

### Essence: Session 3 of 4

Good morning everyone and welcome to Essence and we're in class 3. I'm very excited to have you here and please do sign in on the chat box. Let me know who's here. I see Mike. Good morning. And Mike is from New Jersey. Fantastic.

Today, we have an amazing class and I've been doing some research on this topic because I've been looking at how do you live in your body and be 100 percent yourself and that the influence of others and that maybe in the upcoming class on full self expression. But today-- And I discovered a lot about soul in this research that I've been doing. So they've the class a little bit. There's some new information on soul in this class that haven't had before in the other essence classes. So that's very exciting.

Good morning, Sophia. And just to let my tech person know, we'll be able to hear all your typing. So that's one of the downsides of the teleseminar. Is anybody on that's listening to the phone line? So that would be something. We just gonna keep an eye on and I'm thinking to my technician, you might wanna use different computer if you need to type to the students 'cause it'll be amplified with Skype. You'll really hear the typing. And we wanna make it all work. So we've got a new phone line system this morning. We're using insta-teleseminar for the first time we we're using a different system before but hopefully this one will give us some good results.

So good morning, Nancy. Good morning, Suzanne. Paula. Yay. Nazenne from London. Debb, "Good morning." Oh. Yay. Thank you. I fell asleep yesterday under the sun for a few minutes, not intentionally, so I'm all glowing. I just turned very brown in few minutes. Okay. Debb and Karen. Ontario. Let's see. "Afternoon in London." Nina. Yay. Haruko, Good morning. "Looking particularly gorgeous." Thank you. Okay. Good morning from-- I don't know what that is. D-M-V-E. From Robin and Deseree, "Hi Everyone." and Robin, "Good morning from Denver." Oh, Denver. That's what means. "Good morning from New York." "I love the insta-teleseminar as we can dial in from abroad and Skype for free on the landline." Yeah. You know, I talked with Darius' producer and had her advice on what would be a good phone line for us to use as back line and so we took the You Wealth Revolution advice. So that's one that they really love. So we're all set up with that and today's the first try out day for that. So let's see how it goes.

Alright. Well I think the gang's all here. Let's see. At this point-- Oh. There's a few people missing but let's get started. I'm gonna go up to. Oopsie. Here we go. Making noise myself. I'm gonna go to the PowerPoint and we'll get started with the training and we're back in essence, restoring soul, life force, and divine connection. This is your 3rd class and the curriculum for class 3, soul: the chalice of spirit, and we're going to repair it. The protective chalice of spirit repaired and restored. So and then our final session is Thursday and we will be doing the high self divine connection restoration.

So restoring soul the chalice of spirit and an affirmation as I increase my ownership of soul. My life force grows and chronic health problems fade away. So soul is part of spirit very much like the skin to the human body. It is responsive to emotions, the mental body, and the condition of health. Now, the soul issues are often more about it being at 100 percent 'cause it can reduce and go to full very quickly as you're gonna see. So we're going to be really looking at how we keep at full function at 100 percent. So very often there isn't something wrong with the soul that is it adjusting and adapting to your emotions, mental body, and condition of health. So things that would affect adversely the soul, negative or toxic emotions making in body; mental body overload, too much energy in the mental body; depleting physical and emotional body. So in other words, lack of joy, fun, and balance. And balance seems to be very important for keeping the soul at 100 percent.

And then if the physical body is toxic, for example, ill, and illness is a component of the soul and it reduces its relationship with the body at is no longer a hospitable environment for spirit. So you think about a body that's really ill or in pain, a lot of times you think-- you know, let's say for example you've been in an accident. It might not be the physical trauma of the accident for the body, the body may be able to recover but the shock is so profound to the body that the soul depletes, the spirit leaves weakens the body and doesn't come back.

