

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

Okay so Janet, pumping is the quantum pump. It's the hand movement. We've described it in detail a few minutes ago, but your elbow is at your waistline and your hand is falling forward and opening, and then your fingers are coming kind of into your palm when you come in. So when you are throwing your hand out or letting your hand drop out, the fingers are extending and as it's coming back in, your fingers are coming.

Okay, 100%. Fantastic. So if you noticed that your spirit is stronger, if you feel kind of a brightness or a lightness or a different quality, go ahead and say something in the chat box; describe what you're feeling. And then we're going to move on now to restoring spirit in body; so that would be the next step that we do – spirit and body and the relationship of spirit and body.

I just want to tell you how much I love and appreciate you and I know how kind of chaotic and confusing it is when technology doesn't work and I want to acknowledge the person, I don't remember which one of you described it but it does seem like there are dark forces that would prefer that this energy not be gifted to humanity, but it's coming. And we're working hard with the technological part of things and obviously there are forces that need to be once and for all cleared out, and we're doing it but it's taking some time to get all the bugaboos cleared out.

And I think about that with my own life and how it was pretty miraculous when I had my experience in the garden where I reduced overwhelming pain to a body starting to heal and that was so amazing. But you know what, it has taken years to get to the youthful place I am now. 8 years ago, I looked 20 years older than I do now and I had some happiness, and I had some certainty in my body, and I went through periods where I felt really healthy and periods where I wasn't so healthy, and I continue to uncover and remove the dark energies that had suppressed me and really overtaken me.

My latest thing is I am so committed to getting my immune system to 100% and I look at this as, it's a process. So I want you to just feel very confident that we're exactly where we're supposed to be today and that everything is a process, and that every time we do a clearing, we're also clearing out the forces of darkness and every time we connect, we're resiliently connecting in love and really the great power of sharing this knowledge is information and restoring you. So it's exciting and sometimes can be frustrating but I want you to really just feel really great in your body and know with certainty that this is what's meant to be. And understand that the archons, these alien race that took the light from the body may not want you to have the light in your body and that the whole human race has not kind of fought back and said, "Hey, I'm willing to live with a body of light and a spirit 100% intact." So understand that we have changed and shifted and we are saying, "No, I don't agree to this. I don't believe in it. It's not for me. I'm not going with it any longer." So we're changing something that has been a problem for thousands and thousands of years. And the fact that the gathering that we have, I think we have about a 100 students and maybe we have 50 on the call right now, but the fact -- oh, I'm seeing some of you are viewing me now. There are 26 viewers, fantastic. So the fact -- look at that, we're starting to clear it out. I love that. So the fact that we're doing it and it's been a problem for eons, and eons, and eons, understand that someone was at 52% spirit and the best person was at 69% spirit, meaning you are missing parts of yourself. That is the state of all humans. and understand all that darkness, 92% dark in the body, s

So what we're doing is we're creating a miracle and we're creating a new wave of group mind an new cellular, cell to cell communication. And it's why I encourage you to tune yourself up frequently because understand that there are bodies that you'll be around that will be dark and there will be spirits that are around. Your spirit will never -- unless somebody is hacking at you again and that was you losing parts of your spirit took eons and eons, maybe millions of years to lose these pieces, but now that they're retrieved, they're retrieved. So you're not going to reduce in spirit, so don't worry about that The spirit will remain intact now unless you're really doing battle with someone, like a wizard kind of a person or something like that. You won't lose parts of your spirit.

But this light in the body and restoring the light of the body, that allows the body to regenerate. And understand that one of the main problems that we're having in humanity is that we are -- with the level of darkness in the body, the body has to breakdown and die and with the level of light, if you could keep a level of light in the body of 100%, if you can keep the spirit at 100% which I'm saying you can now that we've restored you, keep your life force and your soul at 100%, you can have the potential of being youthful and vibrant and living hundreds of years. It's not that hard. It's just a matter of we have to turn the tides.

