

## Quantum Clearing - The Complete Guide: Part 4 of 4

Good morning and welcome to the fourth class. The hundred percent clear program. It's so nice to be here with you and just wanna make sure that our slide was working well this morning. So how are you? Have you had a good week? It's been blissful here in Sunny, California. It's been in the 80s this week. So we've had a really amazing week to enjoy and a beautiful weekend that I just really adored. So welcome to the class and do sign in. Good morning to Debby and Haruko, and we have 81 students this morning to complete our final training and you will have complete access to the 100 percent clear program. It will be on our secure website. So you'll have access to the videos, the audios, and the transcripts following the class. We'll send out the page where you can go and review anything you'd like. Get the homework. So okay. Good morning Susan and Ciny. Jim, "Ready to go." Tammy, Good morning. Alright. Well let's get started. Hi, Dawn. So we will go to our screen and we're jumping in. We're doing a bloodline and DNA today. Oh sounds really cold. That was from Joline. And Sharon, "Good morning." ,and Laurin, "Good morning." So nice to spend time with you. Okay. So we have gone through already. Amplification, perception, emotions, and we are now on our 4th class, DNA and bloodline.

And we think about DNA, and we're gonna go into that in a minute, and that is what is passed on in a physical level program-wise. And then we think about bloodline and generally we think about-- it's funny 'cause when I was doing some research for this class and looked up the definition of bloodline, it was really related to animals and yet we see bloodlines are so important in so many cultures. When you think about like a clan. A Scottish or an Irish clan, a Celtic clan or a bloodline with African folks, or bloodline-- you see the bloodline and the different levels of station in like in India where you have the whole, you know, what you were born into was what designs your life. So a bloodline has played a very key, a very, very important role in how we live our lives. How free we are to live our lives and where we will end up or land in our life. For example, it's very unusual it can be done to break out of the patterns of bloodline that would maybe have you impoverished or the bloodline where, you know, all family members tend to get neuropathys or neuromas or, you know, dementia at early on. So those are kind of some of the things in bloodline that we see that are pretty challenging.

Alright. Well let's dig in. So there are 3 aspects to the DNA and so we're gonna look at those 3 aspects and the first aspect that we look at when we're looking at quantum shifting DNA and that's the clearings for your DNA. And if you've had transplant or transfusion, you're gonna do it kind of double duty. So you're gonna have the DNA of the donor as well as your own DNA that you're gonna be working with. So that's number one, and then the second aspect of shifting the DNA is to have a strong intention affirmation for the replacement information and really you take on living in a new way. So once you've cleared the DNA, you're gonna be repetitively improving your behavior or your health in a specific area and you're going to be using your thoughts also because thoughts will program the DNA to improve your condition in the DNA. So we're gonna remove the harmful DNA and then we're gonna use our thoughts and intentions and improve the DNA. So consistently thinking. You can also pump in, you know, new things that you wanna put in to the DNA. What I found that repetition is what builds the DNA, so, and then telomere reconstruction which we likely won't do today but just to know that in the DNA, you can expand-- this is a clearing class and telomere reconstruction is actually in the idea of nurturing or rebuilding, rejuvenating, regenerating. So a lot of times when the DNA-- when the body is kinda break you down and not functioning as well, the telomeres have shrunken and they've gotten very small so they're not doing what they were meant to do because they're depleted or deficient, and so in the diamond level training, we do teach telomere reconstruction.

Okay and I see a bunch more people signed in. So Sharon, and Laurein, Nadia, Grace, Robin, Mary Ann, Suzy, and Debby. Fantastic. Alright. So now we're gonna go through this and then we're gonna pick a couple of things to clear. So we're gonna go through the whole kitten caboodle and then we're gonna pick a few things to clear but I wanted to kind of take you through what we're looking at. These are actually my relatives. So in the bloodline pictures, you'll be seeing some of my ancestry.

Your bloodline is both related to the blood in your veins and your family heritage. Think of it as the information your clan has passed down to you that they hold valuable. I have found in my research that if you have a particular dark generational past, the combination of bloodline, Lucifer stops, satanic curses with atheist thought forms can be at the heart of many issues blocking full body ownership. So just to note that when you clear bloodline, you'll be clearing more than just bloodline. So you wanna really look at-- but as bloodline issues come up those are other things to research.