And so I know I was part of an herbal class with Adam Seller, the Pacific school of herbal medicine, and we were out for a week. Gathering herbs and really learning all about 3 hundred and 40 herbs in the Santa Cruz Mountains and kind of Northern California area. And during that time I was picking-- It wasn't borage-- Evening primrose. I was down in a kind of a, you know, a valley. I could see the highway and some the girls in our class were in a car and they were waiting and driving by and not looking. So they pulled out and the semi-truck flying down the road at like 80 miles an hour and they pulled in front of the semi and were dragged. Their car was smashed and they we're dragged down the road. And I saw it all happen. I was kind of in shock but I took off running for them, for my friends, and they were-- the car-- they had to get the Jaws of Life to get the girls out and we were way, way out of the country. So took a long time to get the Jaws of Life out there. And what I did was I run energy in both the girls bodies, and broken ribs, and punctured, kidney and, a broken nose, you know, bruised internal organs. And I talked to them really sweetly. I kept my hands on them. A hand on each of them and was running energy into them. And they made it. They got to the hospital. The doctor said to me however, when we arrived at the hospital, he says, "We rarely see people arrive to the hospital alive." You know, they that usually dead on arrival 'cause of the shock and the, you know, the length of time that they'd be on their own before they got home.

So understand that if your body has been severely traumatized or as ill, the soul will drop down so that the spirit can be leave the body. So that's kind of an interesting mechanism and it's a mechanism that's meant to preserve the spirit. So the spirit doesn't get trapped in the body. So the spirit soul, life force just releases its relationship with the body so that the spirit can move on. And understand that we can have our soul exist at 100 percent, 100 percent function, and right to the minute we decide to pass from the body. So even in the old age where illness-- that mechanism is there. Towards the end of the class, we'll be doing restoration on the blueprint itself. I'm talking about some changes that were made, that were problematic, to the blueprint. So hopefully we'll be doing some correction for all of humanity today.

Okay. The body's toxicity, we talked about that. Violence against spirit could adversely affect soul. Oh. I'm sorry. This is not... not suppose to be here. This is just-- didn't get removed from the last class. So let me just take it out. So not the irresponsibility thing. That was from the last class. I apologize. There we go. Dissappearing. Yay. There we go. And then the next one. So violence against spirit could adversely affect the soul and, you know, when I think about that issue, I think about things like wizards casting spells or, you know, sometimes the [Inaudible 00:10:20] of people maybe during the crusades or the inquisition, all that kind of stuff, where it was really violence against spirit could adversely like damage the soul. However, I do think about the soul is not the spirit. The soul is more like the outer-- the chalice of the spirit.

We're gonna be going into Lucifer stop, soul contracts, demonic, satanic, and evil spirit curses, atheist thought forms, emotions, and blood line. These are things that affect the soul. So we won't have quite the long line up that we often do but we will be doing at least clearings. And then there's another thing that adversely affect soul. Spiritual parasite occupation on the body as an illness like schizophrenia. So that could also cause some problems and really cause us all some significant damage.

I like to think about the concept of heart and soul which we talk about a lot, we sing about, and we romanticize it; the concept of heart and soul. We're actually energerizing the idea of love wisdom and of the emotional body and spirit. So the heart itself does have neurons which are cells of intelligence yet it's influenced of the intelligence is experienced in the emotional body. So more accurately, when we would refer to heart and soul as emotions and spirit or we could even call it lies elder love wisdom. The wisdom that comes from spirit that is ancient informing the body what is wise and loving. So I love the expression love and soul. Then you just wanna take it another step further and look a little bit deeper into one and all.

Okay. And we're kinda flying through this 'cause I wanna start getting to the clearings and I see. Let's see. Any questions. "How can soul really be harmed?" Debb. And we'll

talk about when we're doing the clearings. "Good morning and blessings.", from Gregg. Yay. Fantastic.

Clearings for restoring 100 percent presence of soul connection to body and we'll be doing things in amplification, perception, emotions, and bloodline. And we'll just pop down to the next one and then we'll have that conversation too. So let's see.

The clearings. Okay. So we can get started on the clearings. The alteration of the blueprint and let me just see. I think we've got that-- we've got that wired in in a little bit. So we'll start with amplification and you just wanna start with your quantum pump. Lucifer stops, soul contracts, demonic, satanic, evil spirit curses. Perception we've got traumatic episodes, atheist thought forms, emotions just the emotional body not the emotional brain, and cellular body just bloodline not DNA. So let's go ahead and start pumping and then I'm gonna put myself up here. You're gonna get a copy again of the PowerPoint so not to worry. You'll have a copy of this and if you can see me here. Yay. I'm back.

