

Emerald Immersion - October 2015

J: Hey good morning everyone and welcome to the call and [Inaudible 00:00:04] for the 3-minute delay here. I made an executive decision since we're so close to the graduation point that more work in full body ownership would be really a beneficial to everyone. So once you unmute yourself if you like to and if not, I will do that for you. Let's see. So I'm not sure if you all started muted but I'm unmuting everybody. You can come on. Say hello and let this call started. So everybody is unmuted. Just go ahead and say hi.

N: Hi. It's Nena.

J: Hey, Nena. How you doing?

N: I'm fine thank you. How are you?

J: Good. Little on the tired side but good. Busy week. Okay I see more--

H: Hi. Haruko.

J: Haruko. Good morning, Haruko. How are you?

H: 'Cause I want to join. I cannot plug into Skype. They haven't accept yet.

J: I'm not quite sure. What I've done for us is we're doing phone conferences and I'm sending you the PowerPoint. So I've literally just about 10 minutes ago sent you the PowerPoint to the class so you'll be able to see the slides to the class and because this is interactive, we're not doing a live stream. So I would prefer to be actually speaking with each of you as we progress to the class. So I'm sure that you're getting the concept.

H:Okay.

J: Is that answering the question, Haruko?

H: I wanted to use Skype but I cannot use Skype.

J: Oh. Skype. Okay. I don't know about the technical part of things.

H: Alright.

J: Yeah. Skype does work in this. You have to dial in to this number. So I don't know why but you would have to have somebody help you with that. I don't know how to do that.

H: Thank you.

J: Okay. Okay so--

S: Good morning. It's Svesana.

J: Svesana. Welcome.

S: Yes. Thank you.

M: Good morning. It's Marlene.

J: Hi Marlene.

M: Hi.

L: Hi. It's Lina.

J: Lina. Great. Okay. Here's the anonymous one. Did nothing for you at all. Just anonymous. So now I know that's you. Very good.

L: Oh. Okay.

J: Yeah? Is that Svetlana? Who is it?

T: Tammy.

J: Oh Tammy. Great. Okay. Fantastic. Alrighty. So I think that that's everybody on the call. So I think we're missing Elina and Svetlana, is that correct? Alrighty. And what I'm gonna do if you're typing, we'll hear that. So you wanna mute your own phone. Otherwise, I'm probably gonna leave the line open so that you guys can ask questions. So this morning, we're going to work more on full body ownership. We're going into the advance levels and you can go to your slide too and we're gonna talk some about this concept of full body ownership. And so one of the reasons that spirits get-- Let's see. So that is-- That actually ended being a slide too. Okay .We'll do it that way. So when I tested you guys this morning for the class on full body ownership, you were owning your bodies 18 to 48 percent and you are in control of your body's 22 to 45 percent. So you might wanna just test yourself. I'm happy to test you if like me too to let me know where you're at but just understand that we have a ways to go. The class the has the ways to go and so there's more to work on and more to understand. So do you guys wanna test yourself and write it down or do you wanna test yourself and talk about it?

T: I'm getting like just over 65 percent but I'm not sure.

J: No. No. You're not. No. So on full body ownership, you're 32 percent and on body control, 37 percent.

T: Yeah. I'm so surprised. I don't understand why so low because we've done all the keep pumping for the full body ownership from the classes that we've had, so.

J: We're gonna talk about it today. That's why I've changed the class to body ownership. So I'm gonna give you some more distinctions. If you wanna know you based on full body ownership compared to most people in the world? Most people have like 6 or 7 percent full body ownership.

T:Okay. That makes me feel a bit precious.

J: You're advanced compared to most human beings. 'Cause this has been a problem for thousands of years. So the fact that you're as high as you are, is spectacular. But I wanna get you really so that you're able to-- within a year or two years-- be at 90 or hundred percent. You know, ultimately, that would be the goal. And by the way, I am not at full body ownership for you guys. So I've been really working on it since I've really made it important to myself and I'm at like 74 percent right now and I'm gonna share with you the ways that I'm getting the numbers to keep going up and it's all about listening. What's me? What's not me? You know, the constant kind of questioning about was that my[Inaudible 00:07:05:] and then clearing away my voice or as well as my thought. So you know-- Okay. Sounds like somebody's laughing in there. I see Elina has joined the call. Welcome Elina.

E; Yeah. Welcome. Good morning. Thank you.

J: Okay. We're doing full body ownership and right now we're having each person test. So I'm just gonna call on you. You can unmute yourself and then I'll give you your numbers. SO why don't we start with Haruko first.

H; Yes.

J: What are you getting for your full body ownership and what are you getting for control of the body?

H: 25.

J: Okay. On the ownership. So let's see. You're 28 percent on full body ownership. And then on control, what are you getting on control?

H: 24.

J: I get 34. Is that what you said 34?

H: Yes.

J: Yeah. That's right. So you have control ,34 percent. Very good. Okay. So that's-- so now you know where you are and we're gonna be working towards getting you up to higher numbers. I think the higher the number, then you're gonna see as we go through the conversation, you're gonna see how "Wow." You know, like having emotions take

over you. That's not you. So fantastic. Alright. Lina is next on my call screen so I'll just go with Lina next.

L: Mine's at 9 on the core.

J: How much?

L: 9 percent.

J: 9? Okay. You're more than that. So let me see. On full body ownership, 23. And then on control?

L: I didn't get it clearer on that one.

J: Okay. And I see 17 percent on control.

L: How much did you say? What was the last one?

J: Sorry. 17 percent?

L: Okay. Thank you.

J: Yeah. Okay. Let's see. I have the guest that has nothing on here. I'll go to Marlene. Let's see. Marlene you seem to be muted. I'll take you of again.

M: Am I on? Do you hear me?

J: Now I hear you. Yeah.

M: Okay. 42 and 26.

J: Okay. So on full body ownership, you're 27 percent on ownership and on control about 25 percent on control. Okay. And Snesana.

S: Hello. I have 45 and 44.

J: Okay. So on full body ownership for Snesana, 32 percent and on control , 28 percent. Okay. Tammy.

T: I get 20 percent and 25 percent.

J: Okay and on ownership, yup 21 percent and on control 26 percent. Very good, Tammy. Okay. Elina.

E: I'm on the full body ownership, 34 percent and on the control, 40.

J: Okay. Let's see. So ownership, 37 percent on ownership and on control, 42 percent.

E: Perfect. I was thinking 42 and it was perfect. Thank you so much.

J: Okay. Good. Alright. Excellent. And then it's-- anybody notices, I'll be watching too, but Svetlana isn't on the call yet. So that would be nice if she had this information too but the call is being recorded, so. Okay. So we're on slide two and we're looking at why are these numbers where they're at. And we look at one of the problems is squatting and how come things can squat and I wanna talk to you a little bit about chemistry or chemistrying your emotions. So squatting can happen when your chemistry goes off. Now you can deliberately make your chemistry go off by drinking and using drugs, you know, alcohol and drugs but also other things make your chemistry go off, right? Sadness or happiness or hormones or toxicity may make the neurotransmitters or the chemistry work badly, not drinking enough water. Your chemistry isn't distributed to the body. So those would be some of the reasons that something could squat. Does that make sense?

S: Yes. Absolutely.

J: Definitely Okay. Then we go into control. Why would somebody be able to kind of swoop in and take control? These are not shame based at all. So don't look at this and feel bad. If you see something like lack of discipline or habit, there's something like that. Just know that our weakness-- you know, the words are the closest words in the English language that I can get to the truth of why do they get controlled or why do they take over. So in control, we look at lack of discipline and habits as the main reason that other things have control in our body. So lack of discipline, what would that mean? So it might mean your food habits, your meditation habits, your exercise habit and really owning the body. Not just kind of giving it up. I think maybe, you know, spacing out, watching a lot of TV, or just zoning out doing kind of idle mindless things are something that you'd look at as "Okay. I'm not in charge there. I'm just kind of being entertained and watching life go by." What kind of habit or lack of discipline could you think might cause you to lose control to spirits? This is open for con-- Yeah? Lina?

L: Zoning out?

J: Zoning out. Exactly.

L: Very much.

J: Say that again. Was it Tammy?

L: No that was me.

J: Oh okay.

L: Thank you very much. Yeah.

J: So zoning out and did you say something else?

L: Just going with the energy that surrounds and kind of like-- what about muting the energy and not like-- I feel that I'm taking in all kinds of stuff and I'm just-- I don't know. Like, when I'm not focused at pumping like if I get in. If I met a lot of people, I don't normally pump a lot and then I kinda like just mingle with energy and I don't know how to protect myself. I might have to protect myself. I don't know why I do this really.

J: Okay. Well-- and this is an interesting thing because when you notice a flaw in your personality like I do. Something to just call it what it is, I feel like it's a flaw in my personality. You say, "Why do I do this?" You might wanna just clear it because it might be like an evil spirit curse or something that's really your under the control of something where your behavior isn't what you'd like it to be. So everybody-- homework could be to clear anything that would prevent you from having great discipline and excellent habits and then you could even really specifically like I've been working on, "Why do I eat the foods that I eat?" 'cause some of it is really like family foods like fried noodles and ketchup is like the favorite family food. So I have that like once a week and it just has no value. No nutritional value and I'm really certain that I don't wanna do it but I do it anyway. So then there's like what are the, you know, "Why is it that I lack some discipline in this?" Well, then I look at, "Am I under group mind?" or "Is there an evil spirit curse?" "Is there some something in my DNA and bloodline?" Like to be part of the clan. To be loved and accepted, you need to eat some of these family food and make. You know, food was so important in our family and it was so bad. But, you know, so you clear that kind of stuff. So it's your zoning out. You can look at where that zoning out is coming from. And you know the other thing I just wonder about for you Lina is on the zoning out. It's like one thing that I think would be so exciting for you is to really still passionate about life and excited about life. And so the zoning out is kind of the opposite. It's kind of letting go of you authority in your life and-- I would also work on, you know, finding your passion again. Did you ever feel that you were passionately excited about life? Lina? Okay. Let's see. Hang on here. 2 people are muted out and they changed here. Lina?

L: Yeah?

J: Oh good okay.

L: I'm out for a couple of minutes there. I was toned off. I don't know what happened but I did hear all you said that I can re-listen to it later. For the last part you said. Can you hear me now?

J: Yeah. I can hear you perfectly. So I was just asking, you know, it's one of my wishes for you is to find your passion because when you're passionate that's one of the reasons you would wanna own your body, wanna live in your body, wanna be in control of your body. So that's one of the things that I think that, you know, you can work or really, really

help you a hundred fold to move forward in your life. It's really to find a passion. Something you're passionate about.

L: Yup. Do you think I would have to work? You think it would be good for me to new live in a good place? This place I'm at? I mean this part of the country that I'm living in. You think that--

J: When you ask that question, I get 83 percent yes. So I think so yeah.

L: Okay. Thank you.

J: Yeah.

L: Okay.