In the DNA clearing, what we're gonna be doing and I've shown this before, but I'll be coming back on the screen in just minute, we'll be doing the side slide quantum pump. The DNA is 97 percent great. Meaning that it really serves you and that's the good news. Total 46 strands containing millions of pieces of information program in your body. You have 22 strands from mother in her side of the family. You have 22 from father in his side of the family. You have 2 unique god strands that are yours, unique to you. And these programs can reach back and still influence you 40 generations later. So in other words, the DNA is picking up, gathering information and holding on to it. Prolonging it, putting it in the next generation and the next generation and the next generation. So understand that it takes a long time. If we don't actually go in and clear DNA, it takes a very, very long time to clear DNA just organically.

And then in the DNA clearing, you're-- the pre-three-- oops. I'm so sorry. This is not-- somehow something jumped in from another class. Sorry about that. Interesting okay. Guess that can happen. Alright. So in the DNA clearing-- Gosh. So there were some headers and they're gone. Okay. Gremlins. In the DNA clearing, we're looking at health and wellness issues and in that any family trait, weakness, or trend can be an issue in the DNA. Illness can be passed down generationally like cancer, Alzheimers, diabetes to name just a few. And then also DNA clearing, you can clear money and success as well as love and relationship. Virtually any aspect of your life. You can clear if there's some problem energy in DNA, and love and relationship challenges can be programmed from DNA. Using kinesiology, you can test the issues related to DNA and clear using the side slide quantum pump.

And then we go into bloodline and I've just put the definitions here. Bloodline we're gonna clear with another hand movement. So I'll come back on the screen in just minute. We're gonna get started pumping and that hand movement we're gonna be using is the doorknob or the quantum pump and this is just the definition of clan and then underneath-- The definition of bloodline, the ancestor of a person and then or an animal was included in here. So you wanna be looking at your bloodline or your clan as a group or families where there's a common ancestry. So okay. Let's slide-- let's see. Actually I'm gonna slip back up to DNA and then we're gonna stop the slide for awhile. I'm gonna show you the pumps. Yay. Okay and I see. Yeah. It was 100 percent clear. We're doing bloodline and DNA today. Okay. So Nina, "Hi.", and Mary. And Cindy, "Quantum clearing. I believe we are in the correct room." Okay. Okay. Well if you've missed some of the class, you'll catch it because we're gonna send it out obviously.

Alright. So let's go ahead and start with the DNA clearing, and the DNA clearing again is the side slide, side slide. So essentially what you're doing is your hand is going like this and it's sliding across your chest. So that's a slide, the side slide quantum pump. Okay. So that is gonna be the DNA clearing and

then the bloodline clearing is you can do the doorknob technique or you can do the quantum pump. And if you just do this, quantum pump, that is perfectly fine. If you do the doorknob technique, it's kinda like your hand is going around the doorknob. We'll speed it up a little bit so it'll make a little bit faster if you do the doorknob technique but it will work just fine this way too.

Okay. So let's go ahead and pick a topic that we can clear. I was thinking on bloodline which will be a good example. If someone has a problem you think is from your bloodline, why don't you put it in the chat box. We can start pumping to clear bloodline but let's pick a specific person and then I can test for you on where else, in addition to bloodline, the problem will show up.

So for those of you, I know there's a little time delay. So go ahead and when you have the chance, put something. So you wanna put something into the chat box for me to test and we'll clear that specific issue but I wanted you to have a live example and I'm pumping already. So let's see. Okay. The doorknob technique is for bloodline. Okay, so. Jim was the first to put in. So heart-- He feels a heart is a problem with bloodline and it might be. Let's check and see. Is it for him? No. But a heart would be a problem in DNA. Yes. Okay. So I would like to get specific, a bloodline, just so you have the example of it. Thank you though for putting that in. "A respiratory." Again, I think that I might be DNA. Is that bloodline? No. Okay. Digestive issues are DNA; not bloodline. Disappointment and heartache for Ramana. Rama. Ramna. Okay. Let's see. Heartache. Heartache could be a bloodline issue. It's not deserving money is definitely a bloodline issue. "Migraine. Heartaches." Migraine it would be-- Heartache would be bloodline. [Inaudible 00:15:15] headaches. No. That would be-- headaches could be DNA. [Inaudible 00:15:22] and diabetes are DNA. Financials issues is bloodline. Yes. Low level depression is DNA. "Breast challenges or Emotional heartache." DNA for breast challenges. Emotional heartache could be bloodline. Slavery energy definitely bloodline. Anger. Anger is bloodline. Yes. Brain tumor; bloodline. Brain tumor. No. Not bloodline. "Depression. My mother's sister." DNA. That would be DNA.