Okay. So essentially if we wanna think about what the soul is, the soul is really part of the spirit and if you think about the skin being part of the body, you think about the soul its function as being part of the spirit. It does interact very much with the energetic body but it is actually comes with spirit and it has a unique relation with the physical body. What I was talking about before some-- maybe some damage or some problem with the blueprint is I saw Lucifer interference. We corrected something in diamond level in November on archons which we're a reptilian race messing with the blueprint and inner vision, so we corrected that. So now it's just needs to be-- the new information needs to be upgraded in people's bodies but we did it in the blueprint. And what I see with the soul and the blueprint is that there is a problem where the soul is riding with life force. So it's going up and down and up and down and up and down. It wasn't meant to go up and down, only at the times that were ready to move the body. And so once we get through this clearing, you guys will pump and I'll go in to the blueprint and see if I can correct that. So you'll be support the shift and hopefully we'll be able to affect that for all of humanity. So the blueprint theory of the design, it will be corrected and we'll remove that Lucifer interference and so the soul will be able to maintain 100 percent.

And just like we were talking about the spirit, where the spirit can be hacked off or missing, there are some things that can damage soul. In scripture-- in the Gnostic scripture and I was searching but, you know, just moved and I haven't been able to find my reference book. So I apologize for that. To myself too because I really have all this book with all the beautiful spiritual text from Gnosticism but refers to the soul being parched at some point. My soul parched that we talked about that in send and repair. The soul's parched. It's dry; it's feeling a lack of connection. Yeah. And that the spirit scattered, that my spirit has been scattered across in the ends. That's why I've

gathered myself from all directions. And if you look at the scripture, you will see that there'll be references for both the soul not being quite that way it should be and spirit not being quite the way it should be. And what we're really all about in this class is getting it to 100 percent. So that's what we're working on in this class.

So right now we are doing the clearings, Lucifer stops. And we've talked about this just a little bit in this class that there was an archangel that sat at the right hand of God or the father or the Supreme Being and there's a being that oversees our planet, in our domain. In the bible perhaps, you've been seeing that the personality of the supreme being changes. So there's really different beings perhaps that have had that father [Inaudible 00:17:50] role. So, you know, if you look at the personality of the description of God, it seems to change.

So in any case, there was an archangel there. Lucifer who-- do you think when Lucifer now is seeing but Lucifer was a good angel and then became a fallen angel perhaps of jealousy or something who knows. In any case, Lucifer was always meant to be contributing to humanity and, you know, apparently not because we've got stops, Lucifer stops. So whenever we're clearing something, now removing any stops so anything that would prevent you from 100 percent getting the clearing. And now we're going also into the blueprint and removing this problem where the soul goes up and down and up and down with life force and we want to stay consistently 100 percent until spirit is ready to leave body and then it can come just the spirit out rather than like a, you know, up and down and up and down. You don't want that anymore. 'Kay.

Last day, I'm in my guest bedroom for a class however I think we'll be teaching class out of my master bedroom on Thursday. So it's on the painters are painting away. Diligently getting it all done.

So I wonder if any of you have experienced any changes since we've began. So we've worked on your spirit and we worked on life force and prana and Kundalini, a little bit last week. This week we're working on soul, the protective chalice of spirit, and then on Thursday, we'll be really working on diving connection. Restoring your connection with your high self and with the divine. So very wonderful way to complete the class. So perhaps more energy, more clarity. Feeling maybe more of you. That might what I would focus in this program.

Okay. And we will go back to our slides to look at them. Here we go.

So we haven't clear the Lucifer stop yet. I wonder. Okay. Maybe this is the time for me to actually go in to the blueprint because it's not-- that's particularly not clearing. Good, Nancy. "Feeling lighter. Spirit and high self, please." We'll actually be talking about spirit and high self next week. So let's say you've got wonderful conversation for next week. And nothing significant yet. Feeling lighter and clearer. Okay good. Alright.

Well what I'd like you to guys to do is just keep pumping. Holding the space and I am going to into the original blueprint and see if we can remove the crazy wiring that has the soul going up and down and up and down with life force. So I'm gonna do that now. So just focus on clearing. Just keep pumping. You pump with both hands if you want to. Then just hope it stays. We're just surrounded by love and light and asking for help from the divine, our divine friends Jesus and Mary and the angels and the legions of [Inaudible 00:22:1] that are helping bring the human blueprint information within.