J: Good. Okay. Okay so with-- let's see. We're looking at both squatting and control. So the chemistry and I'm asking the question, if you can see for yourself there is things in your life either for squatting and chemistry or control the lack of discipline the habits that you have that would allow squatters and other beings to take root. So anybody else wanna chime in on that? That they can, "Oh yeah. I know this."?

N: This is Nina.

J: Yes.

N: I still wanted to-- well for the past week or so, I've been trying to stay away from glutton and just have healthy smoothie and a very wonderful lifestyle but-- I mean diet-wise. When I sort of the cravings for chocolates and certain foods and it makes me wonder that maybe, you know I am very disciplined, but maybe sometimes-- I don't know if it's good to be. It's very difficult to discern when it's good to be disciplined and when you should allow yourself or your inner child on, you know, a piece of chocolate to just be happy. I don't know.

J: Well if you're-- I think 'cause the inner child would be a squatter but what if you had chocolate as part of your discipline. Like if that was a nutritional supplement that you took each day and it was dark chocolate, it wasn't filled with sugar, and it was just part of your diet, your routine at 2 of the afternoon that was part of your discipline.

N: I mean, I could do that. Yes. But yeah and I desire chocolate exactly the same time everyday which is really strange. So it could be squatter. So it's really interesting that the inner child is the squatter and the light bulbs just went off. So I guess I should clear that.

J: Yeah. We're gonna do more about that in guides and gifts because they don't look unfriendly. It looks like an inner child and that is how one of the components which we'll be going on to after we get through this stuff and why they get in, who they are, and what

their components are but one of them that kind of [Inaudible 00:21:40] like family members. So like a child, like an inner child, or like the mother in me. You know that kind of a think where we even say it but we don't actually recognize that that it's a squatter. It's just a guess, a guide, but we don't recognize it 'cause we think it's part of our personality. It's enough-- familiar enough with it that we don't realize it's not us.

N: Wow. I had no idea. Thank you.

J: Oh yeah. You're welcome. Okay. Anybody else wanna pop in on squatting and control, lack of discipline, habits, chemistry, and emotions?

M: This is Marlene. Can you hear me?

J: I can. Yeah.

M: Okay. How about technology energy like when you're in front of a computer all day?

J: Yes. Yeah. That can really-- that's often to habits and it can change your chemistry definitely, so. Yeah. And I think, you know, being in front of the computer all day, there's a level of chemical toxicity and yeah. It can also-- I thing that I wanna encourage you is, you know, remember about it putting the orange kind of image or bubble between you and the computer. Drinking enough malt water and literally getting up every half an hour walking away for 90 seconds, moving around, deep breathing ,walking outside, looking at the sky, and then coming back. I know that's-- you know, that's what you're doing for work right now. So you've gotta have some ways that you really keep yourself protected. Also those giga energy protectors, I think those are very helpful too.

M: Okay.

J: And understand-- here's an interesting concept when you think about technology because what will happen is the body will start matching machine energy and you'll stop being so like passionate and, you know, human and you'll have-- you'll be yourself or constantly matching the computer. Does that make sense?

M: Yeah. Wow.

J: So that taking a break every half an hour, walking around getting a drink of water, going outside, looking at the sky, remembering who you are, can be tremendously helpful. And machine energy, you know we look at that. Machine energy allows aliens to come in.

M: Oh.

J: Yup.

N: Oh my God. It's Nina again. I've noticed that this week I've been working and I could see like I turn into a machine in the day and it's today with the computer and my eye condition sort of flares off and then I feel also things that another light bulb. Thank you.

J: You're welcome. So remember-- so I have to sit in front of the computer, put orange-- that orange bubble in between you and the computer. There's just some habits that you could do that, you know, I'm writing books and I'm-- I mean one of the things you'll notice-- I think all of you have noticed-- I've stopped really doing Skype calls so that I'm not trapped in front of the computer and I'm doing my VIP sessions very differently. So I'm less in front of the computer but you still need to get up. You need to walk outside, look at the sky, breath some fresh air, acknowledge spirit in body, and then you could come back and keep working. So that you're not matching. You've disconnect. You break that match. You keep breaking that match and enjoying your body and then coming back.

N: Okay.

J: Okay. Other comments on lack of discipline, habits, chemistry, emotions with squatting and control?

T: I'm not sure if I'm following this category but where [Inaudible 00:25:22] seems like it's front and center. It's being tipped off that I'm having to live this life and I've always felt this way as long as I could remember.

J: Okay. So being angry because you're not living the life that you believe you should be living?

T: I'm not sure I could hear but it's being here. It's being here.

J: Being here at the --

T: Yeah.

J: Okay. That's a squatter though too. That's somebody else.

T: Okay.

J: And that's good. I'm so glad you've brought that up. I know that you, you know, you're working on these-- you know, you're not-- you're in to it. You're a couple of months into it. So I think that's fantastic. What are you passionate about in life, Tammy?

T: [Inaudible 00:26:19 to 00:26:21] Nothing has really caught my attention for a long time now. Seems like-- I don't know how to describe it.

J: That's okay. I mean, I think you and Lina on this one issue is-- you know, I think you both gain a tremendous amount of traction when you start really like what brings the

pleasure in and maybe you start with that. What brings people and maybe if you know advancing your yoga practice or maybe it's painting or maybe it's hiking or you know, you start what brings you pleasure and that can be the beginning of passion and then it might helping others and but it has to start with yourself. You have to start, you know, really kind of fueling on this inside and saying, "Okay. Well, when I hike I'm really happy." So that's gonna be where I say my passion is temporarily and it'll [Inaudible 00:27:31] in life you can say. And I think the other issue here is social connection and I think with you Tammy, I think that there's challenges with social connection, right?

T: Well. An understatement. yeah/

J: Yeah. And so the-- one of the things I would work on with you is like clearing blocks. Having joyful connection with, you know, groups of people. You know I would really make that an important clearing for myself with that. It's just like I'm comfortable and easy around other people and I [Inaudible 00:28:16] same parts of groups. I get excited and I have a lot of fun with people because it's the opposite right now for you and I think that until you are able to kind of keep out the squatters that are keeping these emotions going and these feelings going to be isolated, you gotta keep that relation out. You belong here and contribution in the world and people love you and so what--

T: Start with the direction-- When we started from the direction of using the word isolation to start clearing.

J: Yeah.

T: Okay.

J: Yes. That would be perfect. Isolation but also do the words that I use about having fun in groups so that you clear the isolation, you clear the problem energy, but you'll also clear any blocks to being able to have fun with the groups 'cause if you clear isolation, you've cleared isolation but you haven't cleared the group stuff.

T: Okay.

J: Yeah. Okay. I love the contributions coming in here. Let's move on to the next couple of categories. So temporary control is lack-- and that would be like something coming in and getting controlled for a little while and then leaving. And that's lack of resolution or knowing the self. And so when you get kind of scattered and you're not resolved about something, they can come in and take charge something stronger than you can overtake you. And so it's why meditation is so important. That's why reflection contemplation is so important that time of quiet. One of the things that has helped me so much is I do occasionally take a week of silence and it's amazing. Not to speak to any of [Inaudible 00:30:19] and to really still the self and know the self and that's not like having your mind

go a mile a minute but having your mind become quiet. So can some of you see this actual there are moments when you have something else takes over, you have-- you're not aware of how you should respond in a situation something else. Some other energy takes over. Have you had that experience?

H: Could you [Inaudible 00:30:55] . I'm not sure what you are saying.

J: Okay. You do have your slide up too, right?

H: Pardon?

J: You have your slide up so you can see the words and then I'll explain it again.

H: Oh. Okay.

J: So that you can read the slide too. We're just on slide 2 on the PowerPoint that I sent this morning.

H: Okay.

J: And I'll explain it again but I want you to look at the words too so that you get it. So temporary control of you. So when somebody-- something-- gets temporary control of you, there's a lack of resolution on your part about something. Something's that come in for example-- let's see. I'm trying to think of an example for this and I was thinking that some of you might have some. I think about temporary control. Something pops in when you're not-- you could be zoned out or it should be "this is how I deal with something" I zone out or I watch TV or I listen to the radio. I'm zoned out. So then that would be a lack of resolution. I'm dealing with my day by turning the music up or turning the TV show on and so something else is taking temporary control of that would be one of looking at it. It also might be an experience where you're-- for example-- you're kind of waiting things and you just lay in bed with your mind drift and they'll all kinds of different thoughts and even conversations in your mind. So when you've woken up, you haven't necessarily put yourself at the spirit really in charge and so there might conversations happening back and forth until you really in your body and you're like "Oh. I gotta wake up now." And you could have guides, guest, a ghost, aliens, chatting away in your head. Has anybody experienced that where there's that kinda you're done dreaming, you've woken up but you haven't resolved to get out of get or to really think your own thoughts and so there all these thoughts that are playing out for awhile. Probably all of you experienced that right?

H: In the past, yes.

J: Okay. So that's temporary control where it's kind of triggered by you've awakened. Your spirit has touched your body because your body is now awake so you're spirit is partially there but you're not saying, "I am owning my mind. I'm not owning my thoughts right now." You just let yourself drift and the word is called drift, right? And so you're kind of floating

along in the sea with all the seaweed and the, you know, critters in the sea all chatting and moving around you. You're not like standing up and saying, "This is my body and I'm awake."

H: No.

J: Right. Does that-- is that helpful, Haruko?

H: Yes.

J: Okay. Perfect. This happens at different times. Not just the waking up sleep thing, so.

H: I get a lot of kind of doubt something. Doubt. All that's in like doubting and something like.

J: Yeah. On the doubting that would be spiritual parasite. So it would be like squatters that are putting doubt into you. I think if I could give you all a gift, the one thing I would say is understand that you are really a competent, confident, loving, beautiful, graceful human being and you're meant to be here and you're meant to enjoy life and anything that isn't that or isn't telling you that is not you. So if you have doubts or if you have shame or you have grief or you have hatred or anger or jealousy, all of those are not you. We'll promise you when you muscle test and you have grief, or you have anger, or jealousy, muscle test is need and you're gonna get a no. It's gonna be a spiritual parasite. It's gonna be a guest, a guide, a ghost. It's gonna be something that is not you because we, in essence, are radiant beings of light and love and that which is not us is part of the journey of this life. It's clearing away and understanding what is us and what is not us and our opportunity is to become disciplined and joyous and blissful and really to stay in that which is us, which is that love and helpfulness and kindness and generosity and charity. You know just understand when you have things that are less than vibrating with love, it's just isn't you. And so you could muscle test and you could get, "Oh that's not me" and you could remove that. You could say that's not me for 5 minutes. You could pump for 5 minutes. You could, you know, clear that energy. If doubt something that reoccurs all the time, you might spent 90 hours clearing everything related to doubt all the way down the list. So does that feel good to you? I mean when you hear that you, you know, well my true core essence if love and light and anything that doesn't match, it isn't me. Is that a good marker for you? Can you see how that would make a difference? And this is for everybody. So any responses are good.

H: I also feel maybe lack of passion. Lacking passion. Sometimes I'm bored. Bored. Bored.

