

Beautiful from the Inside Out_Part 1_Transcript

Hi and welcome! It's afternoon here. Good morning, good evening, good afternoon. Wherever you are, I'm sending you love and appreciation and welcome you to Beautiful from the Inside Out Lighten up Program. We just today made this program available to some fellows. We had one fellow I think sign in. Welcome to our gentlemen who will just be taking the lighten up part of the course and all of you ladies, you are in for such a big treat. The meditations are exquisite and powerful. They do really bring out your youthful vitality; really focused on whether you're doing the face lift, the full body rejuvenation or the tightening during weight loss. I really recommend that you start with the full body rejuvenation. That's what we've got you set up for, but you'll have all three calendars. So whatever you want to do is fine with me, as long as you're getting in a daily meditation. The rapid weight loss says that you get a break on Saturday and Sunday but you're still going to have to use the meditation on Saturday and Sunday.

We're going to go through the guidelines for the 8-week program. 60 days. Could you believe, we're going to spend two months together getting slim and trim and flexible and powerful and more gorgeous than ever. So we'll spend a few minutes going through how the program actually works. We're going to do a couple powerful clearings today so we're going to get off to a good start and really just get a mindset for what we're creating. We're starting with 17 wonderful students and myself, so 18 of us going through the process. This typically is about that size of the class. It's a big commitment to come into two months and the investment isn't a tiny investment either. But you know what? You're going to get amazing, amazing results and I know you're going to be so, so happy. Also if you have a friend, people can start up to three weeks into the program, so if you have a friend who you think this program would be good for, please share it with them.

Alright, welcome to the call everyone. I see Sharon, love you. Hi! And Nadia, yay. And Roxanne, Erin, Carrie, Heather, and Carole. I bet that's Carol. Carol with an 'e.' Hi everyone and welcome! And people are still signing in. Colby, hi Colby! Let's see, it looks like we have 16 people already on the call so pretty much the gang's all here. That's fantastic. Now some of you probably are using the call-in also. So listen, I know that eight weeks in a row might be difficult for you to make every live call and I'd like you to. I'd really, really would. But if you don't, don't worry. We're going to send you the replay and the audio. The benefit of being on the live is to keep your momentum going and really stay with the group energy which is so powerful.

Oh I see some more people. Ramana, and Ginny, and Sherry, and Betsy. Hi everyone. Yay! Happy New Year! It's been a really wonderful start for me. I've been doing some cleansing and partial fasting and have been able to kind of shift some of my weight; so

I'm coming into the program a little lighter than I was 16 days ago when I started doing the meditations. I wanted to go through what you guys were experiencing and just kind of feel into my body and see what it felt like to go through the full 60 days just like you; so I'm doing it just like you.

Great! Okay, so let's start. The first thing is I'd like everyone to begin the program, if you haven't already, and I'd like to stay with the day of the week. So we're on Tuesday and actually Day 1 is Sunday, but I want you to really stay with the day of the week. So if you want to get in the prep and clear which is Sunday and then start tomorrow with Wednesday, I want you to just stay with the right day of the week. It's going to make sense. It's not going to get you all mixed up. You can start and you can do prep and clear for your first meditation if you haven't started already and you can do that today if you want to, and then the next meditation you're going to do is going to match the day of the week.

Now there are two ways to use the meditations and one is to do one meditation a day. Now, you might wonder when would be the best time to do the meditation and honestly, any time is good. I get my meditations typically early in the morning but there is a real bonus to doing it before you go to bed at night. The reason for that is that you go into the regenerative cycle. At around 10 o'clock, as long as you're kind of resting already at 10 and so your body is already relaxing listening to the regeneration, the clearing, the rejuvenation, the removing the DNA and all of that stuff right before you sleep sets your body to really get the fullest advantage of the meditation. So if you're not too exhausted, say 9:30, put that meditation on and listen to it and enjoy it into the evening and then go to sleep right after. I think that would be the best to sue if you were going to do one meditation a day. You could do that. I would highly recommend doing it before bed time.

Now there's a second way that you could do it which is to do a meditation in the morning and at night. And if you did that, what I would suggest is that you might do the morning meditation as you get up and you could do the beginner meditation in the morning. And you could do the advanced mediation at night. We're just in the process, I noticed that I hadn't put the advanced meditations on the first four weeks so today, they're making that change. It may not all be done yet today. It will be done in the next two days. So if you want to do the doubles, you do the beginners meditation in the morning and the advanced meditation at night. If you're just doing the singles, just one a day, then you're going to be doing the beginner's meditation for four weeks. Each day you're going to do the beginners meditation and then for four more weeks, you're going to be doing the advanced meditation, and it's really mapped out for you beautifully.

