

Breast Health - Part 2 of 2

Good morning everyone and welcome to breast health. It's great to have you here on the call this morning. How you doing? We have a really nice group of students today, so. I see 95 women in class this morning. Yay. I'm so excited for that. So today we're gonna be covering a lot in a short period of time. I'm gonna give you the tools to both heal your breast and improve the shape, size, and tonality. And so go ahead and sign in and we're gonna get started right away. I've got it divided into segments. So we'll be giving you the information and we'll be doing some clearings and some regeneration. So you'll have an understanding of what we're doing to really alter reality. Okay. So we're gonna go back to the slides and get started but do sign in and say good morning. Let me know you're here. I see [Inaudible 00:01:01] Excuse me. And Debby, Julie, and Amanda. Welcome. Yay. Sharon. Alright. So here we go.

So today we're gonna be talking about healthy breast, approaching the removal of cysts, growths, and tumors and also what to do about inverted nipples. And so let's get started with that first and I'm gonna just talk to you about the hand movement for the removal of cysts, tumors, and growths. And so the first thing you do, of course, when you're working with any issue like that. Any kind of anomaly in the breast that's not suppose to be there is you clear it. You do the program that we did last week, which I'm including in the slides again today, so if we have time we'll go through them but you'll clear it. Amplification, perception, emotions, DNA, bloodline. So you'll clear that for the issue itself. So if you have cancer or if you have cysts. You have cysts in one area, you probably have cysts in other areas too. So you wanna clear all the way from amplification down to bloodline DNA. So that would be the first step you do and we did that last week. And then the second thing that you do is a hand movement that's actually like a chopping movement and for each of you, you can muscle test to see how long you should be working to clear it. While you're doing the chopping movement, you're also imagining the growth shrinking into nothingness and so what you see with your mind, you're not focused on the tumor, you're focused on the disappearance of the tumor, the cysts, the growth. So that would be this hand chopping but I like everybody to just practice it so that you have it in your mind how this works. It's just the elbows on at the wrist and you're doing the quantum pump with both hands and then you're using your mind to imagine it disappearing and you can just go and then there's nothing left. So that's what you're doing to remove any kind of growth in the breast.

I had couple of questions come in this week from people who wanted to increase the size of their breast and they had a malignancy presently. Now, increasing the size won't increase the malignancy but I would focus on clearing the malignancy before increasing the size of the breast. So you can muscle test. For one person, I got don't do it. For another person, I got it was fine. So understand that I think bringing health into the breast before worrying about how they look, bigger or smaller, I think that's much more

important. So focus on your health first. When your health is really restored then you could move into changing the size and shape. Also for those of you who are, you know, in the present time facing a breast cancer or some kind of a breast illness, the Gerson protocols are really good. Doctor Gerson was around, you know, like 80 years ago or something. Created a diet that actually clears the cancer and different things from the body also. So if you do it on the inner while we're doing the quantum activations and you'll also do it with your nutrition and that one require-- that one also has some other things that you do. Staying positive and you do coffee animus which was kind of interesting but read about it if you're really interested in going completely natural or having something that's really gonna take you to a healthier place.

So I've had multiple cancers myself and decided now that I'm in my new home, it is the perfect time for me to go on that diet. Not that I'm sick anymore; I'm not. But the idea of really cleaning up my body felt really good to me but it's a challenge. You're drinking a lot of juice. Fresh juice. The enzymes also help heal you. Okay.

So then we go to inverted nipples, and inverted nipples is kind of the same situation where really what I'd like you to do for about 60 days. You can quantum pump. Imagining the nipple being 'outy' as suppose to an 'iny'. You can quantum pump that. But the thing is what your mind believes, it will create. So you're gonna do the release of the inverted nipple through the clearings, through amplification, perception, emotions, and DNA, and you'll clear off the family patterns and whatever else that allow that nipple to be inverted and then you're going to just-- actually let me see. A single pump for that. You don't have to do the chopping. I like to think of this, when I'm teaching like the removal of tumors and things like it. If you can think about a sculptor, you know, chopping away at some marble and it's just chipping off and falling away and eventually the marble is just the beautiful goddess or the thinking man or whatever is which is left is the perfection and all of that which wasn't the perfection is gone. And so I like to think of it as kind of like chopping. Chopping away.