So you can see bloodline has more of-- I was-- This is good. I'm glad that you put physical things down so you can see that it's different. That DNA will do the physical things much more. Bloodline would be like the agreement. The clan has agreed to and it'll be more based on emotions and in angst and struggles but it'll also be your set point how successful you can be. And so when we look at perhaps being able to be really-- happiness. Yes, Jim. Happiness comes from-- Some. There's some programming with bloodline. "Struggling with feelings. Accepting love." Definitely. That is definitely bloodline. So when you look at the word 'depression', you'll see that'll be in the DNA but if you look at sorrow or sadness, never feeling joy in the cells that would be in bloodline. So you see how, you know, you can kind of distinguish the two and you can find them in different places. So financial struggles from Nina. Let's see. That actually looks like, in this case, bloodline-- not bloodline; looks like DNA for you. Poverty for Joline is bloodline and yeah. Bloodline for Joline. Okay.

"Karma." No. That's something that you create yourself. "Memory." That would be DNA. "Not deserving love is a bloodline." Yes. Mental illness would be DNA. Good, Debby. You're distinguishing that. That's exactly right. Now you're gonna find some a little bit of each in both. So even if you have something where it's mostly DNA, you might find a little bit in bloodline or nothing in bloodline but I found that the thing you're gonna be looking for in bloodline is really-- you want the idea is to if you find something in bloodline, you've gotta look for other causes also like what holds it in position. And bloodline, again, is more like the agreement from the family. So the images you saw of my mothers and fathers side of the family and there was a lot of slavery in both side of the family. My mother's father was a very bad man

and so he was in the U.S. Military but was part of occupying forces and was really, you know on what I can see, very, very, very bad man. So that darkness in the bloodline has to be removed from the bloodline and, for me, what I saw from him was that I have to remove satanic curses. I had to remove Lucifer stops, satanic curses, and then atheist thought forms like 'it can't be any different that this' or 'I can't be aware of anything else than what I'm experiencing right now.' And then there were emotions that were plugged in to it. Obviously the way I was raised by a mother who had that kind of a father, you know, that also stimulated emotions. There was some black magic. Remember that black magic is things that we say about our self to others and so, you know, things that I would say that wouldn't uplift me and would cause other people to believe something about me that wasn't uplifting or true and then the bloodline. And I didn't see-- in many of the things I was clearing, I didn't see that was tied to DNA but there was this impression of bloodline that was so strong. So I hope that starts to give you a sense of the difference between the two.

Let's see. Looks like a bunch more things came in. "Can we clear saying bloodline issues or DNA issues? Can we just clear saying --" No. You cannot just clear. Okay. That's good. I'm gonna scroll down a little bit. You would need to pick the specific topic. You don't wanna do a general clearing. You could do a general clearing which would improve everything and it would probably 4-500 hours but it wouldn't specifically clear one topic. So you would a general clearing. Let me see. For the average person, if you just cleared bloodline issues, 900 hours, and then you'd still have clearings to do, right? Yeah. So I don't recommend that you just do 900 hours on clearing bloodline issues and then if you said, "Can I just clear DNA issues?" No. And the reason for that is 97 percent of the DNA is functioning pretty well, and so you really wanna clear just things that are not working very well and I understand well can't I just clear that 3 percent. Just saying I'm clearing the 3 percent that isn't working well.

I just don't think that it's the best idea to go in there and just start clearing like crazy because everything that you move and clear-- understand that you have consequences and shifts and you are different. And if you go in and clear a few hundred hours, so you just pump for the next 3 months. You do nothing but just sit and watch the sunset and pump for 3. You're not gonna be the person you know yourself to be. It would be better to consciously select topics, shift that particular topic, and then shift the topic and integrate. Overall, class if you were to clear DNA, all the DNA issues, which you'd still have issues, but let's say overall DNA problems, how many hours would you clear? 4 thousand. And is that each person? It's each person. So 4 thousand hours. That's a lot of hours.

