. (Laughs) It's good. Be sure you watch the schedule we are going to have some fun summer classes coming up really with these kinds of things in mind. I haven't put it all together yet but it will be coming soon.

So we have about a seventy percent clear. Oh, Romino bought a new house. "Thanks to your inspiration manifested. My husband and I... Fantastic! I am so happy for you. That's wonderful. Yaay! That's really great I'm really, really excited for you. And there's a question. Briefly talk about weight loss programs. Sure!

The weight loss, The Lighten Up program we're just like on week seven now and we go through eight weeks of clearing every single thing related to why you have weight fat, metabolism, obsessive/compulsive, and during the class we also talk about things like how maybe to do a liver flush or how to rest the intestines colon for a few days with a healthy fast. You are in a supportive environment, you are encouraged to have an exercise and healthy diet plan, drink water. What's been super fun is to see the results when do like a metabolism clearing or to do like a fat clearing and then hear the changes. One of our students was coming along and he hadn't dropped anything at all then all of a sudden in one week he dropped fourteen pounds. It was like just the right ingredients happened and just the right clearings happened in the right way so that Kaboom! It all kind of came off really quickly. I'm sure he has a little more to it but it's surreal. It's like one of the things that are missing that you haven't discovered yet to have your ideal weight. People are great and healthy and have the ideal weight and then we have people who always seem to be trying to figure out. They're either always on a diet or they are trying to figure out how does all this work and why can I do the same kind of things and eat less food and exercise a lot and I don't seem to lose weight. We cover all the things that aren't covered in any other program so we do all the quantum cleanings for that.

I would consider that we are just finishing up next week will be week eight so I would consider if there was a big interest in the class. I'm doing it in the fall again but if there's a big interest if you guys would like to go through a summer weight loss class it's possible that we could do that. You have to put it there that you are interested and I might talk Dan into taking you guys through a summer class. If not, you can do it anytime because we have the replays, but I know it's not live and it's so wonderful because you get to ask questions.

I'm not sure Nadia if you were class for spirit and soul but they are very different and if you were I'm surprised that you are asking that question but anyway, I'm going to go through it for you. Just to clarify, spirit is your light and information and the soul is the chalice so the spirit would have had pieces maybe hacked off or missing from lifetimes like aggressive wizards whatever people stealing, taking, robbing or even chopping some piece off so that you can save yourself. What we did a couple of classes ago, we did a spirit retrieval where we returned all of the missing parts. Maybe you were eighty percent you as spirit and we pulled back the parts of you that were missing. Soul is the protective chalice and it's the container. It's kind of like the skin of the spirit and it rises and falls in relation to life force so as your life force goes down, also your soul, the ability to protect the spirit goes down so that the spirit can leave the body easily when it's time to pass on. Those are the differences and they really aren't related to each other as far as retrieval of things. A number of people who use language of soul retrieval and I think this is

most related to what I talk about bringing the pieces of spirit back. I haven't experienced someone's idea of soul retrieval so I think that most people use spirit and soul interchangeably. Life, spirit, the body is considered alive at the first breath and that's the time when spirit integrates so spirit and life force and breath are very intimately related and life is considered over when you breath your last breath and when spirit leaves the body. That last breath people will always comment that the last breath when the eyes are open and they have the experience of the spirit going out the window or leaving the body. I hope that helps.

“Can I have a program for gaining weight?” - Margaret. That would come into the VIP program because there's probably things that need to be reset on you but I doubt, but our VIP program would get that for you.

What programs are for brain rejuvenation? Does the secret keys Volume Seven meditation that is part of the program help rejuvenate the brain or do you recommend something more expensive? Do you have your book? Brain rejuvenation is done in two programs. One is the VIP program and that's where I work with you one to one. The VIP program is the best. It will get you done the first day with me within two hours your brain is going to be sparkly. Jack really loved it. I have been chatting with him and where he goes people always start talking about how fireworks were going off in his head and people were seeing all kinds of different lights when he was going through his brain rejuvenation with me. It's something really wonderful. Golden age of Miracles is the second program, This program we are regenerating thirty six hours or regeneration over the course of the year. It's for people typically over fifty but if you are under fifty and you want to jump into this program it's very economical. It's a hundred and seventy a month for three hours of regeneration and we do do the entire brain over the course of a year. We do parts of the brain and ultimately we do the whole brain. The Ruby level of the immersion program we teach how to do brain regeneration so you get your brain regenerated and you learn how to do it for others, your family members and clients. That's the third way.