Alright. So we've covered some basics on what to do with some of the health issues that we were dealing with last week. Let me see. Oh my goodness. Lots and lots of people signed in. So let's see. Good morning to Pat, Sarah, Rebecca, Joe, Junki, Eden, Caleen, Cladia, Elena, Suzy, Paula, Tatia, Tammy, Patricia, Sofia, Sulvi, Haruko, Joyce, Nadia, Denise, Julia. You're about 70 percent through on that clearing, Julia. Carrie, Jina, Amy, Julie, Em. Scar removal. Okay. We can. Yeah. We can do that. Hilda, Janice, Sarah, Judy, and Cristy. Good morning, and good morning to everybody who's listening via the phone and also for those of you who are doing the replay as you're training. Lots of love to everyone. I'm so appreciative to each and every one of you. Removal of scar tissue if very much the same; however, you can do the chopping but I would really each day imagine applying pink. Just like a pink band. Pink. 'Cause pink will regenerate the tissue. It'll grow the tissue younger and so we do that on the lenses.

Hey there, Hilda. With the smiley face. So that would be what I would do with scar tissue; pink. Apply pink and you could do-- you could imagine also quantum pumping pink so you could do that too.

Alright my dears. So we've covered some of the basics that we didn't quite touch on last week. I wanted to get to and now we're going to go on to healthy beautiful breast, and what we're gonna be doing for size, shape, and tone. And how many of you are really interested in improving your size and going either up or down in size. I would love to see that in the chat box and good morning. Let's see. Dale says good morning too. Very good.

So when you're working on size, what you're gonna be doing is, first of all, clear and so if there's an issue with size, you wanna clear it and then you're gonna go into regeneration. And so the-- what we're gonna do-- I'm not sure what the name of this is. That got cut off. Cellular Neo-genesis. Oops. I forgot another. How did I do that? Okay. So what we're gonna be doing is cellular neo-genesis, the regeneration of cells, and so that's the actual definition of cells and so that's the actual definition of cellular neo-genesis which I brought in a few years ago, about 8 years ago. Okay. So I'm getting some responses to the questions and let me just see here where we're at.

Okay. So Julie, "Would like to improve size, shape, and tone." Okay. So that means probably larger. "And I would like to go up that.", Sarah. And Carrie, "Up in size." Puala, "Tone and down in size." Amanda, "I would like to go up from fried eggs to nice buns." That's cute, Amanda. "Down in size, please." for Susan. "Down in size and lifting up more. I want breast bigger so I like the breast to match the left breast." "Yes. Shape and size." "Me. Larger.", that's Judy. "Fuller right breast is bigger. It bothers me so much." Okay. Coleen, "Down in size and an uplift." Julia, "Yes. I would love to go up though dealing with breast cancer now." Okay. So you'll have the tools and you'll have this replay that you can use anytime. Claudia, "I'd like to reduce size of my breast." Debby, "I have small breast with lots of fibroid cysts." Okay. Junko, "I'd love to have my size bigger." Patricia, "I'd like to increase one that is small due to a lymphadenectomy radiation." Okay. "Up in size. Skin muscle tone." Okay. And then, "Shape and lift." And then-- Shape and lift is from Sharon. And, "Down in tone.", from Suzy. Nadia, "Tone." Nan, "Lift and down in size." Laurein, "Good morning. Size and firmness. Release density." Suzy, "Tone. To uplift same size." "Lift same size.", for Lia. Joe, "Shape and lift from a younger plus nipples at the same height." Okay. "My [Inaudible 00:12:25] is beat." I don't know what that-- Gala couldn't figure out what that was. Silvia, "Tone and a little bigger." Gina, "Firmer and large." Denise, "Tone and size." Dale, "Up one cup size. Tone." Pat. Tatiana, "Tone and same size." Lia, "Center more on chest lift." Okay. Chest lift. "Increase tone and lifting. Increase size and tone." Okay. Very good. And Dana, I did get you. And Janice and Cristy. And Suzy, "Cysts and fibroids. Should I not

work on this focus?" No. With cysts and fibroids, it's already to be working on size and shape. "One size and release density." from Debby. Okay.

So let me come back on the screen. Alright. So I see that we have all kinds of different issues up. Pamela, you're gonna have the first replay and also the free replay. We'll be giving you all of the three breast classes. The one that we did as deleted on the 15th. So that's where you actually remove breast cancer. So the DNA from your lineage. So we don't do that in today's class but we have done it in the last two classes. So we'll give you-- we'll make sure that you get the replays on that and I love and appreciate that you want that and so we're gonna get that to you and to everyone. You'll all get all 3 of the replays. You'll get the audios and you'll get transcriptions. Ultimately, about a week out from each class, we get the transcriptions back. So those go on the page. They go right under the videos and the audios. So you want the transcriptions if it helps to also read the words, that's also provided.

