

How to Meditate Session 4 Transcript

Good morning, good afternoon and good evening to all of you, to each one of you and this is our completion class on how to meditate. It's a wonderful day, just coming off of Christmas Holiday, still in the 12 days of Christmas into... Let's see, what is it now? The 28th? So maybe it's the 4th day of Christmas in the 12 days of Christmas, to which Christmas continues to be celebrated by some traditions.

We'll be starting with a blessing this morning. I'd love to see you guys signing in as you're coming into the class. Oh good, I'm seeing people coming in. Great! This is our wrap-up. Last week, we were working on breath and we got a lot done. We were actually working in deeper levels on what it means to have your breath, your life force, your spirit in body and how that activates when we do breath meditation. Today we'll be completing breath and we'll also be working on the experience of the quiet meditation or silent meditation where we find the problems in that areas; so it should be a really, really wonderful, exciting class. I'm looking forward to sharing all of what I know about this and clearing as much as possible.

Good morning Sharon, and Eden, and Nina. I wondering Tammy is probably here too, let's see. Yes, Tammy is here, and Erin, and Bridget. Wonderful! Very good. Alright, well hopefully we'll have a smooth class today. We have amazing tech support. We've got a couple of our staff and also getting some training on the production end of things, so we've got a lot of people supporting this little call today. It's a wonderful completion. And this is our final training of 205. 2016 is amazing. We've got a lot of new classes coming up and a number of opportunity for apprentice training in line. The completion immersion program for the next couple of years, we have one more live year of immersion coming up this 2016. The Golden Age Year of Miracles, the Wealth Class, the Weight Loss Class, Growing Younger classes, so lots and lots of good stuff coming up.

Okay, well I think we've chatted enough. Let's keep going on our training. We're in class 4 of how to meditate and we're going to do a blessing from the Lutheran hymnal. I pulled this up this morning. I thought it was so beautiful and especially since we're just coming off of Christmas, we'll do a Christian blessing. It's really a prayer.

'Give to all humankind the mind of Christ and dispose our days in thy peace oh God. Take from us all hatred and prejudice and whatever may hinder unity of spirit and concord. Proper the labours of those who take counsel for the nations of the world, that mutual understanding and common endeavour be increased among all people. Amen.'

I love that blessing. It's a little known blessing in the Lutheran service book, but one so sweet because it really calls in the mind of Christ, which is what we're looking at when we have the silent mind. And also the blessings for those who are in charge of and in counsel of the nations, in other words the presidents, and the leaders, the kings of the world. That common understanding that we may love each other and come into peace and harmony. So it's a really good theme to begin the class with. This mind of Christ, dispose our days in thy peace and the silent mind certainly is that.

I won't be testing for anybody because we didn't get everything cleared, so we will actually complete the clearings on breath Nina because I tested and you'll see, I prepared for you guys this morning and nobody really got completely clear on the things that we are working on. Okay, so we are going to today work on both the easeful breath meditation and the silent meditation clearings and we're going to start with Sat Nam, balancing the right and left hemisphere. We're going to do three different breath meditations and then we'll go into the clearing. And so we're going to balance the right and left hemisphere of the brain. The right hand is close to the face, the middle and fore finger down, pressing down on the thumb and nostril. Count in for 4, so you take a breath in for 4. You hold for 16, sorry, hold for 16 and then out for 8.

I'm going to stop this now. You'll get this and I think you have these instructions from last week. We'll go like this. Here's the hand. The hand is facing the two outer fingers and the thumb and here's what we're going to do. We're going to go in. So we're counting 1, 2, 3, 4 and then we're pressing both and then it's 1, 2, 3, 4, 5, 6 and you're holding the breath in, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16. And then you're opening the right nostril, so the thumb comes off and you're breathing out for 8. 1, 2, 3, 4, 5, 6, 7, 8. Breathing in for 4. 1, 2, 3, 4. Hold. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16. Breathing out for 8, slow exhale. 1, 2, 3, 4, 5, 6, 7, 8. Breathing in for 4. Hold. Breathing out for 8. Breathing in for 4 and deep breath in. Hold. Breathing out for 8. Breathing in for 4. Hold for 16. Breathing out for 8. Breathing in for 4. Holding for 16. Remember, you're balancing the right and left hemispheres of the brain. Breathing out for 8. Breathing in for 4. Holding for 16. Breathing out for 8. Breathing in for 4. Holding for 16. Breathing out for 8. Breathing in for 4. Holding for 16. Breathing out for 4. Breathing in for – excuse me, out for 8. Breathing in for 4. Holding for 16. Out for 8.

