

Emerald Immersion Personal Power

Group A:

J - Julie Renee Doering(hostt)

Group B (Callers)

T -Tammy, H - Haruko, E - Elina, N - Nina, L - Lina

J: Sounds like somebody's out in the wind or breathing hard on their phone?

T: Can you hear me, Julie ? Haruko.

J: Yeah. I can hear you.

T: Okay.

T: Just mute myself on my end so there's no interruption.

J: Right. Exactly. You can mute and then unmute when I ask for a comment or question.

T: Okay.

J: What I've done is I've sent each of you the presentation for this morning and it's a very, very small group, so. Cammy just signed on so there are 4 of us. So we'll just go through the presentation on personal power. You'll be getting two classes in September so let me just say right now that keep your Tuesdays and Thursday opened in September from 8 to 9 Pacific time. We start with a hundred percent full body ownership on September 8th and that's a 4-week class. And then on Thursday, September 10th, we start with the energy body that's a 3-week class. And then going in to October, you'll have the quantum clearings class that starts on October 6th and goes to 27th and you'll have the breast health class and that is on the 21st and the 28th. And there'll be a free class, the truth about ghost, demons, and spiritual parasites, that'll be on the 31st. So those are classes coming up that you guys will be included in. I have a busy-- Not that busy-- But active teaching schedule. So if you're gonna see some new classes which is really exciting. Okay. So today we're going to go through personal power. Let me just double check and see if anybody is still in the chat. I'm here. Call the phone, Tammy. So if anybody would unmute and say hello. Tammy, you wanna unmute yourself and say hello.

T: I'm here.

J: Good. Okay thanks. And then I know Nina. Lina would you unmute and just say hello.

L: Hello. I'm here. Good morning.

J: That's Lina?

L: Yeah.

T: No. I think that was me. Can you hear me now?

J: I can hear you. Yes. Okay. So Lina and Tammy. Haruko? Elina.

H: I have been muted.

J: Haruko. Okay good. And-- Say it again?

H: How do you unmute it?

J: No. You're unmuted. I can hear you.

H: Okay. Thank you.

J: So I had my staff unmute you all. So I'm gonna teach you. I've sent you the email for the training and what we're gonna do it we're gonna look at the PowerPoint and we're gonna through step by step and then I'll say, "Okay. I'll take questions now." And you can unmute yourself and just chat with me. So we won't do the hand raising and all that stuff which means we have to kind of be, you know, paying attention if someone else is talking. So we've got Tammy, Haruko, Lina, and Nina. Anybody else?

E: Elina is here too.

J: Oh Elina. You got on. I got the text that you weren't gonna be on.

E: Yes. Yeah. And I'm kinda outside. If I got off, I just like-- the signal is different. So the signal. I'm outside right now. I'm muting myself so that [Inaudible 00:16:55]

J: Okay. Well really good. I'm glad that you're here, Elina. Then I'll forward you the PowerPoint presentation. I don't know if you'll be able to look at it and going through it but you'll have it for later.

E: Wonderful.

J: So I'm sending that to you too. Yeah. Okay. I'm not sure--

E: Thank you so much.

J: You're welcome. I'm not sure what was going on with the live stream this morning. Our regular producer Caroline is-- had surgery, eye surgery, yesterday. So we have our wonderful staff member Tina, who's just getting trained in on the program, and since we have people not being able to see or hear and it's probably from our end because all of you are having the same problems. So I just suggested we just make it simple rather than struggle with a new person trying to figure it out and just go to the phone line. So that's why we're on the phone. Today we're gonna be working on personal power. We're gonna be talking about some activations for muscles, for mindset, for the adrenals, and pancreas, so we're gonna be really kind of going into more of the personal power. And one of the things that I'd like you to each test for yourself is do you have contracts with yourself-- agreements with yourself-- to reduce your personal power. So I want you to just each muscle test and let's get a number or the other thing is how long would it take to clear all of the contracts against myself that I have with myself against myself. So you can test that too.

So the first one would be actually be do you have contracts with myself to reduce my personal power and that would be a yes or no. And then the second one, how many hours would it take to clear all of the contracts I have with myself against myself. And I'll just call you by name 'cause that way we won't people talking over each other. So Elina, how many-- do you have contracts against yourself? And then how many hours would it take to clear?

E: The first question, it was no and second yes and it's like 10 minutes-- No. Not 10 minutes. Between 4 and 6 minutes. Somewhere there.

J: 4 and 6 minutes. For all the contracts you have with yourself to reduce your-- interesting. Let's see. I get 12 hours of clearing on all the contracts with yourself to, you know, that are against you. That reduce your power. Reduce your expression. I get 12 hours of clearing. And that is clearing all the things that you have with yourself and those build up over lifetimes just so you know. And do you have any contracts with yourself to reduce your personal power and I get a yes on that. So any-- so understand that I'm expecting that you all have contracts with yourself against yourself. So these wouldn't be, you know, satanic or demonic or evil spirit. These are things that we think and we might think over lifetimes but we, you know, maybe under the influence of spiritual parasites when we think them but we make an agreement with our self. Like I'm gonna keep my head down 'cause my mother will beat me if I done or something like that. That would be reducing your personal power agreement and we make lots of those in our life time. And then we have to now fear them because they don't have a way to have influence on us. Understand that this field of amplification was designed to protect us and to, you know, really kind of adjust to the temperature or climate or what you're experiencing, so. If you thought over and over again that I need to keep my down, then your body would respond that way. Okay and then let's go to Nina next. Nina. Actually

she was the 1st one of the call. So Nina, do you have contracts with yourself against yourself and then how many hours would it take to clear all contracts you have with yourself that would diminish or deplete your full self expression.

N: Like Lina, to the first question, I'm getting a no. So I don't know why. And then for the second question, a don't know.

J: Okay. And then let me just check for you on-- you do have contracts with yourself against yourself so that's a yes. And then on clearing all the contracts you have against yourself that diminish you, deplete you, cause you to function lessen you're able to. 15 hours of clearing.

N: Wow. I don't know what's happening with our muscle testing say. It's interesting. Thank you.

J: Okay and then let's go to Lina.

L: Yeah. I get a yes. And I might be way off but 54 hours something. I don't know.

J: Okay. Let me just see. Yeah. Wow. 41 hours.

L: 41 hours!? I said 54 hours.

J. Yeah you said 54 but still that's a really big number.

L. 41 hours is okay.

J: 41 hours of clearing.

L: I have so much to do.

J: Yeah. You have some work to do. Exactly. Haruko.

H: Yes. I get 8 at the how many I was about.

J: Did you say 4?

H: No. 12 hours.

J: 24?

H: No. I have 8 then the it's over.

J: The total hours to clear; how many of the total hours?

H: Twelve. One two. 12 hours.

J: 12 hours. Thank you. I'm sorry. I just have to clean out my ears. 12 hours. Okay. let me just check. So you do have contracts that reduce your personal power, that's a yes. And then how many hours to clear-- Yeah. Very close. I get 15. So there's probably just a few more things that I was looking but you're right on track there, Haruko. I'm proud of you. Good job. Tammy.

T: First question is yes. I have an agreement.

J: That's true.

T: I think between 15 to 16 hours.

J: 15 to 16 hours. Okay. Let me check up for you. Yup. 18 hours. So very good. That was really close. And like I said, I may seem more than what you see. So this would be one of the first steps that you could do in any clearings that you do for yourself. From now on for all of you is check and see if you have any contracts with yourself against yourself in the area you're clearing. Now-- or you could just really like clean house and if you were 41 hours or you're 18 hours or whatever the numbers were-- 13 hours-- you could just start clearing and clear couple hours a day and keep it on a calendar until you get to zero and that would probably speed all of your other healings on yourself or your activations on yourself dramatically because when we come from this ground. This, you know, this-- the thought forms in your space even your own thought forms aren't supporting your personal power. You can see how you would be really fighting up a stream like paddling in a rushing river trying to clear all of the other stuff is the stuff that starts with you is the problem. And I just thought this a few days ago, I just thought, "Gosh. I wonder why I always am testing-- I can test myself up to 100 percent but I can only experience it at 80 percent." And I started looking for why in the world like the supplements will be a 100 percent good for me but I can only, you know, appreciate 80 percent of the supplement. Or the clearing was a hundred percent good for me but it's only gonna be experienced at 80 percent there. And what I saw was there were contracts that I had with myself. And when I did some research, I was looking at well that was when I was under the influence of spiritual parasites.

So you have to think who is the thinker of my mind. First of all, the affirmation you'd start with is 'I am the only thinker in my mind. I am the only thinker in my mind.' and then when a thought crosses your path, you know, that you wonder-- I wonder if that's my thought. You can muscle test. So this morning, I had a thought and the thought included the mylon chief and I thought that isn't something that I would think. That would be a contribution from a spirit. Not an evil spirit but like a spirit that's hanging out putting thoughts in my head and maybe they're putting thoughts in my 'cause they wanna contribute and they're excited about what doing and not all spirits are evil. But just to be

able to identify is this my thought or is this someone else's thought and when you were in particularly low spaces, you might have had multiple spirits or evil spirits or aliens demons, whatever, contributing to your thought process and I'll tell you what it's the human spirits and the human evil spirits that actually feel really like us. That we have a harder time identifying but then you'd make a contract against yourself when you were feeling low you think, "Wow. I'm just gonna--"

You know like when I was 11, I remember just bowing to just be okay with being a slave. I have to clean all of the filthy parts of my house. I was, you know, in a family of 7 and I had to clean all of the bathrooms and toilets and wash the basement floor. Clean all the dishes and clean the closets and I had to do that every Saturday. So my Saturday was spent tidying up after a family like Cinderella. And I just, you know, it ascended me. It hurt me that I had to do that and then there was a point where I just, you know, at age 10 or 11, I just decided that it was okay to be a slave and that was I was gonna do. I was gonna not have it bother me that, you know, I had to do the grunt work for the family. And so then I made an agreement with myself to, you know, be less in myself. Be less than that honor student. The star athlete. I made an agreement to operate under the radar and to function lower than my capacity.

Yeah. And then you know like in college-- I wanted to go to college. Completing high school, I was in, you know, the top echelon of students graduating. I was brilliant and my father forbid me to go to college. And so I had expectations that I might go to Saint Louis college and get a music degree and that was where I was thinking I was gonna start with education 'cause I love to study. And, you know, I had to adjust down. I married a very, very poor, impoverished farmer and got my education by going to community colleges when I could afford to, you know, survive and go to a little community college. So I didn't get the top notch education that I wanted and I had made an agreement with myself that that was okay. That that was gonna be the way that it was gonna be for me.

So I'm giving you a couple of examples so that you can start thinking for yourself. Well that's true I did, when I was feeling low, I made this agreement with myself and you might have not thought, "Well I'm making [Inaudible 00:29:31] setting stone agreement." But if there was emotion involved. If there was heartbreak involved or whatever, you shifted and that thought form became the prevailing thought form. Not your original innocent, "I'm gonna be the magical fairy princess goddess on the planet." You know, it really-- we really do create those contracts unfortunately under the influence I'd say of spiritual parasites.

Okay. Do you have any questions on that topic 'cause we're gonna go to the next item. So anybody have questions on contracts, agreements that you make with yourself against yourself. Anybody have any questions on that. That's a new piece of information

that you can put in to your activations. Let's see. And you've put it into-- I would put it into emotions but where I first thought come up was in bloodline. So it could either go in emotions or bloodline.

T: Julie.

J: Yeah.

T: Can you say the question-- how do I ask a question again? Not the hours but the other thing.

J: Yes. Do I have any agreements with myself for me to function at less than my very best or for me experience life less than it the very best.

T: Okay. Thank you.