Secret keys is no longer called secret keys I'm sorry that you somehow have that number but I think what you are talking about is Brilliant Brain and we have to figure out how to remove that because that should be removed years ago. I think you are talking about brilliant brain and brilliant brain helps regenerate glands of the brain. It's wonderful, but it's not actually working with the brain itself it's working with the glands in the brain and it does improve brain capacity and function so your set points do go up if used twice a week but if you want full brain rejuvenation those three programs that I just mentioned are the ones.

I'm glad you loved The Human Blueprint. We are coming up with the second edition and it's indexed, no typos in it and beautifully laid out and it's coming out probably the end of summer. It's in production.

Janice spiritual parasites are belief system... It could be a little of a number of things, it could be spiritual parasites, it could be dehydration, it could be wax build up in the air. I don't know if you've ever see those ear candles but you can take a level of wax out where wringing doesn't happen. It's really having enough hydration. You might notice when is tonight happening? Is it all the time or is it towards the end of the day when you are tired and dehydrated and whatever,

so check on that. It could be spiritual parasites. I don't see it as a belief system but you could have some curses, some evil spirit curses that could also be causing problems with the tinnitus.

Summer weight loss. Very good. Okay.

It's good to really have things clear and since we've already gone through all of it, it was a little bit of a surprise but I'm happy to clarify. I know this is new to you guys we are talking about a whole bunch of stuff all at once so I get it. Let's see where we are at spiritual parasites.

From here we are going to go ahead and raise the energy of the body and we are going to remove all the black energy satanic and demonic energy from your body and then we'll be going into a guided meditation, and we'll be accessing the pleasure field, the quantum pleasure field taking your body into bliss and we'll be integrating the high self and improving your divine connection to one hundred percent so we'll be opening up the channels that allow you to receive your divine information.

Yay! You see all the flowers behind me. A lot of those flowers are from more than a week ago. I brought them home from the immersion training and I got home a week ago, eight days ago and some of those lasted the whole week. What happens with the flowers is that when you are in this defined energy sometimes they last up to six weeks and we did elimination, we did the whole series of prayers. We did a few hours of praying and the flowers just really resonate with this beautiful quantum field energy. Let me show you my beautiful flowers. Incredible. There are flowers everywhere. You want to have your flowers last a long time and save money do the prayers around the flowers. They love it.

My hands get cold when you pump is it normal? I don't think so. Imagine a golden sun in your hands typically the hand, it should be pretty effortless and you can just imagine a golden sun warming your hands. I'm holding my hands and they are not cold or hot they are just normal body temperature. Are you a person who tends to get cold? Do your extremities tend to get cold cause that might be part of it? You can then just pulse the golden sun in your hands when you're pumping so you can have some warmth in your hands.

Linda, the five short meditations that go with the program are really meditations that you can use anytime, day or night. They are really quick get-in get-out tune ups so in most of my meditations are long as most of you know. I do anywhere from twenty five minutes to an hour. Those are my typical meditations and for years I've heard "I don't have time except on the weekends to do meditations" and I heard it over and over again especially from the men especially who are active in their life and women too you know "how can I find time to get it all done?" I said well I'm going to resolve this issue and I am going to create some meditations that you can get done even in a pinch even when you are having a really really busy day.

Sometimes just go through your day to enjoy them and raise your energy and feel more joy more connection more bliss. There's no specific instructions, use your intuition and I think doing three a day is really ideal if you are not doing normal meditations doing three of those five minutes meditations a day would be perfect.

Oh good, Trisha. Fantastic! Congratulations. I hear from people after they have read the book Divine Human Blueprint, they read it through three or four times because they keep getting more and more information out of the book. I'm glad you're in chapter four. That's awesome.

Cheryl: Any possibility of opening the ability to visualize before the guided meditation? I haven't been able to visualize to enjoy. I'm sure that's either going to be curses or that's going to be spiritual parasites. Honestly, the thing to do just keep going but you could pump for five or ten minutes you could pump in this vision area just focusing on clearing it out and that should help some, too. To Margaret, mine does too I thought because of the blood flow having my hand elevated. It could be but you see ultimately my hand is more like down here. When I'm pumping all day long you don't have to have it up here you can have it down here. It's the elbow at the waist I think that's one of the things that's really consistent. Elbow at waist.