So let's go ahead and get started. So the first step in building like tone. It looks like everybody wanted tone and then some people wanted to go up and some people wanted to go down. And so the up and the down stuff is dealt with your clearings and then your resets, and the resets will be in the DNA. The DNA slide. You'll notice from last week, there was a place where it said 'resets'. So we didn't really talk about that other than to say we're not gonna deal with that now. But now that we've got all of the problem energy cleared from amplification-- so let's just kind of fly through the slides. We're not gonna do all the slides right now but here we go. Go back to the screen share.

Okay. So we would clear-- let's see. Let's go. So areas for consideration of clearing specific issues. Aging patterns for tissue and skin; that could be something you'd do the clearing on. Blocks to tight tone firm tissue and breast. Over burdened personal life. People suck you dry or hang on you and that will make the breast droop. Another thing is I need to stay child-like. I've worked with some clients who have really had a child-like personality and they're breast don't develop. So that's just a program that's in you that we can clear but I, you know, I enjoy being a woman and having a womanly figure. So that would be clearing the blocks to that but the-- I need to say child like you just clear that. Over production in the breast area can also-- you can also put in there related to age or hormones and then/or under production of fat. Overall body; no curves in the body. So those would be things that we will go through and do a clearing on.

Also I would really focus on a couple of things. There's a belief that you can't improve tone if you've breast fed. You've heard that from people right? Once you've breast fed, your tone is never good. And what that is that actually is atheist energy because understand that our cells can regenerate or it's an atheist rather not energy. So atheist thought form and it also is attached to group mind. So group mind or group mind virus.

Those things I would really focus on if you breast fed, tone never is good. Clear the atheist thought forms and group mind around that, group mind virus, or that never really shifts because there's a whole group agreement that you've done yourself in if you breast fed. I know there's a whole group of women that won't breast feed 'cause they don't wanna lose the tone in their breast. And so it's just like crazy thing going on that is really sad. So let's-- these would be things that we would clear. So if they're all things that you wanna clear, you can start right now. So if those are things on the list there. There are things that you know that you need to clear, go ahead and start pumping and we'll start a clearing and then in a few minutes, we'll go into the regeneration even though we won't be completed with the clearing but go ahead and start pumping just that hand pump, the quantum pump. There we go. It's suppose to rain. I put some sheets of paper on my window. Looks like the sun's peaking through the clouds anyway. Oh well. We love the rain.

Okay. So I see a bunch of comments coming in here. Okay. Kaye, "So thanks for the clearing for scarlet tissue. I have lots of breast-- lots from breast reduction." Okay. Very good. And, you know, just really that pumping with the intention of putting pink on the scar tissue just disappears. You may have like an outline of scar tissue but you won't have any significant, you know, massive read angry stuff. It'll go away. Okay. And there's no reason that it can't completely disappear. So based on any atheist energy, you know, you have like believing that something can't grow back to it's-- you just wanna clear the atheist thought forms that I had this surgery.

I had this funny thing and awareness that I wasn't actually going to be successful on growing my thyroid back because I had such a strong belief that it was gone and, you know, like they surgically took it out and they took it out to segments. So I had 2 major surgeries and I was pumping away and I was like, "Oh my god. It's my own belief." You know, I was like working on growing it back but it was my own belief that was so strong, I had to clear the atheist thought form so that it could grow back. So that might be helpful for you too. If you have this like thought form that this, you know, this was a hard surgery, you know, maybe it's related to that. It might be related to something else too but I know angry scar tissue, it's like the body is almost like fighting you. So you wanna clear that. You love the body in harmony with the body. So you wanna remove any of that kind of angry energy.

Okay. And then Pamela says, "Thank you. Love, love your work." Thank you, Pamela. Judie, "I just muscle tested and got it's not safe to have larger breast. I think it's from being abused." Very good. And so that would be something that you would clear. You would clear violence and then you clear violence related to having a beautiful feminine curvy body. So very good awareness. Fantastic, Judie. I'll add that to the list. Safe. Have-- It's safe to have breast. Okay. So I've just made a note on there. Okay and let's see. Hilda, "My mom never lost her tone after breast feeding my four brothers over four

