

Beautiful from the Inside Out_Part 2

Welcome to Beautiful from the Inside Out, Lighten Up class and this is class number 2. Please do sign in and say hello. Let me know what's happening with you. How are things going for you? Have you noticed any shifts yet? How are the meditations going? I'm really loving the meditations. I'm loving doing the process with you. So go ahead and say hi and let me know you're here. Oh good, I see a bunch of people here. Fantastic!

Today, we're going to be working on the thyroid, the liver, and metabolism which is going to be so incredible. I worked on my thyroid this week and wow, the shifts are really dramatic and I'm just noticing how I had to be super, super careful about what I eat. My thyroid is testing at over 100% now. So I am eating food and it's working.

Erin, and Nadia, and Sharon, And Ramana, very wonderful. It's good to see all of you. Yes, let me know how are your exercise routines and your meal plans going. I really encourage you to try something different. Shake it up a little bit. What I'm doing is either yoga or weight lifting in the morning, and then I'm going for a walk in the day for an hour. A walk meaning up the side of the mountain or down the side of the mountain and back up. That's been really great for me to do I think; getting my energy and metabolism up at the same time. So, let me know. Have you made some shifts? Are you doing something differently? I know I went to a lighter diet, where I'm having juice for breakfast and a big salad, a huge salad for lunch, and then greens and wild rice for supper and yes, it's been really good. I've been noticing changes in my body. I'm hoping you guys are too.

And then also, let me know how was the clearing for you this week? Did you work on yourself a little bit and work on the clearings? That, I'd love to know too. Was it helpful to have the charts and did you go for it? I know I spent hours and hours working on my thyroid, and liver, and then metabolism. We're going to be working on these this week; so we're going to have a really powerful shifting week this week with our metabolism. Yay! I bet a few of you could use a metabolism reboot.

Roxanne is here and Betsy. Yay! Okay, so the gang is arriving. We're in our second week and we'll start with an opening blessing and we'll do the Tryambakam Mantra. Alright, we'll just do this three times and it will remove obstacles as well as it clears away that which we don't want, and it helps regenerate that new, fresh life.

(Chanting)

Om Tryumbicum Yajamahay Sugundim Pushdivardinam

Urvar Rucumivatbandinaot
Myrtyor Muckshea Mamretato
(3X)

And just take a deep breath in through the nose and out through the mouth, and just allow that blessing, that shift of energy to permeate you, really in a wonderful way, being permeated with the energy of the divine. Alright, I see a couple of questions or a question has come in. Betsy would like to have some clarification about the clearing through pumping. So 12 hours of clearing, you're pumping for the last week. "I was unable to spend that much time. How do we use the charts? Thanks for clarifying?" Well, let me just come back to it before we start on today's lesson.

First of all, you can pump as you go throughout your day. So when you wake up in the morning and you go into the shower, you're walking or hiking or whatever, so 12 hours of pumping a week and that's extra credit. You don't have to do that, but that will average up to less than two hours a day of moving your hand. You're just pumping and moving your hand. And you didn't have the time for that, that is perfectly fine because you're getting a lot of the clearings right here and I'm super fast with everybody. But, there's also the going deeper and even I, pump to clear my thyroid with all the different things on my thyroid. There was a ton because I've had in the past, I had the experience of my body having thyroid cancer and so I had a lot to clear. I've cleared it before but it's interesting because we've defined so much more now, so that's been really helpful.

When you're looking at the charts, the first thing that you can see here is the area that we're working on and in this case, we'd be working on the liver. I added the emotions. So you could know that if you're feeling angry, you might check and see, is my liver out of whack. You could check and see, is my liver out of whack? You could muscle test to see that. There's nothing really to do in this area, other than to know this is where we're working. And then I'm letting you know where in the blueprint, the parts of the blueprint are affected with the liver or a liver imbalance and that would be in essence, matter, genesis, and quantum. Those would be the areas, yet again, nothing to do except just information. Where there's something to do is in programs, anchors, and spiritual interferences. In these cases, these are the possible problems related to the liver, and so you can just pump to clear that. And in anchors, possible problems with the liver. There's quite a few anchor potentialities in the liver. And then, possible problems with spiritual interferences, different aliens, and transmortals and things like that.