The stories in the Bible were living 700 to 800 years, those were actually probably true. I 100% believe it. There's a situation now in Japan where there are 52,000 people living who are over 100. And some of them are up to 100 to like 140 years old. So there are some tables turning. There is a vibrant, thriving senior population in Japan. That doesn't exist yet in the West for the most part. We look at maybe the food that they eat, because one of the things that breaks the body down of course is food, but also I'm saying that we bring light into the body, we bring our spirits back, and we restore the life force in our body and be young and vibrant for hundreds of years. Not just 140 years, but hundreds of years.

Folks, I actually can just say I saw that we were going to have technology problems and it's why I sent up the phone number. If you look on your link in your email, I had my girls send out a phone number to call into and I really feel like we are going to change reality for the human race and that you are part of this 5 million mind transformation and that we will overcome the powers of darkness. And understand that now, we have 30 or 40 or 50 people, whoever is on now, let's see, we have over 50 people now and understand that we all are in our bodies of light with spirits at 100%. That's profound. That light is lightening up everything. I mean I can feel all tingly off the top of my head and my arms are tingly, so we are changing reality and we're changing it for all of human kind. It's a very powerful shift that's happening and I'm so excited that you're part of it.

[Laughs] Thanks Laura. Thank you so much. I love all of you so much. I really, really love you and appreciate you and thank you for being calm and settled and part of this shift, part of the change. It makes me so happy because I know that my entire reason for being here is to help bring this shift in and we're doing it. When I died twice, I kept saying, "No, I've got to be here..." and negotiated with God and said that I'm sure I have to be here. I knew that we were going to do something huge, that there was something that was so necessary with humanity, that something had to change. You guys are the forerunners. You're like the early implementers Understand 10 years from now, this is going to be common, every day conversation and it's a new now. It's a little like people say she's kind of esoteric but her stuff really works. It works because it's part of all of us, the understanding how we're made and I love what Western medicine has discovered. I really do love it, but they missed all these important parts of spirit, of

our essence, of our divine nature. There's just many, many elements that aren't addressed in Western medicine. They define the science part of things but they missed some important elements that were now just shining a lot of light on.

There's like beautiful hawks flying around as I look out over the mountain here. It's so incredible. You guys are making me cry. Thank you. Thank you for all the love.

Okay, Martine, yeah everybody is pumping and some people feel things and some people don't feel things, but everybody is getting the upgrades. So whether you are feeling things shifting or not feeling things shifting, you're getting the upgrade. The entire Webinar has recorded as far as I can see, because I've watched myself be live. So you'll see me pick up the phone, you'll see me typing at the beginning trying to get it to work. So we will send out the video which should have the sound and everything on it because I was recording even though you couldn't get in; so that's my belief. We also recorded the entire seminar on the phone line so we'll have that as a backup link also. So you'll have it in video form I believe, because I could see myself and I could see that I was live the whole time, that I was the one person here. So I think that that's going to be good for you if you want to see what was happening at the beginning of the class or hear what was happening at the beginning of the class. It's recorded both ways.

"More please..." Yeah, thank you. "The room looks brighter." Yes, it does seem brighter. Okay, so Elizabeth is talking about parasites. Thank you guys. Something's happening with me where I'm just more available for love these days, so thank you. I'm letting it in. Thank you.