So what you're going to be seeing when you go into the introduction page and the delivery page is a calendar. I love this because you know exactly where you are. You can just click on the calendar. If you have a little laptop – I'll show you what I do. I've been doing this and I love it because it's so easy. I'm not a big download person. It's so funny that I have this big internet business because I am not a techy person. Okay, so I'm going to show you what I do with my little tiny laptop here. So in the morning, I have this on my night stand. In the morning, I have that on my night stand and I – I should have just done a screen share, shouldn't I? But I don't know how to do that, so I'd have to ask someone out. Let's see, there we go. So you can kind of see the calendar. Yes, I'm sure you can see it a little bit and then I just click on the day and it takes me to the page. So if today were Sunday and it's Day 1 for all of you, so like I'm saying you can all do meditation 1. Let's see. SO this is the prep and clear page. I'm sorry it's not very clear but you probably have all gone into it and so then you'd scroll down and there's your beginners meditation. It's actually the prep and clear meditation which could be used for the entire eight weeks.

Also what you'll find in the next two days, if it's not there yet, you'll have the happy hormones as a choice for the Sunday meditation. You'll have the adrenal meditation also as a choice for the Sunday meditation. And then each day, there will be a specific topic. Prep and clear is an hour long. It really takes a lot of time but you know what, I want to tell you that this is the most blessed, powerful, magical meditation you will ever hear and it will change you for the better completely. I've had several people know the power of this meditation. Take it in for a family member who's had a stroke and is dying or a heart attack into the hospital and they play it round and round and the people come back. The doctors don't know what happened. So understand that this one, it restores your chakras, your energy system, it tunes up all of your organs, it's going through your brain, it's clearing your meridians. Prep and clear, again, the most powerful meditation I've ever done. Dynamism, the second most powerful. Prep and clear, the most powerful meditation I've ever done. Out of the 190 meditations I've done, or more, this one is the one, so don't miss this. This is really good. It's for Sundays and you need an hour for the prep and clear meditation.

And then we go into – oops. It looks like we got Day 1 twice. Forehead and eyes is Monday. Legs and thighs, Tuesday. Cheeks and mouth, Wednesday. Hair and eyes, Thursday. Waist and Hips, Friday and neck, breasts and arms on Saturday. Now, there are 15 core meditations that you'll be experiencing as you go through the process and then on a weekly basis, I'm going to be giving you clearing charts. So we're going to start with the one that I've talked about. Now I think one or two of you might be in the wealth class, you've already gotten this one. It's on suppression, domination and control and I thought this was a really great homework assignment for all of us to start with so

that you can really own your body. So if somebody has been suppressing you, dominating, or controlling you, it's pretty hard to be successful in your weight loss goals.

You'll also get some support materials along with the meditations. If you don't understand all the words I'm saying, no problem. Every meditation is transcribed, so you can just kind of glance through the transcription and see what was she saying. And as a matter of fact, it's really wonderful to read the transcriptions and really just comprehend what you're doing for that half hour or that hour. You've got the transcriptions. We do have a disclaimer. I had a couple students take this and use this with a group of people. It just is for private, personal use only and we aren't licensing people to use it in a group. If you wanted to talk to me about that, if you wanted to take a group through, you'd need to make arrangements with me. So there is a disclaimer on there, or a copyright infringement little message, just so you know. Just honor the sacredness of this beautiful training.

Okay, so we've talked about the transcripts and we've talked about the audios. You've got a bonus audio; a 5-minute one on weight loss and that you could do throughout the day. I'd recommend if you're a person who gets to be in charge of their flow, at 10 o'clock, 1 o'clock and maybe 4 or 5 o'clock, doing that 5-minute tune up. Just keep yourself in the flow. Keep yourself in the quantum pleasure field. What we're really looking to do and one of the reasons I've seen some people not be as successful with weight loss is that they're in the sympathetic system every minute of the day.

I'm just going to check from the names I could see on the screen on who's in the sympathetic system right now because I think that's just an important awareness. I can see Sharon, sympathetic or parasympathetic? You're 70% in parasympathetic which is the system we want you to be in; the relaxation system, the system of regeneration. So meaning Sharon that you're doing pretty good on staying relaxed at least in this moment, Ramana, you're 30% in the parasympathetic system which means you're 70% in the sympathetic system. That would be too much stress in the body, so we want to work with you Ramana on making the choice to be more relaxed. Allow yourself to relax. And we're going to do some clearings; I've got some great clearings for you that you'd be able to pump on this week, if one of your challenges is not being able to stay in the parasympathetic system. And I think it's also a choice.