Taking a deep breath in through both nostrils, holding the breath, breathing out, breathing in deeply for 8 slow counts. So just take a slow, deep breath in through the nostrils. Now hold with your lungs filled and imagine the oxygen flooding down into the abdomen and down into the legs. Breathing out for 8. And just take a moment and close your eyes and feel the balance between the right and left hemisphere of the brain, feel any shifts in the brain or body, any activations, any peace, any silence, any quieting,

feeling each shifts in the body. And then come back into the room. I'd love to hear what that felt like for you, balancing the right and left hemisphere of the brain through breath. What was that like? What changed for you? I know my arms got kind of tingly, my body felt more animated. It felt like more of me was in here. I got up and quickly rushed to take the garbage half a mile down the road, which we do on Tuesday mornings. I was kind of on remote, auto pilot and what it feels like to me is I'm here. It feels very centered to me. I feel very present. It's really good. So if you'd like to share what it felt like, that would be great. I'd love to see how some of you shifted with the breath.

Now you can do that for a period of time. Pranayama is really nicely done for about 20 minutes in the morning or afternoon. Actually, in any time of the day, but you can do it before exercising. It's very, very good to really activate spirit and body and to activate the parasympathetic system which is the system of regeneration, so that kind of breathing really restores. So if you're in an emotional moment or you've been in some stress or trauma during the holidays, or you've had an interaction that hasn't gone really well, come back to the breath and get yourself right back in the parasympathetic relaxed system.

Nina says, "I felt a throbbing sensation in the back of my head. I usually get headaches so it was interesting." Okay, good to notice. We're going to be clearing more on permission to have your breath. Sharon, "Yes, I feel present and very peaceful." Beautiful! Very good. One of the things about learning how to meditate properly is to notice what's going on in you. So you can hear what I'm going to teach you, but the most important thing is to know yourself because that's your doorway in. Erin, "I felt I was very calm in my hand." Beautiful!

Okay, we're going to do the next breath exercise or breath meditation. Let's go down to the lotus Mudra. We've done this before in class and we'll be saying Sat Nam, which is my name is truth. Nam is name and sat is truth, so my name is truth and we're integrating the heart's desire with the higher aspiration. So we'll be creating a lotus shape with our fingers in front of our heart. Breathing in we'll say Sat; raising the lotus above the head, we'll say Nam.

Janice, "I have a difficult time doing the hand positions. Can you use the thumb and third finger without using the other fingers?" Yes, as a matter of fact I know people who do this and I know people who do this. This is the way I was taught in India, but however it works for you is going to be fine Janice. So you just want to get a finger holding this nostril and holding this nostril, so if you do that, that's fine.

The next one is the lotus and Sat Nam and we're breathing in and out again. This is the lotus. So you start with Namaste, I honor the god and goddess within you, opening the hands, fingers extended. Breathing in, hands in lotus in front of the heart, integrating the heart with the higher aspirations of self, reaching the hands above the head and then returning to the heart. That's the movement of the hand. And now let's do the breath and mantra. So we go Sat, Nam. Breathing in through the nose as you say Sat and breathing out through the mouth as you say Nam. Sat, Nam. Sat, Nam. Sat, Nam. Again closing your hands, Namaste and noticing the changes that are taking place within you. Again this breath is energizing the desires of the heart with your higher aspirations. Beautiful!

Alright, so again, just take a moment and sense what's going on with you, what's changed, how did that meditation of breathing and integration affect you. What did you notice? What shifted? There will be meditations that are so powerful and life changing for you. There will be meditations that maybe don't have a big effect on you, so you want to actually notice where you're getting your shifts.

We'll be doing the next one which is our final breath meditation. That will be the next thing that we do. One more breath meditation and then we'll go on to clearing some more with the breath and also clearing for silent meditation.

This one is the rapid belly breath. You're going to breathe in rapidly into the belly and expel the breath by squeezing the abdomen. Upon completing 60 breaths, exhale deeply, inhale, and then exhale again, deeply inhale and hold for 60 seconds, and deeply exhale, and then we'll begin the cycle again. I am just on the end of a little winter cold so I'm a little 'mucusy' and some of you might be.