years." See? So that's the case with some people and I think there's such a strong group mind around or you're done for. Yeah. I know I had a doctor look at me and go, "Wow. You really have good breast." And I breastfed 3 kids. I did for 5 years straight and I have beautiful tone-- beautiful full breast. So yeah. You just gotta clear that. Judie, "I have a thing that other women will be jealous if I look good." Yeah. Clear jealousy then because it'll be in your space and then you put validation in the space of others. You have people feel really comfortable. I think it's one of the things about being a beautiful woman is that you just gotta be very generous and kind with people with no judgment. So if you're not putting out any judgment, you won't be magnetizing it back but clear it first because jealous can have been built up in your space over time and what we want is for you to really be successful at loving people and being loved and supported just the way you are. So you wanna clear it out of your field. So clear jealousy out of your field. Okay. And there might have been a time where you had some for someone. It might not have been in this life but it's good.

Okay. Let's see. Suzy, "Before I start this, I'd appreciate knowing whether I have cancer." Does Suzy have breast cancer? No. I don't think so, Suzy. I mean I'm not medical doctor but I get a no. And Judie, -- Okay. That one we answered. And Julia, "How do you clear an atheist thought form group mind? Thanks." You just pump. So we'll go through that list. I think that will be helpful. So we just jump over to the slides. I'll take you through the list once more. So you're gonna be doing that quantum hand pump.

So here we have amplification. Lucifer stop are things that just prevent people from really doing their clearing. By the way, if this is really interesting to you to like learn more deeply about the clearings, we have a class called '100 percent clear'. It's just completed but we're offering it as a home [Inaudible 00:24:10] course. So if you like to go much deeper in understanding how the clearings work, you're working to jump in to that. Okay. So amplification. What we clear in this field first is Lucifer stops, soul contracts, demonic, evil spirit curses, satanic curses, satanic or dark energy, and ghost either people who have died like family members who have jumped into your body or somebody who has a body that's, you know, occupying you too. If somebody it feels it's like really controlling you. Cycles, timelines, and karma can be in the amplification field. Then we clear perception. Group mind, group mind virus. So that's a meme or a miasm. Atheist thought forms, curses, black magic, etheric body, cycles, timelines, trauma from this life or past lives. And then we go into emotion and we clear all these stuff in emotions; emotions, emotional body, etheric body, emotional brain, shared energy, cords, contracts, agreements, karma, cycles, and timeline can be in emotions. And then DNA/bloodline. So the DNA itself and the bloodline, clan bloodline, and then DNA from other sources if you've had a transplant. If you've had a new tissue put in. if you've had a blood transfusion. All of those give you DNA from another person. So you wanna clear

the DNA from another person. So those are clearings. You're gonna get this list. So don't worry about taking notes. I'm gonna send this to you right after the class. So you'll have it to reference.

Okay and let's come back on the screen here and then I'll keep answering questions. So the answer Julia to clear an atheist thought form is just pump and so you can muscle test. That's what we do; we muscle test. Using kinesiology and we find out do we have atheist thought forms around breast tissue being tight and tone? Does the group? 70 people out of the 95 people have atheist thought forms around breast tone. So that would something most of you need to clear. Okay. Let's see. "The old pale that scars are overgrown and lumpy. So thanks." Very good. Okay. Jo, "Did we clear successfully as a result of our homework pumping?" Yes. We cleared a lot and you wanna if you got to zero. 90, 80, 70. Jo, looks like you've got about 70 percent through on your clearings and so understanding that each person will have a certain amount of time in just a 2-hour class. If we were to actually do a weekend, we could probably get to zero for everybody, like just spend the weekend. You come to my house and we just clear for 3 days. Now we can probably get to zero for everyone on this issue. Yeah. Good job. So you just wanna clear a little more. Okay.

And Cristy, "That's why I got breast reduction. It wasn't safe to have larger breasts." Wow. Okay. And Janice, "I repeated sexually abused when I was 12 and started developing breast. They quit growing at some point. So do I have something to clear from that?" Very likely. I would clear the violence and abuse related to your breast and, you know, really kind of the whole thing around violence and abuse and having beautiful breasts and then you would also, potentially, clear things like it's safe to have beautiful breasts. I'm happy to be in a womanly body. I think for violence and abuse-- and by the way, I'm teaching a class on that coming up really soon. Let me just grab my calendar. There's bigger clearings on violence and abuse. So that would be-- let's see here. It's coming up pretty quickly. Oh yeah. It's November 16th. So if that's an issue for you, please do get in that class. So I think it's a special 2-hour class. Okay. So yes. But definitely clear because that will allow you some freedom to be yourself. Okay.