I just became aware of that. I was like, what is going on with me? It seems like I'm always stressed and I'm living in my dream home. And then I discovered that just by the way I'm set and I'm always concerned about everybody and I'm getting a lot of emails that are kind of dramatic emails, so I shifted so support gets to answer and then say,

can you answer this question. You just can setup your day so that you're in the parasympathetic more of the time.

Yes! Yes! On a normal day when I'm teaching a class, I would be in the sympathetic system and for the last few weeks, I've been really working and this shifted me and I'm 80% in the parasympathetic right now. Yes! That's really great. And ultimately, 100%. Okay, so Roxanne, 80% in the sympathetic system so Roxanne, you're on a little bit of stress drive. Tony, 60% in the sympathetic system, so you're a little too stressed out too. And Colby, 40% in the sympathetic system, 60% in the parasympathetic, so you're in the right direction. I'd love to see you a little more relaxed. Rebecca, sympathetic 90%, so something has got to move a little bit for you and I'd love to – maybe that's one of those tune ups we do every time we get together is we just get everybody dropped into the parasympathetic system as quickly as possible. Betsy, 50%. You're 50/50. Erin, in the sympathetic, oh okay, so 80% in the parasympathetic system. Good job Erin. And Heather, 60% in the parasympathetic system. You're on the right path. We need to get you a little more relaxed than you are. And is that – I think that might be Janie, but it might be something else. Janie, let's see, parasympathetic system, 40%. You need a little more relaxation Janie. Sherry, 60% in the sympathetic system so only 40% in the parasympathetic system. Sherry, relax.

Ok and I've got some update. It just popped on. Let's see, so Carol, 30% in the parasympathetic which means 70% in the sympathetic. I want you to relax, Carol. And Tammy, 30% in the parasympathetic. No, sorry. 30% sympathetic, 70% in the parasympathetic for Tammy. Let's see if there's anybody else on the call here. Did we get everybody? I think I got all the people who are listening.

Alright my dears. I'm going take myself off of this. There's a place where I can view who you are online and then there's a chat box going on too. "Just have started. I found longer evening meditation very helpful. Going to look for your 5-minute updates to try this week." Great! And Nadia, "Please check me." Oh Nadia, how come you didn't show up. Thank you. You're 70% parasympathetic and 30% in the sympathetic system. How come you didn't show up in my list of students? That's very odd. Okay, so if I didn't get you, please just right now pop in because I want you all to know where you're at. Let's go ahead and pump a little bit to just relax. You can just kind of see that grounding cord from the adrenals down through the perineum and down to the center of the earth. You just let that go. Let us get it to 80, or 90, Or 100% in the parasympathetic system and get relaxed and joyous in this class.

And then as we pump, that's one of the goals, and if you know how to muscle test, if you know how to do kinesiology, you'll want to test yourself a couple of times during the

day. If you notice yourself kind of like (breathes deeply), you're in the sympathetic system. And guess what? We do all kinds of crazy things chemically when we're in the sympathetic system. I think I said that in reverse; you're in the sympathetic system if you're doing that. You're going to be kicking out cortisol and chemistry to hold on to that, and what I want for you is to kick out the chemistry that's relaxed and not kicking out and storing fat and all those crazy chemicals, those bad chemicals. We'll really work on that for everyone.

Yes and Carrie, "Check me." You're only at 30% in the parasympathetic system at the moment. Now this is one that we might next week take on as one of our major clearings. This week we're going to do suppression, domination and control because I feel like it's incredibly important. That might be your homework for next week. We'll see. We set that up that way; that you can all have the whole clearing chart on how to clear this. Yes and then what makes the program work is that you also are going to be doing your own exercise programs and your own meal plans. And so if you've got a meal plan that really works for you, this is the time to start it. You're going to find that you have more willpower and more of an ability to follow through. I've been 16 days on the program. I'm now exercising sometimes twice a day, but definitely once a day. I kind of let that go because I was working so many hours which is a no-no for me. I've got to exercise. So I'm definitely back on track with that and it took a few days of meditating and just kind of clearing the space and giving myself room to not fight against myself and do it joyfully. Yes, you're welcome. So I want you to be looking at a meal plan and also an exercise plan. That's going to really help. We don't just magically pump and meditate and it goes away. We clear all the obstacles.

And you know it's so interesting. I heard from the fellows, "Oh, it just melts away..." And for the women, "What's going on?" They're all stressed out and I'm like, really one of the things is that men don't take weight gain very stressfully and so men tend to have more of that flutter off the duck's back. They want to shift it out and they have more muscle mass or whatever and it just burns off. We're going to change that for you and we're going to make it easier for you also to burn it off and to feel great in your body.