I'll show you what we're going to be working on. In through the nose, so when you breathe in, the belly goes out and when you breathe out, the belly goes in. So like that so you can see me. We're going to go (*Breathes in and out*) You know what, I think for the way my nose is, I'm going to go in and out through my mouth. So probably the best thing is to go in through the nose and out through the mouth but if you're pretty stuffy, it will work in through the mouth. Let's go ahead and start. We'll be doing 60 inhale and exhales. (*Breathes in and out*) And then breathing in, deep inhale, cleansing breath, out, breathing in, and out. Breathing in and we're going to hold for 60 seconds, so breathing in deeply and hold and close your eyes. Feel the flooding of that rich oxygenated blood go into all the cells of the body, and really going deeply into the body. When we take a deep breath in and fill our lungs completely and then allow it to just sit in the lungs, it

really does flood the body with this rich, oxygenated blood. It's incredibly nurturing and healing to do the rapid breathing.

We'll probably return to that at the end of the class and we're going to do some clearing now. Let's see, I see some comments that came in. "I feel energy moving from the feet all the way through the body and through the top of the head." Beautiful and I'm sure these were comments from the last round. "I felt energizing of the heart and opening of the nasal and sinus area..." from Erin. The first one was from Janice. And Nina, "Again, I noticed head as I was breathing in and out." Great and then go ahead and if you'd like to make any comments on the rapid belly breathing. Beautiful!

We're going to into our clearings. I wanted to get some breathing going because we didn't get to it last week and there are still quite a few clearings left to do this week. Okay so for clearings for the breath, we got to 72% clear for the class. And just to remind you, the right to exist and take up space, the right to be fully expressed, the right to feel joy, the right to be loved and cherished and warmly greeted by others. We're clearing cycles and timelines and permission to live. And then we'll also be clearing our silent meditation obstacles. I found a lot of issues with the silent meditation cycles and timelines prohibiting divine silence. We're looking for holographic inserts and portals in those cycles and timelines. Those were too bugaboos I saw there. The ability to experience the quiet mind and the ability to discipline the mind, the right to own and the enjoyment of ownership of the mind, permission to own the God space of silent reverie, a set point of birth, the familiar – in other words your family, permission to know the divine, removal of torture and trauma from past connections, removal of Atheist beliefs, 'I cannot be this, know this, have this experience of divine connection.' And then the DNA in the blueprint itself, also the undisciplined mind and I'll be working in the blueprint to clear this. The things that I see that largely disturb my spiritual parasites, the silent meditations, so if you've tried to do silent meditations and you just can't, alien type 3, type 6, and type 8, ghosts, evil spirits, transmortals and family, bloodline but also ghosts in body and this would be potentially people living that are projecting themselves into your body.

So we're going to start pumping and clearing first which was the remainder of breath and also clearing for silent meditation. And I see some comments coming in. Let's see, a bunch of comments came in while I was chatting. Let me scroll down here a little bit. Janice, "Felt really cold all of a sudden and then I could feel heart beating in every part of my body." Lauren, "I was anxious and a bit impatient with self. Could that be DNA issue? When I was 4, I had pneumonia and breathing problems." It could be. It could be. Let's just go ahead and jump in and start clearing. So everybody is pumping here.

And these are all the things that we are clearing related to that huge list; so we got a lot of stuff to clear. And for breath, overall class clearing was 77% clear for the breath part of the clearing, so a lot of the rest of the class, we're going to be pumping for clearing.

I found this really fascinating as I was mapping it out, what really interrupts silent meditation because so many people strive for it and it's almost like you have to be a monk in an Ashram or a cave somewhere to really accomplish silent meditation with great ease. And by clearing this, we give ourselves the opportunity to experience this divine right of ours. Yes Bridget, I muscled tested for that. I was looking at the overall class and everybody having wanted to clear last week. I'm not sure if everybody got a chance to because of the holidays. So this morning when I was preparing for the class, I was checking and just noticed that it hadn't gone to zero for you guys so I thought, let's use part of the class for that. Definitely Nina, you can chant. I did put one chant on this one, but we can pull up more.