J: And so one of things that you can also do is you could clear those obstacles for passion. You could clear bored or disenchanted with life. Disenchanted with life and bored and you could clear anything blocking you from passion. And then, like I said, I think when we're

looking at passion, I want you to be thinking about, you know, what really brings you bliss, the light, and joy right now and start to amplify that. So if it's meditation is it blocking, is it dancing, if it's contributing to others, is it reading great books. You know, might be making love. Some of you might be making love. So just find that first step to passion. Something that gives you bliss, happiness, joy, and that begins your door open to discovering who are in your passionate life and what you bring to pat your life. And I wanna say that I think that this lack of passion is, you know, something that can be completely be cleared but it takes you owning the body. You saying, "I love--" I just saw an opportunity to go a gala for just like my child and a couple of years ago I was able to contribute this organization and by two goats for 500 women. So I set up 500 women in 3rd world countries to be entrepreneurs so that they could feed their children and they could sell cheese and milk and bring in income for their family and it was really a joy to me. And then earlier in the year, I went into the unstoppable gala and contributed there. I just went to Rising International and that's really saving women from human trafficking and I contributed there and now I'm going back to this gala. So it's exciting to me to be able to, you know, earn the money, and I love what I do for my work also, but to contribute to these other projects that are so worthy and so exciting for me. And so that's one of the things I like. I thought I'm like, "Oh my God. I wanna go to this." because I wanna be around people who are excited about the saint, excited about politics, you know women and children have a better life. So you wanna start with where can you-- first find happiness in yourself and for me then the next step in my passionate and then how do I make a difference for others. And when it falls off, when I don't feel passion like in work then work has become too mundane for me. So one of the things I've been looking at is, "How do I shift my work so that I have a great deal of joy in my work again. " I'm training and I'm teaching more classes online. I'm teaching things I'm interested in. I'm breaking the rules and I'm teaching about sexuality and healing the prostate and healing the orgasm for women and things that I'm very passionate about. I think that'll make a huge difference for people and I'm kind of breaking the sound barrier a bit, you know, kind of taboo subjects that I feel like should be addressed, so.

For me, all of the sudden I got more passion again because I'm actually bringing in some things that I know I can help with. Maybe at some point, I'll be teaching Alzheimer prevention and I'll be teaching parents how to help their children come back to a normal life with autism. So I want you to be thinking about, you know, first of all what makes you happy 'cause you have to fuel your emotional tanks, so what makes you happy and blissful. And so the discipline of meditation daily especially my meditation for you in the quantum field and having a life where you're outside and inside. You know, really using the balance wheel. So having a social life. Having your financial life be set. I think that all really helped with your past back to passion. You might also look at 5 revives and I think we've talked about this in other classes is are there dreams that are unfulfilled and are you gonna fulfill them in this lifetime. So an opportunity came up to go to Egypt. Don't

know if I'm going in November but I've resolved that I'm going in the next 6 months. So the pyramids and the Nile. It has always been something I wanted to do. Also Peru, I've resolved that I'll go in the next 18 months. And so it's really now I'm starting to look at when on the calendar would make sense for me to go and that brings passion. So are there things that you let at one point had said you wanted to do and then you let fall away and can you bring some of that back to the surface where it excites you. It's something that stimulates you. Maybe it simulates your creativity, your spirituality, your sensuality. So I want you to be really thinking about this passionate joyful life. I want you really going for this life that you really love. Is that helpful, Haruko?

H: Yes.

J: Wonderful. You're welcome. Okay. And so we were talking about the temporary control, lack of resolution, or knowing the self. And so that would be not knowing like the drifting in the dream space that we were talking about. One thing that you could do when you awaken is, and your mind is drifting, is you could muscle test, "Is this me? Is this not me?" and then if it was not you which, more than likely, it is not you, you could actually pump. You could affirm, "I am the only thinker in my mind." and clear anything away that isn't you. Some of these is just, you know, the idle chatter stuff is just because you haven't been disciplined to clear it away and I don't want you to be like you have to effort very much because honestly there's just, you know, visiting what my awareness is if you kick them out over and over again ,they don't show up anymore. So it may take a week or a month or a year but if you kick them out over and over again then you wake up and you wake up yourself. And you wake up and you might daydream about "How can I help my students today?" or "How can i help my clients today?" or you might daydream about making love to your sweetheart or, you know,-- I mean like you may drift with something that you actually wanna drift on. Not all these funny nonsense kind of chaos. Sound good?

H: Yes.

J: Good. Okay and-- Yeah.

E: This is Elina. I have a question. How about I notice in my life when emotions take over you like for a minute or two but emotion just so strong like emotion of irritation or-- I mean any kind of emotion. Sometimes I feel I'm stuck. I need to sit down and kind of deal with that.

J: Yup. That is-- that's a squatter. We're gonna look at that. That's a really good question and we are gonna address it as we progress through the class but you're absolutely right and spotting chemistry and emotion that-- when you have a strong emotion overtake you, understand it's not you and then temporarily losing control. So that would be not knowing yourself. You have to sit down and you have to figure out what's going on or you have to clear the emotion? That's because you haven't resolved yet that issue. So there are some

open doors for you perhaps and probably for everyone where you don't have it sorted yet. You don't know, "Well what is my response to this?" or you haven't resolved it yet.

E: Okay. Yeah. So it's like a trigger.

J: yeah.

E: Allow you go deeper inside out and figure out why that situation bring that emotion. Okay. I got it.

J: And the thing is-- what I'm gonna say is the way that is working in you right now, it keeps you engaged with the being that overtakes you with emotion. The way that it's happening right now 'cause you never resolve it. So the resolution would be when you're not going through that experience. Like right now, you're thinking well there's a consistent lack of-- it's temporary loss of control and I can give you an example 'cause I had it about a week ago. When I'm talking with the technology people and they, you know, they're saying I'm not talking their language and I start getting really distressed and emotion takes over me, which is not, which is not particularly respectful or kind. It's an emotion of in my head. I'm thinking, "What's wrong with this people." Everybody is [Inaudible 00:47:24] until now. You know, it's just-- it's not me. That guest that comes in that gets angry or upset with the tech-people is not me. And so then I can later go, "Wow. I felt that elevated emotion that wasn't me. Who was that? What was that? What needs to shift?" And something that I did, I cleared the energy. I did a clearing between me and the two tech-people I had the problem with. I prayed for them and then I saw myself being able to speak their language. They gave me some pages on how they want things to come to them and sort of like learning a language and I pulled the pages out. So any communication I'm doing I'm using those 2 pages on my computer and I'm saying they're right. They need-- you know. You wouldn't be yawn at a French person in English and think that the French person was gonna get it. So the-- for me-- and if that being that comes in that's angry 'cause you don't understand me the way I'm doing this. Don't you know I'm-- you know, you're suppose to understand me this way. I resolved. I cleared the energy, I cleared the karma, I prayed for their well-being, and then I rebooted. I wrote a beautiful letter to them explaining what I was moving through and understand their side of things and knowing that we could resolve things. But-- so that allows me to take-- so now I'm resolved. I know how I'm gonna be with the tech-people. I know myself and I know what isn't me. So if something like anger showed up, I could say this is not me and I could clear it. Does that make sense?

E: Yes. yes. Absolutely. I do the same. It's just like I just feel so in control and own my body but it's just like -- with my husband, he's only want that kind of find a way how to trigger. I think it's not like that like a challenge but as a blessing because it's always helped me more understand myself. I just think, "Okay. I don't have it cleared it." and something

just kind of have a trigger. It's not I feel that much strong emotion but I know the difference. I know it's my energy a little bit shift and I go down. I mean I'm talking about seconds but I notice it right away and dealing how they charge in what the situation was inside of me kind of brought up that emotion out of my body and I'm just thinking , " Okay. If it came up, this time I can resolve and clear out." That yeah.

J: So that's wonderful because here's two things going and it was the same with me. So I'm showing you two things. So one is the relationship with you and your husband and your husband can look like he's taking control or temporary control, right? That can look [Inaudible 00:50:21] or that he's taking ownership of you temporarily. It can look that way on the outside and then there's this spiritual parasites that are surging the emotion. So you have these two different things going on. So the one thing you would do is you would clear karma and energy. Clear your husband's energy out of your body. Clear your energy out of your husband's body. You know, do that whole process. So that's one thing and then you could look at there's probably like 5 or 8 or 10 things that your husband does in a specific that trigger this response, right?

E: Absolutely.

J: And you would resolve rather than meeting him to take your side, you would resolve. I bless him. He's served his purpose in my life. Pray for him. Clear away anything that wouldn't allow you to just let him be himself and then you-- if you see a trigger, you say that's not me and spirit. You know especially in neutrality and this is my other thing, so. Talk about especially with family members and ghosts, we have a harder time clearing things when we're not in neutrality or appreciation for them. So you wanna be in appreciation for them. I mean you clear the energy quickly when it's happening but then figure out what was that just triggered. You know, why does it set off the fireworks in me.

E: Yeah. Thank you so much .Good advice.

J: Oh you're welcome. Okay Anybody else? Lack of-- let's see. Temporary loss of control? Okay then we'll go on to the next one which is ownership and ownership-- we lose ownership is virtually the main reason why lose ownership is awareness and we're talking about the body, the aura, and even sometimes the spirit. And so it's mostly awareness. How many of you have felt since we've done the full body ownership class that you become more aware of what's you and not what's you. I mean, I've gotten some notes from a few of you. Appreciating it. So I know that it's happening but can you see how there's some kind of shifting awakening happening where the more you're aware, the less spirit get in charge of you?

E: Yeah.

J: Good. Marlene do you have an example of that or you're just feeling like life is getting better?

M: Yeah. Definitely being aware of my thoughts, you know, and triggers some stuff on TV that, you know, it's like you know it's all programming trying to program you and so I realize it but sometimes it gets me had, you know, "Gah!", you know. But I just realized, "Hey." That's the way they've been doing it for years and that's what's happening so I just realized it but not let us know maybe emotionally upset.

J: Good. Okay. Now that is an interesting conversation too where it something that's like whatever triggering an emotion in you. So when you test for that the emotion on TV, who's involved with that? 'Cause first of all, you're in trance when you're watching TV so you've shut off one of your brain waves. You have 3 major brainwaves. You shut one of those brainwaves off and then who's responding? Have you tested that?

M: No.

J: Okay. So that would be really great. Let me just do that for you right now. So is it a guide, a guest, an alien? So I get an alien is responding. 1, 2, 3 aliens and ghost. So 3 aliens and a ghost are responding. So understand that isn't actually you when you're having that response. I think that you're understanding that it is not you but it's also the next step is, "Okay. I'm not playing hostess to you using my body to trigger emotion." That's pretty powerful, right?

M: Yeah.

J: And so then what you could do is the first thing you could do is "That's not me" but the second thing you can do is really move them out. And one of the things I do is with repeat offenders, if I say something getting in and triggering an emotion or a thought like that? I might actually go in and clear what I've seen for myself are there are couple of things; Lucifer stop, soul contract, and bloodline for me. So those seem to be-- 'Cause my bloodline was very psychic and very the bloodline itself was very underworld. Very dark. So when I have that stuff over and over again, I find it show up in the bloodline and if you can clear that out for the being that's causing the problem, you're gonna have a lot of traction on getting rid of it permanently.