Now if you didn't know anything about this stuff, it's perfectly okay. Basically, what I've decided to do with all my classes is give the deeper level of explanation. So if you were

to eventually come in to an apprentice or an immersion program, this would be the level that you could really dive deep in and understand this. So, this is kind of the extra credit. This actually is the chart for this week and we'll be clearing some of this as we're working through the day – the thyroid, the adrenals, and overall metabolism. This is the chart. At the end of the day, we'll test and see what's left for you to clear. So that's how you use it. It's just basically you're pumping for the last three – the programs, anchors, and spiritual interferences. That would be how you would use the chart.

And Ramana, "I find I get off-track from what I was pumping. Any recommendations, pacing and structuring? Thank you." You know Ramana, you might just set your cell phone with a little beep or a little angel chime to go off after 20 minutes of pumping, just to bring you back to what you're working on, but you don't have to be thinking about it the whole time. Oh, and hello from Heather. And B, "Could I ask, as I wasn't here last week, whether I am more in my parasympathetic or sympathetic system?" Oh yes, so you saw the replay. You're 60% in your sympathetic system and 40% in your parasympathetic system; so you would work on staying more relaxed. Yay! And we do have five new students this week, so welcome to all the new students jumping in. I'm so happy you decided to join us. This is going to be an amazing experience for all of us, and we're going through eight weeks of really moving from where we are to where we really want to be. So, I'm really happy to have you all here.

And now we're going back to our PowerPoint. We've got the slides. Oh, I could see now a warrior princess in there. Oh, that's Wonder Woman rather. I put Wonder Woman in there and the girls from Sex and the City, because we are all about getting our metabolism – looking good, feeling good, being sexy and healthy, and really getting back into the flow, and moving anything that interrupts the release of excess and having incredible metabolism. Today, we're going to start pumping and these are the things that we're going to be clearing for metabolism, liver, and thyroid. We'll be pumping for bloodline, Lucifer stops, soul contracts, demonic curses, satanic curses, evil spirit curses, emotions, DNA, group mind, group mind virus, black magic, curses, Atheist thought forms, trauma, and cycles, and then also low set points.

Now I'm going to come back on and we're going to pump. Essentially what we're doing here is we're using the quantum pump. I'm going to go over this again since there are five new students. We're using the quantum field and the quantum field is defined as everything is part of this field of particles vibrating. So we are part of the quantum field and we exist as particles vibrating. By using this quantum pump, we're actually able to rearrange those particles vibrating to a better circumstance so that we get a better result. And so we're just pumping and the pump looks like this. I'm going to back up just a little bit here so you can see that down up my waist is where my elbow is. Oops, I'm in

the sunshine here. Like that, like that, like that. If you can see, I have my fit band on. It's keeping track of how many steps I take every day. It's interesting, I don't know if I like it or not. It's measuring something. There's a Bluetooth in there telling me how much I've done and where I've walked and things like that. I'm going to give it a try for a week or so and if I like it, then I'll stay with it and if I don't, I've tried it.

Let's see, B, "Could I ask as I..." Okay, so I answered that one. Heather. "Today I was driving and noticed I was more in the sympathetic system. I pumped for about 15 minutes and I could feel my nervous system shifted to the parasympathetic system. It's empowering to feel so good." Well, that's fantastic and yes, we tend to be in high alert when we're driving and with good reason. I mean if you had a car barreling at you, you want to be able to respond quickly and to get away from a car barreling towards you, maybe dangerously close or something like that. So I think that in general, but I think it's also nice to stay relaxed because your body could heal and respond. The sympathetic system has a purpose, which is to keep us safe. So when you're in a big vehicle that weighs 3000 pounds or something and you've got other vehicles around you that weight that much, yes, it's alright to be in the sympathetic system while you're driving and I like that you experimented and noticed the shift. It is really nice to be aware and just go, wow, I can change. I can do this better. I can have the experience myself of being relaxed when I'm driving or relaxed when I'm working. Very good. Oh, country roads. Yes, so nobody barreling at you. *(Laughs)* You know like I wouldn't think it would be such a bad thing if you were in the freeway and you were in the sympathetic system. It would probably be okay. But listening to nice music and the more you can stay in the sympathetic system, the better, or the parasympathetic system, the better you are really, truly. Good.

Today, we're going to be clearing for the first half of the class and then we're going to be working on regenerating at the second half of the class. Welcome to a couple new people on our production team. Marlene whose been with the staff a long time is now also supporting production, so welcome to Marlene. And I understand also Rebecca who's in our wonderful support team is also serving to support the production today. And we have our beautiful and amazing and highly talented Caroline here on the call also and she is our main production and we love her. Honor, honor, honor and love and oblations to our dear Caroline who we love so much. Yay!