J: Yeah. I'm sure we're gonna nail down a perfect wording for that. It's so new. You know, once I've said it 20 times I'll have it nail down. But honestly, I started working on that and I felt like I had this real revelation for myself. There's been kind of a level of exhaustion and grief and I've been allowing myself to not work as many hours. We've cut my hours back. Just started this week where I'm working 4 to 5 hours a day so I can actually think my own thought. And one of the things I was noticing is that I was going through some level of grief around a lot of betrayal in my life and you may also have that issue. But it seems to be like a life path where, you know, that's my big trauma with people every time there's someone that has betrayed me. Like the woman who had me send all five of my manuscripts and was gonna publish my book under her name and was telling people that it was her life's work and that was just like a huge betrayal. It was an apprentice of mine. I would say consistently there have been betrayals. And so betrayals continue to show up in my space. Now based on what I'm teaching now, I can clean out the betrayals but how do you shift this one big life lesson that you are getting.

So I want you to really be looking at who am I. What am I doing here. What are my major patterns that continue to cycle through and through and through. And then look at did you have an agreement against yourself that you are unaware of now. So it might not have been in this lifetime but you can just test. So we look at if you want to have-- Nina, I was thinking about this 'cause I've been able to actually let my mind dwell on things without having to work 10 hours a day-- and one of the things you've asked is how do I bring in relationship. We've cleared the 7 stages of love and yet on the physical level, I'm still bringing in whatever, you know, people-- unwanted people. And one of things I was thinking about is you have to clear that life lesson for you to move up to the level of love that would allow for that. And so whatever that life lesson is about parasites, you have to clear it out of your space like you're not parasitical or whatever it is. You know-- and then you have to clear it also out of attracting.

So there's a few things, we do all the clearings with the pump but you can also sit silence and one of the things that I've been studying is contemplative prayer or contemplative meditation which is in Christianity it was-- authentically started in the 3rd century and of course the Yogic practices also have you either the first start is start with one word like bliss or happiness or joy and you meditate on some aspect of the divine and you just repeat that one word in your mind. But the ultimate is to go, you know, for a prolonged period of time. 20 minutes to a couple of hours in pure silence where you're just yourself. And then what happens as you sit in that silence where nothing else is contributing to your thought, is that you're doing a spiritual detox. You'll get the information about what is it that I'm, you know, covering over, running away from.

For example, if you really like to watch-- Netflix was kind of my habit this year. I've been so tired. I would just go up and watch Netflix. And I'm not watching Netflix anymore. It's the funniest thing. It just was like night and day. Different turned off. What am I not wanting to deal with or what is my pain. So you could ask yourself, "What is the pain that's holding me back?" and then you meditate on the divine and then the pattern-- it's amazing how quickly within a few days, you get the pattern. You get the life pattern. As long as you're not, you know, distracting yourself with food addictions or TV addictions or, you know, whatever other addictions where you're distracting yourself from the pain. As long as you're willing to just allow it to exist. It doesn't mean that you need to go into depression. What I'm suggesting is that this is the path to freedom. When you can, you know, allow yourself to be quiet, to be still, to be aware, to be one with the divine, that which is not divine wants to leave your body and it'll start detoxing your body. It'll start detoxing and it won't necessarily be fun, fun but it'll be really amazing to be the witness rather than, you know, you might have the feeling of going through grief and the stages of grief and letting go, but the body is detoxing permanently. It's letting go in a very deep way. In that way of how do I become god.

And I started thinking about this because we were in the immersion class. Of course the students were like, "I want the god DNA. Let's do the god DNA." and I was like, "Well. How do you manifest and hold god DNA? And how you manifest and hold god DNA." Yes you can shift up to god DNA but if you aren't living as god on the planet so to speak where your vibratory signature is not weighted down with struggle, with pain, with running away from. running towards something, you know, moving through something, being overly busy so that you don't have to deal with something then you don't get to be in your god state. So what I've been doing for myself is very much this passive contemplative prayer where I do 20 minutes of silence in the morning of just repeating a word like bliss or divine and then in 20 to 90 minutes in the evening, I sit out on my bedroom balcony and under the stars. Breathe deeply in and just, you know, have that experience of being one with the divine and then repeating the word. And it is so interesting because I still have a little bit of mind chatter which is really fascinating

because I'm identifying the mind chatter is not me. Which is so remarkable to be able to get that clear. Thinking all the thoughts. I'm thinking are my thoughts. And I don't always think all the thoughts I'm thinking are my thoughts but I just go about my day with many thoughts going through my head of 'Oh yeah let's do that whatever.' and I could see how this practice, over a month or two, I tested I would do it for 25 days would really add both to my personal power and also my real ability to bring in divine compliment like when I wasn't-- when I had fully detoxed from betrayal and you can do it with the quantum pump but when you do it on this other level where there's nothing else. Where you are just your god self and you've allowed it to totally detox and leave body, it's permanently gone. And who I would attract to me would not be a person who would be prone to that behavior. Do you see what I'm talking about, everyone?

N: Julie Renee. I actually say this because it's almost like uncanny. A couple of weeks ago, I've started sitting down in silent meditation for an hour either in the morning or evening and doing what you're seeing sort of. And I don't know what guided me to do it. I just started doing it. So it's really interesting that you started doing the same thing and I started also [Inaudible 00:39:27] . I run energy through my body in the beginning and then I just contemplate and sometimes it's emotional [Inaudible 00:39:33] and sometimes I'm really hot and sometimes I just get, you know-- So it's really interesting that you're saying--

J: Yeah. It's completely different. Completely different.

N: I'll mute. Sorry.

J: It is completely different. No contemplation. No thoughts. No resist .Either you're on one word or you have no thoughts at all. You're saying that you allow thoughts. You sit quietly but you thoughts, right?

N: Well I just keep repeating to myself when the thoughts come in. These thoughts are mine but they are not me. And then I just like they're not.

J: Those are-- Yeah. And this meditation, you don't address the thoughts. The thoughts if they come in, you just continue to stay with bliss. The word bliss. You don't correct those thoughts. You don't interact with those thoughts. 'Cause those thoughts are not you and you don't even interact with them. So it is very different. If I could distinguish it even a little better for you, what is recommended in this Christian contemplative but it's also Yogic very much so, is to read scripture before you sit down so that you have raised your energy vibration. You've connected with a divine pathway or pattern and then allow no thoughts. And so if a thought surfaces, it just disappears as quickly as it surfaces. So you just say with the word bliss or the word divinity or the word, you know, charity or whatever your word is that's an expression of god. And nothing else. There's no emotion. You will feel things like I've felt weight and grief. But the interesting thing is

last night and I did bliss all day yesterday. I did bliss in the morning and bliss in the evening. And I was extremely tired last night. I was sitting out on my balcony, you know, very-- with an erect spine and I started noticing that tingly feeling that I get when I chant, you know, like that-- like it felt like I was becoming bliss. I didn't step completely into bliss and I'm not charging it with chanting. I'm actually allowing my body to let go. So I'm not-- if you-- which is wonderful. I mean I used-- when I had my miraculous breakthroughs and I remember the blueprint in the garden. I was chanting. I was remembering god. I was calling the names of god and I was surrounding myself with divine beings to support me. And what I'm attempting to show you is how to access your own god self. Like not calling on others to uplift you or sparkle you up but to sparkle us entirely from the inside if you're doing bliss or charity. The warmth comes or the love, you know, the god be love. That comes from the inside. It's not outer influence, it's from the inside. Those that make sense, Nina?

N: Yes. Totally. Thank you.

J: I'm so glad you asked. Could wonderful-- let me tell you-- I used-- definitely do not need to read this but it's tiny little book. It's like hundred and forty pages called *Manifesting God* by Thomas Keiting. So if you were interested in learning how to do this type of prayer. It's kind of-- its written by a scholar. A theologian. So it, you know, won't be everybody's thing. You know, he's kind of quoting things and, you know, teaching from his theological way but I found it fascinating. And it really masked out this very clear path to moving into God state. And we look at full self expression. We look at personal power. We look at owning out life and I love what we're doing in our training and I'm really wanting also to put point people to the path. So especially Nina when you said, "I don't understand it. We've cleared everything from the stage of love but I'm just not attracting the right kind of person." And I'm contemplating well what is that that is still pervasive in your space that's there in a way that we're not getting to it. And so one of the things I saw was a contract you have with yourself against yourself. Another one is bloodline seems to be much more important than we're giving credit to. And then I think this other thing about being willing to be god and sit in, you know, this face of grief or pain around what you've brought it and allowed it to leave. I say that everyone of us has a life project. Something that we're working on that continues to surface like mine is betrayal. And someone else will have, you know, psychopaths coming to them and someone else will have low esteem and someone else will have, you know, feeling disconnected all the time and, you know, not ever feeling like a part of community. And that something that repeats and causes you pain and cause you to-- You know, it's the one thing that you are active so you don't have to part of or you're-- you do some other whatever so you don't have to deal with it.

So it would be great if we kind of went around. Nina, we've looked at yours. Do you feel like that is the one that you attract like the fully kind of yucky person. Is that yours or is

there something else that you feel like is your life lesson? This thing that you-- when you match it, when you let go of it, you're free. What is your feeling?

N: I think there is betrayal definitely but it's also-- someone said it's mine. It's also opportunistic people trying to take advantage.

J: Okay. Very good. And so when I looked at-- just to help everyone-- when I looked at betrayal, I looked at, you know, any conversation I had that would be considered a betrayal. Even if it's a-- refuses to really not doing her job right. To somebody who is not the person. That's betrayal on some level. So when I'm looking at detoxifying, I'm looking at detoxifying it from my own behavior and then really allowing the perfection of what's happened already to dissipate and not live as pain or grief or anxiety. So that it's no longer in my field. That betrayal becomes not me in every way. You see what I'm saying? So it's no longer aligned with me because I'm in my god self which is loving support. Okay. Elina. What do you-- do you have an idea of what your obstacle would be in life. Your life lesson that you're working with?

E: Well I'm just happy that I'm joining this morning. Can I have a time and the signal is working outside and thank so much because everything's interesting. 100 percent resonated me. I have been thinking about what you think. Probably lost one and a half months and probably lost 3 weeks. I start thinking about who is my half. Is it my thought or somebody else? I was questioning to myself because some thought is coming. It feels like it's yours but when you ask question and kind of act in myself. Do it's mine or not. I don't feel it because just kind of a confusion was going on inside. And everything what you think resonates 100 percent and probably yes. I think they have me lifetimes and for sure. We have betrayed others and others betrayed us and kind of confusion is going on but I think it's time for us to heal and really get clarity and just kind of move forward in this 100 percent clarity and healing.

J: Absolutely.

E: It's time to heal our self.

J: Yes. And so do you have a notion on-- betrayal is mine is. It's probably not yours. Yours might be leading death or, you know, like I think you've a lot of people die in your life that are important to you.

E: I'm-- Yeah. I think my problem sometime I teach myself. I really like isolate myself and I'm very social. I'm very social. It's like from the outside you cannot say but the reason I'm just thinking why I wanna I thought this myself. I'm to be lonely. I never born to be alone but I kind of questioning why. Why don't stop and mine's comfortable when it's-- It's just I can tell when it's balance and when it's not. And this is probably my issue.

J: Yeah. And you know I'm guessing Elina when you really start really addressing and you ask the why of it, you're gonna find the meaning for it. There'll be even another part of it but just keep going. Keep looking. Because I think you're gonna find like with me it was-- there were a few behaviors that, you know, I just felt like where they like me putting a finger in the damn. You know, like the little ditch place in the dam so it doesn't break lose, and I felt like well I'm exhausted all the time, why don't I just watch movies and, you know, Hawaii Five O or something. I don't know. You know, just like crazy stuff. That doesn't mean anything. It doesn't help me. And then I started thinking about it and I thought well I really not to watch it, why am I doing it? And then there was the-- there's a lot of betrayal. So the behavior was the first part of like I don't really like what I'm doing where I'm resting. I could rest reading a book. I could read, you know, like this beautiful manifesting god, the blessed mother Mary which I'm reading right now, and I could read books. I wouldn't have to watch. So why am I doing that? And then the dam, the dike, was the emotional pain about betrayal. And I was looking at it like, "My Gosh. My being, my very being, wants to resolve it so it's giving me all kinds of betrayal everywhere I look." So I had to fire a number of people in the company because, you know, they were actually just cheating me. They were just, you know, taking money and not doing their job and, you know-- I just started looking at how it's so pervasive in every area of my life that I-- now it's like come to ahead and, you know, there's a part of me that wants to be out in relationship and there's another part of me that's just wants to kind of put my head down and go in the sand and go," Okay. I've done enough." And it's the betrayal aspect. If the betrayal is gone then I'm all in for life and I could see where I would have better love relationships, social relationship. I'd be out in the world more, you know, it just would change. My energy would change. So then I'm looking-- I'm just suggesting that there's something else and you're gonna-- even you can muscle test but you can keep your heart open the next month and just see what it is, what is that peace for you. So there'll be something.