[Singing]

*In the stillness, In the quiet
In the open heart, there I am*

*I am essence, I am breath
I am light of God, I am, I am*

*In the stillness, In the quiet
In the open heart, there I am*

*I am essence, I am breath
I am light of God, I am, I am*

*In the stillness, In the quiet
In the open heart, there I am*

*I am essence, I am breath
I am light of God, I am, I am*

*In the stillness, In the quiet
In the open heart, there I am*

*I am essence, I am breath
I am light of God, I am, I am*

That's great Nina. Okay, I know some folks like 'The Stones.' We can switch to... Everybody keep pumping. There's a whole heck of a lot to clear as it comes to our process with silent meditation and getting the breath cleared, so let's just keep working on that.

[Singing]

*The stones they are calling me.
Echoing through an eternity
Calling out to set us free,
The power of the stones.*

*At dawn I walked in the circle of stones,
A solar temple to me yet unknown
'Till by the strength of morning light,
Shone the power of the Stonehenge stones.*

*They grounded the energy of this place
And held us together in loving embrace
While beings of light danced above the space
Bestowing on us their wisdom and grace*

*The Avebury stones were laughing at me
Taunting me, tempting me, dancing with glee
Playful stones make love to me
In the circle of the stones*

*The heavenly chambers from days of old
Newgrange stones were a circle to behold
I knelt in prayerful reverence
Of the power of the basin stone*

*I touched my forehead to the rock
It filled me with bright light and talk
Of the ancient people and their ways
And the spirals of the stones*

*The stones are everywhere we look
Medicine wheels and monolithic books
The wisdom of the circle flows
In the temple of the stones*

*The stones they are calling me
Echoing through an eternity
Calling out to set us free
In the power of the stone*

Okay so Lauren, “If anxious and a bit impatient with myself, could that be a DNA issue?” It could be, but usually it’s spiritual parasites. “And when I was 4, I had pneumonia and some breathing problems so how do you rid that memory?” Well, you’re not really wanting to rid the memory because it taught you something, but you’re wanting it not to impress upon you or weigh upon you. So you can clear the trauma from the memory and then have the gift of what you learned from the experience of pneumonia. Maybe you were really well loved and cared for or maybe you were really nurtured during that time. Maybe your parents showed you how much they loved you during that time. So you don’t really want to rid the whole memory; you just want to take the trauma out. Bridget, that was muscle testing which I already answered.

Okay good. Alright, so I think I got all the questions so far. Let’s see what else we got here. These are kind of more ballads, these songs so I’ll open other one. Yes, I’ll open the other one. Just keep pumping. You’re welcome Lauren. Okay, ‘A Call to Lighten’ is very sweet. I think this is nice. We could do this as a call and response.

[Singing]
*Soft the night and sweet the spirit
Soft the night and sweet the spirit*

*Gentle voices call our song
Gentle voices call our song*

*We are magic, we are wonder
We are magic, we are wonder*

*When we live beyond the veil
When we live beyond the veil*

*Humankind, please raise your thoughts
Humankind, please raise your thoughts*

*Bring a plain of peace and love
Bring a plain of peace and love*

*We the guardians of the pilgrims
We the guardians of the pilgrims*

*We the authors of the play
We the authors of the play*

*[Singing]
There is a softness about her
Sweet Mother Mary
I can only respond to her in love*

So we'll do that first section.

*[Singing]
There is a softness about her
Sweet Mother Mary
I can only respond to her in love*

Bridget, "What is the explanation for the pumping?" I don't understand the question Bridget. Could you write it in a different way? Do you want to know why the pumping works or do you want to see what we're pumping for again? The pumping works because we're setting an intention in the quantum field and we're shifting how the particles are vibrating to get a better result. So pumping itself, it came to me in... Oh good, so I'm explaining the right thing. It came to me when I was watching my own cells regenerating; my hands started moving. The pump works even when your energy vibration isn't very high. For example, say you're not an enlightened master yet – that's what I want to say. So you're not an enlightened master yet and so you don't wield the power of the universe yet, and yet this pump works for every single person on the planet. It helps to rearrange the particles. It works partly by the mind knowing that it works and then the pump itself is the action that allows the mind to know that the shift is happening. And then you can test, you can muscle test and you can see that it does indeed make a shift. And then what I've gotten in recent times, initially I just felt my hand moving but in recent times, I've got the side swipe and the doorknob and the chopping. Actually we've had that for a few years now but how really when you're on the aliens and holographic inserts, this is going to be a better clearing. Definitely transmortals and transmortal wormholes, also this is better clearing this thing. And then this thing more for the thought forms like soul contracts and curses.

