

## Essence: Session 1 of 4

Good morning everyone and welcome to essence. We're going to be working on restoring your spirit, your soul, your life force, divine connection. This is a powerful, powerful training that's gonna help you really accomplish your goals in your body and also with your spiritual awakening. I wanna welcome all of you to the program. I'm just gonna peek in here 'cause I've not seen very many people on yet. Oh! Many people are on. Very good. Fantastic. And so welcome-- Why don't you go ahead and sign in; say hello. I wanna see who's calling in and from where you're dialing in or coming on the webinar and let's get started.

So with the essence that is part of human blueprint and I'll just take minute to describe the entire human blueprint. It's a P.E.M.E.R., Perception, Essence, Matter, Energy, and Realms. So what we're working on is essence. So we have perception which we really talked about in the 3 class of the 100 percent you program and essence is what this program is all about. It's all about really being able to be in spirit in body with life force informing the body at 100 percent. Okay. Welcome. Okay, so.

Galla, Goodmorning. And Haruko, Goodmorning. Nicene from UK. Hi there. Nina from London. Hi. Nancy, "Good morning everyone from Vero Beach, Florida." Fantastic. Lisa from New York. Paula, "Good morning and nice to be with you again." Hi, John. Okay. Fantastic. So and if you're a person who's repeating the program, I know we had a bunch of people saying, "Yes! I wanna do this again. I wanna go deeper in this." I'm just gonna say this is such a good choice for you. It's really awesome to review the material more than once and of course the program continues to develop and go deeper. So you'll notice we've added some things, or have added some things to the program and I hope you enjoy. Everybody's much and actually just gained much deeper levels of understanding. So welcome to everybody and we have celebrity. There... there we go. Jacqueline. Fantastic. Jacqueline is our celebrity guest here. So we love you, Jacqueline. Love everybody. Everybody is loved.

Okay. Well we're gonna start right in. We'll be doing a little bit of this, little bit of that. We'll be going back and forth between PowerPoints and my face and we'll be doing some activations today. Some healings, some, you know, getting that spirit-- actually today-- it's so exciting-- but because today we are doing the entire spirit retrieval.

So essence restoring spirit, soul, life force, and divine connection. The essence curriculum in session, which is today, we'll be working on the retrieval of missing parts of spirit. We'll bring parts of spirit back. Restore the light to the body and improve to 100 percent spirit in body connections. So at the end of this training, we'll be doing a guided meditation to really, really complete that process and get the spirit really in the body. It's

the one thing about retrieving the spirit is the second thing about really getting it to connect with your physical body.

Session 2, we'll be increasing life force to 100 percent and return you to the dynamic energy that you, you know, so long for that is your 100 percent expression of self. We'll be doing a kundalini boost and balance. In session 3, we'll be working with the soul, the chalice of spirit. We'll be doing repair on the soul. That in the soul is the protective chalice of the spirit. We'll be restoring and repairing the soul. And session 4, your high self. Restoring your divine connection.

So that's what we'll be covering in the curriculum in the 4 part series and what's super cool-- I like to think of this one as our summer class; it's like summer school and we are knocking it out of the ball park, so. We're doing it Tuesdays and Thursdays. So we're gonna get a 4 part class in 2 weeks rather than spreading over 4 weeks which will be fun for all of us and you'll be able to nice the shifts and changes even faster.

Why am I less than 100 percent? Retrieval of the spirit. Ever wonder why parts or pieces of your are missing. This is something that we really think about but I have heard the summits as I'm doing QnA, that people will say, "I feel like I'm missing part of myself. I feel like there's a part of me that isn't here." and so whether you're aware of it or not aware of it, this is a very concerning issue for many people. Just checking in. A bunch more people came in to sign on and say hello. I see Karen from Waterloo, Ontario. Fantastic. Robin, "Hello from Denver." Yay. "Good morning, Julie and everyone.", Mike from New Jersey. Hether, "Good morning. Glad to be here." KC, "Can you make the PowerPoint full screen or get rid of the slides so we can see the screen better." I'll work on that for next class. This is the only way I know how to do the screen share. I apologize. I will have someone maybe coach me if it can be done. I'm not sure because I need to be the person who makes the changes in the PowerPoint. So if we loaded in, I'm not sure how that works. So we'll work on that, KC and I got your request.