E: Yeah. I think the true step is just like I'm so amazed. Thank you so much. I think you removed that 12 hours clearing for me. It's like I start today probably have a 25 hours I will do it. I guess I will count all the hours and I think this is the first step that needs to do kind of feel much better but you were telling about the word that I have right now inside of me it's like probably relationship. Every time when you connect with someone it's like it's the feeling because I'm so open and so close and it's like another relationship. Relationship. That with something I need to figure out.

J: I think so too. It's definitely with relationship somehow. I agree.

E: Yeah. Okay.

J: Very good.

E: Thank you so much.

J: You're welcome. Okay. Lina. Do you have a notion of what it is that might be holding you back? And by the way, let's-- everybody who's on the Google hangout, let's all sign off so we don't leave the equipment running, okay? So if you just wanna close out your browser on the Google hangout webinar jam, just go ahead and close the browser out so we're not on that anymore.

L: Okay. I know the question. I wonder if there's gonna be a replay to this call or not?

J: Yeah. This is recorded.

L: Oh it's recorded. Okay.

J: We're on a phone line that's recorded and you each got the PowerPoint presentation. So you'll just have it as an audio with the PowerPoint.

L: Very good. I think mine is betrayal and believing myself that there is a sense in the world of showing who I am. Maybe that's what it is with me. Feeling [Inaudible 00:53:23]

J: I think you're 98 percent accurate on that. So that's very right on. Very good. Okay. And Haruko, do you have an idea of what your kind of your life lesson or this life struggle that you're working with is?

H: I need receive more [Inaudible 00:53:59]. [Inaudible 00:54:05] I couldn't as have people. But somehow I cannot rage at them now.

J: Okay. So in other words, the deep connection never really happens. Is that what you're saying?

H: Just relationship.

J: Relationships right.

H: I cannot-- I don't know that I have a reason that I got well.

J: Right. I understand. So there's something and we look for-- when you haven't reach something, that's really-- that's an indicator that there's a grief or a pain that prevents you from reaching it. And so then you'd look for that repeating pattern. So that's like maybe a couple wrung up from the bottom one. Maybe there was a betrayal or, you know, an abuse or some-- something with a core relationship in this life or another that keeps you somehow outside the deeper relationship. One of the things I was looking at Haruko for myself was I had, you know-- some of you met I had a boyfriend this summer and he just wasn't the right person. He was a sweetie pie but it didn't-- he didn't read books and he didn't go to opera, the symphony, or the ballet. He'd never been in a

hiking trail and it got be that I was mis-entertainment and he brought nothing to the table. And so I was looking at that going, "Well. That'd be interesting to have a relationship with somebody who's just gonna be an escort and just admires me." And he said, "Oh. You're such a big opportunity for me to be with you. I'm just gonna do anything I can do be around you and I become the opportunity; not the sweetheart or the love." I was his opportunity. And I was looking at, "Well. How do I get to divine compliment because that's got a nice minimize space. And I had to look at well what's the overall feeling? Not necessarily that every person that I've ever dated but what's the overall feeling in my life that I'm afraid of in relationship with betrayal. I mean from very early on my mother and my father, my brothers and sisters, my ex husband, you know, you just go down the line. You name it. I had these big lifetime betrayals with everyone. Every single person. I mean, I just like everything-- you know, it's like I magnetize it until I can clear it out.

So when we look at that, you haven't achieved the deeper love relationship. You have to look at was there some abuse? Was there betrayal? What is it that stimulated the whatever it is. Fear. What are you afraid of that doesn't allow you to step into the next level of relationship because when we are our god self, we are love. You know, we are unconditional radiant love and we magnetize. When you think about the times that you've really been on track. The times that you've really, really been present. Those are the times when people are so magnetized to you. When you're laughing and you're happy and you're sharing, people just can't get enough of you, right? And that's when you draw the beautiful people to you. And though that-- those moments may be few and far between or they might be quite often, but you have to look at that what keeps me from being in that every minute of every day and then what do I need to detox or let go off. And then there are two steps and one step is to go through all the clearings that I've shown you what to do from amplification to bloodline and add this agreements I have against myself. And then the other is this sitting in silence and allowing all of that which is not you to leave from your very core, from your very essence.

And we can clear down to zero on spiritual parasites and still, you know, there'll be things that contribute because we think they're part of us and so when Elina was saying, "I've been thinking about my thoughts and some of those thoughts I don't think are mine and it's been somewhat confusing." So understand that we've been clearing evil spirits. There are spirits that don't register as evil spirits that contribute in our head. And so you'd have to have a new standard that said, "I want no contribution from any spirit without permission." And so in the past, we might have been deemed them as spirit guides and angels that were helping us and now we'd have to make a new kind of rule that no one-- I am the only thinker in my mind. I am the only thinker in my mind. And that new affirmation helps you distinguish is that my thought or not my thought and do I wanna be distracted down that rabbit hole because if I am god/goddess on the planet,

then I should be able to, you know, emanate and control my environment and then emanate love and magnetize to me that which I want. I mean powerful. Powerful beyond measure. Is god/goddess on planet without interruption, without any influence to the mind. Does that help, Haruko?

H: Yes. Yeah, yeah.

J: Wonderful. So glad you're on the call. Okay. Tammy.

T: One second. [Inaudible 00:59:50] at this time is gotta start to work with it. Trying to start clearing as it always felt like entire life have been owned. Criticized and judged for not good enough. I sat a too flat bed. Just a bit.

J: Okay. And then we just-- it's probably right in there. To say it's just a little bit further, so. If you're criticized and judged, what your-- how do you-- what's your response to criticized and judged? Is it pain? Is it, you know, the pain of being misunderstood over and over and over again? Is that what it is?

T: [Inaudible 01:00:38] visceral response. I don't take kindly to them 'cause I don't wanna hear it. I have it my entire life. I'm done with it. Because it's kind of like having the what I'm thinking is wrong and I know it's not kinda thing. I don't know.

J: Okay. I'm getting something else. It's like maybe invalidation. Constant invalidation. You don't get to be the authority. You don't get to be recognized as yourself. You're just constantly invalidated.

T: Yeah. That's very good words.

J: Yah. Okay. That would be-- that would be-- I get a 100 percent yes on that one by the way. So I think that that's-- I think we've gotten to the essence of it. So very good. So each of you now, you know, as we've kind of talked this over, this would be something that something that would help you to step into your personal power. You're going to a; clear the hours if you have, you know, the intention to really step into more power. You would clear the hours we've identified. And then you'd go through amplification through bloodline on the very specific topics that we're talking about and then if you wanna to take it even to the next level, this sitting in silent meditation repeating one word not interacting with passing thoughts but allowing them to just dissipate. Not talking to them. Not saying you're not me. Not anything. Just staying with one word like bliss or love. Some expression that would be godly. Charity, peace, serenity, ease, you know joy, any of those words. Just meditate on one word. Don't change words in process. Stay with the same word throughout the meditation and start with like 20 minutes once or twice a day and that's enough if you wanna try this practice. And what I'm gonna say is this practice, it really does take some devotion and some dedication but it will allow you to

step into a god on the planet kind of status. So you will have a transformation that will make you powerful beyond measure. I mean there's-- when you are willing to just sit with yourself and allow that which is not you to fall away and that's what this does. This detoxifies you, so.

I will be-- I am adding a how to meditate class into the fall schedule. I believe it's going in to November and it will have 4 different styles of meditation that we'll be training on. So that might be a class that we get you guys involved in too. So we can just not just do the guided imagery but we can give you several other ways to manifest god and you know get into your confidence, your certainty, your magnificence. So that is getting added in. Okay. Any question before we move on to the next section?

Okay. So the next section, we're gonna be doing clearings. So you wanna just start pumping now and we're clearing for personal power and we're gonna be clearing Lucifer stops, soul contracts, demonic, evil spirit, and satanic curses, cycles, timelines, and karma. And when we look by the way at spiritual parasites, spirits who are collaborating with you don't show up. So if you get to zero and you don't test them and yet you have other thinkers in your mind, that's because they're not evil spirits. They're spirits that have somehow formed a partnership with you and that's why you didn't see them. Good to know ,right?

So we're pumping for clearing personal power and the specific things that we're working on today. We are working on again muscles, mindset, adrenals, and pancreas. So we're just working on a few specifics with personal power and I don't know-- How many of you feel like your muscles have diminished in the last few years? Like they're not as strong as they used to be. Yeah. Nina. Okay.

E: Elina too.

J: Elina and Nina. Everybody else feel like you're kind of status quo with your muscles? Interesting. Okay. Tammy, do you feel like your muscles have stayed the same in the last few years?

T: I do. I've been building a health just like a 15 year old.

J: Yeah. So that's what I'm saying. Diminished. If you have had health issues some. Okay. And let's see. Lina, did you say-- did you feel like your muscles have diminished?

L: Yeah. Definitely. Yes. Felt like they have diminished. Yeah.

J: Yeah. Okay. And Elina already said yes and Haruko-- Did I ask everybody? I think I did.

H: Not Haruko.

J: Haruko, do you feel like your muscles have diminished in the last few years?

H: I'm no doubt. I don't know if ever in status quo. Yeah.

J: Okay. I can just muscle test and see. Did your muscles diminish in the last few years? And I got a yes. So we'll just pump for that. We're gonna clear any blocks to the muscles being at full strength and what I've been talking in the beginning where we're really looking at what mindset we can bring in. Also adrenals. You know, when the body gets really taxed. It's one of the reasons I felt it was really urgent for me to slow down my schedules. I can regenerate the adrenals but if I don't give my body the time to really rest and heal and not be in everybody's trauma that my adrenals were not gonna be able to continue to perform for me well. So sometimes you have to actually make physical accommodations to, you know, like some time off or whatever that is. And the adrenals, of course, are in the power center. They're in where the 3rd chakra is our will and so the adrenals and the pancreas is also in our power center and that's the blood sugar. Early on in my life and maybe some of you have experienced this also, I had hypoglycemia and I would faint. Young wife. I would faint all the time. So I'd be out in the garage and I'll be on the ground. It was like awful. And so if you've had hypoglycemia, you know, or you know-- I don't know that diabetes has that same-- I guess it does. You have diabetic influence reactions that take away all of your personal power.

So those are the things we're working on today on personal power and in the quantum mindset mastery series, we talk about really making a decision. So we'll talk about mindset while we're pumping. And we'll just, you know, use this time to really explore some ideas that we're already talked about in the past and it's just nice while we're clearing to really put them in our mind. So decide, commit, take action, and succeed. And those are really to make a decision and then commit to it with passion. So bring your fire back into-- bring your fire into the decision. And just because you've decided and you've brought passion into it, you can't just meditate on it and make it happen, you actually have to take outer and inner action so the decision and the committing might be the internal; might be, you know, you really seeing it happening but then you have to also take action and then when you do succeed, I want you to actually mark it that you've succeeded. Somehow you've gotta celebrate your success.