We're just in the blueprint. I can see it lift. Booted it up 3 percent. We're really looking at a full 100 percent restoration in this area in the blueprint. So that the soul can maintain 100 percent for the life of spirit in body and then continue without going up and down and around and around.

And just reminding you that I'm actually working in the blueprint itself. I'm removing a Lucifer program actually kind of a messed up program in the blueprint. Soul being able to maintain 100 percent during the entire life of the body. Not going up and down, waving to and fro with life force. So we're parenting that right now. We're about 50 percent of the way.

Okay. We're about 80 percent through.

About 84 percent through.

93 percent through. We're getting there.

98 percent through.

Let me-- Now it's shifting. I can really feel that.

Okay. So I'm just coming back from the blueprint itself and what we've done is you've supported the process. I've got in to the original human blueprint and I've removed the problem, the wiring, that wouldn't allow soul to maintain 100 percent. That was very intense. Imagine some of you who were seniors saw interesting things and rest probably felt some interesting energy flowing.

I did not. I was not watching the screen. I see the chat box rather. I see bunch of things came in, so. I'm gonna scroll in. Keep pumping 'cause we're still clearing Lucifer-- the Lucifer stop is a hundred percent clear, obviously, 'cause we've cleared the problem, the soul, in the blueprint. So just keep pumping. We're just clearing the whole line up and that you've been looking at for awhile and I'll go through it and look at what the notes have been that have come in.

So Karen's feeling lighter and clearer. "Hoping for some change but haven't experience making it." By the way for those of you who are looking for change, understand that this

is a spiritual change. This isn't necessarily something in body but usually people feel brighter, more themselves with this class. Yeah. Sophia, "I had a strange experience. Sunday, my hand started turning blue and had a sharp pain with my back and chest. Just taken to [Inaudible 00:34:37] the checks were heart attack but the doctor couldn't find anything. What was this experience?" I don't know if it was really who did the class but to me it looks like spiritual parasites. 6 spiritual parasites. So I think it's spiritual parasites, Sophia. And Paula, "I experience focus in dealing with business life."

Beautiful. Karen, "I keep losing the broadcast and just have a photo of Julie on the screen. Is anyone else having this technical issue?" So Karen, What I would recommend and probably have been responded too also with this is you can refresh the browser and turn everything else off. It has to do with your computer screen-- speed rather. And then you could also run a test to see how fast your internet is. Sometimes you either get the chat box or you can get the audio or the video and that would be because your internet speed isn't fast enough.

Okay. Debb, "Definitely have been feeling. Just also have a lot of odd experience. The dark [Inaudible 00:35:53] watches on my legs and tummy. Freaky. Circulation more [Inaudible 00:35:59]. Any thoughts?" It looks like a really [Inaudible 00:36:08] of some kind. Yeah. It looks like just something left your body is what it looks like. Okay. Mike did not feel any difference or any positive changes. Okay. "And feeling more of me.", Heather. "I am more quietly happy and more content. Less critical. Less gossip. More discipline. Grateful." Fantastic, Heather. Very happy about that. "The main difference is in my work clients." that's Debb. "Having awesome breakthroughs and experience and amazing transformation. I'm a minister and have a Pestoro counseling practice." Beautiful. So happy to be to you. And that's fantastic. I'm so happy.

Okay. Gregg, "There has been so much stirring in me. Actually vibrating. Very unaware of it. Trusting." Good. And you know what; I would love to see each one of you in the diamond class. I think there are few of you: Heather and Nina. There's at least-- and Sophia maybe. At least 3 of you were on the calls that have been in diamond class. You become more aware and you learn so much in those 47 hours or 7 days of training about what's really happening in the deeper levels but I love that you're here and you're learning. So that's fantastic.