M: Okay.

J: So in two months, because I've been so passionate about this but I've also been working like crazy, but I've gone from 40 percent body ownership to like 72 percent body ownership. So understand that it's a process and you know one of the things I wanna show you is I'm learning myself. As we go along, I'm learning myself. And so I can keep looking at even our communications Marlene in the emails going back and forth. Some

bugaboo got in when I was out in Manhattan and has affected my Hypocampus which is my memory and I'll be on exhausted that something else. Exhaustion is lack of discipline, right? Because I'm not giving myself the time to exercise and rest properly because I've been going so much. Something's getting in and kind of screwing up with my memory center. So understand that that for me is like a discipline. I've just had been noticing that last 3 days. It was like, "Ah. That's like wild." You know when you're saying, "Okay. So exhaustion for me allows spirit/an alien to get into my hippocampus and screw with my brain." Even though I have a perfect memory, it's messing me up, so. Yeah. Can other people relate to that? Exhaustion? Which is lack of discipline or poor habit, right? When you allow yourself to get exhausted, you have not scheduled yourself freely so that you're getting enough rest.

M: Yeah.

H: Yeah.

J: yeah. Yeah. Definitely. And then memory can go or something else. Really good. Okay so ownership, primarily ownership, the problem with losing ownership is awareness. And so my intention would be in the next few months to move to a hundred percent ownership. So each day, I'm looking at it and asking what is me and what's not me and anything unusual. Anything funky. Any weird thoughts. I notice one other thing, there was this 'we' thing that I would get in my mind. We want this. And I was like, "Wow. That's not me." Anything that has a 'we' on it or attached to me it is not me. So that might be something also that you might notice. It's so amazing like Nina was saying about her inner child. An inner child doesn't need to be satisfied. Inner child is, you now, a spirit that's taking charge.

H: Julie. I have question. What does it mean the ghost? You mention the ghost.

J: We're gonna talk about that a little bit but we talked about quite a bit already, Haruko, in the classes. Ghost meaning family members that have died or spirits that haven't left the body but we're gonna go really into that in a little bit.

H: Thank you.

J: Yeah. Actually I'm not sure if we're gonna get through all of these material. If we don't, we certainly will finish it up in our class when we meet together. We will get to the bottom of all of this, so. I just felt like, you know, we're coming toward the end of the your year and if I can gift you anything really having you be much, much more aware and in charge and in control of yourself would be the biggest gift I could give you of all the trainings, of all the teachings of how I teach you how to regenerate, this would be the most powerful shift I could give to you. And as we shift, as we shift up to a hundred percent full body ownership or 90 or 70 or 80 percent full body ownership, understand that we start creating

a new group experience at a whole group of being supporting towards something which is looking at all those extra spirits that have been inhabiting us on the planet, so. We create a new field of information that a whole group live and empowered and expressing them self.

J: Okay. So temporary ownership. Sometimes a weakness in the mental or emotional body going through something traumatic. I was brutally raped and I would say that was definitely a weakness in my mental/emotional body. I wasn't there. So if you looked in my eyes, you couldn't find me as a friend come over off and on for 6 weeks. And she'd bathe me and she'd chant over me but I literally couldn't even wash my-- I mean like my hair was a mess and I was just in the same sweat pants and sweat shirt for, you know, days on end. So she came over and wash me up and make sure I ate and combed my hair and she'd do chanting over me. So temporary ownership went to the beings who are occupying my body when I wasn't there. So has anybody had an experience where they've gone through mental breakdown or emotional breakdown or some kind of trauma where they knew they weren't there like you knew it was just to like what happened to me was too awful for me to live there for awhile. Has anybody else had that happened or some other thing like a grief. Like someone you really love has gone, has died, or has left you and don't feel like you're there for awhile.

E: I had that experience over year. It's like a depression. It's a grief when my husband died. I felt like I wasn't in my body at all. It just you floating [Inaudible 01:01:01] but you're not owning anything. It's just looking your life by the [Inaudible 01:01:06] but you have no emotion, no attachment, it's just like your body's there but you're spirit is somewhere else.

J: Yeah. And who's running your spirit. You don't have much of a sensation is entities. So it's really interesting. It's not particularly someone over taking you, it's that you've abandoned shipped and entities or guest or guides-- usually it's entities so that are just kind of moving the body around and that's [Inaudible 01:01:37] . Yeah.

E: Yeah.

J: Well my suspicion is probably each of you and on some level has had this experience too. My mind was so traumatic and I can point to it and say, "Oh I really wasn't there." I looked at-- in my mind I looked at some picture of myself in my mind. I look back on myself and I don't think I combed my hair for days. When my friends came over it was kind of discovered that how bad I was and she started coming over and putting me in the bathtub and washing me and washing my hair and putting food in my mouth like a baby. You know, like I just couldn't do anything for myself. So I can-- that was so extreme; I know. But I bet all of you have had that at some point. Some kind of shock or grief or some kind

of traumatic loss where you just aren't there. Even if it's you're not there for a day, a month, a week, a year, whatever. I bet everybody's had that experience.

There's something-- in addition to temporary ownership where we go to-- it's almost like a lease. You know, you rent a car, you leave the car and this is very similar. It is triggered sometimes by grief, Alzheimer's, chemical shift. And so in that case-- somebody else is actually taking over it. Temporary ownership is often entities, what we've been talking about, but a lease might be a ghost might take over maybe sometimes the demon might take over and Alzheimer's certainly is a demon that take over. The angry scary things and it's triggered by chemical shifts typically. So lease. And full take over which is a walk in and so where you'd give up your body to another and that usually is trigger by some kind of despondency. My brother who, I think all of you have met Marty, has a walk in. And I think that at the time of his trauma, different spirit occupied came into the body female spirit. So he's in the process of changing sexes and he's not Mary Grace and has been on female hormones for about a year and a half, so. He's got more of a female body and asset and that's a walk in with his agreement. So he, as a spirit, Marty, my brother, left and the walk in came in. Okay. So we're gonna go on to the next slide. Are there any additional questions or comments on this slide and then we'll move to the next one.

T: How is for the ghost to take over? I'm just wondering. How is it possible for your own spirit to use the body and somebody else just take over? That means that other spirits has just gone? Abandoned the body?

J: Yeah. Pretty much. And we're gonna talk about that-- well I can talk about it now but I do have it mapped out to talk about a little further in advanced. But usually a full takeover is a person is despondent and not happy with their life. And so they are wanting to go another arena and they maybe wanna go off to the astral to experiment in some other realms. Now the body that was made for them, they have karma with and but-- they-- on some level, they have to be attached to the body for the body to continue and once the thread has broken with their relationship with their body, the body dies typically within a few days. However-- let's see. I kinda walked in entirely take over.. yes. So I guess I do get the yes, a walk in an entirely take over if they have some skill in matching the body energy and kind of person who completely leave their body like they've died and I get a yes that they can completely leave their body like they died. And you'll hear people say that. So if you look up walk in and if you hear people talking about, "I'm an alien. I'll come to visit and I take over this human spirit body." I mean you'll see if you google it, you'll see people talking about it.

T: Okay. Thank you. Wow.

J: Yeah. I think we have a little more on that 'cause I know there's some more things I wanna tell you about what. So let's move on to the next slide and so who has partial

ownership for control of your body, field, and action. And we call them guides. The channeling experience ghosts, and walk ins. So these are the ones we haven't really covered yet. We're starting to cover today and then below that aliens, archons, reptilian, snakes, spider, these are all under aliens. Demons, trans-mortals, entities, evil spirits, and human spirits. And of course, you as a spirit, you have ownership and control of your body too. So these are all of the possible things that would either usurp your ownership and control of your body. Your actions, your field, your spirit, or you know, you would be in charged. Ultimately, we want you to be a hundred percent [Inaudible 01:07:09]. Your task who is this by why are they here. Okay. So why do they have control? Let's start with guides because I think that that's a really interesting conversation. Are beings that are often a human spirit without a body, not always but usually, and have control because we've asked them for help or never asked them to leave when they inserted them self into our body, field, or sometimes even our essence. They often occupy the mind and has a great input in what a person thinks, says, and how they respond. They can be responsible for sudden emotions flooding the body.

8 percent of guides are useful and helpful and can be moved out of you. You can interact without them being in your space and that's one thing people don't realize. They like, "Oh. Let's bring the guides in. 60s and 70s brought in this light in and brought all the guides in and they were in your body and you never moved the out." And so removing control and removing them from your body and the first thing that you do is you would inform them-- okay let's see. Who is that. It looks like Marlene. I'm gonna mute you Marlene just for a little bit. There's some sound coming in. Okay. Alright. So the first thing that you do to remove a guide from your body occupation ownership field occupation etchetera is-- first of all you say that the occupation is over. So you need to inform them that you're no longer okay with them owning your space or being in your body. So you need to tell them, "Hey. I'm not okay with this anymore." You can even test is it a guide and then you can say, "I'm not okay with this anymore. We're ending this agreement." So I think that that's really good because you're not clear what's [Inaudible 01:09:17] , what's you. I've been saying, "I am a sovereign spirit in my body. No one and nothing has permission in or around me." And then I quantum pump and clear them out of my space. Now if you felt like the guide has really made a contribution to you and it helped you, you can move them beyond your aura and say, "I'll be occasionally accessing information and exchanging information with you but you but you do not get to live inside me." but for the most part I'm just kind of a pathing. When you think about guides like Jesus and Mary and Krishna and Rama, they never live inside you. They don't hang out inside you. They have a great deal of work that they're doing with everyone and so they're not like living inside you. They're like, you know, coming when you need help and they're leaving and they're respectful. So understand that that is the kind of guide that I wanna work with. So is this clear to people? Everybody get this?

T: Yes thanks.

J: Okay. And then the next slide and the next slide is guest. These beings have inserted them self into your space much like a family member. They definitely knew you in a past life and you likely notice their presence but don't stop them or force them to move on. Sorry that shouldn't be a one. It should be an on. They're responsible for a lot of the chatter in your head typically occupy heart, brain, and occasionally stomach. On the guest side, 0 percent are helpful or good and they should be moved out as soon as possible. Become aware this is not me. I did not think that thought. This quantum pump first time round. Affirm you are. Oops. Something got cut off there. Anyway, affirm that you are a sovereign being and I think I've got that written down here below. So removing control and removing them from your space. Again, inform them that the agreement of body occupation ownership, field occupation, etchetera is over. They will believe that they are part of you and have the right to be here. So this is more like a family member. So they'll pretend that they're part of you. They'll believe that they're part of you and they'll be bit a little bit harder to move out and not so hard though. I'm gonna say it that way but it's just a different kind of moving them out. And again, you have to continue with affirming "I am a sovereign spirit in this body. No one and nothing has permission to be in and/or around me." and quantum pump them out. So it's kind of a process of really you saying, "Nope. I'm not going for this anymore. You don't get to live here anymore. You don't get to distress me or disturb me anymore." So basically, we're really looking at this guest that is, you know, like a family member and I'm not saying a family member but it feels like a family member.