So for the first time, I finished training the online immersion-- the diamond class-- and I went out and celebrate. I went out and had a nice big dinner and a glass of champagne. Believe it or not, I had a glass of champagne and a big dessert. A chocolate dessert. And I just said, "Good job. You made it through 7 days of grueling teaching. It was wonderful. The students were amazing and I'm gonna like celebrate this." And then I did a brain regeneration the next day. Yes. But you know it's like really being able to say I've succeeded so that you put a cap on it. You celebrated your win. Your body starts getting

used to the cycle of I set out to do a task, I brought my passion in, I took the action and I was successful. And you have-- if the body never have rewards that doesn't mean food or alcohol, it means somehow that you celebrate when you win. This actually is really an important part of being balanced and living a happy successful life is to have the whole cycle. So when you're setting to a task or a goal, you'll also want to, you know, set up opportunities for celebration. Does anybody have an example for that? Something that they took on. They brought their passion in. Took some action and then a celebration in the last month or so that you've experienced?

No. Okay. Alright. Focus and follow through. This is-- again-- this is on the quantum mindset mastery training. And so when we-- when we're looking at-- like for example we're looking at bringing in personal power and, you know, when you have a lot of incompletes in your life, you can see how it's bad feng shui in your space on some level and that your power is diminished. As a matter of fact, I was thinking that that might be part of the reason I was so fatigued is there were a lot of incomplete. And so last night, I went to a little Mediterranean restaurant close to my house and I kind of mapped out the things that were incomplete from my end about, you know, I've written I guess 13 manuscripts and quite a few aren't out yet and so I wrote down all the names of the manuscripts. The different programs that are partially done but not finished. The book covers needed to be change before we publish Your Divine Human Blueprint, 100% You Formula.

Anyway, I wrote-- I brought one of these big pads. You know it's like double the size of a regular pad and I kind of mapped it out and wrote like 8 pages on this big pad of, you know, all social media and marketing stuff I have and how I'm not using and are using it. Ideas that I'd like to too. Like TV and live stream for kids and a book called Bright of Cryus a trilogy on a little girl named Beta. Record all of my compositions. I've got over 40 compositions. You know-- and understand that when you have-- and I'm just looking. The pad is in front of me. When you have a lot incompletes and a lot of stuff weighing on you, your-- you really do have difficulty focusing and following through. And what I'm saying is you pick-- you map everything out on paper so you get it out of your head and then you pick one thing at a time. You follow through, you complete it, you celebrate the win, and then you do the next one and the next one and the next one. And no one really taught me this. I'm on the fire [Inaudible 01:13:50] . Seven planets and fire and I do a painting but I would never frame it or I would write something but I would never have it edited or I would, you know, do crewel embroidery but I would never turn it into a pillow. So the completion part was missing for me and the completion to celebration was missing for me. So I know how to manifest. I know how to create but I didn't know how to follow through to completion and then celebrate the win. So it's something I'm establishing in myself but that makes me powerful beyond measure again because I'm not hanging out there with just all these things that are kind of done, you know. The idea

of having a completion and putting the ribbon on it or putting the whip cream on it the celebration afterwards.

So can some of you think about how that would make a difference for you if you actually went from mapping out all the things that are play to do and then picking one thing at a time. Taking it through completion. Celebrating it and going in to the next thing. So how would that change your life?

L: Even if you allowed to live?

J: Yes. Yes. Exactly.

L: You don't have to think about it the whole time.

J: Exactly. And you know, that brings up a really good point Lina which is you're not thinking about all these things all the time. Those are spiritual parasites reminding you. So when you test when something keeps looping in. So if you take it out of your mind and you put in on this-- maybe it's 2 white boards and you just have 2 white boards up in your garage and they have everything that you possibly are thinking about that needs to be completed. Then you take it off and you say I'm gonna take one at a time. I'm gonna complete it. I'm gonna celebrate it. I'm gonna finish and then I'll do the next one. That's kind of putting an end to permission for them to be there reminding you all the time, right?

L: I once thought about it.

J: Yes. That's fantastic.

L: When you say it like that.

J: Yes. Okay so. You know and another thing a long this which we talked about in the 1st two is getting your fire back and I don't know. I was listening to an inspirational sermon by Joel Osteen and-- Oops. Somebody's got some music going on. Can you mute yourself who ever's got the music on. Thank you. So I was listening to and inspirational talk by Joel Osteen and if you're interested in this guy he does like 30-minute boosters, spiritual boosters really. It's very Christian based but they're not, you know, he might close the bible two or 3 times in a half an hour. He's really kind of more of an inspirational motivational speaker with a spiritual kind of band to it. And in one of his top-- and he-- you can just put his name in the computer and you'll find Joel Osteen and here-- you know, he's got hundreds of half hour talks. And they are all in different subjects but basically it's kind of winds down to the same thing. It's like get your fire back. God loves you. Even if you've had bad things happen to you, it's really in divine order and something wonderful is just around the corner. And I like it, I mean it's a little light weight for us 'cause we really dig deeper in and say, "How do we clear this." You

know, not just god's gonna fix it but we're gonna take action too. But one of things I heard from him in a number of his talks was on getting your fire back and my fatigue level have been pretty high and I've been dealing with so many people with really significant problems that I was starting to kind of lose that fire. That internal fire. And you know when you want to bring passion into something and we talk about you have 50 projects that are undone, where can the fire, you know, go if in your mind you're always thinking about 50 things in the same time. Feeling bad about yourself that you haven't lived up to your own expectation. And when you take that off the plate and you like map it out and you say, "This is gonna get accomplished and it's all gonna get done in the next--" You know, there's 52 things, you're gonna get it done in 52 weeks. Or whatever it is. I'm gonna do one thing till the end, celebrate, and do the next thing till the end and celebrate.

And it's no longer-- you're no long defining yourself as I'm incomplete, I'm stressed, I'm overwhelmed. But you're now efficient and you have a method. You have a way that you're going to follow through and a way that you're gonna live a more powerful life. So it really does calm down the chaos and allows you to step into more power, more certainty, and eventually allows you to get your fire back. You know, can you see doing 3 cycles or 6 cycles like this, you're gonna get on a roll. You're gonna get your momentum going and you're gonna get your life back.

I think one of the things when I was writing all these books I said, "I don't want to take other ideas from other writers into my book. So I'm not gonna read for awhile." And so I hadn't read any books for a few years other than a couple of business books. You know on internet marking conversion things like that that wouldn't influence my thoughts around spirituality. And the last 2 months, I just really missed that and getting back into the momentum of reading spiritual books. I've actually read 3 of them now and each one has really touched my heart and I'm so ready for it. But when I tried to start reading, it was like I didn't have any momentum. You know what I'm saying? And so it took a little bit of time, I even pumped a little bit of you know this is like the perfect alignment for me now. And now I'm reading a book, I bet a hundred and 40 page book and afternoon in the spa. You know and just think and so touched and inspired by what I read and then going on to the blessed mother-- blessed virgin mother Mary. It's out of print book but it's talking about-- and I'm so excited-- talking about memoria, which is right here off the coast of California, the Pacific coast, and it was originally a continent and some of that continent is part of this area. So you are guys are coming here and we're gonna take you to land that is considered Lamoria by all the mystics here. Only about 10 miles from my house that segment beach is you can feel a whole different energy and reading about the mystery schools in Lamoria.

And so I got the momentum going and I-- it's like a win for me. You know and then I take out the things that are most precious in each reading and I'm making notes and I feel

like I'm back on some level like, "Oh. Okay. I wanted to get that started again and I got it started again." And so it's not an incomplete for me anymore; it's in progress. Does some of you have things like that that you'd like to like get your fire back and get back on track with reading or painting or dancing or exercising? Are there things that you'd like to step into more personal power in some area of your life where you want to get the momentum going?

L: Yes. Of course.

J: Lina, yes. Okay.

E: For Elina, yes I do. I noticed it's like you give bored with so many things to do and I've been thinking how, "Oh my goodness. I need to get passion back." Even little things, I can do it. I can accomplish. But I notice I don't have a fire inside. It's not like before and it's just so nice to get it back. Yeah.

J: Yeah.

E: Even that's a little thing you do. I don't have a problem with celebrate. It's like even little things end of the day, end of the week. I like to celebrate and celebrate myself but I notice struggle that I have, have passion to do things just like I did before. This is kinda have been lost for some reason and [Inaudible 01:22:57] when I gain them back.

J: Well that and that's-- Yeah. I love that you're talking about that because that-- you might notice that when you map out all these stuff that's under plate and all of the activities. Like I'm looking at what are the things that I promise myself years ago that I haven't yet done because you can start feeling pretty flat if you don't keep your word to yourself. So in other words, in addition to the thing that you have left undone that are like finish the book or, you know, put the website up or whatever those things are but then there's also the things that I promise myself 30 years ago. I promised myself and just look at the schedule the next few years. One is going to the Egyptian Pyramids and I promised that to myself 30 years. Another was going Machu Picchu. You know this writing the Bright of Crys. That was something that I promise myself I would do. Write it, you know, a story about the women of Jesus and their roles which, you know, it was like the Misted Abalon was written about the women of king Arthur. Arthur's time. I wanted to write a book on the Bright of Christ and on what happened back then. And write it kind about the novel but kind of an accurate novel.

But I promise myself that and I didn't do it and so you can see if you break promises to yourself and their just left out, you either have to say, "That's not a project I'm interested in anymore." and you have to clear it 'cause it's a contract to make with yourself. The going to Egypt and the going to Peru, those are contracts I don't wanna break with myself. I wanna just put them on the schedule and go. You know like I sign tour group

and I'll go so I need to go. The other one was going to the Holy land, that's another one that I wanted to do. Another that I've wanted to do for years, there's a convent in France in Chartes that takes Westerners for a month of contemplation and I have really wanted to do that. So there's like these things hanging out that I made agreements and said, "Oh. This is what I wanna do." and I've never done them. That can away your fire. You know, when you disappoint yourself, you can actually take away the fire.

So thing about, Elina, think about what is it that you promised yourself and it might not be a going thing. It might be an experiencing. Like really experiencing deep love. I promise myself in this life I would love passionately and, you know, maybe-- it might not be that. I'm just making something up but it doesn't necessarily have to be a doing thing. It could be an experience.

E: Yes. You-- everything you saying resonate 100 percent and I can see from learning fast and I already started doing that. It's just kinda more invest time in myself then others. [Inaudible 01:25:51] started and [Inaudible 01:25:53 to 01:25:55] I hope to getting the passion back. Who have priority and looks like [Inaudible 01:26:08 to 01:26:10] Sure. If I do that, I feel I have passion [Inaudible 01:26:15 to 01:26:19]

J: Good. Okay. Alright. And you're fading out a little so we're gonna go to the next person but I love contribution. I love what you're thinking about and I think your signal will come really strong again later. Yeah. Thank you. Okay and who else?

N: This Nina.

J: Yeah, Nina.

N: And I have always loved to making list of things I have to do. It's been since I was in school and I was generally good at accomplishing them. Some of them would take longer but I still take them on my list even if it was years and years. Unless I decided it's not what I wanted to do. However, lately [Inaudible 01:27:03] lot of things on my list and I was very fired out saying, "Yeah. I need to do this. I'm gonna do one hour a day on this and two hours or a week on this." and I mapped it out so clearly and I don't know what happened and usually I'm very disciplined and focused but I don't know what happened that I just couldn't get done to doing them. I just stayed in bed all day and I just ate a lot of things and every day I would wake up saying, "Today I'm doing this." and the impression was there but I just would be distracted by TV and it just started getting very upsetting because it was very prophetic. It's not something I normally do. I always accomplish things. So I don't know. Maybe at some point I was just listing and all obviously with the cravings and the eating, it could be spiritual parasites. But also another thought, something else I felt that occurred to me rather was that maybe I have been too disciplined in life and I need to chill out. So I'm a bit confused as to what's going on. In sense of why I cannot move forward and spend all my time in bed.