Okay, my dears. Let's see. I saw some more things. "My mommy used to always say I work all week for the money and it's gone in one hour." Yeah. That could be clan bloodline. Certainly negative program. So she heard it from someone else too obviously. Her mother said it to her. Yes. "Youngest brother--" You're welcome, Ramna. "Youngest brother who seems to create turmoil around him and expects the rest of the family to sort it out. Is that bloodline?" Yeah. In this case it is. So that is a trait that's been passed down generationally and then like the one odd duck or the one black sheep, that's always the family has to chip in and save him or resolve the problem. "What type of pumping?" Okay, Jim. Let's for everyone-- oops. I do have-- Okay. So pumping side to side is DNA, and doorknob, so it's this, or you can do this for bloodline or you can do this for bloodline. So you have 3 choices for bloodline. And for DNA, you can do this, you can do this, or you can do the side slide. Side slide. Okay.

Okay. Mary, "Familial religion." That is bloodline definitely and then you would test. So familial religion, you would always have like group mind and there aren't curses involved with that. Black magic is

involved. Yeah. So you just have few things involved with the family religion. Now if it were a religion that seem to undermine you then that would be another thing where you would look for 'can I get out of this religion? How can I do that?' But just by clearing, typically, you would be able to successfully move yourself into a better place. Okay.

"Yolks and bondage." Yeah. That's like slavery pictures and in the way that you're saying it, it'll be in bloodline and then you can also say slavery or indentured servitude and then you'll find that in DNA. So you'll find it in both based on how you say it. "Weak bones." DNA. Weak bones. Yes. And "Bloodline. Men rule in the family." Yeah. That's right, Mary. Okay. You're getting it. No. Tammy, that's a really good question and you're welcome to start clearing. If you have one of the topics that you've listed. If you wanna start pumping, you're welcome to start clearing. Obviously, we're progressing through the class and I'm answering lots of questions, which are really good questions. So please do-- feel free to start your pump. Whether you're doing the doorknob for bloodline. You're doing-- or you can do the pump for bloodline, or you're doing the DNA slide. Go ahead and do that. Okay.

Nina, "Do we have to go down the list?" Oh. With priority. No. I think that you can start with what seems most important to you because that's what you're working on energetically and in your emotional field. So just start where you're at with what's really in your space. Like a couple of months ago, in the full body ownership, just a month before full body ownership, I cleared betrayal and I've seen such huge, huge shifts from clearing betrayal. My work, my employees, my teams that are working for me are working a hundred times better. I'm feeling so much appreciation and gratitude. Friendships are shifting. So friendships that I had created in the last few months prior to clearing betrayal seem to be also shifting and there's-- it's just like, you know, like I'm a different person. So just, you know, pick what seems to be most important for the day and start working on that and you can keep running list. You can have-- I keep a legal pad with things that I wanna get to clearing. I'm working on some regenerations. So I do some level of clearing and then I do some level of regeneration. I'm working on my thyroid, and my uterus and ovaries growing them back. So I kind of go back and forth. It's fun because, you know, I think the clearings you look at and when you've dramatically changed to much, you may need time to integrate and that would be a perfect time to go into a nourishing phase. So regeneration, rejuvenation, or an amplification like building wealth or building love. So you do some clearing. It can't all be about clearing but there is so much to do with clearing, of course. When you go so enthusiastic about clearing it's like, "Yeah. I'm gonna-- Oh my god. I get a hundred percent." And I'd love that and I'm right there with you but you also want to be taking good care of your body and I've just started on my healthy food protocols with the Gerson diet and I've started on a p90x3 workouts. I'm doing 30-minute workouts in the morning and eating really healthily and, you know, meditating and having a really 'I own and love my body'. This is me. And kind of this experience of all of it together. So I just wanna encourage you that we clear, detoxify, remove harmful energies. So that's what we're doing in this class and then we nurture, rejuvenate, regenerate, rebuild, restore, and that's the next phase. And then we amplify, accelerate, and build on what's that firm foundation that we have. Okay. More questions here.

"Are the doorknob and side slide just for DNA clearings?" I seem not be clear. So the doorknob is for bloodline but no. The doorknob is used for clearing spiritual parasites, specific ones. And so if you were wanting to train on that, we have a class, November 7th. That's an all day Saturday class and we get you to zero on spiritual parasites. And on the side slide, pretty much we just use it for DNA. And once in a blue moon, they'll be something stuck in bloodline but I wouldn't say that that's any regular basis and a side slide sometimes is just the shift you need to clear it. So sometimes there'll be something really stuck

there. So you could use it that way. That's probably what you meant to say. Are they used in other clearings like spiritual parasites. For the DNA, the side slide typically not, and for the doorknob, yes. Trans-mortals, trans-mortal wormholes. Things like that which we don't cover in this class. But yes, it is very specifically also for implants, mechanism, and seeds for aliens, we use the doorknob. Okay.