Alright, so that's basically what we're going to be doing is we meet every Tuesdays, same time. I think we have one Tuesday where we're meeting an hour later because I'm doing a week-long training. But it's every Tuesday, same time, same bat channel and we'll be doing clearings and updates into the program. I'll introduce and talk to you a little bit about what a cleanse is, what a fast is, what a flush is. You'll have different opportunities. We'll provide material to direct you on how to do some of those things. If you're interested, which I did over the week and was beautifully prepared for so it was completely effortless, I did a liver flush. That's where you're cleaning out all the bile in

your gallbladder and liver and that really, really helps with speeding up metabolism. So you get your liver and your thyroid working well and metabolism is sped up, and as well as just really devoted exercise really helps too, and eating well. I think pretty much 100% of the time, if you're eating a lot of carbs and sugar, you're probably not going to lose any weight. But also if you're eating a lot of salt and fat, you're probably not going to lose a lot of weight.

A cool thing about the meditations is that they help you fall in love with yourself. I've had so many people tell me, "Oh my God, I just love these meditations. I just go into bliss and I love myself." So I think that that's one of the fun results also of doing these meditations on a daily basis. Yeah, if you're really going forward, I tend to see that we're going to take you through eight weeks but if you're 10, 20, 30% over your ideal body weight or more, you might stay on this protocol for six months. You might just keep going because you'll get good results and you might just keep with the flow. I think one of the things we're really looking at is changing some habits, getting into some good habits, but also changing what's going on in your field. So the information in amplification – ooh, I'm starting to feel people shifting. That was big. Let's see how many people. Everybody's in the parasympathetic system. Yay! Yay Do you feel a little better? Do you feel kind of relaxed? It just felt very different. Good! This is the feeling that you're looking for.

Okay my dears, let's see. There's a question from Tammy. "Is it a good idea to also do a detox program with this? I'm thinking about starting one this week with a standard process." Yes and actually, that was what I was talking about Tammy. Each week or not each week, but three of the eight weeks, I'll be giving you some instructions. But I want you to use what you know about and what feels good to you because it's going to work 100 times better while you're in this program. Definitely. Like I said I just did a liver flush and now I'm doing a partial fast for four days and then I'm going into a specific vegetarian diet that's good for also restoring joint fluidity. I've already noticed a shift. I've been doing yoga in the last few days and I'm feeling really wonderful in my body. Oh good, people are saying, "Yay, I'm much better." I love that.

And feel free, I want you to really understand how this program is going to work. So if I haven't gone through something that you'd really like me to talk about how the program works, it's really based on meditation and outer actions. I have included, you'll notice on the introduction page, the welcome page, there's a daily journal that you can get to. Let's see here. Download your personal beauty journal and it will help you like with some recommendations for meal planning exercise, walking, yoga and there's a page, kind of like a calendar for a day, like I drank 8 glasses of water today and I exercise twice a day. It's kind of a fun, little journal that's set up. It doesn't have an outstanding

diet an exercise program, but it's just suggestions that I thought would be helpful suggestions. I want you to really go with what you know is going to work for you with exercise and diet. But I'd recommend that you do download that beauty journal because you'll like the pages. It's fun to fill in the pages.

Okay, so we are into our slides, Beautiful from the Inside Out Lighten Up 8-week program is starting. We'll begin in the middle of the class, now that we're finally getting to the slides with the Tryambakam Mantra. We'll just set the class with three mantras. Three times through rather. What this does is it creates new life and destroys all obstacles and it is especially good for restoring health. And you know what, when we're destroying the obstacles, we can actually just imagine seeing the excess body weight whether its fat or fluid or whatever it is in there, let's just imagine that just disappearing.

[Singing]

*Om Tryambakam Yajamahe
Sugandhim Pushtivardhanam
Urvarukamiva Bandhanan
Mrityor Mukshiya Maamritat
(10X)*

Wonderful! So we've set the intention for divine blessings and the clearing of all obstacles. What we're going to be doing now is we're going to clear all that interrupts the flow of easeful release of excess. Living and owning your beautiful dream body and getting you out of high alert, into calm. The clearings that we'll be doing are on this page. Bloodline, Lucifer stops, soul contracts, demonic curses, satanic curses, evil spirit curses – so all this stuff. I'm going to leave this on the screen, but I'm going to come back to you and I'm going to show you how to pump and how to muscle test, so you're going to know when you're doing it on your own what you're doing.