J: Well I think one of the things is it's, you know-- I always come back to this with you. It's really about balance. It's not about doing. It's about having balance. And so maybe doing is an activity and-- but more is like looking for a genuine experience. And I can't help but feel what we're talking about with going to that next level of sitting in silence, you know, and also being active in the world will really make a transformation for you. I think that we just keep coming back to, for you, it's really about balance. We gotta get you on a level where, you know, you have your social life, you have your career, you have your workout schedules that you do, you have your meditation in your spiritual life, your community. It's, you know, those pieces seem to most of the time most of the pieces aren't there. And so life, you know-- it's just for you, I'm just saying the balance thing is so, so extremely important.

E: Okay. Thanks.

J: Yeah. And anybody else having, you know, being swept up with some wonderful ideas here?

H: Hello.

J: Haruko.

H: I think I need a passion because if I want to okay that one that one to come too. You know, get out and rock on the bed. I get it. I determined, I just do. If I determine, I just no matter what. That's kind of my personality. But somehow, I lost kind of passion. Kind of-- so yeah. I'm not sure. Yeah. Sometimes I very, very want to do but I lost this a lot. More to--

J: Oh yeah. I understand what you're saying. And so what do you think blocks your passion? I mean when we're talking about this, could you see taking on, you know, making lists incomplete and things that you promise yourself that you didn't follow through with. Could you see that that might help start bringing some passion back?

H: Right now, I'm just gonna focus on this class .So I'm just focusing on that. You know, I very want to. It's very funny to study. This class that I'm doing my best but--

J: Yeah. Could you see making a list of all the things that are incomplete? I do get that 'cause it could be that, you know, right now everything's that incomplete just goes in a list and it doesn't stay in your head anymore. You might not implement anything on that list right away. That might be something you do down the road but that you take all of the things you promise yourself that you haven't fulfilled and you take all of the things that are not done and you just put them on a list. And then if you decide if they're important to you or not important to you anymore and you can clear them using the clearings from amplification to bloodline. You can clear them if they're not important to

you and you take them out of your field or you could say, "I'm gonna work on one thing a month and over the next 5 years, I'm gonna clear off this list." So it's not in your head living as depleted energy. Like you have so many things in your head and in your body that are disappointing. So you take it out of your head, put it on a piece of paper, and decided is this something that still important to me. If it is, I'm gonna put it as-- on my list of things I'm gonna complete or if it isn't, you can clear it. You have to clear the agreement with yourself and any other people that you've made agreements too and just remove it from your field so it's no longer there. It's not something that you read does it and think about, "Oh I should do this." Those that make sense?

H: Yes. Yes.

J: And then I love that you're focusing on this class. This is perfect because you're on this class, it's really perfect timing. So that's perfect.

H: Thank you.

J: Yeah. Anybody else with a notion or an idea about what it would be like to get things out of your head. Get things on a list. Or bringing your fire back. What you would imagine would happen. Anybody else wanna comment? And we're continuing to clear. We're clearing all of the things that block personal power. We're clearing the muscles, the mindset, the adrenals, the pancreas and power centers in body. So we're just continuing to pump for that. Anybody else wanna contribute to this one? Or we'll move on to the next? Okay.

The next one is discipline imagination. And with discipline imagination, you are actually-- instead of allowing your mind to go wander from here to there and everywhere like that free floating-- Oh I'm just gonna sit and let everything pass through my mind and pay attention to everything-- you're actually disciplining your imagination. Actually we started talking about that with the Thomas Keitan's Manifesting God concepts that he was suggesting and I'm working on which is the contemplative prayer but if you thought as you go about your day, I'm gonna accomplish two things or five things today and you didn't let yourself get distracted by 20 other things you remembered. You just put them on the list and put a priority for another day.

So disciplined imagination is allowing your mind to think about a future and the present in the most positive way and disciplined imagination isn't necessarily being oowee-gooey or wishing something. It's really just not allowing your mind to go down all kinds of rabbit holes. So yeah. An example might be, you know, when I was getting extremely over tired. It's like, "Oh. I need to help get something done for the fun of people. Oh I need to write copies for the blah blah. Oh I need to blah blah. The laundry needs to be pulled out. Oh. There's ants. I need to get the dishes done." And so there's no kind of rhyme or reason to how things are coming at me. They're just all coming at me like Oh

this thing needs to get done. Where what I could have done is napped out, you know, this is how I will accomplish everything today and just map it out on a piece of paper if you're exhausted and I'm gonna get 3 things or 5 things done today but also to keep your mind, the higher part of this. So that is to really keep your mind focused on the positive. Not let your mind wander on to the negative and when you focus on , it's all coming together and you know when I map things out, I could imagine what it would feel like to have all of my 13 manuscripts up on Amazon and being a best-seller and, you know, we're already selling in every country so I'm getting reports from like 11 different Amazon sites on the sales that we're having in all the different countries. It's not a lot of money. You make a few pennies on a book but it's really fun to see all the different countries that people are buying the books in and you know just imagine having all 13 up there. That feels really good to me. So by disciplining my imagination that this would all come to completion. This would be done. This feels good. I think another thing I put in place.

The diamond class just went through they love singing. So when while we were clearing, we sang. First day it was so funny. We're broadcasting on Google, Google Hangout, through Webinar jam. We got a notification that we weren't allowed to, you know, put somebody else's music out and I was singing Jai song you can relax now open your heart, who I know personally. I mean he used to live in my neighborhood and I love that song and we were singing it, we got scolded. And they said, "Hey you have to sign a release that said you have permission to sing this song." So that was kind of funny so then from then on we did mantras and my compositions well it turns out I have 40 compositions so we were singing all of my songs the whole time and people really love the songs and it occurred to me, you know, I just use music CDs out that I could record all of them because people really love them which meant, you know, I started imagining myself playing harp every day, getting a grand piano in here, doing vocal warm-ups, and six months or a year from now setting up, you know, 10 recording sessions and getting all the songs recorded. And it started living for me. It was real. Like Oh this would be so fun. I can get my chops back. I could, you know, chops back meaning my ranged back and maybe I'd even sing in a choir. There's a choir that keeps asking me if I'll sing for me-- sing with them. So the disciplined imagination allows you to follow through and complete and fulfill something. And I think when you're feeling overwhelmed, when you've got that gigantic list in your head which I had, there wasn't a possibility that I would complete any of this 'cause it was all swimming in my head and nothing was getting done. When it gets out my head and it's now on a piece of paper, you know-- on 8 pieces of paper actually, you know, who can I enroll to help me what's the priority, what is important to me, what do I really wanna follow through with, and I get my power back. I can see how some of fire came back just by that action. You know, just by putting-- mapping it out.

Let me just test and see where we're at with clearing about 70 percent through on the clearing. Okay and then the next one that is on the list is the gratitude fortifier and I know some of you are really, really good at really activating gratitude. I want you to really remember that gratitude and appreciation and love are really in your field. So the more that you are grateful and appreciative, the more you magnetize goodness to you. And if you're flat or for me I was looking at, you know, I am grateful and I am appreciative and I say it but that actual feeling of gratitude is a really interesting thing and if you've been betrayed a lot, your level of gratitude is diminished because it'll be tempered by what's in your field. And so by for me, taking on clearing betrayal, my field of gratitude can really amplify because there wouldn't be something tempering it. So does some of you see how, you know, you could amplify gratitude. I know Elina you're so good at gratitude. We feel your bubbly appreciation all the time. Can somebody see how that maybe is diminished on some level by a life challenge and that something that you could work on clearing? Tammy, do you have any comments on that?

T: No. I don't.

J: Okay. And so when you're going about your day, you feel like gratitude flows from you and it's easier-- it's easy to thank people for being amazing in your life. I'm asking this specifically for you because you felt invalidated. So if you felt invalidated, it would be hard to validate others.

T: Maybe overtime. I mean, much better than it used to be. Again I realized a lot myself is tied in myself right now so it's really hard to adhere energy for someone out and everything all I can do to do my own self.

J: Right. And that's what I'm-- that's what I'm bringing to the surface. I'm saying that you know when you clear invalidation that you feel invalidated by others and then you can also clear invalidating others meaning you can't be present and really appreciate or validate them in the way that you'd like to. So you clear it from yourself and then you can clear it from others. So you can do that field of amplification down to bloodline on the clearings. The other thing Tammy with you is filling your emotional tanks. And we talked about this infrequently but occasionally, where it's so good to really feel yourself before you, you know, offering anything to anyone else. And so my decision of I'm exhausted and I love everyone and I wanna stay on that plain of really being able to give to people. So I'm cutting back my hours for awhile so I can fill my own emotional tanks. Then to the spa twice in the last 2 weeks and had a whole spa day in a really elite spa and read a book and had a facial and I've a couple of massages inside of the pool and had food served to me and iced tea and whatever. I just was pampered. And those for me-- that is a really an emotional fueling time for me, you know. So you wanna fuel your tanks with whatever. It could be I love walking on the beach and that makes

me feel so happy that I'm table to give to others. I feel like I've done what I need to do for myself. So what things do you do to fill your emotional tanks?

T: I feel like good with the most part. I have a partner. I mean I'm working with [Inaudible 01:44:06] we're getting close now. I feel like this reached like last week then suddenly pick up thing. I mean a lot of it right now is nourishing my body. Get it to function to breakthrough.

J: Does eating food-- 'cause it does for a lot of people. Does it fuel your emotion tanks? Because I'm thinking like things that you do socially. Things that are creative. Are the things that like-- you're talking about fueling and nourishing your body but I'm actually talking about what brings happiness. I mean like food for me is really fun and I eat that isn't gonna be fueling my emotional tanks per se. It is fueling my energy a lot of times. Sometimes depleted, it'll feel my energy. So is food like an emotional fueler for you?

T: Well that's what I have to focus on about my health. I'm on the best company in this point of the game because being out and about it takes too much for me to just to-- 'cause I work in the [Inaudible 01:45:21] that takes a lot of [Inaudible 01:45:23 to 01:45:25] best company. And it's what helps me kind of recoup.

J: Okay. And do you be by yourself on the beach or walk on a mountain trail? I mean what is it not just your company 'cause that doesn't fill your tanks. So what fuels your tanks? You might not know. You might need to do some research on that like what is it that my energy really raises and I feel really happy. I feel really full. Might be singing. You know, might be chanting.

T: I can't answer that question, so.

J: Okay. So that's homework for you. You just have to look into that. Okay. Anybody else who could see that maybe some life experience that they've been going through has diminished their gratitude fortifier and if you did some clearings in all the things that we've been talking about today, if you did some clearings, that you could access more gratitude and sparkle up. Make more power in your field. Lina, I feel you. So are you thinking something?

L: Yeah. I know-- the Lucifer is something for me. [Inaudible 01:46:42 to 01:46:46] to get going. But there have so many things that I have done for years and I know it's weighing me down. And I feel like I just have no sense to life. It's like I don't know. It's like yeah and it feels like I don't know. It's almost like I quit. I wanna live but in the same time I'm like okay who cares. And when I'm saying this my head is feeling warm.

J: So for you, your first focus is on to make the list and then to look at what's still a priority for me. So you're actually making 2 lists. You're making one of, you know, these

are all the things that I need to do and then the second list are maybe the things that-- I made a bunch of different list. I made one of all the I kind of mapped out whats left in business that wasn't done and what I wanted to do. I mapped out things that I promised to myself to do and mapped out what was still important of those and which ones I would do and also what would-- you know I started thinking. What would do it for me? Like the balance of fulfillment the transformation. What do I imagine my best life would be? And I started like journaling peace. Walks on the wilderness. A time at the beach. Playing the harp. Parties. Friends over. Laughter. Finally it all comes together. The house paid off in 4 years. A million in investments. A new car. A bigger closet. Reading. Social calendar. Theatre. You know I was looking at also on that page on the opposite side, unfulfilled promises: Egypt, machu Picchu, fulfilling divine partnership, and resolution on miscarriages. I had 15 miscarriages so you know some kind of a resolution whether I adopt children or I release the desire. Social calendar.

T: I feel that for me too. [Inaudible 01:49:04 to 01:49:06] and I feel a lot of panic around that.