"Abandonment. Being abandoned." So if you said it being routinely abandoned, that would be, Marianne, that would be a way that would show up in the bloodline. Abandonment does not show up in DNA but bloodline, yes. "Is betrayal in DNA or bloodline." Betrayal. DNA and-- Both. Betrayal's in both. And Debby, "Can I clear hopelessness based on my mom's and father's upbringing? Father was in a concentration camp and mom raised in a strict Nazi soldier father. Is bloodline?" Bloodline. Yeah. Definitely. That's all bloodline. They'll be a lot of other things too, Debby. So you wanna think about group mind, group mind virus, atheist energy meaning I can't be any different way that I am or I can't, you know, effect change. There'll be satanic curses for sure. Satanic, evil spirit curses, Lucifer stops. Yup. So you wanna just start with a deeper clearing. So you wanna just-- like I said, whenever you see bloodline, there'll be 3 or 4 other things very likely. Very typical. So you wanna clear all of the things at the same time.

"How much time do you get to clear every day?" Well, I've been clearing for so long. This might be question for you like how much time do you need to clear everyday or that you should create for yourself, Nina. And I could see that you could clear up to 4 hours a day in joy and happiness. And then you're asking me how much time I clear a day, that's comical. So I clear for myself and I clear for others so about 11 hours a day of clearing. That's a lot of clearing. Okay. So hope you guys are all working on your projects as we're chatting here. Okay.

And then Mary, "Familial energy was for grafted DNA within the body." Grafted DNA within the body. I don't understand that question or that statement. If you could write it again, Mary. [Inaudible 00:33:36] please. Okay, Tammy. "Also, can you think a little bit about the importance of knowing what an issue is for learning a spiritual lesson. In other words, knowing we had an issue with someone for our cell growth versus clearing it without knowing what the issue was." Well that's why I'm saying that you wanna really be aware and focused on what you're shifting. What you're working on. Because what I've found is if you're just arbitrarily shifting, you may be going to some through really big changes and not understand what's happening because you're clearing, clearing, clearing and you're not aware of what you're doing. So I want you to really be thinking about, you know, this issue. Like for me, this was such a huge issue of betrayal and before that, a few years ago, it was violence. Violence showed up over and over again in my life and between bloodline and DNA and I would talk about it. So I had black magic.

You know, you just need to focus in on the challenge. Decide what the challenge is. You'll get more and more sophisticated as you do the clearings. So you're gonna understand but you can pick something like, "I hear chatter in my head in the morning. I wanna clear bloodline. I wanna clear DNA." You can test and see, "Why is there chatter in my head that isn't me in the morning?" For me that was satanic curses, Lucifer stops, and bloodline were allowing that, and then of course it is. It's not parasites; it's guests and guides. So beings that had been there a long time and they're used to being there and you have to kick them out and it takes time. It takes persistence. So you might clear your ability to be able to eat the food that you want. You may always be prone to eating the family food, the clan food, the food that the family said, "This is good food." Might be fried noodles and ketchup. That was out family favorite. So if I'm really stressed out, I'm eating fried noodles and ketchup. So you know, you might wanna clear that

so that you're able to like gift to yourself the best possible diet or the best possible exercise and health in the body. So you might clear those kinds of things too.

We always can go for the physical things like clearing what allowed the thyroid to breakdown or what allowed the diabetes to set in. That's fantastic. That's really good but you can also clear emotional things and we got a bunch of wonderful training coming up. There's-- in February, the 7 stages of love which will be really great if you wanna go much deeper in love and relationship with your intimate partner. We have the clearings in spiritual parasites. We have all kinds of trainings coming up to help you go deeper. So okay. Let's see.

"[Inaudible 00:36:57] with clearing karma between my dad and I would love-- and I would-- would this be a bloodline and DNA?" Cindy. Bloodline/DNA. Looks like DNA. I don't get bloodline. And then Ramna, "Hi. With the full moon, I find myself clearing in the middle of the night very intense energies." Yeah. With the full moon, we had talked about this earlier in the training about cycles and full moons, and you can unplug from the cycles. So you don't need to necessarily be up in the middle of the night working on clearings in the middle of the night, if you don't want to. And you certainly are welcome to but understand that it's not necessary to be drawn in and awakened by the moon and have to kind of wide through the night awake and pumping away, so. Okay.