So we're asking why... why is it that we've lost part of our spirit. What has happened? Hi, Susan. So a majority of human beings, living spirit in body have ownership and access to only 65 to 80 percent of their spirit. Discovering where missing parts of the spirit are and why they are not me. Severed from violence in past lives. Perhaps it's the actually you that you were irresponsible and take care properly of your spirit. Evil spirit curses, demonic, black magic, spiritual parasite i.e. demonic attack, and lost parts of spirit prior to soul being developed.

So when we look at these topics, first of all severed from violence in past lives some of you may have experienced in past lives perhaps, you know, being burned at the stake or being tortured somehow, something happened to you. Violence can actually sever

part of the spirit. And the second one, irresponsible or didn't take care properly. Now actually we may take risks that damage our spirit. So that's also something where we've choose to do something that's risky and we lose part of our self. I know that people think, you know, spirit is immortal and ageless and timeless but in actuality the spirit is something; it's our essence and so it can be damaged. The third item evil spirit curses, now those would be things that you would experience like someone be casting a spell on you and it's not that common nowadays-- and, yup, we see in most people who have activations have evil spirit curses from this life or another. So they do kind of follow along with you and the way that people controlled and were empowered in the past was to control, to put curses or control energy on another.

In this era and certainly we're just stepping through the door of the age of androgyny, equality with the divine, having our divine information. That is the old way and is falling away as we began to use the field of amplification properly and are able to have power and really able to be fully expressed without putting something on others or groups of others. So understand that we're cleaning up lifetimes in this class.

Demonic or black magic curses and I'm not speaking of black magic that things that you say about yourself but I'm really speaking about this dark kind of magic, that used to be quite popular; isn't so popular anymore. Spiritual parasite attacks for example a demonic attack. So if somehow in this life or another you were under a demonic attack, got into a real bad place and, you know that [Inaudible 00:12:09] damage. Removed parts of the spirit and then lost parts of spirit prior to the soul being developed. And the soul being developed, what that means is there was a time when we were perception and essence or spirit but there was no soul. The soul was added to the blueprint. That's the protective of the spirit that was added later in the blueprint. So some parts of the spirit grew dangerously small or dim and the soul was developed really fortify and protect the spirit.

Okay. What we're gonna do now-- let's see. Let's just jump ahead here. Okay, so. We're [Inaudible 00:13:08] move in to clearing the causes for both missing spirit and reduction of light in the body and what we'll be going through is a list. By the way, you'll all be getting this PowerPoint with the video, so you'll be able to, you know, use the PowerPoint as you want, I mean as a resource for yourself. So it has all the details. You don't have to worry about writing notes; you're welcome to write notes if you want to but you'll be getting the PowerPoint after the class.

So we'll be clearing things in amplification, perception, emotions, DNA bloodline. And in amplification we'll be clearing Lucifer stops, soul contracts, and demonic curses, evil spirit curses; in perception we'll be clearing group mind, group mind virus, black magic, curses, traumatic episodes from past lives; in emotions we'll be clearing the emotional body, and the emotional brain; and then the cellular body, DNA and bloodline.

So we're gonna start now with the clearings and I'm gonna take us off of screen share so I can show you-- oops. Let's see here. There we go. So I can show you how we're gonna do the clearings. So we're gonna be doing this pump and we're gonna be working on those items, so. In the field of amplification, perception, emotions, and DNA. So go ahead and start pumping to clear the programs that would prevent you from bringing your spirit 100 percent back or prevent you from bringing the light in your body 100 percent back.

The quantum pump, a clearing pump. I'm gonna gonna slow down so it's just sand in the hand. So I have to back up so I can show you. Same we do this before. I'll go kinda above waist and the hand is just kind of thrown forward. And so it doesn't-- it's not really-- there we go. See how that goes? Yeah. And then if you wanna see it from this side. There we go. So you're pumping. You're doing the quantum pump and you're using the quantum pump for clearing. So let everyone pumping and everyone clearing.