J: Yeah and that's fantastic that we're talking about that because that is something that just is an agreement, a contract, you have with yourself that you agreed and it didn't happen. And so there was an unmet expectation and it lives in your field 'till the end of your days unless you either remove it and you can clear the karma with the babies but you either have to remove the desire to have children or maybe you look at can I adopt or can I be a mentor to a teenager or how can I complete this so that the agreement is completed. So one of the things that I've been really looking at is can I do 20 hours of work a week in front of the computer and can I adopt 2 small, you know, infants or something. I mean I don't know if I can. So that's what I'm looking at. Is it possible that I wouldn't be working night and day and I'd have the space to raise a couple of kids. So --

T: yeah. Okay. Sorry.

J: What I'm saying is you just have to look at do you have the possibility of fulfilling it? Is it still important to you? And if it's important to you, can you make it happen in some version? And if it's not important to you, please take the time. It might take 20 hours to clear but take the time to clear it. So those unmet expectations they just sit there and they deplete us. They take away our power. So I want you to really be just kind of with yourself. It's not necessarily something you can instantly say yes/no to. You might not be in the financial position right not to adopt a kid, so I get that. But if it's still important to me-- if it's still important to you, then create a plan. Can I be a big sister? Can I mentor a teenager? Can I, you know, like when you create something-- Can I work at the boys and girls club or be an after school resource or, you know, something. Something where you fulfill that need to mother and it's either important to you and you fulfill it or you let it go. But anything we let have just hovering in our spaces, continues to hover. And for me

I had made a decision in my mind as i was looking at things. I had a beautiful home. You know, my work is fine. I have this space. I need to make a decision in the next few months, so by January 1st I'm making a decision is this still important and start the adoption process or let it go. Just clear it. One or the other. Is it important or do I mentor teenagers? You know, that was another thing that might be very fulfilling and wouldn't require the rest of my life to raise children. So please give some time to this. Really do some soul searching on this. Is this still important to me?

T: How long would it take to clear my karma with babies?

J: Well clearing the karma with the babies you could probably do in an hour but clearing the significant, the agreements you have with yourself to have children. 12 hours. So you have a lot of things weighing on you around the children thing. I'm sure it's part of the family pictures too, you know. So 12 hours would clear it all.

T; I was thinking-- I thought about that for many years 'cause older and getting older and it's too late. It's too late. And now I'm like okay, now it's kind of how long. I have given up. Okay I'm too old then. It's too late and I can't do that and I'm fine. Because now I'm thinking out of remorse I wanna put children to this world and to this right now. I just feel like too scared. [Inaudible 01:53:06] I feel like I left out and I think [Inaudible 01:53:13] think about the babies and I feel a lot of grief when I talk about it. I don't know if that's why I can't move forward.

J: It's very likely is and that's what I'm saying. You have to take the time to clear it then. Do the 12 hours. And my suggestion because I probably will take the time to clear all of this so that I can look authentically from present time and I think as I'm talking with you I'm like, "Of course that's the next thing to do is just clear everything." Clear the expectations. Clear the karma. Clear the loss. Clear the betrayal. Clear the whatever. Clear the sadness, the grief. You know, having all those babies that never came into bodies look really hard on me and I'm sure it's hard on you. So clear all of that and then once everything is clear, you can really look at where you are at present times 'cause when you have all of that in your space, then you aren't in present time. You have all that influencing you and when you clear all of that, you are in present time and then you can really look at what's important to me now? Will this make a difference with me? Will it make a difference with the children that I bring in? Whether I adopt them or I mentor them or whatever. But clear the desks. And so for each of you, if you've got some kind of an expectation whether it's unfulfilled with children or relationships or whatever, I'm gonna say take on the time to clear those expectations.

Like what I suggested when I did all the karma clearing with like 200 people in my life. How my life got so much more in present time. That was able to be so much more myself because I took the time to clear and I was in present time with everybody. And I

reached out and I did phone calls to 56 of my relatives in 3 days and I talked to 56 people and told them that I love them and I was sorry that I was out of communication with them. It was nothing about them. I just moved and it was careless of me not to be in communication with them and that I love them. Of all those 56 people, only 2 people were upset with me and everybody else was happy to hear from me and from that a few of my aunts continue to write me every year like 3 or 4 times during the year because I reached out to them and that was 10 years ago because I said I love you. So they continue to send me little notes about their grand kids and how much they love me and so understand that you can repair things and get present time with people and people get to be part of your life again. Any comments on how life would change if you stepped into clearing things that are unmet, unmet expectations. Can you see how things would change?

N: This is Nina. I don't know what's my unmet expectations are. I guess it's a worse guess I would say not having had a fulfilling romantic relationship mostly having been able to sort of experience that. I don't know. I don't-- I guess. What I'm saying is that I somehow like [Inaudible 01:56:31] On what may be [Inaudible 01:56:35] and that's perhaps of all the ones there's so much happening in my field and there's spiritual parasites and always my own mindset and my own set of pain or shadow felt from the past. And so it's really confusing. [Inaudible 01:56:39 to 01:57:01] priority.

J: But you can just start mapping it out the way we've laid it out. You know, first of all get everything out of your head which we haven't done yet. So you're referencing I'm confused but ones you get things out of your head and you have a few quite days of meditation, things get a lot clearer. Things really do get a lot clearer. So you're midstream and maybe that is one of the things. Maybe there's grief around unmet expectations of relationship and you need to clear that and let me just test and see how many days it would be or hours or whatever. How much it would take for you to clear all of that unmet expectation around like the divine compliment soul mate kind of a person. 33 hours. So that's definitely something where you could really clear down to zero and you would be a fresh start and I think the same thing about contracts you have against yourself. I think that that would be extremely important to clear. Yeah.

We're looking in our like-- you're asking really good questions. The basic questions I went in. I was unable to see some of the questions you had written a few months ago but I was able to see them like yesterday and for some reason they were hidden to me. But the questions you're asking are really good. It's like how do I--- you're in the conversation of how do I bring in a divine compliment and why in the other world does this stuff show up? And we're now looking at well why is that, you know, what in your field magnetizes to your confusion or psychopaths or whatever that is and then the road map which I'm giving you today, the road map maps it out and get it out of your head and understand that who's talking your head isn't necessarily you and so and it might

the reason it wouldn't show up as in spiritual parasites and pest it's because they're actually what we use to call spirit guides who have some kind of agreement to say with you and so you can clear all of those out to. Not like attack them but they say, you know, thank you. You've helped me. I no longer need your services and be certain that you no longer need their services and send them on the way. Then when you hear a voice like I did with my Mylar Sheif this morning in my head and I thought, "Wow. That's not something I would think." And I thought that's gonna be a spirit that's been contributing conversations in my head share lots of mine. And said, "Okay. it's time to leave." And my mind got quieter. So Understand that we don't go after the in the no more parasites and I will, in the future, I will give people the opportunity say and you likely have spirit guides who are not evil and are not pest and are there sharing in the conversation with you and you may not want them there anymore. So those would be the things aren't harming you but aren't necessarily moving you forward. They're sharing your experience.

N: Yes 'cause even when I pump and I've done so much work in my head and I'm working on it on a daily basis but I still get like severe pressure in my head and at some point it will release. It's just a matter of time. Thank you. That's very helpful.

J: yeah. You're welcome. Okay and anybody else seeing the possibility of, you know, stepping into more power by, you know, re-examining. First of all, getting everything out of your head. Looking at the agreements you made with yourself. Moving in to clearing things to that would prevent you from being in full gratitude. So we've covered a lot of really important steps on this path to full self-expression, full honoring, and stepping into your power, which is really we're looking at what holds your back. So any other things other than miscarriages and perhaps the desire to have a divine soul mate compliment. Anything else that's a unmet expectation that really needs to be resolved for you be cleared and move forward. Whether it be in that thing that exist in your space. It might not be even be active, it might just be more mottle in your head. Anybody else got something that's there?

N: Sorry. It's Nina again. Now that you mention it, I have one more thing with may be relevant to other people. That I've always sort of desires because I've been spiritual always is this ability to-- I've always sort of this very strong desire which is currently unmet to really know the divine and be with the divine and be sort of access him consciously. You know, I've been sort of working on my intuitive abilities and my gifts opening up and you know right now it's just not happening and I've been trying and trying. It's a bit like the divine compliment project.

J: Well some level yes and some level no. What I suggest that you do is clear any agreement with yourself to block yourself from having the connection the Divine and looks like 4 hours of agreements to not have that connection and then the sitting in

silence without any other conversations. You know, focusing on bliss or god. Usually just focus on Aba or the name of gods whether its father god or mother god or divine bliss. Because when you clear and then you are, you know, manifesting god inside you meaning that you're focused on the divine then that can happen. But when you have agreements against yourself to have this experience then you won't have that experience. And when we look at divine compliments soul mate, how many agreements have you made with yourself. Oh that guy's scary, I don't ever wanna do that again. You have 4 hours on just, you know, being able to have a divine compliment meaning you have contracts with yourself or agreements with yourself. That's not safe. And so you'll have to clear the decks of that to actually even be in the possibility of having a divine compliment.

T: Okay. And when you say clear, you mean--

J: Just pump.

T: Yeah. You mean clear agreements and contracts only? Or go to through the whole different--

J: No. I get-- It's actually is technically an agreement 'cause you haven't written it out very likely. Agreement you have with yourself. We went over this earlier. When you have an agreement with yourself, it might have been made under the influence of spiritual parasites and it the agreement. Oh. It's not safe to put myself in a vulnerable place with men so I'm never gonna do this again or Oh. This caused me so much pain. And you think it over and over again so it really builds up some amplification in your field. It's a thought form that really builds. So you have some terrifying experience and over and over again, you're telling yourself which is a spiritual parasite, "You should never have done that. You should never have done that. You're not safe. Don't do that ever again. It's better to be alone." You know, all that stuff got built up when you were terrified or whatever. It has to be removed.

T: Yeah. Okay. Well thank you so much. I'll do that.

J: Yeah. Did that help anybody else on the call? Anybody else like having a revelation now like, "Oh my god. That's me too." Okay. Alright. So we talked about the gratitude fortifier and we're going to the next one which is habitual excellence. And this is-- I think this can really happen easier when you've kind of taken all the stuff that's kind of mottle in your head and you've really taken it out and put it somewhere where you can say, "I'll deal with this each one of the time. I'll finish it. I'll celebrate it." But habitual excellence is choosing to be excellent everyday and making it a habit and choosing to practice excellence in everything that you do. And so for example, if you had a list and you were like, "I'm going to complete this." And you make a road map where I'm gonna complete this. I'm gonna make a decision about whether I change the cover or not on

Your Divine Human Blueprint. I'm gonna add topnotch endorsements, book endorsements, and I'm gonna add Jack's book endorsement to the cover. And I'm gonna have this up into create space and back on Amazon within 3 weeks and I'm gonna map out who's gonna support me on getting that done. That's habitual excellence. That's taking it and not doing a shotty job or saying, "I'm gonna do it when I have a change. Doing it by hook or by crook." but really mapping out what's the path to having this done at topnotch and if that other element for me was and then make a magnificent book page. So it really helps people understand with that they're stepping into when they buy the book, they're gonna have a really good description. They'll have gonna a couple of videos and they'll gonna have a book chapter and they're gonna really feel like they have an exciting journey ahead when they buy the book and read it.

So habitual excellence might be in the way you take care of yourself like Tammy is saying, "I'm really working with a homeopath and we're getting it down. So I'm understanding what I'm eating and how to nourish myself." So that would be excellence. That would saying, "I'm committing to this and I'm doing it for myself." So can some of you see how you could step into more excellence in particular ways that you care for yourself or that you do your work or your meditation or your exercise. Can somebody see how you could step it up a few levels? How many of you have an exercise plan? How many of you exercise daily?

E: I do. Elina.

J: Elina, good. Good.