So someone you've known before and just know that you don't get to stay here. And I think that-- when you think about having guest, you know, in your house and you've probably had a guest that hasn't been that much fun to have in the house and then you've had guest that are just kind of spongy and they just kind of meld around you or whatever and you just don't notice them after awhile. You notice them. They're there and they're taking up your space but you've got some kind of agreement with them that they can occupy your house or whatever. So understand that this is very much the same thing. Now I love to have questions or comments on guides and guests because these two are ones that we really happen to dress. They're not like hurting you, they're just taking away your ability to own your body and to really full ownership and to really be the one who's in charge or in control. Comments on guides and guests or question.

L: It's Lina. As you know, when I was at the Ruby retreat, I kept having these guests that were family members and I kept pumping to remove them.

J: Yeah.

L: And they were kind of obnoxious and I just didn't know what else to do. So firstly I don't think there's still there but sometimes they pop in and out. I don't know how to stop that.

J: Yeah. You know what, you have done just a great job. You have stopped it. It's like at 3 or 4 percent now and that was so like over running you for awhile. So I think just you're doing what you need to do. I think these new things I'm sovereign spirit in body. No one has permission to be in and around me and quantum pump and just stay with it. Like I said, with the ones that feel like family members, they're gonna take some time to get out of you. You just have to be persistent. If it takes a week or a month or a year just be persistent because they've really felt like you and so there's way that they can kind of hide out because they feel like it. But you'll-- if you're determined, you'll find all those reason that they can get out.

L: Yeah. yeah. Most of them I don't think I really knew that well or even liked and I didn't even like me. So I don't know if they would be guest or they would then read as evil spirits. So then I have to treat them differently, I guess.

J: Well they're probably guests because yeah. I mean they could be evil spirit but they're probably guest. When something feels like a family member, I do see 0 percent of them are helpful or good and should be moved out as soon as possible.

L. Okay. In terms of guides, lately I've had my guru. I don't think that would be a guide. And I just muscle test it myself are there any guides affecting my negatively and I get a strong yes. And I don't even believe in guides.

J: But understand that there are beings that are influencing your thoughts and those are come under the guides of guides. So you wouldn't necessarily brought guides in even on purpose ever. So if everyone tested right now on the phone and you know discovered, "Do I have guides and do i have guests?" You will all discover that you do. There is not one person on the phone that doesn't. Not one person in the class that doesn't have guides and guests that are affecting you negatively. I promise you.

L: Yeah. I have 16. It's like 16 guides.

J: 16. Yeah. Okay. I just wanna acknowledge, Svetlana I've seen you there for awhile. Welcome to the call. Feel free to pop in and ask questions. We're all gonna work together.

Sv: Thank you.

J: Yeah.

Sv: Can you hear me?

J: I can hear you.

Sv: Okay. Yeah. I just test out that I have 2 percent of guides that's actually not beneficial energy which is I think--

J: I think it's more like 30. 30 percent.

Sv: 30.

J: Yeah. It's a higher number than you think,. Yeah.

Sv: Okay. I just came from the meeting. So could be.

J: yeah. Definitely. And then-- yeah. Anyway, there's some guides in your space that definitely need to get move on.

Sv; Right. Right. I got a habit when I get up in the morning and I do a body spirit fusion kinda of pull my spirit at a hundred percent in. So that helps.

J: Okay.

Sv: If I need help I just ask for it.

L: Should you actually ask for help because you don't know who's coming to help you.

J: yeah I think--

Sv: No. I know who I'm asking for.

J: I can tell you that I will show up for you guys as guide. I'm not living in your space but if you test, you'll test that I'm a guide for you. Does that come true for all of you when you test? I'm one of your guides.

Sv: Well I'm asking-- usually tapping into you when I'm working with someone.

J: Yeah. Exactly. That's what I'm saying. So we have guides like me who don't live in your body or your space but it will show up for you like I will show up for you. So if you ask, I'll show up for you as a guide but I won't show up as living in your body or in your essence or in your field. I'll show up as a guide that helps you. Just like I was saying Jesus and Mary, the kind of guides that I wanna have around are the ones that don't take over my body. You see what I'm saying. There's like a distinction. You want a high vibrational guide. Does that make sense to everyone?

T: Thank you. I think 12 in my body. The rest were actually good. 8 percent is a very low figure.

J: I want want you to do for each of you is just to be more and more aware. I think nothing should be, you know, if you've got 8 percent guides and you've got 20 percent aliens and

you've got 5 percent this, it can be quite overwhelming. When we looked at the numbers of full body ownership and full control of the body, nobody was at a hundred percent. Nobody was at 50 percent. So just understand we're just-- it's not a right or wrong, it's just an awareness. We're just bringing more awareness so that you can take action. You can see where the issues are for you and become more and more aware and more empowered more in control. Okay now there are some questions. Yeah?

M: This is Marlene .Can you hear me?

J: I can.

M: Okay. So you said that you don't have a hundred percent either but do you have all guides, guests, ghosts, archons, virus, and things and all that. Do you have all that moves all cleared from you though? I don't know. Let's see. I'm at 72 percent. I'm been clearing by-- what I've been doing is an investigation. So I went from 42 percent to 43 percent in 2 months. So that's gone up about whatever that is. 31 points in two months. So do I have any guides in my body, in my field. No. Do I have any guest in my body and my field, no. Do I have anything channeling, no. Do I have ghost? But I have pushed that ghost 3 or 4 times to have walked ins now. So obviously there's some parasite still, you know, hanging out. Spiritual parasite that are still hanging out. But the guides and guests, I've been really-- I suppose nobody's in me right now. I bet I have a hundred percent full body ownership right now. Do I? I do. So funny. Right now while I'm teaching, everything is out of me. I just, you know, blasted it all out and I always feel so happy when I'm teaching. So I think the 73 percent is getting up in the morning. That's when I tested myself this morning, I was 73 percent. So at that point, there some guides and guests. There were some stuff that I was like, "Hey!" You know. I think one day-- 2 months ago, I got up and I was on the potty and heard Mylar Sheik and I thought, " Good grief. I'm sleepy and I'm hearing the Mylar Sheik. That certainly isn't me." I was just like thinking that and I got to me start noticing that there were things that were in me, occupying me, in that kind of half sleep zone where you're not really awake but you're not really asleep and that got me really moving things out at a very rapid rate because that was like a troublesome area of my field. So did that make sense?

M: Okay, so. In the morning, it would be good practice to say, "I am sovereign spirit in a body." and still force them.

J: Definitely and I do every morning now for the last 2 months. And I, you know, whatever's chattering, I'm knocking out. That's not me. So yes. Definitely.

M: Okay.

J: I think this morning there were things that 2 guests that are uninvited guests that were chattering a little bit and I stopped them right away because it's immediately like I'll ask

within a minute or two of walking up, "Am I Julie Renee Doering?" and if I get a no, which I typically do, then who's there and I get rid of the guests and I test again and I get a yes. So it's probably like one of my last places where things can get in and I would say the other place for me is, you know, I overwork. I get really exhausted. I do too much. So when I'm out of balance, that's lacking discipline. I'm aware of that now. So that will allow things to come in which I don't want. I'm not in agreement too.

So I think ultimately, you know, as we go through these pieces one by one, we can take full body ownership. We can really be entirely and completely in charge of our self and I don't think it's an overnight process and I don't think it's just about pumping. It's about you being aware when there's something in your space that isn't you. It's a really good question, Marlene. Thank you.

L: Julie?

J: Yeah?

L: A lot of times in the morning when I wake up here in the house, it sounds like I'm programmed and fat and won't channel my head and that's like when I think and think and think and then like this morning I just like switch a car. Okay I can. I made myself aware I can switch. What I wonder is that one thing? You think that's something in the house here or it's something I'm allowing in from this area or from my family way of living my life. I mean what I grew up in?

J: Yeah. It's definitely spiritual parasites and it doesn't have to do with an outer experience. It has to do with an inner experience. Something that you're letting in. So I would not attribute it to the location. However, we just looked at that it would be good for you to move out of that location. So that would be good. But it's really wherever you are, you need to take the next step of discipline and test when you wake up, "I am Lina or not." you know. And if you get a no, then you're like, "I'm a sovereign spirit in this body. No one has any permission to be in or around me." and pump until you get I am Lina.

L: Thank you very much.

J: Oh yeah. You're welcome.

Sv: Julie. I was wondering if there is something you could validate for me because I just muscle tested. A lot of the times when I see if I'm okay and then when I wake up I seem very tired and I feel that maybe I'm leaving my body and going off and doing things on other dimension and so I just muscle tested as to whether I was engaging with aliens or they were engaging with me while I was sleeping and I tested yes.

J: No.

Sv: Okay. Thank you.

J: I'm getting the kind of rest you're getting isn't really good rest. So I think there's maybe some sleep protocols that you might practice. I don't know if you're going to sleep early enough or the rest is really restful rest. You could set your body on para-sympathetic system. I think that when you go to sleep sometimes, you have your nerves running and you never really get into that rejuvenative restorative sleep. So that would be something that you wanna work on.

Sv: Shall I just listen to one of your meditations as I sleep? Do you think that would be helpful?

J: yeah. I think that'd be helpful and while you're sleeping, you can play the Vadic mantras. I know that you had a little trouble early on a year ago but I don't think they'd be any problem for you now.

Sv: Okay .Thank you.

J: Yeah. Snesana. I think I saw you wanting to ask something.

S: Yes. This is me. My question is; since all this like outside the lesson. Happen during the night. Very often. They're not controlling our self like-- that's when I'm sleeping. Is there anything you can sense or suggest [Inaudible 01:26:45] to do before we go [Inaudible 01:26:47] back. [Inaudible 01:26:49 to 01:26:54] body.

J: Yeah. I don't-- by the way, I don't see lots of stuff overtaking people when they're sleeping. It's in that space between sleep and wakefulness because understand that a sleeping body isn't that useful to a spiritual parasite or a guest. A sleeping body is just a sleeping body. The one place where it's very odd is sleep walking. Someone else takes over your body. Has anybody had the experience of sleep walking?

T: When I was younger. Yeah.

J: Okay. That was being another spirit taking another body. For the most part, spirit don't have much to do with their body when you're asleep and you can set your body in a safe field to meditate. I do sleep meditation. I don't know if I one up on the site that I sell but I definitely taught that. I'm happy to record preparing for sleep meditation for you guys. So next time I'm in a studio, I'll do that. But I would, you know-- wanna set your body at rejuvenation and then you could clear like bloodline and Lucifer stop and [Inaudible 01:28:09] to come in but then ultimately you just have to clear out who's been there. Once you've cleared out who's been there, I notice it's getting a tiny like I think it used to be 27 boys, there's 2 this morning. So understand that it's getting pretty quickly where I'm shutting all of them down. I'm moving them out and it's really awareness and discipline and really the commitment that I value full body ownership. That is important to me and

a lot of times with women we're so social and we wanna have everybody feel good around us that we have a different idea. It's not like we want spirit guests or parasites in us but our nature is to want everybody to be happy and to be everybody be peaceful in our space. And so rather than valuing full body ownership, we might value serenity or something. And so what I'm just giving you is this new concept of you can be entirely in charge of your body and you can just move them out. Say, "No. I'm not in an agreement with you making noise in my body. It's disturbing me. Go away. " and then you can quantum pump then, you know. Is that helpful, Snesana?