When we're doing a clearing for those three things and we're going to clear all of the bloodline and Lucifer stops and all of that, what we're going to do is just a simple quantum pump. We don't have to be complicated. There are other hand movements but honestly, this is perfectly fine for a weight loss program is to just pump. If you'd like to, the double pumping is wonderful for these kinds of clearings. You can double pump with two hands. And when you do see me pumping, because I reach out across the globe to all of you, I do a slightly different pump and it's kind of a whirly gig. Don't do that. You're just going to get chaotic energy. You don't need to do that. But I have this funny thing going on with my hands, so if you see me and go, well what is she doing, should I do that. Forget it. You can do this or you can do this and let me show you how that looks. So on the side, basically your elbow is down at your waist and your hand is moving

forward. It's not really like this. It's sort of like that, except it's kind of more like a reflex. It's more like just throwing your hand forward and letting your hand fall forward. Do you see that? You just get in your own rhythm or your own pace. And then you could do both, so you could do alternating pumps. It's so cure. The UPS guys like to come up here because I have an incredible view. Somebody has been sitting out there for 10 minutes. I bet he took a phone call and just relaxed and had a cup of coffee up in my driveway. You see him driving off. They tell me too that they just love to come here. It's the best view anywhere. It's the best view on their route. So here we are, we're pumping and we're clearing. So that's the clearing technique that we're going to be using for this class.

And then, if you'd like to learn about muscle testing and I will attach a little video that teaches you about muscle testing, so you'll have that too with today's follow up information, Muscle testing is just – you can do it any way you want. If you do it this way or there's a throwing thing that you do and you know how to do it, then you just stay with what you do. That's perfectly fine. If you see people doing it at a fair, they usually say hold your arm up and if it weakens, then it means no and if it stays strong, it means yes. What we do, what I teach is using the fourth finger, the ring finger on the right hand and then taking the pointer finger, excuse me, the right hand and the pointer finger on the left hand and pushing down. You really stiffen up the ring finger and really hold it as firm as you can firm it, hold it and then push down and you're pushing down to get your answer – a yes or no answer. So, it's healthy for me to lose an additional five pounds. It's healthy for me to lose an additional four pounds. Okay, I've got to ask a different question. It's healthy for me to lose – oh, lose is probably the word that isn't right. It's healthy for me to be 130 pounds. It's healthy for me to be 125 pounds. No. It's healthy for me to be 126, 127. Okay, so 127 is the good health. I think the word lose is the thing that was turning up, but you can ask it's healthy for me to be -- poundage or waist, I think those are actually some of the things I'm looking forward for myself. So that's muscle testing and I'm going to send you on that. It's like a 3-minute training video and then you can watch it a few times so you can really get it in your head if that's what you want to learn how to do. Let's see, I'm ing this little fasting thing for four days and I have lemon, cayenne, and maple syrup in here. I'm going to talk to you about that in another class, when we get to the fasting class.

But basically, what that's doing is when you're fasting, you're letting your digestion rest. So cleansing is cleaning out. I did a flush which is rapidly whooshing all of the bile and all the stool and everything out. That's flush. And then after a flush, it's good to either do a very light diet for three to six days or you could do something like a fast. So you have a big bottle filled with this stuff and you just drink it all day. It actually tastes wonderful. You don't really miss food and the body gets a chance, the digestion gets a chance to

rest, which most adults never rest their digestion. We're constantly putting stuff in and emotionally, we're putting stuff in. Anyway, and then a cleanse is really like you're taking herbs and you're cleaning the walls and things, like the intestines, the stomach. You're cleaning everything out. You're purifying things. You're getting the little phalanges or the nerve endings in the intestines to work better. You're really working towards an experience of feeling great in the body.

Actually I have an amazing and really, really good cleanse. If you are interested, I'd have to put it in order for everybody. Let me think about that. I haven't ordered any cleanses for a few years for my clients and students, but we don't have a huge class, so it probably wouldn't be such a big deal. But it's a full 30-day colon cleanse and it has seven different supplements that you take while you're eating a light diet. So if that sounds like something that you would like, I think when I sold that, it's probably been eight years ago, it was about 250 so it's probably more like around 300 something now, but probably not much more than 300. So if you wanted to get all the herbs, the highest vibration herbs, they're very, very good from the company called Energetics. Let me know and I can put that order in and we can figure it out. Anyway, that got me thinking. Well, why don't we just do the best one on the market?

So what we're doing right now is we're pumping to clear. Let's go back to what we're clearing so we'll have a reminder. Any point you guys have questions because I know some of you are newer to the program and some of you have been around awhile so if there's something that I'm doing that you're like, what is she talking about, please, please ask me questions. I want the questions.