John, "Yes. Thanks Julie. 3 very deep. I was crying the whole first part of the session. Now I am still. What does the blueprint look like to you as you were in there working?" That's a good question. You guys keep pumping and I'll explain what it looks like to me. When I go into the blueprint, it looks like I'm going through this kind of gray, I don't know, it's like tissue but it's organic. So I pass through a lot of that just kind of this streaming stuff. Little bit like not-- it doesn't feel like feathers but a little bit like the shape of feathers. And then I get to the part that I'm in. I have to believe that everything is like

really amplified and I'm probably like, you know, just tiny, tiny going white to where the problem is. And I had this blessing in able to go right to the issue and work on it. And while I was working on removing it-- and sometimes I feel like I'm actually pulling stuff away. This time I was disappearing it, so that it didn't exist anymore. I felt like there was a battle around me. I had a lot of pressure on myself. I probably look different for a while and see I had a pain, sharp pain, shooting at my neck for awhile. When I interpret as there are beings that aren't particularly happy that there's a power house that can go in and he's aware and can change things and I know that just, you know, pressure and pain and things like that is just there to scare me. So I feel like I'm just unstoppable and I know that I can-- that my whole reason for being is to help humanity. And that if I can go in, I could find and identify and transform the problem. Humanity will be forever for it. So little pain in my body or a stiff neck or whatever was happening to me, doesn't scare me at all. I'm like Wonder Woman. And I think that brought myself. I think that's why I'm here. I'm here, you know, in this kind of unstoppable way to make things better for everybody. The blueprint is beautiful but I tend to like-- I tend to see really the amplified-- so it's like I'm inside a cell or something. I don't see the whole blueprint for the most part. I see pieces that I'm going into. And it's very thick or a strenuous amount of information in the blueprint. So I hope that's helpful. I love the Da Vinci, I think-- Really Da Vinci who did this circular and a man standing there. The blueprint isn't anything like that. I do like that image though. It's a very cool image. But the blueprint is so rich and full of billions of pieces and information. Thanks for asking. I hope that I explained it.

You know, it spent and it took me about 3 years to explain what I was seeing and the protocols for Your Divine Human Blueprint, the book. It'll probably take me a little bit to describe when I go in and transform something but I'll get a better description when I conclude it into words in a better way. I think when you see something on spiritual realm that doesn't wait to the physical realm; it is really hard to be it into words. But it's-- it's a rich. It's biologic, I guess. So that's all I can say for now. Okay. Okay. Let's see.

"Tons and tons of gratitude to you, Julie." Oh, Thank you. "We're doing all this for humanity." You're welcome. It's my pleasure. Actually preparing for this class, I spent about 8 hours which I was mentioning to you beginning of the call. Looking at what keeps us from being a 100 percent our self. Thank you. I'm just taking it in. And there's so much that, you know, we don't see and if we test it, most of you probably 10 or 20 percent yourself and then 80 or 90 percent everything else and everybody else and influence by things. And I was doing a lot of research on how we don't to be yourself or we don't get to own our spirit or our soul and I discovered so much this week and the funniest thing is I went to the movie theatre and I just went from movie theatre to movie theatre and had movies playing in front of me. And I was pumping and reading and pumping and reading the whole time in the movie theatre. I was there for like 6 or 7 hours. That's the best way to do research but sometimes you have to put yourself in a



totally different place to have a breakthrough where you can see something different. What I was looking for wasn't for myself. I was looking for myself but I was looking for humanity and I put myself-- there were, you know hundreds of people in the movie theatre and I was in this like large group of people who were kinda zoned out watching movies. And I could really I was getting such profound information in the movies. So who knew? Okay.

"My heart is open more and more right now. Feel so wonderful." Wonderful, Heather. "Feeling lighter and lighter. Thank you, Julie." You're welcome, John. "Feeling more clear and brighter and more balanced." Beautiful. "I feel a feeling--" Desiree, "Feeling clear and brighter and more balance." Wonderful. Nancy, "I can feel feeling shifts and really seeing through the crown." That makes sense. Karin, "Good question, John." Sharon, "Should we take the spiritual parasite course if we signed up for the diamond class or is it included in the diamond class?" Sharon, we do have 7 hours of clearing in the diamond class and the spiritual parasites class is 7 hours. So it's entirely up to you. I always recommend people repeat that material. So we've made an opportunity for people who have done the diamond class to do it a second time for a very reduced rate. So that they get the information twice. The first time you get it, it's really very new and fresh. The second time you get it, it goes much deeper. So it's up to you. You will get it in the diamond class but if you're ready to have, you know, full clearing and then full knowledge; I would recommend you do it more than once.