Jazela is talking about having low life force. Let's see why you have low life force. Interestingly enough, your life force is set at a hundred percent and this is why I said probably the perfect next step for some of you is to go into the dynamism class because you'll see where all the power centers are for you. Let's just check. Some of it is the field generator of the cell that's mitochondria seems to be set really low in you. Your adrenals, forty percent and seventy percent. Your adrenals aren't at a hundred percent. Your chakras are at ten percent so your chakras aren't really on especially your power chakras are kind of low so they are on but they are just really not giving you any juice. Looks like your thyroid is only at forty percent providing energy and power. Can you see that there are some other things so actually your life force is at one hundred percent so that should be nice to know that that was corrected.

Just out of curiosity if we did an additional class that say was forty-nine dollars and we did the dynamism class next week, how many of you would pop in for one more and get all the centers of the body tuned up? We could do that too we could just grab all the power and energy centers. That might take more than one class. Anyway, let me know if that is something that you want to do when we can try and figure that out.

This has gone pretty fast, the response time is usually thirty second delay but you guys are responding quickly. "Thank you for the explanation I do love cleaning and connecting on a daily basis. Notice I love your voice and how I feel so much I don't want to stop. I love the long meditations, I feel like the short ones also help me realize my intention to hold energy." Beautiful. Let me try and figure that out. I'll send you guys a notice later today if I can get everything sorted and there's nothing on the schedule at the same time, we'll pop in and do one more class and we'll just have a little enrollment link and I will get you in.

Let's go into I've gotten a little caught up in answering questions and I love you so much. It's been wonderful to spend time with you, and hopefully most of you will pop in for the dynamism class next week too so this won't be our last.

Let's go ahead and complete this session with a guided meditation. We are going to go into the quantum pleasure fields now.

Find a comfortable sitting position with your spine erect and your feet on the floor. Breathing in and out. Send the grounding cord from the base of your spine to the center of the earth. Make the gravity cord nice and wide. Set the grounding cord on release and begin to release the excess energy in the body. Breathing in and out. Female bodies with the light of energy as wide as your wrist, hollow in the center from each of your ovaries through the perineum and down to the center of the earth. Set the right and left ovaries on release, and release all your human projects. Male bodies with the light of energy as wide as your wrist, hollow in the center from the testicles down to the center of the earth. Set your male body on release and release any control energy from female's competition and aggression bringing the body into neutrality. Ladies bring in your bodies into neutrality also. And with the light of energy as wide as your wrist, hollow in the center from each of the adrenals down to the center of the earth. Set the adrenals on release. Adrenals at the waist line sit on top of the kidneys look like acorns with jats so that energy is going down the perineum down to the center of the earth and set adrenals on release.

Going up to the center of the head. In the center of the head is your golden temple of silence. Open the trapdoor at the back of the head. Take a spiritual fire hose or a broom whatever you want to clean your head out and go ahead and wash it out. I love the spiritual fire hose because it goes so fast. Just flush out the cobwebs and anything in there that isn't supposed to be there in your golden temple of silence could be thoughts, worries, concerns. When this is cleared out you can close the trapdoor at the back of your head. How about the top of the head pull the aura from all inches around your body so that your body stands and holds in the aura, then bringing cosmic energy up through your feet, up through your ankles, excuse me it's earth energy not cosmic energy bring up the earth energy up through your feet, ankles, shins, calves, knees, thighs up the hips and down the grounding cord.

You are bringing in cosmic energy into the back of the head one inch above where the spine meets the skull down to your neck and shoulders, arms, elbows, forearms through the wrists, hands, fingers and up the fingertips bringing more of the cosmic energy down through your backchannels and down into your hips and looping up through the belly, through the chest through the neck through the head fountaining up the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