Oh good. You're welcome Erin. Did you guys have a wonderful holiday and do you all celebrate Christmas? Some of you probably don't celebrate Christmas. "What is the likelihood of having to revisit certain areas to clear again? Do you do this regularly to tidy up?" Yes, you know, I think it's really good to tidy up. I think that even when we get it to what it says, 100% clear, I think you'll still find some little things lurking there and it's probably good to revisit it. You won't have the big, long clearings the second time but there might be a couple things that you discover. I think the other thing that I'm really looking at and taking apart peace by peace right now is for example, cycles and timelines, it became clear to me that cycles and timelines had holographic inserts, implants, portals. There were different things that I could see that were in cycles and timelines and if you just removed the whole mechanism, whatever it was. So I'm in a process of defining the whole system of is there some mechanism, seed, implant. Sorry, my cell phone for some reason responds to my voice sometimes. It's hysterical.

Yes, so I'm in the process of defining it. If you come in to the apprentice classes as the year progresses and we should have all the definitions of what's in... You know, if there's any mechanisms or seeds or holographic imprints or something in a curse. You know I'm defining it so we'll have that mapped out in charts. So if something doesn't just clear with the first round of pumping, it might be that you need to clear some mechanisms, some kind of thing that's been attached to the thought form.

Oh, fantastic Bridget. Wonderful! I think we just keep refining, and refining, and refining until we get to zero. I mean I was really looking at why I've been able to grow back my tonsils and my adenoids. I've been able to regenerate parts of me, but why I had some evil spirit curse put on me. I started growing back my thyroid; I had it at about 30% and then it went to really almost zero and I've got it at 3% again now. I was like, why is that, why all that work that I did on that didn't hold? And yet I have grown organs and glands for other people. So I was really asking what's going on with me that I can't grow back my thyroid? I know I can grow things back because I have. Well, then I came to understand that when I was born, so this is on my timeline, I didn't have permission to own my neck. That probably happened from being beheaded or hanged or something. Someone else completely owned my neck. So as a child, I had 10% ownership of my neck. And then I had a family member who was mentally ill who told me daily that she wanted to wring my neck and break it off like a chicken. She told me that over and over and over again that she was going to wring my neck. So then that kind of reinforced that I didn't have ownership of my neck. So I was testing and it's funny because I've worked really in full body ownership but you have to go in and remove the holographic inserts, the implants, the seeds and mechanisms, whatever is there for ownership to really be able to hold on to the ownership. So with my digestion, I was just blown away at how good it is and that was something I was born with – really, really bad digestion. At some

point they had me on 9 different pills and I don't take pills anymore. And so over the years, I've been able to regenerate my digestion and it works really amazing, amazingly well. And so I was thinking, well, I'm really owning my digestion and now I'm going to really own my neck and all parts of my neck. So then really it's like you investigate what didn't I clear? What seeds or mechanisms or what didn't I clear to make that happen? So it's a learning curve isn't it? We just keep looking at what's needed now.

I think that too with all of my processes because I had 7 surgeries and many of them removed parts, so I'm growing back all my parts. But then did I start from birth, so I had a timeline that said I couldn't own this part of my body. So that's one thing that you need to look at. In any case, it's not part of this class but I'm just looking at a kind of unstoppable no matter what. Because with growing back things, I always say for some people it works, and some people they get a much better experience in that part of the body but for some people, it might not completely grow back. Now I'm wondering if the definition of what I'm defining now allows us to 100% grow back something. So if I can really like look for myself as an example and be successful at growing back my uterus, my ovaries, my thyroid, my parathyroids, then we know absolutely because this has been troublesome, I've attempted to grow it back numerous times, so I just continue to look.

I think the other thing that I discovered in the process of clearing and working on things and regenerating things is that I probably created such difficulties and challenges for myself so that I would understand what the worst of things is, so that I could define it and show you guys how to do it. So I'm grateful for having the challenges and being able to really take it apart and keep growing and learning. It's exciting. Your Divine Human Blueprint 2nd Edition is now out by the way, so you can get it on Amazon or on our Website. You'd get an autographed copy if you get it on our Website. But I think we'll be coming out with a part 2 this year. I think we'll have another few hundred pages to add to that with all the definitions and all the things I've learned in the last few years. It's exciting.