S: yes. Thank you.

J: Very good. Tammy, did you-- I see you light up occasionally. Are you wanting to say something?

T: No. No.

J: Okay. Alright. Well your phone number doesn't show. It's just a blank. you and Lina. Are you guys Skype? Did you Skype me?

T: I'm on Skype, yeah.

J: Okay. Now I see who it is. Okay. Very good. Alright. So let's move on to the next slide. So we're leaving guests and we're going on to channeling and I wanted to address channeling because I feel that it's important and sure some of you have had good experiences with channelers and some of you have negative experiences with channelers. So I just want to address it just touch on it because it is kind of like bringing a guide authority to the body. So when you channel, at some point, a decision at your part to share your body whether for entertainment or of knowledge, the thrill, or even experimentation. They can be from races other from earth but they are essentially human in nature for you to channel them. There are famous channels like Ester Hicks who bring in a group of beings, the Abraham group, and at any given time, 6 to 8 human like spirit who use this mode for expanding their ideas, observing humans, and helping. And I had tested a few years ago, their average vibration was 600 and let's see. And their average vibration-- I tested 6 of them, now there's 8 of them. Their average vibration is 670. So under enlightened mastery. They could have been born and taken bodies, so understand that these are spirits who could've been born to a woman, had a body, rose up through the ranks as a leader but they opted to make an agreement with someone in a body feeling they would have more impact, wastes less time, and there was something channeling a spirit doing magic like channeling, chatting, revealing truth, that is entertaining or enticing to the human population. So that would be one of reasons they would come through as a channel.

The difficulties of channel. Spirits are not in the vibration the body is set to. So overtime, the channeled spirit or spirits can fry out the body. In other words, some of the glands, the organs, the system age the body more rapidly. 40 percent of channeling has some positive effect. However, I personally do not recommend it. So there are some really amazing spirits who are channeling through human bodies. I think that it does serve to really entertain and intrigue people and so they do have a strategy and, you know, place but-- it's so funny 'cause when I went through-- all of what I went through in my body so that I can make a difference with humanity physically. I came in, I had a difficult challenging life. I learned all of what i learned. I remembered what I remembered and I wanna get humanity. What's an interesting thing is ester shares her life-- ester hick shares her life with all of these spirits. So she does not have full body ownership. She has like 5 percent body ownership when you test her. So very little body ownership for ester that was she wanted to do. She wanted to do a community collaborative thing and it is helping thousands or millions of people, so. That's what she's doing. Are there questions on these? No questions on channeling?

Sv: I know people that do it and you do get some-- I don't know if you wanna call it advice but, you know, very different ways of like 'I've never thought of it that way' that was something I probably wouldn't come up with my own but it was something that it could work. So I mean, they could definitely be a positive influence but just don't take as, you know-- just don't take it as that you must do it or the gospel or whatever. Just gonna look it for yourself. Is that what you would recommend or what?

J: What I would recommend, I wouldn't let into a channel myself because I feel like my direct communication with the divine is the most important but if you were listening to a channel then I would test to see the vibrational energy of the channel, the channeler, that what's being channeled. What's the vibration of it. Is it over 400? Is it over 500? And then I would test the vibration of the advice that they gave you. You could test is it 200? Is it 500? Is it 600? Does this have value to me? A hundred percent, 20 percent, 30 percent, 40 percent. You could test it that way too.

Sv: Okay.

J: yeah. I'm gonna say, like I said, 40 percent of channel has some positive effect. So 40 percent of channelers bring in some information. So it's not necessarily negative. I'm not saying that but what I am saying is that you are a sovereign spirit in a body. You have direct access to the divine. You could get your own information to. And yes it is interesting, it would be just like talking to another person in a body and them giving you advice and then you'd like take it with a grain of salt and you look, " Does this advice match what I need right now?

Sv: Okay.

J; Thank you.

Sv: Julie I have another question. It's not about channeling but it's about the Tarot card? I have done it one time. Is that something you would recommend?

J: Say it again. The what?

Tarot card. Some people that use tarot cards.

J: Tarot cards. No. Tarot cards are fine. The cards can speak to you .They can give you information. Just understand that you'd make it really clear to the cards that that you don't want them in your body. We're willing to look in their information. So I think the Tarot Card, there's all kinds of different cards that you can use to gain access to information or runes. i don't think there's something wrong with it. I think again it has entertainment value and it may be helpful, so. I don't know. I've used card occasionally. I find them a little fun. You know when I'm like moving through something, I'm like get information on another level. I've not used cards or runes much the last 3 years because I feel like I have direct access to the divine and I look directly to the divine for answers or just looking into the blueprint. I think they're just kind of fun. So that's my opinion on the cards.

Sv: I just think it's kinda scary and I'm just wondering what they're communicating with. What generally?

J: Well. You can test the energy of your cards 'cause you might just clear a way in any evil spirit or anything that's harmful on the cards. I mean I've got a bunch of different cards like the love cards. I actually have relationship cards. I have, you know, you can test the energy vibration of the cards that you have. So I've got flower essence card. You know, I mean just test the vibration. If it's a low vibration either clear the vibration or get rid of the cards.

Sv: Thank you.

J: Yeah. Okay any other questions on channeling? Then we'll go on to the next slide. Okay. And this week I did promise we would go through ghost a little bit more and so goes after passing the disembodied spirit has the choice to move on or to stay. Often when a spirit stays as a ghost. They do now have a choice. Meaning they did not cultivate their vibrational signature high enough to move to healing temple or had no faith. A belief in a heaven nirvana that their spirit would focus on at the time of passing and move to be with those of their belief or grouping. So I wanna explain this a little bit more so you really comprehend what I'm talking about, so. You're in a body and then your body stops living. The heart stops, you stop breathing and then you're not in a body. You step out of your body and you have a choice to move on and people who have a Christian faith they have a strong belief and Jesus, Mary, whoever they're strongest belief in their faith will actually

be their waiting to help bring them, usher them into heaven or family members. So that's one thing. When you have a particular safe and then the heaven would be like a heavenly realm or a temple. Nirvana. There's belief in paradise. I've seen with Hindus. I've seen like the goddess, the love goddess, or the sex goddess come to usher the person out of their body. Islamic tradition, I've seen them being ushered them into their heaven different to the Christian heaven. So understand that there a groupie of spirits. Also there are groupings here--- and those spirits [Inaudible 01:39:57] interesting things.

They can be scientist and artisans and they will also go to like an amazing healing temple. So I'll see on the astral of the whole group of scientist together. I'm very delighted. Their energy vibration is relatively high and they are in the pursuit whether or in body or out of body. They're in the pursuit of knowledge and discovery and contribution as with artist. I've seen artists in healing temples or realms or however you wanna call it where they move on and they continue their artistic expression in groups in these amazing healing temples. So I've also seen the Christian mythos of the heaven, the hell, and purgatory on some level all of those do exist. And so I see oftentimes that hell actually gets experience for the lower vibrational people even in bodies on Earth. And on some level, wherever you are at the time of your death is what will take you into the afterlife and what I mean by that is where your vibrational level is, your belief system is, that will take you into your afterlife. The people who end up really being ghost tend to be in a very, very low under 100. A very low energy vibration with no religious belief. So you don't have to be a high energy vibration to-- what do I wanna say? You need to be in a higher vibration. A vibration of joy or love or at least happiness and don't have to have any spiritual or religious belief to move into a beautiful place when you move out of your body.

However, these people who have low every vibrations at some point 'cause I wanted to move some of the lower energy vibration, ghosts, I've called Jesus in and they said they're just really too low for us to take them up. Anywhere. We can basically look like to me as a sarcophagus. So they take the spirit and the spirit rest for about 70 years in a healing sarcophagus and are given the opportunity to move into something where they're cleaned up or their spirit is cleaned up and they're able to either contribute or come back into a body and move forward. So clearing-- so I will take questions on this right now and then we'll talk about what clearing ghost in your body. What that's about. So I know that I've given some interesting concepts. I've maybe haven't been cleared as I'd like to be but would you like to ask me questions on the transition to afterlife and then let me just say also about 21 percent of people who leave their body do end up going into sun version of ghost for awhile if not for quite awhile. So I take questions now.

M: Julie Renee. This is Marlene. You said that I had 3 aliens and one ghosts. Do you know if that would be my dad since he recently passed or is that not?

J: No. it's your dad.

M: Oh it is. Okay. I kinda thought so.

J: yeah.

M: Okay.

J: Yeah. Okay. So any other questions on this is idea of what happens to the spirit when we live the body and then we're gonna go to clearing ghost so that 'll be the next thing.

T: Maybe you can let me know what I should do, in this case, for clearing.

J: Definitely.

T: Ok thanks.

J: Yeah.

H: I have a question. Does my emotion or maybe my biological father? Still in me as ghost?

J: Yeah. Not anymore, Haruko? That one is--

H: Okay.

J: Okay. And when we talk about leaving the body and moving on that's one thing and when we talk about maybe 22 percent of people who die become ghost for awhile if not for a long while, that's another idea and not all ghost obviously live inside people. A lot of ghost just move around on the planet and go to Las Vegas. There's millions of ghost in Las Vegas. If you get creeps in Las Vegas that's why. Lot of low energy ghost in Las Vegas hanging out. Okay so clearing the ghost requires that you consistently tell them you are not in agreement with sharing your body .So you consistently say them to them and then clearing them being consistent is the most part of getting free of ghost. So if not necessarily one time. You can clear it, you can get to zero and the next day they'll be there or 5 hours later, there'll be there again. You can attempt to move them into a healing temple but they will get it the 10th or 5th or 20th time that you move them out. Oh I'm not supposed to be there anymore. It's not like they're stupid. It's like they don't have a lot of information because they're not actually accessing a body and in the way that they are, they don't have a brain to process through, so they don't have their information. So you have a family member that keep showing up in you. It may take 2 weeks or 3 weeks everyday twice a day moving them out and just reminding them, "I'm not in agreement to having you here. I can bring Jesus in and move you to the other side." or "I can bring Buddha in." or I can bring whoever and to move you to the other side but you can't live inside me. Is that helpful?

One thing I wanna say is it gets a little hard with ghost and it's because we have some emotion around it and we might get a little stimulated or angry or upset with them and i want you to just remember that to relax and to ultimately you'll succeed. So breathing deeply in owning your own body and saying, " I appreciate that you have gone the transition. I care about you but I'm not willing to share my body with you. " and then clear. You know just making over and over, "This is my body. This is not your body. This is my body. You're-- to live here." and no emotion with it. 'Cause the emotion actually gives them a foothold into you. So it gives them an anchor into you. So just kindness and just neutrality. Kindness or neutrality. This is not your body, you don't get to live here. Kinda like a child who's misbehaving and you just-- you're not gonna beat the child or get angry with the child. You can say, "No. That's not safe for you. We're gonna go to the other room now. No that's not safe for you. I'm gonna put you in the other room now." So that's kinda what we're doing with that. And then, you know, ghosts can show up that have nothing to do with you also. I've had because I've been just kind of outspoken now.