We're clearing all that interrupts the flow of easeful release of excess, living in and owning your beautiful dream body, and getting out of high alert and into calm. We've already cleared bloodline and we're on Lucifer stops right now. Higher than the standard process cleanse? Oh yes, 100% Tammy. The Energetics Cleanse is really very, very high vibration and I tested, yes. It's like 40% better. 40% better meaning that the cleanse that you're looking at is more like, comparatively at 60%, where the Energetics Cleanse would be like 100%. Yes, I did a ton of research because I was a born with a condition called tortuous colon and I really wanted to clear myself. I did a lot of activations, but there's also just really rebuilding the insides. I stayed on this cleanse, I stayed on the herbs for six months and it was a pretty wonderful, miraculous transformation. My body worked so much better. And obviously, you can't stay on a cleanse for six months that's a harsh cleanse. This is not a harsh cleanse. This is a very, very, very gentle cleanse that's very effective. So if you hear some cleanses and it's like, oh my God, how can you be on it even a week? This is not one of those. You can easily stay on it for six months. Years ago, I was on nine medications for the

condition I had, the tortuous colon, which eventually the esophagus and stomach, nothing was working. At some point, everything kind of shut down. Everything is working very wonderfully now.

Yes Betsy, I'm going to be sending you the PowerPoint every class. Right after the class, you'll get the video replay, the audio replay, the PowerPoint, and you'll be getting a clearing chart every week. This week you'll get a clearing chart for suppression, domination and control. So if you want to work on that, you can. You'll also be getting what you're clearing, so there are charts and just to understand you do not need to learn this. This is more like apprentice level stuff but I'm going to send you both the chart for amplification and perceptions, emotions, DNA. You'll get those two charts on top of the one for clearing suppression, domination and control. So yes, yes, yes.

"Would it be difficult to work without feeling wiped out?" With that particular cleanse, absolutely you could work. You don't feel wiped out with that cleanse. Yes Sharon, we're just clearing things related to the three topics we've covered up above. If we cleared everything, it would be hundreds and hundreds or maybe thousands of hours. But right now, what we're clearing are things that interrupt the easeful flow of releasing excess, living in and owning your beautiful dream body, and getting you out of high alert into calm. Those are the three things we're focused on in our clearing today.

Wonderful Yay! You're welcome Betsy. Oh, you're welcome Sharon. "For implants, is there any time where it would be beneficial to hold on to those?" Never Carol, never. You don't want any kind of mechanisms, seeds, implants, permeations. No. Never. If you find them, get them out. The more you are yourself, the better you are. *(Laughs)* Wherever I am, there I am. Again, that's what we're clearing. And we've already talked about this, so you're going to meditate every day. You're going to have a healthy weight-reducing meal plan, daily exercise, stay peaceful and calm, and extra credit clearings which would be those charts that I'll send you. If you want to do extra clearings, you certainly can. We're going to do some powerful clearings every week. This week is kind of laying the ground work but next week, within five minutes, we'll be on to clearings and we'll clear the whole time.

Janine or Janie, this is a really good question. I'm so glad you're asking it. "I have a hard time holding the image of me fit. Is there a method or strategy to help with this? I have only been in the physical shape I want, twice. I have been heavy otherwise." Yes, there definitely is. I think one of the things I'd love for you to start affirming, because we have our own like whatever we say to ourselves. I want you to start affirming something like, "I'm an athlete, of course I'm going to slim down." "I'm an athlete, of course I'm going to get fit and trim." Or something along those lines where you start really

acknowledging a time when you were fit. Maybe you were an athlete when you were a kid. Let me know if that works for you. I know that that works for me, the I'm an athlete. I know that I can speed up my metabolism by exercising and building muscle. I know that I can. This is proven for me." And so it keeps playing in my head and you think, well, you've probably always been slim. I have been pretty slim. Truth be told, I'm 5'6 but I'm small boned. I've got little skinny wrists. I'm 5'6 and I was about 18 to 20 pounds heavier than I am now in my later 30's. That was short-lived. I started exercising two hours a day and four months later, I had lost 22 pounds. I wasn't really comfortable letting my body be bigger than – it was weight that my frame didn't want. That might help.

You know the other thing now that you could do, you're going to get the amplification and perception charts so you're going to have the things that you need to clear and you can just clear a concept like anything that blocks me from being able to imagine myself fit and trim. And then let me just show you how that works. Let's see if we've got those charts up on the screen. I don't know if we do. I'm going to show you how you would do it for yourself, how you would pick out a topic. Here we go. I'll do a screen share and I'm going to show you how you do it.