E: But I'm agree. The flex I need to do more. It's like the step and dedication and also it should be discipline. This is what mostly discipline it's very hard to do it. I mean you need to do it and kind push yourself and after that it's just take time but if you do discipline every day, it becomes natural. It just you don't need to push yourself anymore.

J: Okay. And it's kind of exciting too, isn't it? When you're not overwhelmed and you're like, "This is my rule." At 6:30. I meditate from 6 to 7:30. I pull on my gym clothes. I go down into my work out room and I work out for 45 minutes or an hour and this is in Monday, Wednesday, Friday, I lift weights. On Tuesday, Thursday, Saturday, Sunday, I run. And you just have your rule and it's what you do and it's who you are. It becomes habitual. It's a habit of excellence.

E: But I also notice end of the day, when you discipline and you do your routine, I feel for myself it's like self love. I love myself more. And I still proud of myself at the end of the day. And I feel happy and it just kind of I'm much happier. If I need something, end of the day is just something missing in my life. But when you do it, it just how to keep that flow of the happiness for yourself too.

J; And you know, I had suggested but any time of day. But I suggested the beginning of that because the end of day sometimes we have social events and parties and, you know, things that need to be done with family and things like that but if you can work it where you get it in everyday on the days that you want too then that is perfect. So I know for me when I get if I do it before the day gets rolling, that works for me. But whatever works in your schedule. Whatever it is that really-- and honestly, exercise for most of you-- I'm sure you've discovered that it releases these wonderful endorphins. The happy endorphins. So just by getting your body moving and your brain starts releasing the happy endorphins. So it amplifies the happiness in the body. Good, Elina. Thank you. Anybody else on habitual excellence?

And then you know the last thing in the quantum mind set mastery that we talked about is really affirming power beyond measure. And when we're-- all of the conversation we're having today are on the, you know, what blocks us from our power and how do we step into more power? And so by everything that you're willing to do. Every minute that you're willing to commit to clearing, to sitting in silence, to taking action and writing the list and you know mapping out in order. All of those things increase your personal power. That power beyond measure. And when you think about power beyond measure, what is it for you? I know when I work with Jack Canfield and I did his brain regeneration and had his 12 weeks of check ins, Jack was thrilled. But later, a month ago, I got an email from Jack saying that he loved and appreciated me so much and he was just on-- filmed on Oprah life class. it's gonna air on October, and I've increased my influence on a global scale exponentially and then he listed 12 hour things that have improved since we did his brain regeneration and how grateful he was. And so for him, you know, this power beyond measure was increasing. He was gonna cut back and go to half time a year ago, he was 70 and just been on road too much and just exhausted and with the brain regeneration, he was actually able to turn things around and is working more that he was working last year and feeling very happy and energized and was just noticing how everything had increased so much and wanted to let me know that things were much better for him. So when we think about power beyond measure, what is it for you?

Okay. So maybe no one has an idea of power beyond measure.

H: Ever since I'm here for I feel so refueled and here. Everything I wanted.

J: Nice.

H: Have everything I wanted.

J: Yeah. That's true. I think we put a name to it for me power beyond measure fulfilling the intentions that I've set out like the Nobel price and one of the top women owned companies in the United Stated and Fortune 500 top companies to watch. Contributing

to 5 million minds. Getting the movie, the Harry Potter movie, the-- I'm gonna give it a name really soon. Something like Vada's Journey or something but getting that out into the, you know, first of all as a script and getting it out into movie form. I mean that to me is power beyond measure but also this kind of physical internal. I can create whatever I want. Having kind of financial security. You know having family around me whether it's birth family or new family that I bring in. That's power beyond measure to me because that's really, for me, power also has a love component or a love element in it. So Haruko, you're right. It's like everything that you desire, wish for, long for, when you're in that space where it's generating and creating. So all of me. All of what I imagined for myself is power beyond measure. You know, when you can really step into it and own it. Like I say that we're all probably, you know, at some portion less than what we think we can be. And then it's really-- this is such an important class because the ability to identify what is it that I'm to in this life. What have I made agreements with myself to do that I haven't done. What agreements that I made with myself that are harming me now and like clearing the decks and really authentically stepping into a kind of power. Power beyond measure, where you are yourself and that you are not running of any old programs and you're really actively creating the life that you had imagined for yourself. With your discipline imagination and are not free to do.

I think one of the things is I can still impress upon each of you is that the more space we have to give to our self in this way, the more powerful we are. So the more you can gift yourself with the clearings. With the mapping things out on paper, with the actual implementation, with the celebration, with you know being grateful, this is where you're gonna really step into a kind of personal power. Sitting in if it's your goal to have a more divine connection. Sitting in silence 20 minutes twice a day. Maybe you're just repeating bliss or divine love or something where you're really resonating and you know experiencing the divine emanating in yourself becoming one with you. So we're really looking at how do we increase not like the power that the world thinks is power. But this kind of personal power, this spiritual power, this power of the self manifesting into god or the self becoming the fulfilled essence. You know, we all come with an idea of what we want to accomplish in this life, right? And some of us are more clear and some of us are less clear on what it is that I want to accomplish on the site.

We all have kind of this thing that needs to be fulfilled and then we all have our big life challenge. We are talking about today minus betrayal. Maybe it's, you know, not when you had another one which is invalidation and another one never being with, you know, love on divine love. So whenever there's some bigger things to fulfill, maybe also, you know, unresolved wanting to be a mother or not being to fulfill being a mother or something like that. That might be one of your challenges. And when you take it off the plate as just sitting there in unconsciousness, unfulfilled, and you put it into action, I'm gonna fulfill this or I'm gonna clear this and I'm gonna say, "Even if you're gonna fulfill, if

you see something that you're gonna fulfill, I'm gonna suggest that you clear it, not to eliminate it but you clear it so that you can create from present time." And that allows you to step in to kind of power that we're talking about, power beyond measure.

Okay so we cleared amplification. We cleared personal power in perception and let's see. So we cleared group mind, group mind virus, curses, black magic, atheist thought forms, etheric body. We cleared timelines, we cleared trauma from past lives, and we cleared emotions. So emotion thought forms, shared energy, cords, contracts, agreements, karma, timelines. Including the etheric brain and the emotional body. Those are the things that we've cleared so far. In DNA, we've cleared the DNA, DNA from transplants, and we've cleared bloodline. And then see here 'cause we've been pumping away. Let's see if we were able to without intention clear some of this. So do we clear-- we clear satanic or dark energies. We didn't clear ghost. We didn't clear evil spirits. We didn't clear-- we cleared-- nope. So we didn't do any of the spiritual parasites related to personal power. So why don't we-- that by the way, if you're looking at your PowerPoint, is slide 5. I just kind of backtracked to slide 5. It's personal but it's spiritual parasites on that page. So we'll be clearing satanic-- well we cleared the satanic or dark energy but from the next one down, from ghosts evil spirits. We'll just do a nice clean out on personal power and removing these critters. And we can also add spirits, you know, just clearing out spirits that were formally considered spirit guides or friendly. So we can clear them out if you want too. I'm definitely gonna do that.

N: Julie Renee. I have a question on these slides. Is the amygdala included in the emotional brain?

J: Yeah. It's in the emotional brain.

N: Because the reasons why I asked, I've had like 3 clients overall complaining about anxiety and one of them--

J: Okay. Let me slow you down. Anxiety won't come from the emotional brain for the most part. It comes from spiritual parasites.

N: Oh okay. 'cause I normally would just do a normal clearing amplification and --

J: Spiritual parasites for anxiety and once you get all of them out. Definitely do the amplification down to-- 'cause sometimes there's like an evil spirit curse of something. And sometimes there's a sword left in somebody from another lifetime. They're killed and the sword stayed in their body and comes to the next body and that'll be the place where anxiety shows up. So they have a stabbing pain and actually you can remove the sword from when they were killed in a past life.

N: A sword? Okay.

J; A sword. you know like a weapon.

N; Right.

J: I don't really see anxiety-- You know, the emotional brain, the amygdala, is the pre-3 emotional training on how you would respond. And since you know-- my mother had a mental illness and then had 5 kids in 7 years, I literally got no, you know, emotional cuddling or comforting or anything. So for me, the emotional brain-- you know, I'm working on building a divine nature but it certainly didn't come in the amygdala. Now, medical science says that the amygdala cannot be re-calibrated but I'm gonna say that everything can be re-calibrated. So for me, you know when you start with that you look at that and you say, "Okay 'cause we're looking at personal power, if I were betrayed even by the mother-- " Like my mother I believe beat me and sexually abuse me. I have visions of that even as an infant. And tied me into the bed. Left me screaming for hours. You know, she would just wasn't capable of being a mother and yet she had 5 children in 7 years which is you know whatever. So that's when the amygdala is formed by age 3. I wasn't communicating and I wasn't speaking at age 3. So that is how they thing, you know, the medical science, that's how you're gonna emotionally respond to thing and I'm looking at you know the thing that's gone over and over and over replay in my life is betrayal and that probably started at birth. It probably did. I was the twin and my mother starved us. She gained 14 pounds with her pregnancy with me and the brother I had left the room at the 3rd month because 2 of us couldn't survive together and I was born without some bones and muscles. So I was born with some congenital defects. My colon isn't fully developed. So there's a bunch of part of me that didn't fully developed 'cause my mother was starving us. So that's kind of a betrayal right there. The brother left that I was a twin too and then mother starving me so that I couldn't get a full, you know, full developed body. So then I look at, for me, betrayal is a thing for me to clear and that the emotional brain can then go even to another more peaceful place if betrayal isn't an issue. Like I go to my god state there, I can clear it that way. Is that helpful?

N: Yes. Thank you. Thank you.

J: Yeah.

N; And thank you also for telling me about anxiety. So clearing the sword, I just pump for that and set an intention.

J: yeah. Exactly. Yeah. Test for it and see. I've seen it quite a few times with people who have kind of fierce anxiety and you get the sword out and you can clear the spiritual parasites and it's over forever. They don't have it. There wasn't really something wrong with them. I think the anxiety condition, if you look, it's mostly spiritual parasites and sometimes trauma that still left in body from past lives. And so you clear those and

they're done. Anxiety is over. They never did another tranquilizer. They're relaxed. They stop that sweaty freak out . It's over. It just stops. And it's so fun to witness. It's just really fun to see that happen.

N: But then the spiritual parasites keep coming back. I also clear the program so they don't come back again.

J; Yeah but they not the ones that cause anxiety. No. I mean like the ones that were plugged in, you get rid of them. You actually pump them. You know, you might have to knock them down 4 or 5 times but-- then they're gone. I mean the programs are gone,. The sword or whatever it was that are-- that was bringing all the stuff and it's pulling it in, it's gone. You help people live in balance and find happiness everyday and their energy changes. Their chemistry changes. So they're not really attracting that kind of being. That anxiety being. So funny, when I teach a big class for a long time, once in a while like a sensation like somebody in the class will be someone obviously suffers from an anxiety disorder and I feel anxiety for an hour and although, "Oh. I must have picked up some spiritual parasites from that person in the class." And I just clear it. And you know it's funny 'cause I can recognize it. Oh that's not me. I don't have those feelings. So I can say that's not me. I don't have to imagine it's me.

One of the things that you have to work with your clients on is helping them understand. "hey when you have anxiety take over you, it's not anxiety taking over you. It's spiritual parasites taking over you and you can that's not me." If you do it right away and you believe that-- you don't say, "Oh no. Here comes the anxiety attack" or "here comes the panic attack." You say, " Oh. Interesting. That's a spirit. That's not me. That's not me. I'm not in agreement to this. I'm happy every minute of the day." And that's gonna make a world of difference on how quickly they get over it.

N: Yeah. My challenge now would be-- she's only 25 and I once she's spiritual. I don't know if she should scare and tell her about spiritual parasites. She wants to go through this transition. You know--

J: She knows. She knows. If people have spiritual parasites, they know. And you don't have to go into a lot of detail and just like, "Oh. Some buga-boos. We'll just get rid of them." You know, that there-- it's not you. I mean that's a good news. It's not you. I mean if it's you, you know, you can't do about it. It's not you. So that's really good. You're not doing this to yourself.