Okay, so we're pumping. Again, just to be clear, we're pumping to clear the obstacles to a great metabolism. In about 5 minutes, we're going to go into regenerating the liver and thyroid. That would be spectacular. I just wanted to also find out from some of you – oops, "I had a fire in my house..." Oh dear! "... and some smoke inhalation. Can I use the pumping to release some smoke from my lungs?" Definitely, you definitely can.

I'd like to hear how the meditation, the exercise, the meal plan, the drinking more water, the staying relaxed – how is it going? Are you finding that you could put all the pieces together or are you in the early stages of, well I can do it in increments. I've changed my diet some. I've added 20 minutes of exercise a day and I am getting the meditations every day. Why don't you let me know how things are going for you, so I can kind of have a finger on the pulse of how the class is doing. That would be really helpful.

For me, I think I've already said I'm on this... It actually came with a program that I did like 10 years ago called Slim and Sexy. It was this really simply diet, meal plan rather that had you having juice at 8 and 10 and then a big salad and nuts or seeds, nuts or seeds, and some wild rice. That was the lunch. And then you have a snack of raw carrots or celery or something like that in the afternoon and then in the evening, you have two cups of greens and then another cup of wild rice. You can do that for a few weeks. It's like 1000 or a 1200 calorie day which works for me. That seems to help. I certainly can't do that on an on-going basis but for a few weeks, I'm going to give that a try and see how that works. And then I do the meditation, my meditation the first thing. At 5 o'clock I have a sweet little like angel ring at 5:10 in the morning and I just get up and I put the meditation on for the morning.

And then once I've done that, I'm also doing the Wealth Class, so I do my homework, and then I get up and I do my work out which is either weight lifting or yoga. Weight lifting, it's funny because it's weight lifting with aerobics. And then midday or late afternoon, I take an hour hike. That's my routine right now. what about you guys? Are you seeing yourself being disciplined and able to start implementing those areas too?

Let's see, Nadia, "I feel more light in my cells and my body is feeling much better. Fantastic Nadia. I'm so happy. I can't wait to see you in March." And Ramana, "I find the meditations are amazing and it's going beautifully. I just have so much to pump on." Fantastic. Yes, I'm really enjoying doing this class with you. I haven't done that before. I've taken people through the class, but I haven't done it right alongside you. I have special motivation. I want to get my energy up and my body as slim and trim as possible before my adoption happens, before the babies arrive. So I've been thinking about getting myself in really great shape.

Speaking of babies arriving, I haven't crocheted in a really long time and I have to show you. I made this beautiful baby blanket and unbelievably, you're not going to believe this, I did this big blanket for the baby in two days. *(Laughs)* It's like my hand was like broom, broom, broom, broom. So, I have my motivation. What's your motivation? Why are you motivated? I think sometimes when you really think about what it's costing you

to be in a body that isn't the body that you're really thrilled with, whether it's getting out and having a social life or just feeling great about how you look and feeling great about how people respond to you, for me it's really also a health benefit. I want to be as youthful and vibrant as possible when my babies arrive, whether they're twins or they're one at a time. I just want to feel fantastic in my body. I want to look good and feel good. So adding the extra exercise and the diet I'm eating is super clean, there are no preservatives because I'm eating raw and steamed and good stuff. That's my motivation. What's your motivation?

"A huge contrast on the babies." Oh, congrats! Thank you. Thank you. Actually since we met last week, I've been officially approved for the adoption, which you go through a whole process with a social worker and they evaluate you in every way you can imagine and inspect your home and run FBI checks on you. And then you have to get certified in all kinds of ways, including CPR and Red Cross and all kind of stuff you have to do. And in any case, I've met all the requirements and I was formally congratulated that I'm approved for adoption. So now it's a matter of a birth mother choosing to have me raise her child. I'm going through an open adoption process. I'm really excited.