Tessa, "Yesterday doing the clearing from last class on person to unhook from. I had a of information in the middle of my middle knuckle, on my back of my hand. Why was that? All the joints in my right and some of my left hand were inflamed and hurt this morning. Thanks." So you were unhooking. Cords, contracts, agreements, energy. It looks like you didn't get complete with clearing energies. So some of their energy is left in your body. That's interesting about the hands 'cause it's in the body; not the hands. The thing I'm seeing is like a punishment energy. Punishment energy from the person you're clearing. So that's person has been kind of living in your space almost like a spirit guide and I see a strong punishment energy coming through. So I will clear punishment energy from my hand and it would probably clear right up. Is that true? Yup. A hundred percent true. Okay. "Doorknob for clearing ghosts from the aura?" No. That's -- you could but we don't use doorknob for ghost typically but you could. I would use the chopping, the two handed-- two fisted. Like this. Okay. Let's see.

Alright. You're welcome, Nina. Nina, "So we can clear for others as well?" You can. You definitely can. The same thing that works for you works for you working with others as long as you have permission and they're in agreement to what you're clearing.

"Photographs have others DNA." Exactly. "Different alignment that my blood clan." Okay. Is she influence by the bone grafts and bloodline? I don't think. Bloodline is-- I don't think you're-- with the DNA, that's true, but not with bloodline. "I release for each separately with my intent to work on harmony." So on the transplants and the bone grafts and all that stuff, you do have the DNA information but you don't have the bloodline information. So I hope that's helpful. Okay, Nina, "I have a lot of betrayal in my immediate family against me. Don't know why lot of jealousy and envy towards me." That is actually probably something in your field. So what you would want to put in your field is a lot of validation. You wanna clear the field of jealousy and envy and if you'd ever had in any other life. You wanna clear that. And then with your family members and people around you, you wanna validate and appreciate them way over what you normally would do. So I just appreciate you but it has to come from the heart; has to come from the heart. Because that shift-- I know I had some of that competition energy and jealousy and I don't really like to participate in that. It's not something I experience but it

was unpleasant for me, so I clear it from my field and make sure because you can be going along kind of matter factly thinking, "Well. I'm just living my life. Why are they doing this?" It's because they want your attention and so by putting in validation, it comes down eventually. It doesn't overnight. But I would take it out of your field and out of your energy so that would be like a core life challenge. It might not be your big core like challenge but it would be one of your core life challenges.

Chopping is-- yes, Tammy. Is basically doing the quantum pump with both hands. Exactly. You're welcome, Dawn. Rebecca, "I get that there were ancestors who chose the dark for power and I'm trying to use my energy. What should I do to clear this?" That would be a core life challenge when you have ancestors trying to run their energy through your body. So I would start from Lucifer stops. So start from class one and go all the way through the DNA bloodline. So amplification, perception, emotions, and DNA. And then if they really appear kind of ghost-like or spirit-like, dark spirit-like, the other thing that you could do is you can do in to the freedom from spiritual parasites and pests class on November 10 because we do teach how to clear evil spirits and ghosts and occupying spirits and so if they're showing up like really trying to run their energy through you, and I've seen that before in one of my students from Indian heritage, not living in India, seem to have a lot of that where the ancestors were running through her body and it takes some time. It may take, you know-- she did the VIP program, she did the diamond program, and then she worked really hard. She got into the full year immersion program. She's pretty free and clear of it. So I would say took 6-7 months. When you think about having it be a lifetime of playing out or many lifetimes of playing out in, you know, 6-7 months over, you know, in comparison with 45 or 50 years, it's really kind of fast on getting it clear.