Clear-- let's see. Marie, you're good and you can watch the replay. Yeah. We covered a lot. "Clear the men will look at me sexually if I have big breasts." Well, you have to think about what you're up to with your breast because if you don't wear provocative blouses, you probably aren't gonna get the same looking at is if you wear [Inaudible 00:29:20] things that say, "Look at me." So it's part of that but yeah you can clear that. I think there's two things. I mean reality is men look at breast, right? They're beautiful and sexual and sensual and they're exciting to me. So you have to think about, "Do I want to be exciting to me or how do I wanna own my body and live in my body?"

"My breast got bigger when I started on a pill then I stopped; one became smaller. So I have no cancerous lump on the left breast. Should I clear physically first? Also I have--" I think that is a cancerous lump on the left breast. "Should I clear it physically first? Don't know the cause." Oh. I bet it's a non-cancerous lump. Non-cancer-- Yeah. You can work on clearing but you're also can work on evening out the breast. So that's what you would do. If you're working on evening out the breast is you would just focus on building one breast to match the other and you could do the quantum pump with the double pump even though it's chopping, it's just a double pump to bring balance. So that double pump for balancing. I know many of you have mentioned that you have one breast larger than the other. So that would be a double pump. You're gonna balance, you're gonna be focusing on balance. So you're gonna clear. It's really interesting 'cause the right is our outer life and outer expression of life, and our left breast is our inner world, our female side. So you could look at, you know, one going being smaller than the other might be related to a difficulty that you're having expressing yourself. I know my right side tends to be more achy and my left side tends to be more curvy. So with less aches but I seem to be more comfortable in my feminine than in my assertive body. So you can look at that too and kind of balance that out. I can balance that out myself. I should think about that. That'd be a good thing. Okay.

Let's see. Marie, "Clear fear that lumps will grow as breasts grows." Yeah. I would think-- both I would think I would clear any lumps that you have and remove the fear because understand that fear is repetitive thoughts and in the law of attraction then repetitive thoughts are what were creating over and over again. So for thinking something over and over again, that's actually what we're creating. So you wanna be creating beautiful healthy full breasts or beautiful healthy toned breasts. So you want your thoughts to be focused on that. So yes, you can remove the fear. A lot of times fear is spiritual parasites. So understand that other things can be thinkers in your head as well as you and so if you want to be working on clearing spiritual parasites, we have a free class on Saturday, A Halloween morning. I hope all of you will join us clearing ghosts and witches' curses and then a full 7-day, a full day class, where you can watch online. So you don't have to come to my home on clearing spiritual parasites and pests on November 7th. So a lot of times when it's like a lot of fear stuff, that is from spiritual parasites. Okay.

"What about computer radiation, cell phone exposure in clearings?" Well you can clear it. I don't know what the question is but you can clear all of that using the lists. So you can clear the exposure radiation and then imagine an orange bubble between you and the screen or you and the cell phone which prevents the radiation. Actually I have a class on technology on how to stay clean and clear with technology. So that's coming up too. So I will put that in to our follow up. Okay. "Used both hand pumping. Should we move them in unison or opposite back and forth?" Either one. Whatever. I do opposite.

It feels more natural to me. I'm a dancer. So having one going and then the other one going. See? So it looks like that. That's the way I do it. Okay. So many questions and really good ones. Pat, "Do we have to focus on all individual issues in amplification, etc. during the quad-pump?" Not necessarily. You can see that when we go through the clearings. I'm talking and we're going through it. I'm just checking out. We got to this. We got to this. We got to this. So you can just clear having that slide or printing it out and saying, "Okay. We're clearing amplification", and then just check it off when it's clear. So that's fine.

Okay. Pat, "Once we clear our bloodline DNA does it automatically clear out of our adult children or do they have to clear themselves on their own." If they are in it-- It doesn't automatically clear on your adult children; however, if they are in agreement to having you shift a lot of times it does because it's cell to cell communication. So if they aren't committed to having some other issue and then the other thing is you could ask them and you could pump for them too, which would go a lot faster because you were helping originate that. Okay. Suzy asks, "From the last class, could I please check how far I am with the cancer clearing and DNA and how much longer I need to clear. Thanks in advance. Also, by doing this clearing are we also clearing cancer DNA for the ovaries?" Yeah. We clear all of cancer DNA. I think we got to zero with everyone. Suzy, your-- it's interesting. It looks like you're at 2 percent. Do you-- interesting. Just like another 4 minutes for you. So I don't know why you have a little bit more. It might be-- if you're kind of ruminating on cancer, you might have bought some of that in but we clear all cancer DNA from the body. So just 4 minutes and just kind of put that out of your mind. That's not an option and you're not gonna have it.