"I've been mixing it up with Pilates, walking, yoga, and rebounder. I'm loving the meditations and I'm keeping up with the rejuvenation ones. I will do the other two parts later. I am motivated to get my health and energy back as I head into my more mature years. Your meditation and your voice are so soothing and relaxing and I find myself slipping easily and naturally into the parasympathetic system." Fantastic. That is so amazing Betsy. I'm really happy for you. And you know, I want us all to be thinking this way is that we define what age is. There are so many people who assume that when you're 55, or 60, or 65, or 70, that you're old. I'm going to say that we were meant to live 700 years, so we're really just starting to ripen when we get to be 55, 60, 65, 70. We're just starting to ripen. I have relatives that need 99, 107, and 109 and that was from the old era. Just think about what's possible now with cell regeneration. So I want you all thinking of yourself as youthful and beautiful. I'm doing a beach vacation. I've got my bikinis ready. And I think we've got to be thinking in terms of we're setting a new standard. They were saying in the last few years, the new 30 is 50. I'm going to say that we can remain youthful and energetic and beautiful and we don't have to really physically change for hundreds of years. We can actually stay young and gorgeous. That's my pep talk for you, but I also want you to really be thinking about anything that is affecting you with group mind about aging.

I went to lunch with a woman from my church and she's three years older than me and she looks 30 years older than me. And so I think about the concept of group mind and what group mind says you should look like and what you are your mind say you should

look like. In my mind, my mind says I should look like I did when I was 24. That's what my mind is continuing to tell me and so my body is course correcting and becoming younger. I just want you to be thinking in those terms that you can too can join along and work towards that; towards a youthful, healthy, vibrant body.

And B, "I want to feel very healthy and look great and I'm beginning a new phase in my life in 2016. You're an inspiration to me." Yay! Thank you. Thank you so much. I don't really say this very often but I'm 58 years old and I'm adopting babies and I fully expect to live another 60 years at the very minimum. I expect to see grandchildren and hopefully even great grandchildren and I hope to be youthful and vibrant. That is my plan. So I don't believe in the model that we have to get old. I just don't believe in it. So I'm happy you're joining me and for whatever part you want to take of this, if you just want to take it for slimming, fine, but I'm really working on getting a whole group mind around staying young for hundreds of years.

Let's see, okay we're coming close to... I'm just going to come back to the slide here. I'm inspired by each one of you, so thank you for being here and doing the dance with me. Okay, we're about 70% through on this. We'll pump until 3:30 on this and then we're going to go into cell regeneration because I really, sincerely want to get the cell regeneration done for you. And then you'll have the charts, so you'll be able to pump some more if you want to on this topic, on the liver and the thyroid, and also on the chart is overall metabolism and adrenals. We've got some nice extra credit homework if you want to work on that.

Oh okay, Janine, "I've been doing clearings. It still feels slow on holding the image. I have been making changes in food. Regular meditations have been awesome. It helps me relax. Exercise is next week." That is perfect Janine. I like that. I like that you're pacing yourself. I started this process about three weeks ago now. I started a couple weeks before you and I took some time. It's this week now that I've been able to add the extra... what do I want to say? Both the hiking and doing some kind of weight lifting, or yoga, or aerobics or something in the morning. When I started three weeks ago, because I do hiking two or three times a week but I kind of let my working out go, and so you have to work back into it. I think doing a piece at a time and the sweet thing about this is this is an 8-week course and then you have the beautiful program for the rest of your life. But also just to let you know, the beautiful program, I'm sure you've probably poked around a little bit in it, there's the full body rejuvenation, there's tightening and toning during rapid weight loss which might be the next one you want to do after this one, and then there is the face lift option. They're the same meditations. They're just used in a different order.

How many of you are doing double meditations? A meditation in the morning and at night. I have not been able to work that out, given my busy days. However probably at week 3, I'll be able to do that once the wealth program is over. But that would be also nice to add in if you felt like you wanted all the extra quantum field oomph that you'd get. That would be another recommendation is to do morning and evening.

Good, okay so Janine. And Sharon, "I am doing double meditations as much as I can." Great. Betsy, "Sometimes." Roxanne, "I plan on that soon." Perfect. Well you know what, I just want you to pace yourself in a way that's going to work for you. There's no pressure. And the same with the extra credit stuff, if it works for you to fit it in, then that's perfect. I think one of the things with the weight loss program is sometimes we push so hard that we then freak out. We go, I don't want it! I can't do it! And then we just binge and lose our focus. What I'd rather have you do is do this in increments so that you're loving what you're doing, your body isn't all freaked out, and that you can maintain it for a lifetime. So you're doing it exactly right, each one of you and I know that you're pacing really well. I'm proud of you. That's great.