Alright. Here we go. And we're gonna be pumping for a little while and we're clearing all the problem energy from those-- that list. Let's see. I've got some comments coming in here. "Hello." from Suzan. "You should be able to at least get rid of your slides easily." Yes, KC. I actually have tried and it-- in webinar jam doesn't seem to want to get rid of them and I think that-- let me do a little a research before Thursday, okay? I agree with you; I should be able to but for some reason it grabs everything. So there's some other way to do it and we'll deal with it so next we'll have it fixed. Okay. "Never received the link to the webinar and acknowledgement for having paid the class. Had to get the link from a friend and also signed up for the class." Alright, Dorian. Why don't you send Julie Renee at [julierenee.com](mailto:julierenee.com) and email the link to the class was included both in the thank you so you got it when you signed up but if you didn't successfully sign up meaning you put your information and maybe the credit card didn't go through or something, then you wouldn't have gotten the thank you note and the thank you was the first, so. To send your message to me Julie Renee at [julierenee.com](mailto:julierenee.com) and we'll get that sorted for you. Okay. We've got a backup system that's so rock solid. The only thing that we missed is people who-- their payment didn't go through. So we'll check on that for you.

"For amplification, we're clearing soul contracts of others affecting us negatively." No. We're not. Not in this class. Not for this particular issue. And also when you clear soul contracts, you can say soul contracts of others affecting you negatively but you could also just say all soul contracts but in this particular issue we are not doing that, so. You'll notice that I also didn't put in atheist energy. So there are things that are different for different things. Very good. So you wanna just follow what I'm suggesting or you can muscle test yourself and you can discover what your formula is. So when I was preparing for the class, this is what I saw was important to clear. So if you were doing your own work and working with someone, you could ask right along which of these

would be included in this clearing. So you don't automatically have something in every category.

Neslene. Okay. The hands doing its own thing. Sometimes the spirit spiritual parasites. So you wanna take charge of the hand or if doesn't feel like spiritual parasites then let it do its thing but hands do not do their own thing, sort of. This pump is really effortless so it's not-- this is spiritual parasite. 3 spiritual parasites. So just take charge of it. I own this hand. This is my hand and I will do quantum pump forward and back.

Okay. Bunch of things here. Oh good. Good morning, Hether. Okay. Let's see. I see many things have come in. Sorry about that. "Can you make the--" Nope. Oh okay. Alright. Just looked like a new batch but it was all of you guys saying hi and asking questions, so. And here we go.

Palm Springs. Hi, Greg. You're not so far away from me. I'm in the middle of California and you're in the southern part. So it's a beautiful sunny day here as we clear things that block light from the body. Such a perfect time right after the summer solstice to really attune your essence and your essential nature. It's like the ideal time to tune up and attune. Where did I learn the hand pump? It came to me in my garden. You know I survived the atomic bomb testing in the Nevada Desert, had 17 surgeries, multiple cancers, died a couple of times, was in a wheelchair for a year told I would never walk without canes and would eventually end up back in bed. Many, many other things and 7 and a half/8 years ago now and went into my garden in prayer and meditation and I said, "God take me or make me well. You promised me the garden of Eden and I'm living in hell on Earth." and on that day, really, I raised my energy, I prayed for and meditation and chanted for couple of hours and as I raised my energy and just really sat in this kind of bliss, this kind of really elevated-- you know how the cells kind of feel sparkly when you've been chanting or praying for a long time. And then I was watching in my mind's eye the cell, the master cell, regenerating. A master cell that was with me from 7 days after my parents conceived me and I saw it go to its perfected state and it was remarkable and amazing and really took my breath away and actually really in that moment felt the presence of the divine and in so many ways understood it on a much deeper level. I think that we always think that our spirit is part of god but in actually what I learned in that day was how my body is divine. That when properly energized like with chanting and prayer and was the kind of to surrender to the divine, your body becomes immortal or translucent or energized in such a way that it is also the divine, it is also God.

And probably two or three days after that experience, my head started moving. I went into the garden every day. I had earlier gone to where Buddha was enlightened and sat under the Bodi tree, a distant relative-- the Bodi tree, you know, was a seedling from the original Bodi tree that Buddha has sat under and became enlightened. And the story of

Buddha was that he was never going to be enlightened because he was a son of a rich king and there was this belief that rich people could not become enlightened like the wealthy. It would be far easier for a camel to go through the eye of the needle than for a rich person to become enlightened but Buddha didn't believe that; Buddha thought, "I believe in myself. I believe that I am loved and cherishes as every other being on the planet and I put this as my highest priority." and so the highest priority of being enlightened, he sat for 40 days meditating and praying under the tree and became enlightened and he did have his awakening as we all know because, you know, Buddhist celebrate Buddha, you know, all over the world and all the teachings that came from that great divine human being.