"Did I clear mine?" 50. Debby, "I don't know. Did I clear mine?" I got 50 percent on clearing. So I'm not sure what you're asking about. Are you asking about cancer DNA or what are you asking about? 50. 50. And Debby, it looks like-- let me just look here because cancer DNA doesn't take that long to clear. So there's some other block. Is it a Lucifer block? Bloodline. So Debby for you, let's have you focus on clearing bloodline. That looks like there's not permission for you to be free to clear yourself. So clear bloodline on that issue. "What about me? Am I clear?" Marie, you're 60 percent clear on-- You guys have to tell me what you're asking for the clearing 'cause I don't know what you're asking. If you're asking for DNA, cancer DNA, or if you're asking for this clearing. Please tell me 'cause I'm not sure what you're asking for. So I'll test and I'll go 50 percent clear but on what, I don't know, so. "Breast cancer runs in my family. Can you please check for me? Thanks.", Denise. And you're 100 percent clear on breast cancer DNA. So I think that's what you ask for. Great. Silvia, Welcome back. That's great. "I can't see--" Okay. That would be someone answer-- Okay. "Can we clear in the ionizing radiation from mammograms?" Yeah. You can. So you just go through the same clearing thing and you would clear radiation. Very good. So what

we are doing is answer all those questions. Yippee Skippy. And we'll go back to the screen here.

So what we were doing is we were clearing all of these areas that we're really looking at to improve and just gonna take a minute and retake up some-- something fell here. Be right back. Okay. That should help. Yeah. Okay. So we're gonna go on to cellular neo-genesis now. So we've looked at clearings for the different issues and we're gonna learn how to regenerate a cell and in your meditation, you're actually focused on the cells growing back. So what we're gonna do is we're gonna pump for cellular neo-genesis and so you're imagining a cell at a lower function and we're gonna work on tone but you can also work on size. So either smaller or larger. Now smaller, it's typically you're using your mind to imagine your breast tightening up and coming in so that they become smaller and with breast grow, we're actually adding new cells. So we're actually building out the breast.

Okay. So cellular neo-genesis for tightening and toning. We're looking at the cell. For the average person, cell function, breast cell function is at about 33 percent. So for the overall class, we have breast cell function at 33 percent and we're gonna pump that breast cell. So the master cells, the stem cells in the breast, we're gonna pump that up to 100 percent and what we're looking at when we're working on cellular neo-genesis is we're looking at the outer part of the cell which is the membrane and then we're looking at the nucleus and all the little organelles. There's an absorption organelle which is like the stomach of the cell. The elimination organelle which is kinda like the digestive system of the cell and it will have all the different systems just like our big body has systems, and then it'll also have a DNA strand and the mitochondria which is the fuel generator of the cell. Looks a little bit like a caterpillar. So we're improving the interior and exterior of the cell to 100 percent and we're doing that by doing the quantum pump. So you're getting a chance to actually do some cell regeneration which is really exciting and grow younger. So everybody pumping. Everybody is pumping. We're all working on this cell regeneration process.

Okay and then just keep pumping and I'll go through a few more questions here. Let's see where do we-- Okay. I think I-- Erin, I haven't seen your name up on the screen before. So let's see, "What blocks do I have for breast size and tone?" Well, how you would find that is you would muscle test for that but you probably have blocks in all areas. So I think one of the things I could do for you Erin is tell you the hours that you would need to clear. About 14 hours. That's not very long actually. So we go through the things that we just looked at. Amplification, perception, emotions, and DNA. And you would just pump to clear that for size and tone. Very good. And Debby, "I was just about asking about fibroid cysts. What do I say? I asked about cancer in the class 2 weeks and you said 7 percent. Why did it go up?" Nothing went up. you're asking a different questions. I think that I don't know what you're asking. So how clear are you? I think you

ask, "How clear am I?" I think you have to be very specific how clear am I on what 'cause today we are not working on cancer anymore. So we're working on other things and we're not working on DNA anymore, we're working on other things. So if you're asking me questions, I may not be really understanding your question anymore 'cause it's-- please be really specific if you're asking a question specifically about yourself. So things that don't necessarily go up, it's just that you have more awareness and we're teaching a whole bunch of new stuff that you could clear. So very good.