Breathing in and out. Singing in the center of your head, in your golden temple of silence. In feeling this quantum pleasure field just pulsating against the outer edge of your aura. It's warm and it's joyous and you can just feel that pulse on the edge of the aura now permeating the aura and coming into the edge of the skin and filling that pleasure field, all the cells starting to be excited and delighted with this quantum pleasure field coming into the cellular body awakening the pleasure center in the cells. Breathing in and out and just allowing this pulsation of pleasure to permeate every single part of you. Part of your essence, part of your spirit, part of your physical body. Noticing that seventh chakra opened and spinning. Spinning at one hundred percent fully supported by the quantum pleasure field noticing the halo being activated and the golden rings coming on. Noticing the human access portal at the back of the head that place one inch above where the spine meets the skull where the spirit enters and exits body cleans out. It's now being purified and notice your divine connection you are now with the high self. The high self above you now integrating into your very vibrant, very high, vibrational body bringing

high self into the body bringing spirit into the body opening the divine connection feeling the divinely connected with your high self and with the divine, with the god in essence that you resonate with. Feeling the heart expanding and opening joy and gratitude, bliss and pleasure, feeling the energy of the body raising, feeling delight in every cell in the body and spirit fills up the fingers and toes, arms and legs, torso, neck and head as pleasure fields continue to pulsate. You notice that you are now one hundred percent divinely connected. Your essence is restored. You are your divine self. You are embodied. You are set for full self-expression and dynamic health and vitality.

Breathing in and out.

Breathing in and out.

Rubbing your hands together in front of your heart chakra with this incredible bliss, incredible joy in your body. Put your right hand over your heart chakra and your left hand over your right hand in a universal mudra of self-love and self-affinity. Affirm to yourself. I love myself. I trust myself. I express my unique self

Breathing in and out, and coming back into the room with joy and radiance knowing that you are restored. Your essence is one with your body and you are a divine radiant being of light.

I welcome you back.

Just take a moment to feel inside your body and notice how things have changed. Who you are now after four weeks of working the spirit and the life-force and the essential nature that you are opening to divine connection and how this feels. How this feels different than it did before. Hope you noticed that unique end, the unique shifts.

Margaret asks "how do we test to see levels are at. What is the line of questions? I know how you test." I test by asking the question "what number what levels" so there has to be something specific but I use reality. Basic answer.

Yes please also does adrenals create your sense of smell hearing to enhance the whole world smells toxic.

For you it's a yes forty percent. It could be that there is some clean up that you wanted to do on the insides as well. getting your liver working better getting the lymph and some other things working a little better too. We do really kind of go through a lot of that in The Lighten Up Weight Loss class if that's something you want to learn how to detoxify the body that's something that we do cover in that class.

You're welcome everyone.

Any last comments? We are in the last three minutes of this essence class and I promise you I will get you a dynamism class hopefully at the same time next week. I have to check with the schedule and see if we have another class scheduled at this time. We'll get than in hopefully next week and I love you. Please continue to join in on the live classes it's a great way to get

incredible clearings and incredible insights and interact with me. It's a joy for me to be working with you. It's a wonderful class.

When I sent down the grounding cord the energy wants to bounce back up how can I get it to go down? That's probably spiritual parasites messing with your grounding cord. Just take that grounding cord off, give it to the parasites and get your grounding cord down. That usually works. You can also pump if you want to.

I went into tears when trying to enter the pleasure field like I'm not worthy something is blocking. Any ideas? Yeah you know what you can pump for that worthiness of the pleasure field. It sounds like something happened in a past life and you are preventing yourself it's like you are punishing yourself. Just clear the punishment energy. You can pump the punishment energy away using the lists soul contacts found in the DNA. That will help.

What exact question do you ask if you want to know if you are investigating if a class is good for me? I have a question but I want to know what question you would ask specifically to make sure I'm on the right track. Will this class support me one hundred percent in fulfilling my essential nature? You can ask very specific question. Will this class support me in weight loss one hundred percent? You can ask it in three different ways and get three different answers. You could say this depends on what your goal is so you could ask based on what your goal is.

Could we have a meditation at the end as a separate audio? I don't know. I'll check into that.

Lost a beautiful song I got in another language. Where can I get it? In another language the songs are gratitude meditation it's on the website. You'd go to the store and what used to be a cd is called gratitude.

Okay this feels and looks delicious. Fantastic. Alright sweethearts we've just gone past our time.

I love you.

Stay in touch with me let me know how you are doing and we'll get that dynamism class set up for you.

God bless. Until we meet again, you have a wonderful day.

Bye bye.

**[END OF TRANSCRIPT 01:01:05]**