So that commitment, that kind of commitment of no matter what, do or die; I'm going to become enlightened. That is the commitment that I brought into the garden on the no matter what with the body and I had felt the same feeling that the body is so important. Hang on just a minute folks. I'm gonna give you the screen here for a moment and I'll be right back with this. Here we go.

**[Talking to someone from 00:25:18 to 00:25:36]**

I don't know if I was successful. I think you probably heard. I have painters in my house and they're painting like 2 feet away from me. That happens. Okay. So back to the story.

So Buddha and then my own commitment and intention was really to have the experience. I felt that new awakening or the new enlightenment was the enlightenment of really the whole experience of full human expression. That in this era we're not just meant to go sit and lay in the Himalayas and meditate our way into, you know, all the body and into the divine energy. We're actually meant to have full self expression in this lifetime and that means a healthy body. That enlightenment, part of enlightenment is having a very healthy body, so. Yay. So that's where the pump came from. That's where a lot of my information came or started in the garden.

My own experience too, I believed I was born to bring this in to the world. I was born not talking probably would've been diagnosed autistic. Didn't really speaking until I was 5. Learned how to speak in school with a speech therapist and all that was an incredible blessing to me, so. As I was able to have friends in the other side, understand that autistic children do have their friends, they're just not necessarily in a physical body and so that was my experience. My experience was being able to walk with Jesus the first 5 years of my life without any distractions, you know, with really very little connection with the physical world. Of course I was with my brothers and sisters and, you know, had what I could do with them.

Okay. I see comments. Yes, the answer is yes. You can use both hands for the hand pump. And, "Are we suppose to focus on when we do the hand pump?". You've-- we're clearing amplification. We're clearing that whole list. So I can put the list up for you for awhile if you'd like to focus on that but you don't have to, once you get started the clearing is happening because we've intended it to happen. "I can't stop yawning.", and yawning is a good sign. Yawning is clearing energy. So let's go back to the screen share so that you can again see what we're clearing.

So here we are. We're clearing Lucifer stops, soul contracts, demonic curses, evil spirit curses; and then in perception, group mind which is a meme, group mind virus, miasm, black magic, curses, traumatic episodes, thought forms usually from past lives but they can be from this life; emotions in the emotional body, the emotional brain, cellular body, DNA, and bloodline.

"What's a Lucifer stop?" That's a good question. What we discovered was, there were some people like 5 percent at the time that you can do all the clearings and they wouldn't experience it. And there was this angelic being called Lucifer who in Christian mythology, sat at the right hand of God. And basically from the angelic realm fell, you know, did become a dark being or perhaps created contrast, you know, I don't know the dark and light, the yin and yang, I'm not sure where in the divine plan Lucifers fall but it's not actually satanic, it's-- this Lucifer, this angel, that put this kind of a curse or a stop on transforming. I believe that it's in the blueprint of only a percentage of people. Not everybody has this experience but I'll work with people. [Inaudible 00:30:44] program who will go through the entire program and what's happened for them and I discovered it because of that which is great so we found it. A few people, very, very few, haven't really seen much change and kinda like wonder well, "We did all the, you know, the brain is reading at a hundred percent. The cells did regenerate. We did the cell regeneration. We've removed everything." and so there were a few things that I've recently discovered that still needed clearing and one of them was this Lucifer stop. So if you could imagine, it's kind of like that puzzle. If you felt like, "Well I could never heal. Everybody else heals but I don't." and, you know, you could do the same diet and you wouldn't lose an ounce. You might gain 3 pounds. That might be a Lucifer stop.

Okay, Mary. We are in essence and we're clearing blocks to retrieving and having a 100 percent spirit and having light in the body. That's what we're working on. And we've cleared all of amplification. We've cleared all of perception. We're just in to the emotional body and brain and then we'll do DNA and bloodline.

And you're doing a great job. You know it's so remarkable to have essence be at 100 percent to really feel your spirit return to you. And I've looked at people that are down in 60 percent and you think about how the body can heal or not heal; how it can be present or not present, you know, in the body. Whenever you notice somebody not

there. Somebody who has dementia or Alzheimer's, that's like a physical illness that triggers the spirit to leave the body and you look for them and they're not in there and the comment is, "You're no longer there. That's not them in there." and exactly, we understand that their spirit has left.