"How can I clear or what do I say to be able to get into more of your classes? Is my ex punishing me? I get tightness in my heart thinking about him and I've done the clearing I thought." Well that's an interesting question, Debby. So you feeling like-- I think I would clear freedom to participate abundantly in all classes with Julie Renee or something like that and then test-- let's see. I can just test on the hours for you. Yeah. You've got about 50 hours of blocks and it would be just one thing punishing you, there'll be a whole bunch of things like, "Do I have the right to have this god information? Do I have a right to have an avatar teacher/mentor? Do I have, you know--" Like all of these stuff, that you would clear out. So wouldn't be just one thing, it would be a bunch of things. I would just go to it and start clearing. I think, you know, you look at the 'what's holding me back'. You know, like I've been really working on shifting so that I have a more vitality in my body. I work long hours and I wanna be able to maintain kind of youthful joy. A sparkle in my eyes. Notice that the long hours were really affecting me. So I look at, you know, how I live in my body and own my body and I've always been looking at my body separate from my spirit and I had this revelation the other day that if I always thought of my body and talked to my body like it was separate from me like my child, which I'd always been teaching people, talk to your body like it's your child and love your body then it would be separate from you. But if you actually allow your spirit in body to be one, you can start really integrating into your life body. So look at what you're challenges are. I know I'm always asking what will allow me to go further? What will allow me to step into a higher level of full expression for myself? And that's what I want you to do for yourself too.

"Does the work cause forms of physical detoxing?" Sometimes it does. As a matter of fact, I'm thinking of teaching like the liver detox class and the kidney detox class and the lymph detox class and the circulation detox class. In that you can detoxify on an energetic level through specific clearings and then regenerate. So detoxifying the liver and then regenerating the liver but I think what you're saying is, "Will I have some slough off?" Usually not. Unless you're clearing actual physical parasites or viruses or



things like that. Usually not but you can have confusion and you can have exhaustion, and the reason for that is sometimes when you take so much away and you do it kind of quickly or rapidly and you're not used to the speed from which things are clearing, it may have you feel a little bit like, "Who am I?" And that's the reason I really encourage people get out and walk, you know, meditate and own your body and sing and dance and have fun because you wanna just really keep integrating the changes. So there can be some like level of 'who am I' if you're clearing a lot of like stuff like betrayal and core life challenges, you know, whatever those are. Disappointments and violence and all that. You remove all of that and you can identify it so much with that even if you hadn't want it to be that when you come to this place of, you know, "Okay. That's all clear. Now who am I?" and there's a little bit of a, you know, looking for who you are next. So that can be a process for you.

Exactly, Debby. You clear jealousy from yourself. And what you do is you clear the jealousy, envy, hatred, more competition or whatever version that is from amplification down to bloodline because it's in your field somehow stimulating. There might be in your field because through lifetimes people been jealous of you but in any case, it's in your field. So you're the one that has the power to remove it. You can't tell someone, "Please stop being jealous of me." 'cause they can't really do much about it but if you remove the hook, if you remove the thing that's stimulating the jealousy, that is when you're gonna really get the power to not have people show in your life that are jealous. Hi, Joana. Okay. Let's see.

And then Debby, "Undeserving of anyone helping me." And so that would be another core life challenge of maybe worthiness and deserving. And so you would clear from amplification down to bloodline on worthiness and deserving. So I would probably, you know, I would probably do a bunch of words just like that 'cause there's probably a bunch of trigger words for you and I would just clear an unworthy deserving and undeserving. That whole scenario. Confident, lovable, able to be cherished, able to receive. Looks like about 80 hours like on a core life challenge for you. That would be really fantastic clearing to do. "Growth on my neck." Growth on your neck would neither be-- doesn't look like it's on DNA. Is it bloodline? No. It looks like some health issue, Denise. Cindy, "Please. Test how many hours I must clear to do all your work." How many hours? Oh. I see. You want-- you wanna know what's blocking you. So if you cleared and you can do all my work, about 80 hours. I get, Cindy. Denise. I don't know. You put growth on your neck twice but it's something physical. It's not in the bloodline or DNA. Hi, Maria.

Okay, Jim. "I've been doing the doorknob on clearing parasites from my heart and now I can feel a release over my whole back. Feels great." Fantastic, Jim. That's awesome. Alright. Well I think what I like to do with the last few minutes is do a centering meditation and also maybe we take a minute or two to help you sort out upcoming classes and what you might wanna get into. Hang on just one sec here. Let me just grab my calendar and let you know when things are. So we now have a calendar on the website and you're gonna see, in the next week, you'll see 15 new classes added. So we're putting in a bunch of new classes. So I think we're scheduled out through April and there are these kind of apprentice classes every month. There are also special classes like the breast health class that we're doing. We have a lot of really, really wonderful classes coming up. I think the sound of truth is on next Tuesday and next Thursday and that really teaches you how to do the mantras to speed up your clearings. So if you got 80 hours to clear something. If you're using the mantras and using them the way that I teach, and 80-hour clearing would probably take you 62 hours. So we're like shortening it almost 20 percent. Around 20 percent. So that's the sound of truth. Freedom from spiritual parasites and pests is the following Saturday, the 7th. We also have overcoming and divine connection in November. Overcoming atrocity,

and so that's a special class. Living past trauma. Then we have-- I should have this all written down so I could have just knocked it out. We have illumination in- Oh yes. How to meditate and illumination, and the solstice class. A bunch of stuff.