Silvia, "Cancer DNA." I don't see any. No. And Diane, "I would like to know if I'm clear of cancer." and that would be-- so we don't clear cancer in this class. We clear cancer DNA. Is she clear of cancer DNA? And that's Diane. Yeah. About 3 percent of the DNA program is still going. So I would just work a little bit longer and where it's stuck is in bloodline. So clear bloodline and then the last of the DNA should clear out. And Marie, "About clearing ,we had to do as homework, what line in DNA in the current lump in my breast." Okay. So I don't know what the question is there. I don't see a question. Okay. Mary, "Could you check on cancer DNA percent for me to clear? Thanks." Mary. Mary, you're at zero. Anne, "Am I finally in?" I don't think that's a question for me. Laura, "Is my DNA free of cancer? I did homework. Growth meditation. Unable to download my bonus meditation for growth." Okay. Judie and anyone who has download issues contact support at julierenee.com. They'll help you. They are just so loving. We have 3 amazing support people that will just-- they'll hold your hand and get it for you. So please support at julierenee.com gets you help with the downloads and things like that.

Looks like a bunch more questions came in. Let's see. So Judie there is a downloadable for size. "Larger breasts.", Aneta. 16 hours for Aneta. And then Susan, "How many hours long do I have to clear for larger--" Oh. Let's see. "Pump for shape and size." for Susan. 14. And, "Am I clear of cancer DNA?" Yes you are. Amy, "Can you tell if I'm cleared? My cancer DNA and if my breasts are healthy." Yes and 70 percent healthy. So there's probably the regeneration I'm doing would be great-- that you're doing today for that breast health but the cancer DNA is clear. "Have I cleared cancer DNA?" from Debby. And I-- 98 percent clear and I think I said bloodline and that's bloodline. So clear bloodline and then the DNA from the little bit left will clear. "What is it, please? So I can focus better on clearing. This is my left breast and it's pretty big. All lump." I'm not-- you guys. Okay. I can see if I can try. Is it fat? Is it cyst? It looks like cyst tissue. Looks like it's fluid and encapsulated fluid is what it looks like but this-- that's not-- my specialty is to tell you what's wrong with you. My specialty is to help you get to healthy, so. Okay.

And then Marie, "I think it's getting smaller. I get that that's true like 7 percent smaller already." Good. That's really good. Good job. "Do I am clear from cancer DNA?", Silvia. You're 63 percent clear, Silvia. So you wanna do a little more clearing on that and then, like I said, for those of you that didn't go to a hundred percent on cancer, it's a lot of times in bloodline. You clear the bloodline thing and the DNA clears out. So that's, you

know, like control energy from the family. Very strongly integrated with your DNA for some of you. Okay. "How long do I personally pump to grow 2 sizes up?" Well, you know, I think it's more like a day's process. So do the meditations. It looks like about 80 days and you should be able to get 2 sizes up. So you'll be pumping and you'll be doing the guided meditation and pumping per day maybe like 30 minutes and then the meditations, I would do the meditations twice a day. If you're wanting to increase size, there's two meditations, longer ones that are part of the beautiful program. So do the beginners one in the morning and do the advanced one in the evening and then pump for 30 minutes. So you're giving yourself about an hour and a half of breasts boost everyday for 80 days and I think that that's a really good protocol for most of you who wanna increase size. Okay.

Laurein on 'are you clear', yes. You definitely are clear of the DNA-- cancer DNA and in the bloodline; you're clear. So that's good. And Tammy, "Why are dense breasts not good to have? Should we specifically put the intent out to make our breasts less tense?" I don't know. I mean, like I don't have an opinion that dense breasts are not good. So if someone has told you that, I think you should just focus on healthy breasts and if your breasts are fuller or denser, you could just focus on them being healthy. I think that that would be the best choice that you do the cell regeneration for the breast overall to grow new tissue in the breasts that's healthy. You can clear bloodline. You can clear DNA. You can clear any programs for unhealthy breasts. You're welcome, Rebecca. Okay. Let's see. Hi, Roshini. Hi. I don't think I've seen your name. Hi, Julie. "How many hours for lifting and tone and to remove stretch marks? Thank you." So let's see. For Harshi, I get 19 hours. And, "Thank you.", that was Rebecca. Let's see.