I am willing to teach people about spiritual parasites. I had like 5 ghosts show up after I did the Darius show couple of weeks ago and it took me 2 weeks to really get all of them out. They were just clinging like there's no tomorrow to me and I would clear them out and they'd be there again and I clear them out and they're permanently out. They're not there anymore. But understand it's just consistency. I check and I was like, "What was the line that i'm in that was bloodline?" Lucifer stop and a soul contract. So In this cases where it's spirit occupation, you really wanna check those 3 things. It might be something else too. So you can check the whole list of 32 things but those kept consistently coming up for me when I was looking at things that were popping in that didn't belong there. So once you've cleared amplification, perception, emotions, DNA, bloodline, and then you have something show up uniquely. It might be some different version wired into your bloodline or some different version with a Lucifer stop. So you just wanna clear that too. So you cleared them and you cleared the reason that they could come in. Does that make sense to everybody?

All: Yeah.

J: Fantastic. Okay we'll go to the next slide. Okay. Walk in. Actually this is the last slide so we'll be able to do questions and answers but we have some more to do. So let's go ahead and do this. Walk ins, these are humans or aliens. They've made an agreement with you as a person who feels that they've done all what they want in their body and want out. Often the one leaving disenfranchised or disappointed and wants to move on to another realm and learn and develop elsewhere. So that would be a reason why people would leave and allow a walk in to come in. There's also a possibility of a partial walk in. And actually 3 of the students in this class are sharing their body with another, intentionally, though not necessarily consciously. So can you think about that that maybe

you've made an agreement with somebody? Maybe you're sharing your body partially with either a spirit or alien to have them have an experience too.

L: Julie Renee.

J: yeah.

L: Oh. Sorry. You can hear me? Sorry. This whole time like I was talking and you can hear me so I was just checking. I had a few questions on ghosts but for some reason I couldn't ask because nobody could hear me. So I had to dial back in.

J: Lina looks you dropped off the call for a second and you appeared as the most recent person to come to the line as people come in, they're muted and the minute I can see that they're there I was talking so I was looking at the-- I wasn't looking at the screen where you were muted. You must've dropped off for a minute.

L: No. I couldn't drop the call. I was talking and nobody could hear me. So I don't know. Anyway, something weird going on with technology.

J: Because you dropped off a second or two and you reappeared and when you reappeared the mute button goes on to you. So it just is so when somebody comes in to the call, they're not making noise when they come in to the call. So I didn't notice that you had dropped off the line and come back. So I just had to unmute you which I did.

L: Oh. Okay. Thank you.

J: What would you like to ask?

L: I just tested and maybe my testing is off that I'm one of those 3 people that has a partial walk in. Is that true? I'm kinda like concerned.

J: It's true and you can end the relationship with that spirit because the partial walk in it was like 13 percent. So you've been sharing your information in your body with somebody 13 percent. I think you should just start working on ending that relationship 'cause I don't see it being helpful for you and when you're sharing the experience with someone else, that maybe usurping a lot of your authority. Maybe some of the reasons why things go as quickly or easily for you is other people 'cause you have-- there's 2 of you in there.

L: Do I have to identify who this person is in order to clear?

J: Probably. But I don't think you have to get a name. I think you just have to identify that it's walk in and you start saying, "Listen. I'm into agreement to this. I obviously at some point but I'm not anymore and you need to leave." Think that'll happen relatively quickly because you were in an agreement and some point so I think it's gonna happen pretty quickly.

L: Thank you. It's just a bit shocking to me that's all.

J: Well I'm glad that we're touching on it Lina because, you know, if I think giving you full access you being yourself completely and it can be shocking or startling and then it can be 'wow this is great information I can let go and move on' you know and I can be entirely myself. And each time you've taken a step, you become more and more wonderful and look at how much fully functioning you are. So this is just one more of those big [Inaudible 01:53:30] awakening. I wouldn't make it a bad awakening. I'd just like, "Oh. So that's why some things have been difficult." And then rejoice in the knowledge and move them out.

L: Yeah. I'm so [Inaudible 01:53:42] . First the thing be shocked. So I just say the sovereign statement and pump with being away or whatever it is.

J: But you can also say, "I'm not agreement to you anymore. I need you to leave. " You can communicate with this being taking up 12 percent of your space for awhile. So here's you. You might just leave it on its own. I think you're gonna have to pump. I get you're gonna have to pump.

L: I don't have to identify who this is.

J: We can hook on that too. It's just that it's a walk in and their blood line and Lucifer stop and those two are definitely are allowing the things to be there.

L: So that was my question. In relation to Lucifer stop, I thought that all of us in the immersion class removed in from the blueprint and then we also sort of separately each of pumped the Lucifer stop until they go 100 percent clear. I'm just not sure why you are also getting Lucifer stops--

J: I wouldn't do that because we can clear 100 percent in the way that we clear it and then there can be a relationship with a spirit that you were thinking that you were gonna clear because you didn't know it was there and now you know it was there, you wanna clear it and so what we're reading is a Lucifer stop. Whether the Lucifer stop is with the other spirit or just with you, there's a Lucifer stop involved. So I wouldn't just assume that all Lucifer stops, even though we've cleared all, are gone because there have been things that more completely off that radar that you weren't looking at when we cleared the Lucifer stops and honestly my feelings is yes we've cleared from the blueprint so Lucifer stops go away in like 2 minutes right? They go away so fast. It doesn't take any time at all to clear a Lucifer stop does it? It's just there. It takes very little time. 60 seconds. 30 seconds. At the most 5 minutes. But usually it's gone within 2 minutes. So understand we've cleared it so that all you have to do is just remove it.

L: Okay. Is it possible to sort of really-- if we tinker with the blueprint and this is just for information obviously. I'm not looking to do that right now but if you tinker with the blueprint

and remove all their issued around human beings having full body ownership then when we clear for full body ownership, it's just faster.

J: I don't know how you could do that with a blue print on full body ownership. I know just the words 'full body ownership' were more than a hundred hours for me to clear but then there was betrayal which was more than a hundred hours and there was-- I mean all the things that you'd clear, I don't know how you would clear that in the blueprint. I think what we're doing is we're shifting reality for humans. So maybe it could be tinkered with but it would be on the astral and then it would be all the people who had bodies or had been born to be people who had bodies that were under the old rule which still be affected and you'd have to clear it. Where a Lucifer Stop-- where we cleared Lucifer stops from did I clear them from the blueprint then that means that instead having hours to clear the Lucifer stop, you have a second or two because it's no longer connected to your blueprint. So it changed dramatically but you felt it changing from the person them self and part of it because we came to learn and to grow and so nothing is automatically removed from everybody. It's removed from the blueprint and if people don't need it or want it, it can disappear. What I've noticed is that when with firm results, people say I'm not willing or in agreement to do this, you don't have to necessarily even quantum pump. If your mind believes something so fervently, it blasts away the curse or the Lucifer stop or the effective bloodline. The mind and the quantum pump really do a great deal to remove things.

L: Fantastic. Thank you. I feel better.

J: Good. Okay.

M: Is the beginning that I had the 1 ghost and 3 aliens. Now would the be a part of partial walking and would that be all 3 or is one of those me or..?

J: Yeah. You are also one of the people who has a walk in. It's an alien and it takes up about 5% of you. So I would definitely be on the clear that out. I get a 'it is not helpful to you.'

M: Okay.

J: I guess it could help you with technology. I would just say I'm not in an agreement to having you here and move it out.

M: Okay. Now you mention that there was 3 originally earlier today so is that only one of the partial lock in and 2 are not. I don't know what does that mean?

J: Only one is the partial lock in and 2 are not. You know, aliens can just be show up as pest that they're in your head or they're in your body. Parasites or pests. That's what the other two are pests.

M: Okay.

J: yeah.

M: Okay.

J: One of your alien is partial walk in meaning it's owning the body. 5 percent owning the body.

M: Ooh. Okay.

J: Yeah. You wanna move it out and honestly with you I'm looking at it and it looks to me like that it's happening because of the technology stuff and it's like you had a relationship where you wanted to master technology or something and you had an agreement to let some help come in from another realm and you got an alien who's partially owning your body with you. So you don't want that in there anymore. You don't need it.

M: Okay. So it's really not helping me with technology anymore or even if it did?

J: It could be helping with you with technology but I wouldn't let anything own my body. I wouldn't let anything be a walk in. You know, so you can have help but it does-- it can be like outside of your field, in your aura, and when you need some help, you can get some help, you know. I wouldn't let anything beside me.

M: Okay. Got it.

J: Yeah.

Sv: Could you please test me because I get some doubtful testing on that.

J: yeah. You have a walk in to, Svetlana

Sv: Yeah. That's what I got. yeah.

J: yeah. It's pretty significant. It's 22 percent owning/occupying you. So that's another thing where, you know, maybe you got someone disassociated when you went through so much difficulty with your body and you had someone there helping you.

Sv: yeah.

L: Julie Renee. This is Lina. I tested that I have but you said only 3.

J: Lina do you have a walk in? No. I don't test that you have a walk in, Lina.

L: I don't? Okay.

E: This is Elina. I need help to Julie Renee please. For some reason, not long time ago, maybe a month ago, I had very traumatic experience and I just wanted to sure what I don't get any walking that other person. They just kinda transfer because I was so open in the situation just to be sure what I don't have. May you please check me for walking.

J: Yeah. I think for like 93 or 97 days or something, I do see something. Yup.

E: Okay. Yeah. It was. It was just really my traumatic experience.

J: yeah. It's-- stay alright now. yes. So the answer is yes and what percentage is affecting your body. Wow a heap amount. 50 percent. Okay. So that's gotta get kicked out immediately, right?

E: Yeah because I know it has drained away. It's drained-- I kinda want to share with you probably November the story but I mean it was just unbelievable. It was a good [Inaudible 02:02:46] but in the beginning everything funny going through it just like wow. I'm just amazed. But I know it's a lesson learned but when you're so open and helpful then other stuff from other people, they can just kind of jump for cheer.

J: That would-- you would wanna clear your bloodline were the reasons for that because that used to happen to me all the time. It does some but not as much now. When you think about the volume of people I'm helping and you know I'm getting less and less of the nonsense and you wanna look at why it happens and clear that. Not just clearing the spirit from you but clearing why it's happening each time you wanna kinda figure out, you know, what's leaving you susceptible to that and for me it was bloodline and then the other idea of I used to just be like a communal gathering for spirit. I mean I was just like everybody to be happy and I wanted to help everybody and-- Yeah. And I just misunderstood that-- I didn't understand that how would I help everybody is that I would sovereign. I would have this one body and one spirit and then I could help by, you know, the way that I teacher or the way that I help interact with people. Didn't have to have, you know ,a thousand spirits in my body. At some point, I'm sure I had a thousand spirits in my body. So that, you know, it's a shifting and understand that you become more and more powerful. I mean you become sovereign that you make a bigger difference. A much bigger difference when you're a single spirit than when you have a hundred thousand spirit in you.