Okay. Let's see here. Oh, Suzanne. Yeah. Of course. You're in diamond. Yay. Suzanne. "I came out experiencing profound changes. Want to do the ruby level as well but I will also going to retake the diamond class only because I want to absorb it even more." And I really recommend that and I what I've seen for people is when they go deeper in the training that-- the original training is so profound and we're doing so many different things that it's really great to do the diamond class twice. Yay. Okay. Debb, "Thank you for the answer." You're welcome. Robin, "Just a calm even there is literally construction going on 20 feet from my window. The [Inaudible 00:46:30] around me have been acting up so I know there are major shifts going on in my field." Exactly. Wonderful, Robin. "I really get what you're saying." Oh. Fantastic.

It's so hard to describe things. I'm so grateful to hear somebody's getting it. Heather, "Feels like a ton of weight has just been released from my shoulders. Thank you." You're welcome. "You're adorable." Thank you. "Research in the movies. lol." I know. So funny. "Amazing universe of our soul." Absolutely fun. "Good morning, Julie Renee. Have been distracted at work. My experience since the beginning is I'm feeling more complete. More solid. More grateful. Thank you. Also very relaxed. I have much day to do work. We are powerful beyond measure. [Inaudible 00:47:18]. Love it. Best things to you." Okay. Oh my gosh. That was so huge. Understand this is really we transform reality for all humans. We remove this problem. So it's just a matter of group mind restoring a

consciousness that soul can maintain itself at 100 percent and all, of course, new spirits entering bodies can go to that state. So very, very wonderful. That was something I didn't know that we we're going do that long but very, very happy that we did it. So we'll move through the rest of the class a little more rapidly since we've got about 11 minutes left and we go back to the PowerPoint. I love you, guys. You're amazing. We couldn't have done this without all of you really supporting the energy. Holy cow. Agree. Holy cow. So I'm gonna pop back to the PowerPoint. We're gonna fly through a little bit so we get everything done in the next 11 minutes. We have the whole class.

[Inaudible 00:48:25] the screen shares. Okay and we still need to clear the emotional body. So let's pump a little bit more for the emotional body. You're welcome, Sharon. So we're just gonna clear that. Everything else is cleared. And by the way at the cellular body, wasn't it interesting. It wasn't in the DNA but it was in bloodline. So problems on having that really strong soul, vibrant and really performing well for us. So I find that really fascinating where it showed up. Not in the emotion brain but in the emotional body. In other words, the etheric body.

Okay and we got a positive. We just have a little tiny bit left on emotions so we're moving from emotions and keeping soul full functioning and at 100 percent. And really it's not a whole lot on the outer action, you know quantum pump. You can pump it back to a 100 percent any time you see it; is not a 100 percent. And really it's about living life in balance and really taking on balance as your way of full self expression and interactions, quantum pump and DNA meditation. It's pretty simple. The soul is, you know, is like your skin wanna keep yourself clean and fresh with your daily meditations. That's the wash ins might help. So that's the very simple directions on how to keep the soul at 100 percent.

Why soul and life force ultimately drop off of you? Just actually addressed this. I was going to save it till now but life force drops off when we're ready to leave the body. At the end of our life. We let go of our connection with body and self providing life force to end. Now at death, life force drops to 4 percent, 2 percent, and then zero and is no longer alive in the body but alteration in the blueprint happened from Lucifer; the soul also ebb and flowed at when the body would weigh. And so what we've done today is corrected some of your soul can stay at 100 percent. Doesn't have to ebb and flow. So that you were actually back to having 100 percent protection. Soul being the skin of the spirit, so to speak. Really being able to protect your spirit in a very much more profound way on a regular ongoing basis. Yay. Karin, love you too. Amazing .Thank you. Fantastic.

Okay. We're gonna now go in to our closing meditation. And we're going to be working on restoring, fortifying the relationship of soul to spirit in body. So and we have just the right amount of time to do that in.

So finding a comfortable seated position with your spine erect and your feet on the floor. Breathing in and out. And as you breath in, breath in positive energy and as you breath out, breath out negativity, worry, and concern. Breathing in and out. Allow your eyes to close and rub your hands together in front of your heart charka creating some spiritual heat, some energy, some topus. And move your right hand over your heart chakra and the left hand over the 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. Breathing in and out. Allow your hands to drop to your lap and maybe our first thumb and first finger attaching together. It was this [Inaudible 00:52:32] of affinity and then putting your hands facing palms up in a mudra for wrist activity and absorbing the new dynamics entering spirit soul and physical body. Breathing in and out.