You're getting a lot of information here. I guess this is more like apprentice level information but I'd like you to see how you would test for it. Anything that's blocking you from seeing yourself as fit and trim and slim, so then you could muscle test. Lucifer stops, definitely. Bloodline, no. Soul contracts, yes. Demonic curses, no. Satanic curses, no. Let's go down a little bit further. There's more. Evil spirit curses, yes. That's a curse from a particular person against you. It might have been from this life or another. Cycles, yes. Timeline, no. Karma, no. So what I just did is I muscle tested to see where are the interfering programs. Now you'll get two charts like this. You'll get one that's perception and you'll get one that's amplification. I'm sending them to you today so you'll have them. That's how you could check and you could clear. And then the amount of time that you would spend clearing – just one sec, I'll put you back on the screen. I think four hours on that Janie, four hours of pumping. Even if you didn't know how to muscle test and you couldn't figure it out for yourself, if you cleared for four hours, I think that you would have a pretty easy time imaging yourself as fit and trim. You would pump for four hours. And I think inner and outer. I mean it's what we tell ourselves over and over again.

When I was in a wheelchair and they were thinking that I was going to be – gosh, at one point they had actually told me they might have to amputate my right leg. If anything else happened to it, they would amputate from the knee down. That's pretty gnarly information. I had a serious brain injury. I had the front and back of my brain damaged

and I was in bed for like a year on a wheelchair and all alone by myself. I didn't have any help. I used up my retirement fund to take care of myself. But what I was telling myself during that time was, I'm an athlete. I'll recover. I'm an athlete. I'll recover. And when I went in for the speech therapy and occupational therapy with the brain injury, they said, "You're going to be just fine. You're so smart. Other parts of your brain will take over." Well of course now I've regenerated my brain but I kept telling myself, I'm an athlete. I'll recover. And I learned that a chiropractor who's really famous, he said, "I'm a genius and I share my wisdom..." or whatever something. I'm a genius and I something. All of that if really good. What you tell yourself repeatedly over and over again is like I'm beautiful. I'm trim and fit. You can look at yourself and go, wow, that's amazing.

Now some of you might be kind of interested in gadgets and thing-a-ma-jig's that tell you what's going on. This is a little fit monitor. These monitors are actually in between 12 and \$15. They're not a big expense. One of my students brought it as a holiday gift for me. That was a little present that she gave me. You just use your phone, I use my iPhone and you upload the App, turn the Bluetooth on and then it tells you how many steps you've taken. It has quite a few features. One of the features is how much you actually slept. It monitors how much you actually slept. I think that's one of the things I've got to get a little better at. I don't have to sleep a lot but it's always better for everyone's body if you sleep at least seven or eight hours. That's something that you might be interested in and it also serves as like a pedometer; meaning if you're out hiking or something, it's going to tell you how many miles you've put in. There are all kinds of them. I coincidentally had already just ordered. It's probably what the UPS man just delivered. I ordered a much nicer quality one, like five days ago and then she gave it to me four days ago or something, so it's really funny because I was thinking, oh I think I'd like that fit monitor. You might want that. I don't know.

I want to give you some advice right now on how are you going to stay in that -- as we're pumping, we're all pumping, do the doubles -- how are you going to stay in that parasympathetic system? How are you going to stay relaxed? There is a number of things that would help, but first of all, just noticing, being aware and every half an hour, take 10 cleansing breaths and just tell your body you're safe. And it should get you out of the sympathetic system if you're in that; if you do that 10 times. It feels really good. Okay, so that's one thing you need to do. Another thing that you can do is you can use essential oils and a diffuser to keep yourself relaxed. I like tangerine and grapefruit. If you have anxiety, which I used to but I don't anymore, but they are kind of anti-anxiety ones. I like rose and jasmine. That's a little expensive to burn on a diffuser but those are more like aphrodisiac and heart oils. And then like the lavender and geranium and some of those are calming oils. So that would be one choice, where you could breathe it in and that would trigger, oh, it's time to relax. This actually has a little buzzer, or a little

vibrator and I don't know all of what it does but I think it's supposed to alert you to specific activities in the body. And depending on how advanced your arm is, you can tell how much your heart rate is and all kinds of cool things.

So, oils are good and I've used homeopaths when I've been not in a good sleep cycle. I use Calm, c-a-l-m, homeopath and I think it was AB calm. It's in a blue tin that's calcium powder that you can take before you go to sleep and that helps you drop in to a nice, relaxed sleep. If you tend to be kind of a nervous person, you could also in addition to using the adrenal meditation which we've provided for you, which is clearing the stress syndrome meditation, you could also take some nerve tonic which is a homeopath. All of those might help you to get started I'm not saying to do any of these for long term, but if we're really looking at the greatest and biggest success, I want you to really be in the parasympathetic system 80% of the day. That would be really awesome. So that your body is relaxed, so it can actually start building muscle and letting go of what doesn't belong there. I want you to be in that system of regeneration. Yay!