So go ahead and I will put the link to the calendar. Look at the calendar and what's good for you. We have many, many-- hang on one sec. I'll put this up. And we have many, many, many classes coming up for your next steps. So many things to do. And some of you will be wanting to do clearing classes for awhile and some of you would be ready to go on to the regeneration. I should have just gone into the calendar here. Okay. So I see the breast health class. Accelerate your wealth. We've got a free class this Saturday. Freedom from ghosts. Actually the truth about ghosts and evil spirits is that we're gonna be covering which is curses and ghosts in that class. We're having removing violence from your field and body on November 16th. We have the Golden Age Year of Miracles would be on the 20th. Sound of truth is coming out. Yup. Also, we have the quantum ambassador retreat in Carmel. We have 4 spaces left. So it's almost filled up. A very little-- very few openings left in there. So if you really wanna come, sign up now. So there's a link if you wanna see all of the classes that are coming up.

Alright. Well let's finish with a guided meditation. "Inside of my head, shoulder, lower back could before 20 minutes." And-- Okay. Well let's go ahead and do our guided meditation to complete the class. And so finding a comfortable seated position with your spine erect and your feet on the floor. And let's rub our hands together in front of our heart chakra creating some heat, some topos, some energy. And then right hand over heart chakra. Left hand over right hand in a universal mudra of self love and self affinity. Affirm to yourself. I love myself. I trust myself. I express my unique self. And breathing in and out. Breathing in and out. And allow your eyes to close. Send a grounding cord down from the base of the spine to the center of the Earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release the excess energy in the body. Male bodies with a line of energy as wide as your wrist hallow in the center from the testicles down to the center of the Earth. Set your male body on release and release any control energy, female control energy, competition, or aggression. Females with a line of energy as wide as your wrist hallow in the center. From the ovaries down through the perineum and down to the center of the Earth. Releasing the female control energy and also all your healing projects. Both of us, male and female bodies, coming in to neutrality.

Going up to the adrenals that sit at your kidneys with a line of energy as wide as you wrist hallow in the center. From the adrenals, one inch up from the waist line, two inches off the spine down through the perineum and down to the center of the Earth. Set the adrenals on release and release the adrenals. And then plug the nervous system in and release the nervous system. Going up to the center of the head and in the center of the head is the golden temple of silence. Open a trapdoor out the back of the head and just go ahead and take a spiritual fire hose and wash out the center of the head. Wash out any looping thoughts worries or concerns. Wash it out the trapdoor. Any excess energy is dropping down into the big grounding cord out the hips. And when you're ready, you can close the trapdoor. Pop up the top of the head. Pull the aura into 18 inches around your body. Smooth out any dings, dents, or holes in the aura.

Bringing Earth energy up through feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Bringing cosmic energy into the back of the head, one inch above where the spine meets the skull. Bringing that down into shoulders, arms, elbows, forearms, out the wrist and fingertips. Bringing more of that down the back channels. Looping through your hips, through your belly, through

chest, through the top of the head, out the head. Bathing and cleansing your aura like a beautiful Italian fountain. Coming in to the center of the head and seeing your spirit filling in to the tips of your toes and fingers. Breathing deeply all the way into your toes and fingertips.

Coming back into the room. Into your body. Opening your eyes and rubbing your hands again together in front of your heart chakra. And then just holding your hands together in the prayer mudra. Namaste. I honor the god and goddess within each and everyone of you. I love and appreciate you. God bless you. Keep you safe. I'll be in the chat box. I'll be happy to help you figure out what your next step is. We'll be sending out the video replay shortly after the class is over. We have some ideas on what your next steps can be. So God bless and I'll see you in the chat box for the next 10 minutes. Love you. Buh-bye, everyone.

**[End of Transcription at 01:20:06]**