For me, I know that when I'm getting my metabolism up, part of it is the thyroid and liver and part of it is exercise for me. I've never been real overweight. I was up to 152. I'm 5'6. That was in my 30's. I did four months of really just exercising. I modified my diet. I think I did a terrible thing. I think I was on the Atkins's Diet. I wouldn't recommend that now, but I was able to drop 23 pounds over four months. That's good. It's like five or six pounds a month paced into it and what I was doing was working with a trainer and doing some walk/running in my neighborhood. I'd walk a block, run a block, and walk a block, and run a block. That was it. It just kind of melted off. So you figure out what is going to work for you. But I encourage you not to do the same thing you've always done but to try and mix it up. I've got different DVDs I that haven't used in a long time that I'm pulling out and I mixing up even the different systems. Like there's turbo jam, and yoga beauty ballet, and P90 X. I'm just pulling out something different every day to just mix it up, so it's stuff my body's used to or too familiar with so I don't have the habit of, oh it's this one, okay and I'm going to do this over and over. Mixing things up always helps because you're kind of introduced to do something new to yourself.

Sherry says that she is being more aware around eating. "I'm noticing that I don't eat too much and I'm up and moving for sure more." Great. Heather, "I'm doing more am and pm which is a pleasant surprise since before meditation class, I was not meditating." Wow, that's amazing. Okay, good to hear. This in addition to your class, it's your support group too. We're in it together. We're going to make our miracles together. I love that.

Okay so the next thing we're going to be working on now is cellular neogenesis and the regeneration of both the thyroid and the liver. You really don't need to know everything about this but I've put what we're doing down here. So we're going to clear dark energy from the masters cell of the thyroid and the liver. And then we're going to pump to 100% the masters cells to physical form. And just understand that there's a master cell for the thyroid and a master cell for the liver. They were the cells that were with you seven days after your parents conceived you. We're going to bring them back into physical form. They exist in the perfected blueprint. They already exist and we're going to bring them back into your body in a physical way. And then, we're going to mirror that 100% master cell in its perfected form to all the surrounding cells and then finally, we'll have a cascade of new cell growth using the mitochondria. The mitochondria is the fuel generator of the cell and that holds the program for regeneration. That is what we're doing next.

So everybody is just pumping, the same thing that we were doing when we were clearing. We're just pumping and we're pumping for the master cell in the thyroid and the liver. The thyroid is not obviously this part of the throat. The thyroid is this here. This is the thyroid and obviously, that's the liver. The thyroid and the liver together actually create our metabolism. Don't worry about being an expert on this. This is what you learn when you're an apprentice or you're in the immersion program. By the way, I just want to say this is the last year for four years that I'll be doing the live immersion program. So if it's your heart's desire, I know Heather is going to be in the live immersion program, if you want to train with me in person, please come this year. If you haven't gotten your Diamond program taken care of yet, I can help you. We've recorded the Diamond training from the summer so you could get certified by doing each of the seven days and doing a little four paragraph essay of each day and that would get you the Diamond certification. So if you were thinking, gosh Julie Renee, I'd love to train with you in person and come to your house and spend time with you, there are two week-long retreats and then we have a ton of training during the year. This is the last opportunity until 2021. The reason for that, and I know you know this, I want to create sanctuary space for babies. I've been waiting a long time to start a family, so I wouldn't be bringing people in to train when the babies are little babies. I know you understand that. So think about that and pray about it. If it's in your heart to train with me, connect with me or connect with my support team and we'll see if we can get you in somehow. That's my sincere wish is that we have 12 students go through and get certified as master health activators.

Very good. We're all pumping for regeneration of the thyroid and the liver and we're clearing out any of the dark energies. It's fun, isn't it? Have some of you dropped a few pounds? Of course I'm a few weeks ahead of you but I'm looking at myself and my

clothes and I look better. I'm like, ooh, I feel good. I'm just wondering if some of you are starting to have that effect but of course, it's just been a week. It's possible. Oh and we'll be adding two, five minute meditations in the next couple of days. Waste management and quantum weight loss. They're 5-minute meditations that you can do during the day. I put them in for the tech people to put up. I think that will be going up really soon. Actually, I can probably send these off to Marlene to pop into underneath the replays so that you get the instantly. The tech team is a little bit behind.

Heather, "Does that mean that our master cells are not in physical form?" Oh no, they're in physical form and they also exist in the blueprint. Your master cell of the liver, before we started working on you heather, your liver master cell was 18%. We're going to get it up to 100%. It exists in the blueprint as 100%. Your master cell for your thyroid was 12% which isn't great. So we're working on bringing everybody's master cell for their liver and thyroid up to 100% right now. By the way, water helps with metabolism. If you're wanting to help with your metabolism, drink four ounces of water every half an hour. That's going to help a lot. It helps with your hormones and your brain function also to be drinking four ounces every half hour.