Oh Janice, that's a really good question on cerebral spinal fluid. Let's see. Mechanism, portal, 6 guests, alien type 3 – 8 of them, and alien type 8, two. You've got a bunch of stuff in there. On some level, when you're really investigating a serious problem, you can't just pump. You've got to actually define what you're clearing and then clear it and then test that it's gone. And then with that many bugaboos like aliens in there, I would check, I think permeations, that would be another one. Permeations is a yes. Portals is a yes. So yes, there's more to clear. It's exciting, isn't it?

Listen, I'm going to grab something because I want you to see how I work. I keep a tiny, little laptop my bed and I wake up sometimes with inspiration. Here was one day and you'll probably not going to be able to see all the words but just to understand that I went through what permission to have pleasure in all parts of my body and my life and then I looked at all the things preventing pleasure, and then I looked at all the blocks of like my company as a top female owner. So this line is all the things that I was looking at. Like can I create in joy and pleasure and then my life is filled with relaxing, energizing, pleasurable times. I'm in my parasympathetic system much of the time. What I discovered is that if you're in stress mode, your body doesn't regenerate, which we know, right? But literally, you can do all of the regeneration. And then my company, top females – so that's one of my goals. I think what I've done is I've allowed myself to have some stress around that, so what would it be like if I were in that top level and I didn't have stress in my body. And then this list here, this side is like Lucifer stops, bloodlines, soul contracts. I defined everything. Holographic inserts, implants, seeds, mechanisms, wormholes, alien 2, 4 and 7, demons, transmortals, evil spirits, ghosts, guests. This clearing would get me to 99%, so what's left is life force, there was an implant, a seed, and a guest. Ownership 100% of life force, clearing this gets me to 100%. And that was 180 hours of clearing. So that's how I map out stuff when I'm looking at well, how do I get to that?

This was another one that I mapped out on another day. I just send them down the printer, print them out, and then I'm pumping and working on it, and then checking them off when they're getting done. So this one was on that top female owned company that's in the US; the top female owned companies and where they start, where you get into that category is at 10 million of revenue in a year. And so then I was looking at what are the blocks, what are my blocks to my company and what would I need to clear to get to that position, where I was in a position where I could have that. So I just encourage you to map it out; whether you write it out on a paper or you type it up. I noticed that my lists are much neater if I type it up than if I write it out on a legal pad which I used to do. I would have maybe 10 pages of notes and chicken scratch all over it. It seems like I'm much cleaner when it comes to the computer.

Nina, thank you so much. She loves my manicure. That's sweet. Very good. So we're just pumping and pumping. Oh my goodness! Oh my goodness you guys, I can't believe it, we have two minutes left of class. How did that happen? So I expect to see all of you in the apprentice class in January. We have Grow Younger, Cell Regeneration Made Easy and I think that one might be on Thursdays. We have a Beautiful from the Inside Out Lighten Up Program for losing weight; if that's one of your New Year's goals. It's a very, very powerful class and we regenerate the digestion in that class, as well as working on metabolism and a whole lot of other stuff. We have also the accelerate

wealth program. This year, it's going to be very, very different than any other wealth program I've done. I'm making up charts for clearings. We're putting in the holographic inserts, the seeds, and all that stuff. So if you've taken that class and you want a new experience of that class where you have a breakthrough and we're going to be clearing a whole lot of stuff that we haven't ever touched in the past. So I'm super excited about bringing that wealth class to you in its new version. You'll still be doing the meditations for the 21 days and its beautifully mapped out. We've got a new person on our team who has made it so gorgeous for us.

Okay, alright Bridget, Happy New Year! And Sharon, "I can't believe it either. So fast! Thank you." Very good. Alright, you guys. I love you. I appreciate you. I will send the amount of hours and the pumping that you need to do to do the clearings for the day. I'll also send you the PowerPoint. I'll see you in the new year which is next week. I love you so much. God bless you. Just know as you enter the new year that you are so cherished; you are so important and your being here makes a huge difference. You make a difference in the world just by being here. I love you. God bless you. I'll be in the chat box for 5 minutes so if you want to interact with me, I'll be there. And I think there are some videos that you might want to take a look at that are classes coming up. Okay, bye for now.