I think what would be ideal is once we've completed this class, I may setup a No More Ghosts 4-part class for you; for the ones of you who need it. It would be like another series. Usually we just do it in one class but if what I'm hearing from some of you is I've been full forever, like I want to get rid of this stuff, I think that that would be a wonderful add on to what we're doing here. If you can get into the Emergent Program, we still have 11 seats available and that's starting in 10 days or something like that, 9 days. We do 9 hours. We clear every single spiritual parasite from you; including ghosts like family members, evil spirits, transmortals, demons, aliens, different kinds of aliens, spiders, snakes. We just clear, and clear, and clear. And then we do a whole day of clearing soul contracts down to emotions, soul contracts of others, demonic curses, group mind, group mind virus, black magic, curses of others, traumatic episodes from past lives, and emotions. We do a day on DNA, we do a day on cell regeneration, and we do a day on Karma and relationships, and we do a day on wealth. So it's the most powerful training I could imagine giving you. It's 47 hours and you walk away very clear and very different; very much more ready for a fully-expressed life. So that's the Diamond Level Class

And to let you know, if you're unable to come to the live class, I am seriously considering doing the 47 hour training maybe over 5 days on a live stream. Because we can with this system, we can do 11 hours at a shot, which I don't want to do 11 hours but we might do like a 5-day training where it's 10 hour days and we take three 1-hour breaks or something like that. So I am really seriously -- I have people come from Europe and Australia. We actually have someone represented in every continent in the 11/11 workshop we had last year. So we have another powerful event coming up, a live event and there's something really wonderful about being with the teacher and being able to sit in the room with her and like that, and talk about myself. Anyway, that's funny but you know that it's kind of fun. You get to be in my energy field and a lot of things shift just being in my field, so I hope some of you can make it.

Okay, let's see. A bunch of things came in. Yes, you can tell what my hands look like Lea. I will do that. Will, "Got the new link and I'm in." Good. "Body freezing. Big light." Cool. "Can you tell who needs it?" Spiritual parasites? I wonder if that's what you're asking. "Is someone helping me manifest the money I owe to go to the training?" Maybe. Elizabeth, we do address the money issues at the training and we have a 4-payment link right now, so maybe you can come. "How do I retrieve the parts of my soul that have been missing from all the abuse?" We are going to work on soul. I think that's Week 3, so just understand that's coming and thank you for the love. "Live stream would be great." And that's what I'm thinking too Ethan. I think when I think about really being able to reach so many people, I'm thinking that live stream is going to be better than having you fly into San Francisco. "Please do the 47-hour training online. I'm in." Okay Karen, wonderful. "That we wouldn't have to travel expense, but would love to meet you." Yeah, okay.

So I'm going to back up for a minute so you can see my body. So this is the pump and let's see, we are making the body and spirit more friendly to each other so that ultimately, we'll do the guided meditation. Oh my goodness, we should probably do the guided meditation now. Okay, for those of you who couldn't see me at the beginning, so the pump is this. And you're right, if you were looking, I have three cooked fingers, here they are, and that happened 12 years ago. I had a lot of toxicity in my body from the atomic radiation and I have worked on them until the cows come home and they're crooked. So that's me; I'm not perfect, so you'll see my crooked fingers. Okay, so this is how it moves. It's the right hand. This way and this way.

And then the other thing I was doing which I think is a beautiful movement, so I'm just going to show you what I was doing. I was doing this to bring the spirit back. So kind of like this. My hand is about four inches from my heart here and then the other hand is just kind of coming up and that was how I was helping bring the spirit back, so that's what my hand looked like. Yay!

Okay, more comments here. Thank you Margaret, I love you too. Okay, and the wealth program, there's a 7-day free wealth program. Hey, if you haven't taken the assessment, it's on the front page of my Website, JulieRenee.com. Take the assessment and it helps you and me understand where you're at with how much your four elements in your human blueprint are working and it also gets you three free programs and a chapter from a book of mine which really describes – it's the Female Power Brain, that isn't out yet, but really that chapter describes how the human blueprint works. So I really encourage all of you to go on the Website, take the assessment, get the free programs; you get the wealth program, the beauty program, and it's Living a Beautiful Life 5-day free video program. You'd get the Fatigue to Fabulous and you'd get the book chapter. So if you haven't done that, do that. Those are little gifts of spirit.