Are we doing transcripts of the webinars? Yes, transcripts are done approximately... We send them off instantly after the tele-summit or the Webinar whatever and they come back about a week later. So if you just are looking on the delivery page for class 1, about seven days after class 1, the transcripts go out. We send them off to our transcription guy. So yes, the answer is yes. You're welcome Sharon. And Heather, you have master cells in your body and even though if you had something surgically removed like I had, I'm growing back now my thyroid, my uterus and ovaries – that whole system down there, I'm growing them back. So if they have been surgically removed, the master cell has probably been surgically removed, then you're just using the master cell from the blueprint. But most people have the master cell, it's just at low function. And in the blueprint, there exists 100% functioning master cells and we bring that back into physical form by pumping. So there are two types of cellular neogenesis. One is by using the existing cell and the existing gland or organ to regenerate to 100% and the second way is to actually access the master cell from the blueprint, bring it into physical form, start a cascade of new cell growth, and grow back a gland or organ. I've been successful with both. Reliably 100% of the time, we can regenerate glands and organs that have been low functioning. And then I'm really working on a new protocol for when it's been completely surgically removed and I'm finding a lot of pieces that I haven't had in the past, where sometimes we'd be effective and grow something back, and sometimes we wouldn't. So I've been really doing a study actually myself to see what are the pieces that are missing that wouldn't allow the physical form of my uterus, or the physical form of my thyroid. I've really laid down a great foundation and I'm using

myself as a guinea pig for the protocols that would 100% every time we did it, we would get the same result, because I believe it's all possible.

Betsy, well Betsy knows that I do talk about this. I gave birth to three children when I was very young. They were raised by their father. I didn't get to raise them. I had them until they were 5, 3, and 1. I lost custody. Their grandfather was running for State Representative. Their family founded the town. I couldn't get a lawyer to represent me in the town, so I got a legal aid attorney who that was her first case and the whole family, his family, a hundred people showed up at the court room and took the children away from me. So I didn't get to raise them and their dad really prevented and kind of said all the things that he said to them to prevent love from showing up in the relationship. They are not in my life now; not by my choice, but by theirs and their fathers, and they are adults. And then you're going to get my whole story now, so between 39 and 47, I had 14 miscarriages, trying to have more children. I did fertility medicine in the sperm bank and I wasn't able to carry. At 47 or 49, I had cervical cancer and it turns out that my womb was too sick to carry. I had radiation poisoning and 10 tumors in the womb, but they just somehow missed out on that.

So that was the journey and then I got engaged to be married to a paediatrician when I was 49 and we had already made arrangements with a surrogate to carry two children for us. We had actually two surrogates lined up. He backed out of the wedding just like two weeks before the wedding. I was so heartbroken. I said, when I can really give children my everything, where I have a beautiful home and I can have all the support I need and they can have all the support they need and I could spoil them and put them into beautiful schools, then I will adopt. This move, moving into this beautiful big house on acreage in a beautiful neighborhood was really part of my plan of raising a family, for me being able to raise a family. And so my heart's desire has been there my whole life. I feel like I'm finally getting to live my dream and I'm just so grateful and happy. I'm so grateful I'm so healthy and that I get to do this. It's really wonderful.

My whole life was about being a mother when I was a mother so I'm really excited about being a mom again. I've really let go of what didn't happen and what didn't work and I did what apparently they needed. The children I gave birth to, they needed me to give birth to them and they had their relationship with their father and the woman who raised them. So I've done my inner work on that and I wish them so much happiness and joy in their life. And it's time for me, it's time for me to have children that I can enjoy and be part of their life. Now it will be my turn.

Thank you Betsy. That's so sweet of you to say. I'm really excited and I feel so blessed and happy and ready. I feel very ready. You're welcome Ramana. So I live in this

beautiful home and it has a little cottage. We'll probably do the broadcast from the cottage while I have a nanny here in the house, so to be very quiet. The little cottage is about 50 feet away from the house. I'll keep teaching but I just won't do the in-person stuff for a few years.