E: Thank you so much.

J: You're welcome.

H: Julie. Could you tell it to me?

J: Yeah. You don't have a walk in.

H: Thank you.

J: Yeah.

Sv: Julie. I'm sorry. I tested and it's not an alien. It's micro-worker spirit that came in and I feel like helping it with my work.

J: So my suggestion. I'm not telling you that you don't have this walk in. Like what I saw with Marlene's agreement that it helping her but I'm suggesting is that you don't have to have them in your body. You can leave them at your field. So you'll never have full body ownership and you'll always have to deal with 2 spirits. All the information you have to clear for 2 spirits; not 1 spirit. When you have 2 spirits in your body and in your field. If you have them outside your field, they can be a guide. They can be respectful and they don't have to be inside you. They don't have to live inside you.

Sv: Okay. Thank you.

J: yeah.

S: This is Snesana. What about me? Do I have any walk ins?

J: I get a yes too. So what I tested with the three that were affecting people negatively 'cause it does seem like there are some of you who have walk ins that are not affecting you negatively but are owning your body. So I get a yes Snesana and I get it like 12 percent. With Elina it was like 50 percent. So you know, my feeling is for you guys. Move them out. Just move them outside of your field. If you like what they're offering you information-wise just say, "I'm not willing to share my body or my essence with you anymore but I'm very happy to collaborate with you." Like have a mummy outside of your aura.

S: How do I remove them? Quantum pump too?

J: You say, you think, "I'm not in agreement to have you in here. This is my body and my sovereign spirit. I'm a spirit in a body. I'm not in an agreement to have you." and you pump.

S: Okay thank you.

J: You're welcome. Okay. Any other questions?

T: I was just wondering like you said that you know at the time of death, whatever the vibration is, death will not bring after life you get taken to. So I'm just wondering, so people who go-- who die in their sleep or in a coma or when they're not well but they're really good people--

J: Yeah. Then their vibration what their vibration was. If you-- like if I went into a coma, my vibration still wouldn't be anything more than-- it would be 17 hundred. Its what it is. If I was in a coma for 10 years but I went into a coma in the state that I'm in, it would still be a high vibration.

T: yeah. But it's a trauma experience you died with and your vibration--

J: Well I'm gonna say that there's time that people sort things out at the spirit they say goodbye to their family members. Given my experience with dying, I was hit by a car, thrown out of my body and it was very quiet. It was just very quiet on the other side. I actually didn't have any pain. So when I came back into my body, it was pretty shocking but I wasn't in my body for quite awhile. I had my-- I was looking at my eyes kinda like a tunnel but I don't bare it within my body and i didn't feel anything. So if I have moved on at that point. There was an angel saying, "Stay with your body, hunny. It's not your time." But if I had moved on, the trauma of being ran over by a car and thrown to the air all that stuff wouldn't have really affected me or stayed in my field. Do you see what I'm saying? It was just immediately on impact, I was out. So it wasn't like brutal. Now I know that there's use in that kind of stuff also. So I just wanted to give you that I'm aware of that if you have some kind of accident, it's pretty instant when you're out of the body. The body takes off, it doesn't wanna experience that trauma. Then most humans, I'll give you the rest of this, have about 6 weeks on the planet before they literally live. So it's not so instant like the minute you die your body stops. You rush to the other realm. Yes, they'll be spirits potentially waiting for you. Family members, or Jesus or Mary or whatever but you have a little bit of time. You're not a ghost. You just have a little bit of time to say goodbye to family and friends. I had distant relative, my mother's 3rd cousin, showed up at my house and I had never met him. I didn't know anything but because I was part of that family, he came to the one who was a seer. I saw him walk in the front door in my little condo. It was probably like 5-6 years ago and I said, " You need to leave." and he said, "But I'm your relative." and I said, "I don't care if you're my relative or not." and he convinced me that he was my relative and I said, "Okay. So here's the thing. You can come back in six weeks and I help you get back to the heavenly realms but you are not hanging out with me for 6 weeks chatting." and so he left. So there's this kind of making peace with your family members which you have time to do and I've seen that numerous time when I've had clients who their father died or they died. They came to me-- this is years ago-- one has stomach cancer. One had a stroke. Watched them leave their body and then what their experience was on the other side. You know to kind of go to their funeral and see all the people and then be kind of sad that they're not in in their body and then move in to a heavenly realm and let go or make a decision to stay for awhile and watch the grandchildren for awhile and just stay. So I see that there are various versions. The fantasy Hollywood thing of you leave, you die and all of the sudden you're taking to heaven; yeah you have that experience of the white light or the tunnel or whatever. You're

leaving your body but most people have the experience of being able to go and say goodbye to their family members, to witness their funeral that kind of thing and make sure that everybody is okay or that they've completed everything they wanted too before they leave this realm. Does that help?

T: Yes. Yes. And I just tested, I think I permanently cleared the partial walk in. Can you please validate?

J: I get that. Yeah.

T: Lucifer stops and bloodline so it doesn't happen.

J: Yeah. You just wanna test it a few days in a row and maybe test it a month out because permanently clear is a yes. I get that as a yes but I also want you to look into the future. You know when you're in the future to see if it didn't come back to visit. But I think one of the things is, you know, when you have a spirit that's been in collaboration with you on some level and year now. No way I don't want you here. They probably can move on to somebody who is less aware and certainly this class all the walk ins are also learning with you. They have to find somebody less aware.

T: Right? From removing their information if they get really persistent?

J: You can do that yeah. But I don't think you're gonna need to with walk in. I think those were in collaboration with you and if you're not agreeing anymore then they may come back once or twice to just kind of double check can I sneak back in here but hey're not gonna stay.

T: Thank you.

J: Yeah. Okay.

M: Julie.

J: Marlene?

M: Yes. Just one quick question. Wednesday was 6 weeks that my dad passed but we are having his memorial service with the family next weekend. So I'm wanting time lies what would there be a good, you know.

J: The thing is you can just-- he can't live in your body. So you just get it out of your body. Dad you can hang out with me you gotta say in the patio.

M: Okay.

J: You know, I know he's confused and I can see that but you just put him on the patio. Just sit on the lunch chair on the patio. That's where you're gonna hang out.

M: Okay.

J: This is my body. So I know. He's gonna come to himself. He's beginning to heal. You know, but he's confused. He's like a 2 year old right now. So just stay in that chair and you'll be fine

M: Okay. So after the memorial service next weekend would that be a good time to say "Hey. Do you wanna assist, you know, ask Jesus to assist you home?" or would be a good timing after that or what would you suggest that?

J: The grave and actually during the memorial service you can just imagine-- he's a Christian, right?

M: Yeah.

J: Yeah. See imagine Jesus coming in and lifting him up.

M: Okay.

J: Yeah.

M: Okay. Thank you.

J: You're welcome. Okay. Well there is so much material here for you guys to work on and muscle test and clear and understanding that this is a lifetime project and again we're always looking at more awareness and I was looking at what would be the biggest contribution as we're kind of coming closer to the end of our years together, I felt like this was so important to show you all of the steps of this and all of the pieces of this and then you can make your own decisions. So if you have a walk in that's helping you, you might make a new arrangement just so that you can have the joy in your body of saying-- you might make that decision of, "I'd like to keep collaborating with you. Are you willing to not live in my body?" So that would be something that you could do and you can experience that. You can. You can still choose to have that walk in stay in your body too. Not saying that I have the absolute authority but you'll look at what it cost you and it might cost you full self expression. It might cost you, you know, other things like relationship things it might cost you. There'll be a cost to having sharing the body. But like I said we all come and learn in different ways and there's no right for anyone. There's just your way for now until you choose another. So let this just be an awakening. An awareness. One of the goals that we had, of course, was full body ownership but full body ownership might be 70 or 80 percent wonderful for you in this life time. Understand that all of that you accomplished in this life, you bring into your next life. The more that you own your body, living your body, control your body, that will be your next experience in the next life also because you've set a new pattern and then the other thing is what I felt like with you guys especially the last 3 months is we're been working on this new field and we began with

just the 8 or 9 of us that we are but we're creating this new group mind that it is possible to have full control and full body ownership. And so as we move up and we increase our power in our body, our relationship with our body, then we set this new field that other people can step into a little more easily and that's another way to change the blueprint. We change the blueprint by getting a group that has shifting way up. So that's another thing that we're doing. It's wonderful. And just [Inaudible 02:17:36] I had for you today, I think that we could end the class early if that sounds good to everyone.

M: Julie. Just a quick-- have I eliminated the walk in yet?

J: Let's see. Have you moved the walk in out of our body? Yes. Have move the walk in out of your spirit? Yes. Have you move the walk in out of your field? Yes. The answer's yes.

M: Okay. Good. I have an agreement.

J: Very good. Like I said, the walk ins were there because on some level you invited them in. They couldn't get in. They couldn't have to share the body with you unless you had an agreement with them .And so when you end the agreement, in this case, they typically are gonna leave pretty quickly. The one thing I would do which I suggested all of you on walk ins is just double check in a day or two. Double check in a month. You know, just make sure that they didn't revisit you.

M: Okay.

J: And the other thing is to just check if you've checked on bloodline, Lucifer stops, and soul contracts 'cause that would be another way that they might pop back in on a like a [Inaudible 02:18:45] " Oh I just can't figure this out." You know, you're working some technology 'cause that's who you got and it'll pop in 'cause you're asking. So you just wanna make sure that you don't rearrange that to say, "Okay. I can't figure this. I'm not figuring this out and I know I have the knowledge and I'm willing to communicate with you if you stay outside my field." One thing that they don't take root in you again.

M: Okay.

J: Okay .Any other last questions before we sign off for today?

L: This is Lina, okay. Just wanna check with you. If I cleared the way the ghost that I have here in the house?

J: Yup. Zero ghosts. Good job.

L: Thank you. And another thing, can you check and see if I have a RF ID kit implanted in me that I don't know?

J: I don't know what an RF ID kit is.

L: RF Id Kit. That's something that-- well you don't have to know what it is. It's something can have it implant in me not knowing.

J: Okay. So do you have something implanted in you that you don't know about and is it what you're talking about. No. You had some implants in you but not that particular thing that your letters; that your RS ID or whatever.

L: Okay. Implants you're talking about in your language?

J: Not asking but you do have implants.

L: What kind of implants?

J: What we talked about in 'Freedom from Spiritual Parasites'. Implants from the aliens.

L: Okay. Thank you.

J: Yeah.

L: Thank you. Thank you. Okay. Very very good class. Thank you very much.

M: Thank you Julie Renee. Really grateful.

J: Ohh. You're so welcome. yay. Alright you guy. I love you. Can't wait to see you. So fantastic. Alrighty. We'll talk to you soon.

All: Thank you so much. Thank you. Bye bye.

[End of Transcription at 02:21:23]