Maybe a question has come in. Let's see. Sharon. "Do you have suggestions for getting a good night's sleep?" Oh, and I just did that but let me tell you a couple more things that I can think of with a good night's sleep because that's paramount? 00:55:06), right? So the calcium is good and the AB calm is good. Sometimes if I'm achy like I've worked out too much, I'll take a little of Arnica which helps with the calm. It takes the ache out and allows me to get into a sleep cycle. But I discovered that if I turned off the screens, like the computer screen, I stopped doing work before 7 o'clock, I usually didn't have a problem falling asleep and I usually could sleep through the night. I think you've got to get your adrenals in good shape which mine are in now. They were completely ailed like 10 years ago, but I have great, healthy, functioning adrenals that don't keep me awake at night. If your adrenals are a little bit overtaxed, one of the things you can do in addition to the clearing and the stress syndrome meditation and working on regenerating the adrenals is you can have a little bit of protein, like a little bit of peanut butter on a cracker or something like that. One of the reasons the adrenals wake you up is the body thinks it's starving. So you're such in a stressed out mode that your body thinks that it has gone for hours without eating and you're starving so it's waking you up even though you're perfectly fine, and natural sleep would be seven to eight hours. The other thing is the pineal gland and that's why for me not being on the computer, this bright light, it's kind of artificial sun going into like my eyes and going back to the pineal gland in the back of the head, and my body then doesn't get the actual rhythm of the sun setting because I'm working on a bright, white screen typing up content or whatever. So if I stop at 5, 6, or 7, I'm finding if I stop after 7, I generally have trouble falling asleep because the pineal gland, its sole job is to release melatonin which is the sleep hormone, so you want that melatonin released. A couple times I had the problem

of falling asleep and I'd imagine, I'd have my finger and I'd push on the pineal gland, just a spiritual finger and I'd imagine pushing at it and squirting out some melatonin and sure enough, I fell asleep in the couple of times I've tried it, so it does work. And then I think the other thing is a hot water bottle on your tummy, if you've had a stressed day. We have a vasovagal, a big nerve running through our belly, like through the middle of the body and if you put the hot water bottle right on your abdomen, that tends to tell the body to relax and go to sleep. That has helped too. So I think all of those things – lavender in a diffuser, or lavender in your pillow like a little sachet of lavender, that tends to also help us relax.

So relaxing is the goal for the week. I want you to get started on a meal plan and an exercise plan this week. It's going to be an easy transition, so just do what you need to do to take good care of yourself. I'm happy with you if you'd just want to do the 20 to 30-minute meditations before you go to bed at night and focus on getting yourself set up with your exercise and your meal plans, that's great.

There will be a little more homework next week. This week, you're going to get the homework. If you want to do it for suppression, domination and control, now these were things that I just saw wouldn't allow you the freedom to have the body that you want to have. So if you want to pump for it, you're just going to pump. The average time for the group for clearing that, I mean if you could muscle test, you can see for yourself but the average time is about 12 hours total. And pumping, you can just pump when you're walking around. If you just set an intention that I'm clearing this, you can pump when you're driving. I mean, you don't have to sit there and just think about nothing but clearing this suppression thing. You don't have to. Just pump as you're walking up the stairs, as you're driving, you're going out to the garage to get the garbage out or whatever, just pump and it will get done.

Oh my gosh, how did that happen? Okay my dears, I cherish you so much. You are amazing and beautiful in my eyes already. Perfect, whole and complete. God bless you. Thank you for being a part of this program. It's really easy. You're going to really enjoy it. The clearings are extra credit. You do not have to. If you don't understand it, don't worry about it. We're going to be doing clearings every week; eight hours of clearings in class and I'm super fast so I'm going to get to all of you. So just relax into this program and enjoy the journey.

Thank you so much for being here and Happy New Year. I've asked my producer to put on a couple videos. We've got a bunch of new classes coming up. And by the way, Saturday morning we're doing a Quantum State of the Union Global Visioning event, so save 9 to 10 Pacific Time for that event. We're sending out an announcement. It was

supposed to go out today. It's going out tomorrow. It's a little delayed in the tech arena, but please do join me there. I love you. Good luck. I'll see you in a week or sooner. Bye bye everyone.

[END OF TRANSCRIPT 01:01:10]