Okay. The emotional body, the emotional brain are clear. So now we go down to DNA and bloodline in the cellular body and on the DNA is a little bit different hand movement, so. I'm going to come back and take this off the screen and you can do a side hand movement like this, so. Let me back up a little bit so you can see it better. Okay. So it goes like this. You can do this or you can do this. You can do either one but the side one, like swipe. A swing across. Swing across. There you go. Or you can do this. Both of them are good.

I had some girls from India in my last immersion program, the diamond class that we just had a couple of weeks ago, and they did both hands and then they were so cute they did-- this is a very funny thing. I don't know if you can see me do it, so. Backing up here. And their feet going too. No, you can't see it. So they had their toes going under the table. It was hysterical but I tested and-- if you were willing to like, you know, get everything living and the feet moving actually brought another 70 percent of clearing for them. So it wasn't a 100 percent, the feet aren't as effective as the hands but the hands are feet going really did amplify, shifting things for them, so. If you want to, you can. 'Kay.

"Is it possible to heal dementia with the quantum pump?" Absolutely. We do really cure dementia but not advanced. So somebody who's in the earlier stages of dementia probably 50s and 60s typically sometimes 70s but early stages, do the brain regeneration, clear all of the dementia from the DNA and the bloodline, all the emotional programs. Just everything, you know, on our list. Yeah. I've restored many people who had the beginnings of dementia and Alzheimer's to 100 percent but it does require the brain regeneration too. If you're wanting to learn how to do that, come in to the diamond class either online or in London. That would be where you're gonna really learn how to do more of those techniques.

And we actually do a full day on brain regeneration in ruby class. So we really go deeper and learn everything about what's involved with brain regeneration. So you might, you know, put that as a goal to come into the advanced year long program.

No, it's not exactly connecting consciousness. Dorian asked a good question. "Why is the quantum pump working?" We're all part of the quantum field, so we're all particles vibrating and everything that exist in the universe is part of this quantum field. And by pumping, we're reorganizing how the field is assembling and we're removing things and then also we're activating things or regenerating things. So it's really activating the field



and, you know. I'm sure you've heard what the mind can believe, it will achieve. And so many great and so many different versions of that from great philosophers, scholars, scientists, spiritual beings; everyone says kinda same thing. If you really 100 percent believe in some reality, you create that reality. And so understand how that's created is through the quantum field. Were particles vibrating and those particles can be rearranged into a different order. So rearrange you particles to be an enlighten master, rearrange you particles to be an extreme fully wealthy Donald Trump-type person. If you have full understanding, belief, you know, and skill, you can shift your quantum field in to that new reality.

So the pump is actually activating the field and that we do the pump because people aren't necessarily high enough vibrationally to just do it with their mind but there'll be a point when we can just do it with our mind and part of that when you're in the 5 million minds that are changing the tipping point or the group mind, what's now truth which was accepted truth, we accepted a different truth which was we were powerless. And had to turn to drugs that wouldn't cure something but would stop some symptom and now we're really working on something completely different which is returning to our innate wisdom in our innate attunement.

Okay, Nazlene. The London link, yeah. It's-- we've sent it out twice. It's on the website, julierenee.com. Let me just put it in to the browser here. You guys keep pumping. We're just-- we're clearing bloodline and DNA and I'll just put the London link right here. Let's see. Here it is. There's your link. So that'll take you into the diamond page and then you'll have 3 choices, there's an online class, a London class, and it says Masa but we may change it to California. So that's at the end of the year. Okay.

And then Martha, "Can you do the DNA for family members that have a genetic mutation and have a similar symptoms mitochondrial disease? She is 12 years old and is deteriorating." The answer is yes. You can. I would really love to see you be trained before you do it. I'm showing you how to do something related to spirit and I'll be watching you but yes, you definitely can and you should ask her 'cause she kind of at that age of, you know, she's starting to grow up and children you can do without on their karma but she's kind of at the preteen almost a teenager. Why don't you just say, "Hey, honey. I learned a new technique on helping with DNA. Do you mind if I do that?" and then if she say yes, go ahead then go for it. I think that it's good to get permission when their children kind of at that middle phase. And then adults you don't do unless you permission because you take on their karma and their problems. So you might see you started having one of their problems or something but yes you can.