Okay, let's see where we're at. The liver is at 60% and the thyroid is 70%. We're doing good. We're getting there and I think we should be able to do both of them before the class ends, to get that cascade of new cell growth for everybody on the call going. We're doing really good. The liver and thyroid are what we're working on. You'll also have on your chart, if you want to take that further and work on the adrenals and overall metabolism. And if you are a person who does muscle testing, you'll be able to test, did I clear everything, because we didn't finish clearing all the blocks and impediments. We cleared a good amount and then we jumped into the cell regeneration because I wanted to make sure that we got your liver and thyroid rebooted in this class. So if you want to, you can and I will give direction for how many hours to pump if you want to do that.

I want to acknowledge all of you for being on the call and then also I think we have some overseas people, not just United States people, so I want to acknowledge the people who are up in the middle of the night. It might be one or two in the morning where you are and I just want to thank you for being a visionary and getting on the call. Thank you. And for those of you who are getting this by replay, I also want to acknowledge you and send you a big hug of appreciation and I'm excited that you're taking the journey with us.

Let's see, keep pumping. Maybe we'll pull up 'The Stones.' I know Heather would like that. Right Heather? Tell me you like 'The Stones.' Let's pull that up. It would just take me a minute to find it. There we go. Just keep pumping. What we're doing is regenerating the thyroid and liver. We're actually just regenerating the master cell right now. Here we go. There we go. That's going to work.

[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 first morning light,

Shone the power of the Stonehenge stones.

Let's go a little bit lower.

[Singing]

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

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

*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
For 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 stones*

That was fun. And you know singing helps make things go faster and helps the clearings go faster.

[Singing]

Gather your children, oh mommies today.

And bind them close to you and love them I pray.

And give them your heart, your time and your ways.

Singing oh bunny mommy,

I love you this way

Give them the confidence, the care, and the play.

Talk to them daily about their new world.

And share with them light from the mystical plains.

Singing oh bunny mommy, I love you this way.

Ramana is saying, "I feel your work is so forward thinking and I'm so honored to be part of it. I look forward to when the quantum activations are commonly used and more mainstream. I feel like a forerunner." You know this is so true and I have the vision really that it becomes a household conversation across the globe and that people understand it and resonate with the truth of it and the transformation of it. So thank you, thank you for saying that and holding that with me.

Let's see, let's go back to the slides because we want to take a look at where we're at with the slides themselves and with the process we're doing. With the thyroid, 99% and with the liver, 98%. So we are going to finish this in this short period that we've had to do the regeneration of the thyroid and the liver. Just understand that if you were doing yourself, it might take you five or six hours to do it, but because you're doing it with me and in the group, it's happening quite a bit faster. So, that's wonderful.

Okay, the thyroids are at 100% and we're just now pumping for the cascade of new cell growth. Liver is also at 100%. Pumping for a cascade of new cell growth. It would be good if everybody could pump an additional 15 minutes after the class for this cell regeneration. And if that is the case, that everybody is pumping for an additional 15 minutes, we'll have on cell growth for the thyroid, 90 days of cell growth. For the liver, 52 days. So excellent in both cases, so you just want to pump a little bit longer once the class has completed. You just want to keep your hand moving another 15 minutes and that should do the trick.

And then let's just review again what we're working on. This is just a little reminder. I know you know how to succeed with your daily practice. Do your meditations once or twice a day. Have a healthy weight reducing meal plan. Daily exercise. Stay peaceful

and calm. And do extra credit clearings if your schedule allows for that. So those are the keys to really making this work for you very well.

I love you. I believe in you. You are doing an amazing job. We have seven more weeks to go, so we're just at the very beginning of this journey. You can do it. You can do it. You can do it. You can make the changes in your life and you can own and live in the body that you've always imagined for yourself. I will sign off for now. I love you. Have an amazing week. Please, if you haven't signed up yet for tomorrow's class on regenerating, we're going to be regenerating the ovaries, the uterus, the whole system down there, every part. We're going to be clearing any negative energies. If you've ever had a negative sexual experience, we're taking all of that out and really getting everything up to 100%. I think every woman who follows me should do this class. Honestly I feel so completely committed to this. This is something that your self-esteem is affected with this, your happy full functioning hormones are affected with this, a hundred thousand different things are affected by how well this system is working. So I hope you join me tomorrow. It's a 4-hour class. It's just going to be really, really, really, really, really spectacular. *(Laughs)* Okay you guys, love you. See you next week or hopefully I'll see you tomorrow.

[END OF TRANSCRIPT 01:05:15]