Sending a grounding cord down from the base of the spine to the center of the Earth. Make the grounding cord nice and wide. Send the grounding cord on release. And release the excess energy in your body. Male and Female bodies just ground our male body, your testicles to the center of the Earth and send them on release; now your ovaries in a line of energy wide as your wrist hallow in the center to the perineum down to the center of the Earth and release your ovaries. Releasing human projects. Releasing control energy. [Inaudible 00:53:30] neutrality. Breathing in and out. Doing a wonderful job.

Going into your adrenals that sit at the waist line. An inch out of the waist, two inches off the spine. Little acorn-like glands with little hats. Then you wanna ground them with a line of energy wide as your wrist hallow in the center through the perineum down to the center of the Earth. And set the adrenals on release. And while you're at it, set the nervous system. Plug the nerves into the adrenals in order to set them on release.

Going ahead to the center of the head. In the center of the head is your golden temple of silence. Sitting on your throne in your golden temple of silence. And maybe having a spiritual fire hose wash out the center of the head. Opening a trapdoor so any gunk [Inaudible 00:54:45] head. Then go down, down, down. Going down in to the main grounding cord and we're just making the center of the head very clear and pristine.

And pull your aura into 18 inches around your body remain in the center of your head. You're just pulling it in. Just consciously pull your aura in. A little golden vacuum cleaner under your feet and just vacuum up the aura. Clean up the aura. Spiraling up around. Then it's gonna go spiral all the way up to the top of the head and just cleaning up the inside of the aura.

Now we just wanna bring the spirit and soul in to the body and we're really seeing the soul at 100 percent. The spirit has been restored to 100 percent .The soul is now about 100 percent. And seeing kind of an overlay. Seeing the spirit, the soul, and the physical

body matching up. Attuning perfectly. We often see the soul kind of brass or bronze-like. Kinda the outer skin of the spirit and it's very, very much a blaze of light. Now we're really seeing the interaction of spirit with soul. 100 percent in body. Filling out the tips of the toes, the fingers, the hands, the feet, the ankles, the wrists, the arms, and the elbows, and the knees, and thighs, and calves. Filling out the torso. Filling out the chest. All the way to the outer skin. To every part of your body. Loving every part of your body. Filling our your head to the tips of your ears and nose. Filling out your eyes. Filling our head and your brain. And then filling out your hair. Maybe your scalp. To see you occupying all of you. You want a 100 percent occupation. You 100 percent you essence in body restored.

Breathing in and out. Just want some gold energy through the body. Energy in the divine. Really bring some golden suns on the top of your head. Which is a gold energy just flowing in to the body. Energizing and amplifying [Inaudible 00:58:17]. Energerzing and amplifying. Through the long list. It could be your life. And changing the good consciousness. To what a soul that maintains a 100 percent. To a spirit that is 100 percent. Maintaining life force to a 100 percent. So it's time to leave the body. Breathing in and out. Breathing in and out.

And to come back slowly into the room. Wiggling your fingers and toes. Your arms and legs, torso, neck and hedges. Wiggling [Inaudible 00:58:50] and just touching yourself and to feel yourself your back in the body. Feeling very good. Feeling very connected and made it back within before. Given blessings in the Supreme Being that this healing meditation, restoring spirit soul and body to 100 percent is complete. May the entire world be filled with radiant health, vitality, abundance, joy, and peace. To task to, so be it.

So this completes the class for today. Please do stay on if you wanna see the upcoming classes. I know some of you were considering. I see more of you on from the diamond level and the ruby level. There are people here from the ruby level too. So welcome everybody and I apologize I didn't see all the names but very happy to have you all here. So we're running a little promo, this little video on the diamond retreat if you're interested in that. There's a couple-- I've asked my gal to put a couple of videos up for you guys to watch. So if you wanna stay on and watch the videos. I'll stay on the chat as long as I can and chat with you and I love you. I'll see you on Thursday and amazing class today. Thank you so much for your contribution to helping change the blueprint. It took all of us to do it, so. I love and appreciate you. Thank you.

**[End of Transcription at 01:11:25]**