"Cyst on breast. I feel it is not my like. Sticky same thing." I don't-- I can't understand. Gala, you'll have to-- and this isn't a class, it's really about the body. It's about the spirit. So we're not gonna do a lot of questions on physical body but we do do that in the immersion training and there's an online class in August and it's 7 hours a day. So it's phenomenal and you're gonna get every question on your body answered in that class. "Can you speak about the moon initiation at stone hedge?" There's no moon initiation in stone hedge. I'm not sure where you got that, as well as solar initiation and we have not yet-- we've got it tentatively set up but we're gonna need enough students in the diamond class for you to do more on the stone hedge stuff, so. That really, really looking for some people tomorrow this week, so. Yeah. We need some people tomorrow this week. Very good.

Alright. Let's get back to what we're working on. This is a lot of questions that aren't related to essence and I've kind of promised that I'm going to really focus on-- I love you guys and I do wanna answer your questions but if we really stick to the class curriculum, you're gonna learn so much about essence and then come in to a class on the body or perception and you'll really learn about that. So that's my desire is to kind of stay on track.

Oh. I love you guys. Yeah. Karen, On the quantum pump is it important on your focus. Not really. Once you set the intention, then just pump 'cause sometimes you're gonna pump for an hour or two and you can't possibly hold the intention the whole time. You're like living your life but honestly it starts the shift happening and then you muscle test is it clear. Let's see. On the DNA, the DNA is clear. Very good. And then the bloodline is about 80 percent clear. So we're almost done with clearing. We're gonna do a spirit retrieval next. Yeah. And their time is kind of flying by. So everybody just keep pumping. I'm gonna go back to the slides again.

Okay. And then the next slide. We've done that. We've done that. Okay. Very good. And we are just now entering the spirit retrieval process and you're welcome to pump. I'm gonna be working on retrieving all parts of the spirit that are missing. So just go ahead. You can either pump or just relax and breathe in and out and I'm gonna be really magnetizing all of you, your spirits back to your body. And really all your spirit back to your spirit. So pieces that have been hacked off or have, you know, have been severed from you are now coming back to you. Retrieving a 100 percent of spirit.

We're doing really good. It's gonna take few minutes, I'm just reaching to the outer reaches of the known and unknown and collecting and gathering all the pieces of spirit. Bringing everything back to you. Calling everything back to you and we're really fusing it back in to the spirit into your existing spirit. You're gonna feel more full, more complete, more whole, rich. And as the spirit is rushing back, all these pieces of spirit that are rushing back, light is amplifying in the body and in the spirit.

And just continuing to breathe as we bring the last couple percentages back. You can might be feeling stronger. I love this prayer. You can say it with me if you'd like to.

"I have been apart and I have lost my way, The archons have taken my vision, At time 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, But these I give to thee willingly holding back nothing, For 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 clamoring from this desert, for my soul is parched, and my heart can barely stand this longing."

Beautiful and as a prayer completes, we have gone from the missing spirit is now completely, completely restored to all of your bodies. Now we'll be removing the darkness from the physical body and we'll be amplifying light. So we're removing darkness from your body. That would be-- we're already removed it from the big blueprints so it should pop out pretty quickly. Typically 90 percent of person's body is in darkness, your cellular body. So we're just clearing that darkness whether it's satanic or demonic energy and clearing that out and then we're amplifying the light and you can do the quantum pump for both. The spirit is more attracted to living in our body filled with light. So if you want your spirit to be more in your body and more inserted in your body, then we're looking to bring in a lot more light in the body.

Dorian, the archons-- it's interesting 'cause that prayer is naustic and it's probably, you know, a few thousand years old. The archons were a reptilian race and we actually repaired the damage in the blueprint, so now it's just turning it on in individuals. So the overall blueprint, where the vision was removed from the blueprint, an inner vision that a connection with the divine. This is one of the things that we do in this class is restore the inner vision to you, so. So we're pumping for removing darkness and we're also pumping for amplifying light.

And we're just bringing in that light. Beautiful. Beautiful. So what I'd like to do now is out closing meditation. And I'd like to just find a comfortable seated position with your spine erect and your feet on the floor and taking few breaths in and out. This meditation will help. Now that we've brought the back in and we've brought light back in, we wanna really make the connection of the beautiful spirit of light and the beautiful now body that it's enlightened and weakened. So we wanna make that connection and really solidify the love affair with spirit in body. So I think sometimes we get a little frustrated with the body and use the spirit all like, "I'm gonna hang outside the body.", but today we're gonna actually bring the spirit completely in. Filling it down to the toes and all the way through the body.