N: So yeah. I'll probably just be on it. Thank you so much.

J; yeah. And honestly, if somebody got spiritual parasite they know. And they may not know the words for it but they're like, "I wonder what that is?" and they're like, "Well that can't be real." But they already know 'cause they've already experienced it. So just

understand that anybody who had-- You know what, I'm just always blown away. Even street peoples are talking about weird things but I know it's true 'cause it feels true to me. So even really straight lays, you know, powerful business leaders, I've told that too. You know met and they're like Yup I believe you. Gotta be true 'cause feels true. So everybody kind of knows but there's just nobody talking about. I think the more that I do kind of publicize it. I mean we're just opening up a door of-- let's call spade a spade unless like have 5 million minds agree. We don't want these things here anymore.

N: yeah. yeah. Thank you. I'm looking forward to her session to me now. Thanks.

J: Yeah. Okay. So currently we are clearing spiritual parasites from personal power. The next step we could do is cellular neo-genesis on the muscles, the adrenals, and the pancreas. And we have about an half an hour left of class. We're gonna end a few minutes early 'cause we didn't take any breaks today. So usually take a few breaks and probably end it 10:02 and we'll just get what we can get done.

This would be a good time while we're clearing spiritual parasites, if you have some questions and we have your original diamond class. We have identified ghosts are more of a troublemaker, so you always add that into the clearing. We have identified spirits that aren't evil spirits that will show up as parasites. And we also identified things like seeds, mechanisms, embedding was a new one we identified. You were taught about spiders and snakes which are one of the forms of aliens and we identified that there are 8 versions of aliens and we don't go into personalities 'cause we don't wanna give them any importance but just to say alien type 1, alien type 2. So we're identifying more and more .We're getting clearer and clearer. I think the thing to do is a little bit of mystery and for me it's kind of fun 'cause I could tell I clear all the spiritual parasites and pest so all the aliens and evil spirits and entities and trans-mortals and yet I can hear things in my head and I was like, "well I know these aren't my thoughts, so where are they coming from?"

And then you have to look at what agreements that I set up with angels or spirit guides or gods/goddesses to have chats with me because they'll continue to chat to you and you still won't have complete authority or sovereignty in your body. So that's one thing that I'm just really wanting you all to understand because I'm just getting it. I want you to get it too. And then the thing that you wanna really test is when, especially when you clear aliens, did I clear very part of how they're connected in, how they tapped in 'cause if don't clear the alien but you don't clear the seed mechanism embedding implant. If you don't clear the whatever allows them to get back in there and also there might be some agreement you made with yourself that you need to clear then they can keep resurfacing or version of them. So other things that are in that category can keep resurfacing in the same area. So there's a seed or an implant. Something that's embedded, a talon, you know, like a claw. So you need to test even when you've

cleared you go to zero then you need to test did I clear everything that allows them to be there meaning mechanism, seeds, implants 'cause we might not have identified every name. I got embedding. Recently I got embedding. So I think we've done embedding for about 5 or 6 weeks now and I didn't understand embedding because I think implant covered embedding and they don't. And seeds and mechanisms are somewhat different and so just understand that we're really always on a quest. So if you actually discover something that I haven't given you, fantastic. If there's something else like something called you know, Hoogabuga-- that's part of how they come back, then Hoogabuga, we clear that too.

This is a bit of mystery. We've identified a lot. I believe in the next year or two and I think part of it is group mind is that we can clear to zero and we can maintain clarity. And this why I'm experimenting with the silent meditation because I think when you give no space for a being other than yourself to live in your body for a prolonged period of time where you silence everything in the body and you, you know, silence everything in the aura and you go into your god state on a daily basis. I believe that we can get to the point where we have a tipping point where we have enough people that, you know, on a daily basis don't have spiritual parasites coming back. That are free and clear and--- I'm thinking spiritual parasites, but all beings that enter the body. I believe that we can get to zero and then it would be a conscious yes I do wanna hear from this god of-- or Jesus or Mary or the angel, I do wanna hear from this one. So on occasion when I say I wanna hear from them, they have permission to communicate with me. So where you really take charge of yourself and then you're not closing off the door to the divinity and the divine beings who are helping but you close the door to, you know, being a sponged for a every single thing that's floating by.

N: When you start--- It's Nina again. When you start clearing for spiritual parasites in a session and it's a 1-hour session. Now sometimes, obviously, if you know that to clear spiritual parasites down to zero may take a while. Now you said you finished it in one hour, is it advisable to stop and then start again for next session? I thought we could not do that.

J: You can but it takes 7 to 9 hours to clear all spiritual parasites. So it'll be unrealistic to think you can get it done in an hour. It takes 7 to 9 hours 'cause they are spiritual parasites.

N: Okay.

J: Yeah. It's interesting because that's why I've experimented with the 7-hour class so we could at least get everybody to zero in on fall swoop in one day but it's a marathon day. And I didn't-- why are you clearing all spiritual parasites? Is that what they've asked for?

N: No no. They haven't. I was just going to test for anxiety.

J: Just for anxiety. Oh yeah. Well you can clear all spiritual parasites related to anxiety or you know that would be good.

N: Yeah.

J: Yeah. Rather than all spiritual parasites 'cause that's a whole bigger project.

N: I see. I see. Thank you. Thank you for the difference. I had an appreciation now.

J: Oh yea. Definitely. It's just a big job and then people will hold you accountable when one spirit comes back. If you clear it to zero and they spent 7 hours and 7 hours of money on it and then you know the next they've got 20 in them again and said, "You did this for me and now it's not clear." They can be pretty distressed. So I don't necessarily recommend that you, you know, spend all of their special time just clearing them to zero because they haven't learned how to clear it for them self and you know there's gonna be a spirit going back especially when their people who are new to this work where they're not doing the dynamism meditation which is by the way if you've got people who have spiritual parasites as an issue and you're helping them clean up and they say, "How do I-- What can I do on a daily basis?" Walk in nature and you can sell the dynamism. Just set up a link with Marlene and you know, have a 50 percent profit. We've got a JD partnership setup now. So you could just say, "I'd like to sell products from the website." 'Cause you guys have done the diamond class which was the first one where we did actually initiate you as, you know, people who could sell. So if you wanna do that, then they could upload it and you get 50% of the--

N: Yeah. How much is the dynamism? I'm going to recommend that to her.

J: Yeah. The dynamism is a series. It's a 2 set CD. It's 49.

N: Okay.

J: Yeah and it's, you know, one part is training. It's part from the human blueprint and the other part is like an hour. It's really an incredible hour of meditation. That'll be good. But if you want to actually earn a commission, you have to set it up with Marlene to, you know, have the JD thing. So it have to go through your own link. So just set it up with Marlene.

N: Okay.

N: Julie Renee. Can I just ask another question in relation to another client? And this is about neck allergy. Where do I start looking? When I tested, I felt that it was to do with biochemistry somewhere as well as the bloodline. And so do I just focus on those two but biochemistry so wide.

J: Yeah. We don't actually say biochemistry ever in any of the clearings, so. Yeah you can check in DNA and bloodline. I would do the whole clearing 'cause allergies are often times from abuse and violence. You know, then we get over-sensitive to things in the world. So you know, you wanna kind of do some research on that and then it's often in the DNA. So past lives might be one of the issues. Bloodline and DNA. Or could be DNA from a transplant or something like that but it's often allergies are often in the DNA.

N: Yeah. I caught DNA. Thank you. Thank you.

J: Yeah.

N: It could be past lives or so right?

J: That's what I said. Yup.

N: Yeah. Okay.

J: Okay. We're gonna be completing in about 3 minutes. Does anybody have any questions about anything we've covered today or comments? This be the time. We've got about 3 more minutes.

H: Is it recorded or..?

J: Yeah. It's recorded. Recorded and you each have a PowerPoint with the, you know, the next step. So if you wanna do the cell regeneration on the muscles, the pancreas, and the adrenals, that would be the next directions. But it's all gonna-- yeah. It's all gonna be-- its voice recorded and in the PowerPoint. So you'll have it that way. I actually like this format, you guys. I like being interactive with you. It's quite a bit to teach for 3-hours to a small group on chat box. So I like hearing your voices. It feels really good to me.

We're about 70 percent clear on the spiritual parasite issue and spirits from things that would deplete your personal power. So you wanna continue to pump for about 20 -25 minutes to get that to zero and you can test yourself 'cause that would be the group overall. So there might be some of you who have more or some of you have less. And then like I said, if you wanted to take the next step then that would be the regeneration process and it's on your PowerPoint in your email box. Everybody got it who's on the call. And then ---

T: So what are we clearing? What is it that we're clearing right now?

J: Spiritual parasites that are interfering with your personal power.

T: Okay. Thank you.

J: Okay. And then so you'll have the PowerPoint presentation and I'm not sure how quickly the audio link would go out. It is-- it will be pretty immediately ready but I also know Marlene is having car trouble and she's the one who sends it out and they've got some kind of a family thing that they have to deal with this weekend. So it'll either come later today. We'll send it on to her with the PowerPoint presentation but it'll certainly be to you by Monday if it doesn't get to you immediately. So don't worry if it doesn't get sent right away. Like I said, she's our send out person.

N: Just before you go, I'm just looking at slide 10 and it talked about chakras especially 1 and 3, golden rings, and aura, and this is something we do off to the regeneration. We just pump for these. You can check 'cause that's-- those are-- slide 10. Let's see. I'll just go to slide 10. Yeah. So that's after regeneration. Those are additional things that you can check to improve on personal power. Restoring your power in the energy centers. So chakras especially 1 and 3 those are personal powers so it's survival and will. So survival is number one and will is number 3. So you can test if they're at a 100 percent and you can restore them. Restore you can clean up 'cause sometimes golden rings will get kind of mottled and then the aura, you can clean out your aura. So that would have been another step that we could've done in the personal power.

I created this PowerPoint 3 weeks ago and the topic we covered today, especially on the 1st hour and a half, I think are so pointed and so important that I feel like those are gonna help you even more than going through and doing some repair on the chakras or the aura or something. So my feeling was that went right to the heart of things and we really went into a deeper conversation about that. And you have this guide so you can, you know, tune in everything up around personal power by using the whole slide set.

N: Okay. And when cleaning the aura, we just pump for personal power specifically or just clear the aura to optimize it and just help along.

J: Yes you can but you can clear things like violence from the aura or betrayal from the aura. You know in the class on chakras and the aura and human access portal and golden rings that we're gonna do in September, we'll spend a whole hour on, you know, how to approach the aura on a deeper level but you can-- 'cause everyday you do actually do the clean out of the aura by washing it out but then how do you go to the next deeper level and that's by picking particular topics and seeing what's lurking in the aura. And so like when I say I spent 3 days clearing violence from my field, that was my aura. And how people were so loving to me after I did it and everybody saw me and they were all just sweet and everybody wanted to help me by clearing out my field profoundly, I became myself. Like people could see who I was and they were very sweet to me which is quite the opposite of the reaction I had from people before I did that. So that would be something where you could do that. You could clear out, you know, diminished energy or control energy from people. Someone wanting you hold you

down, repress your personal power, family control energy, you can clear that kind of stuff out of your aura too.

N: Okay. Thank you.

J: Sure. Okay. Tammy, any questions? Okay. Elina, Any questions? Oh. Maybe everybody signed off. Alright, everybody. Have a wonderful weekend. I love you. And mark your calendar for all those extras classes in September. We're gonna keep you busy in September and October. And--

T: You get notifications by email, right?

J: Yes. You will get notifications but I thought I would tell you right now so that you can put them on your calendar. They start the 8th and 10th of September. Very good. Bye, everyone.

T: Bye.

H: Thank you so much.

J: You're welcome, Haruko. Lots of love.

[End of transcription at 02:53:39]