Alright, let's go ahead and -- what we have done so far? We have restored the missing parts of spirit and that's a miracle because understand that this problem has been around for thousand years, meaning many times incarnated, you haven't had all of your spirits with you. So if we have just done that in the hour, that would have been great. But we did more than that. We brought back the light back in the body. Did you remember feeling the tingly shifts in the body as we were bringing the light back? And now we have been working on the relationship of spirit being able to live 100% in the body. So that's been the other thing that we've been working on.

What I'd like to do now is take you through a short guided meditation which will get your spirit all the way to the tips of your toes and the tips of your fingers, and I'm going to be amplifying that energy by doing some hand movements.

I am thrilled that you're all on video. We're going to do this every time, so understand we may have things interfering with us. The telephone line will be on as our backup and we will clear things and get to the place where we can be with each other. So I'm hoping that once and for all, it's permanently cleaned out and that we don't have to deal with this but this is a good way to deal with the problem energy until it's all bye-bye.

So find a comfortable seated position with your spine erect and your feet on the floor, breathing in and out. And as you breathe in, breathe in positive energy. And as you breathe out, breathe out negativity, worry, and concern. Breathing in and out. And you're grounding to the center of the earth, with a grounding cord nice and wide, wider than your hips. Set it on release and release any excess energy, any toxic energy; just send it down the grounding cord. You may put a little whirlwind, or funnel clouds, or whatever, something that can help pull it down a little faster. You're doing a wonderful job.

Now I'd just like to have your hands open with palms facing up and the first finger and the thumb touching. So you're in Dhyana Mudra, the Mudra of Infinity which is the perfect Mudra for bringing spirit into the body. Our spirit has been around for eons and eons, thousands, millions of years. And bringing your spirit, your beautiful light body, your wise, ancient being, bringing that spirit in all the way to the tips of your toes, and all the way into your knees, and your legs, and your fingertips, and your arms, and your upper arms, shoulders, and torso, and down into the pelvic cradle. And all the way your spirit is filling up, filling up, filling up. And we're getting all of spirit in you so no spirit left out of your body.

So calling your spirit from any projects you're working on, and anybody you're checking out, anything else you're doing, we're bringing all of spirit, 100% of spirit into body right now. 100% of you coming back into your body and feeling this incredible light in the body. The body is lightened up. It's in more of a regenerative state. Feeling very wonderful, very alive, very vibrant, feeling very, very good.

What I'm going to do now is to imagine that the spirit is stretching out to the outer edge of the skin. Beautiful! All the way to the outer edge of the skin, even on the toes, the feet, and ankles. Even on the wrists, outer edges, just like it's doing this big spirit stretch in the body. And if there's been a place where something had been broken or sick, I want you to really see spirit filling it out in there, really wanting to be in that area, wanting to heal it. And if there's a place in your body that's been in pain, I, just wanting you to really see the spirits going right into that place and really filling up, filling up, filling up, filling up. This is really wonderful.

Okay and you can breathe in and out a couple nice cleansing breaths. Rubbing your hands together in front of your Heart Chakra, so you can create some spiritual energy, some Tapas. And then I want you to open your hands and this is the Lotus Mudra, it integrates the spirit and body so the desires of the heart with the mission and purpose of spirit. So breathing in, and as you breathe in, you're going to lift your arms to the heavens. And then breathing out, and bringing it down.

We'll do a Mantra, "Sat-Nam" which is "My name is Truth." Sat-Nam. Sat-Nam. Sat-Nam. And then putting your hands together in Namaste, in the Prayer Mudra, the Mudra of honoring. Namaste, I honor the god and the goddess within you.

And finally we end our day to day, the first day of Essence in incredible peace. The chant for that is [*Chanting 00:29:04*]. May the entire world be filled with light, be filled with full spirit expression, and peace. Tathaastu. So be it. I love you. I'll see you all very soon. You have a wonderful week. Bye-bye!

[END OF TRANSCRIPT 00:29:34]