There we go. Marie, "Do I still need to continue to pump for DNA and bloodline?" Yeah. I get two or 3 hours still. And Tatinia, "How long do I have to do the chopping technique for cysts growth removal? Is there anything else I need to do?" and Tatinia, when you're removing something that's a daily process for awhile, it might be 2 or 3 months but let's see about 3 months. And you're just wanting to do the cell regeneration for healthy cells as well as all the clearings that we've been teaching. And Roxanne, "Would it be the same program for reducing or what would I do different?" Yes exactly. It is the same program. You'll listen to the breast meditations if you haven't already and you'll see that you have a choice to focus on growing bigger or smaller during the meditation. So it's the same. And Laura, "Is my DNA clear or cancer?" Yes. A hundred percent clear. And Claudia, " How long does it take pumping meditation to reduce the size by one cup size?" Pumping, 13 hours and meditations twice a day for 3 months for you. Twice a day for 3 months. And Carrie, "I'm clear of breast cancer DNA in bloodline too." Yes. And Denise, "I would like to reduce one size plus left larger than right. So how much more clearing is required?" Looks like 21 or 22 hours and then doing the breast

meditation for like 3 or 4 months. I get about 4 months on the breast meditation. You're welcome. Yay.

Okay. I got through all the questions. So we're-- Actually we have about 6 minutes to go but we have covered everything that I wanted to cover and we're pumping away for cellular neo-genesis. What we're doing now, that we're gonna focus on for the last few minutes, so I'll respond to any additional questions after the class. So I'll be in the chat box for 10 minutes responding to questions. So what we're gonna focus on now is cellular neo-genesis. We're focusing on, first of all, getting the master cell or the stem cells in your breasts or in your nipples or in your breast tissue up to 100 percent and then from there, we're going to start-- we're gonna mirror the cell. So we're gonna have the teacher cell mirror to all the surrounding cells. Not all of them are stem cells of course. And so they're gonna teach the cells how to function at a higher level. So that's the second process and then the third in cellular neo-genesis is to actually start a cascade of new cell growth and how we do that is we pump. Intend that we're pushing on a program in the mitochondria, that little caterpillar-like organelle that's inside of the membrane and it has a program for regeneration. So that's how we're going to start the cascade of new cell growth and everybody needs a new cell growth. So not to worry, if you wanna be bigger or smaller, we need a new cell growth for healthy toned breasts and that's what we're after, right? Happy healthy toned breasts. So we'll do this for the next few minutes and we should be able to get some nice progress on the cellular neo-genesis process.

And then remember the chanting like the Tryumbicum mantra, make things go a lot faster. So if you had like 20 minutes of pumping, if you do the chanting, you're gonna take it down 20 percent. So the, [Sings in Sanskrit from 00:56:14 to 00:57:22]. So chanting in the ancient language, the oldest language on the planet, is the language of truth. So when we hit the vibration of truth, when we vibrate at the vibration of truth and that's when we're singing because it comes from our soul, from our spirit, from our essential nature then we move into a closer state to our divine self and in that closer state, we're more powerful and stay close to the divinity of our own divine nature and the divinity of our Supreme Being or the energy of vibration of the quantum field which is also god, the pleasure field. That is where true transformation and rapid transformation happens. I also have a beautiful program that will be coming out in December again, illumination which is very Christian focused on Christian mantra. It's on the illumination rosary. So it doesn't matter what mantra you do. Whether you do rosary Christian prayers. You do Vedic prayers. Although the power of the Vedic prayers are that they are in the ancient language of Sanskrit. Just a little language of truth and the language of English is the language of description. And so when we describe something, it's only about 12 percent true vibrationally. So I'm always very, very careful on the words that I

use. You might notice how careful I am on how I speak and so I try to get it much closer to the vibration of truth by using just the right words, so.

Alright, my dears. Let's see where we're at with the regeneration process. Oh good. Okay. So we've gotten the cascade of new cell growth started for all of you. We've got about 50 days of new cell growth. That's wonderful for the breasts. You can repeat this process, the cellular neo-genesis process on your breasts often, you know ,and on your body. So using these specific techniques with the pumping, you can grow younger, you can feel better. We have advance classes on that too. We have class called 'Grow Younger' in January. So I love you. I appreciate you. You are so dear to me. Thank you so much for being part of this class. I think next time I teach this class, we'll do a 4-part class because there are so many questions. Oh my goodness. And I hope that I answered all of them to the very best for you. I love you. I appreciate you. I see you in the light. You are a radiant being of light with an innate ability to heal yourself and I'm just so glad we're connected. I'll be in the chat box now for 10 minutes answering questions and God Bless. Hope to see you on Saturday for the Halloween class and for all the upcoming trainings. Love you. Buh-Bye.

[End of Transcription at 01:14:16]