So finding a comfortable seated position with your spine erect and your feet on the floor. Breathing in and out. Breathing in and out. Breathing in and out. Sending a grounding cord down from the base of your spine to the center of the Earth. Make the grounding cord nice and wide. Send the grounding cord on release and begin to release the excess energy in the body. Male bodies, with the light of energies wide as your wrist down the center from the testicles down to the center of the Earth. Gonna set the body on neutrality. Releasing competition and aggression and also female control energy. Females with the light of energy as wide as your wrist down the center from each of the ovaries to the perineum and down to the center of the Earth. Set the right ovary on release. The left ovary on release. Release the healing projects. Release all of the people that you've been working on. Ladies, we heal from our ovaries especially when we don't know about the quantum field. So you wanna really clean out the ovaries. Release. Release. Release. Going up to the adrenals that sit at the waist line, just an inch out from the waist and 2 inches from the spine. The line of energy as wide as your wrist hallow in the center from each of the adrenals to the perineum down to the center of the Earth. Set the adrenals on release and release the adrenals. Release the fight or flight energy. Release the nervous energy, the stress out energy, worry and concern. Just releasing it and letting it go.

Going up to the center of the head. In the center of the head is your golden temple of silence. Finding in your throne and sitting on the throne, and looking around in this golden temple of silence. Feels good in there. Any dust bunnies, looping thoughts, worries and concerns, spider webs, anything in there that doesn't belong in there. Should be a pristine golden temple of silence. Open a trap door out the back of the head. I like to use a spiritual fire hose that washing things out real quick but you can use a vacuum cleaner. You can use a little mop. Whatever you wanna do. And I want you to just clean out the center of the head, washing everything out, out the trap door. Just be sparkly and clear and full of serenity and ease.

Popping out the top of the head. Pulling in the aura into 18 inches around your body. And yes you can leave the trap door open as you're continuing to wash out anything in the center of the head and we're gonna at the same time clean up the aura. So just put a golden vacuum cleaner, a little Roomba, an automated vacuum cleaner, under your feet and it's gonna vacuum and spiral up around your feet, ankle, shins, calves, it's just cleaning up anything in the aura that picked up dust bunnies, dust balls. Just picking up, picking up. Vacuuming out anything in the aura that doesn't belong there. All the way up around the body and around the chest and the neck and the head. Spiraling around the head and then on the top of the head and then you can just throw it down the grounding cord and close the trap door. And then you as a spirit, I want you to sit at the top of your head so maybe in a golden sun, some energy of the divine, its gold, some maybe in a golden bowl. And just feeling yourself very blessed as a spirit. And I want you to

imagine now like a seatbelt clicking in to its, you know, receptive other part of the seatbelt, I want you to just click in as the spirit enter your body which means that your spirit is gonna fill out your toes. It's gonna fill out your arms and your legs and all the way to the tips of the fingertips and toes and all the way in to the spine and the back and all the way into the torso and the belly. And the spirit is just really your spirit is really, really coming in. Coming in. Coming in to the head. And then as you really feel like you're in every part of the body really filled out. I'm just gonna do a clearing for you if there's muddle or block energy. It's not allowing into your legs. Some of you I can see are having a little challenge but I want you to next just imagine that the spirit is stretching out to the outer of the skin. Just like a morning stretch. Stretching to the outer edge of the skin and breathing in and out. Breathing in and out. Breathing in and out.

And rubbing your hands together in front of your heart chakra. Creating some spiritual energy. Some topos. And putting your right hand over your heart chakra and your left hand over your right. In an universal mudra of self love and self affinity, affirm to yourself, "I love myself. I love my body. I love my spirit." and breathing in and out, "I give myself permission to be my unique self. Spirit fully embodied." Breathing in and out. Feeling wonderful. Happy to be alive. May with be with the blessing of the Supreme Being that this healing meditation and first training on essence is complete. May the entire world be radiant health, vitality, abundance, joy, and peace. To task to, so be it.

And welcome back. We're just at the end of our class. I've set up some videos for you if you're interested in upcoming programs, you'll be seeing a video on the upcoming retreat and some other videos that I think would be classes. I think would be really amazing for you. We'll be meeting again on Thursday morning. Tonight is the final 100 percent you apprentice training. It should be amazing. I love you so much. Thank you so much for being in this class. I have a magnificent day and be in touch with me and let me know how things are going especially if you're having some great transformations. I also like to hear about that. So have a blessed and beautiful day. I love you. Be well. See you on Thursday.

**[End of Transcription at 01:14:10]**