

Beautiful from the Inside Out_Part 3_Transcript

Welcome to Beautiful from the Inside Out, Lighten Up. We are going to have an amazing day! I understand Mercury is in retrograde folks and it has certainly done its retrograding here. Somehow the computer was unplugged this morning. Disaster! 16 pages in a book I was writing has disappeared. The computer stopped working. I had to run to the Mac store and was online with tech support all day. But guess what, a miracle of miracles, it sorted itself out about 25 minutes ago; so here we are all together and I am so happy to be on the call with you.

Today, we're going to be working on addictions and compulsions related to food and weight loss. I think this is one of the very big, powerful, game-changer for most... or not most of you, but for many people who struggle with weight, so I'm very, very excited to start doing the clearings.

Hi Roxanne, from New Orleans. Let's see how many people have signed on. Oh good, we've got nine people already here. Fantastic! And Betsy, yay! Happy! (*Sings*) Because we're happy... My goodness, Mercury Retrograde. You know when you're approaching something where you have a lot of obstacles, it's really good to step away from the challenge and then center yourself and remember who you are and remember that you are powerful beyond measure. And sometimes things in the universe, they go haywire, but in the long run, things always work out. And I had a backup plan; we would do the phone call and I would send you the PowerPoint, but here we are. So, I'm happy.

It's been raining here. I'm wondering how it's been with you guys. We're actually having floods in my area. From a severe drought to flooding. Unbelievable and what a blessing. It's believable to me because that's what I imagined for the year was a lot of rain. Hi Nadia! Yay, she's glad we're connecting. I'm glad we're connecting.

Okay, so let's get started on our pumping for the day. And if you've had any weight miracles... I know I lost some weight and then I've kind of been stationary. I haven't really gone up or down. I'm hoping to shift that again this week so I'm going to be working really hard for myself. I'm creating a miracle for myself. I'd really like to get down to my 20's weight. I don't know what your goal is but I'm very excited to be moving forward and I've definitely been doing a lot more exercise these days, so that's been something that's really changed with me and it feels so great. Hi Sharon! Hi Ramana!

Okay, so we'll start. There's Carol and Sherry, hi everyone Yay! We'll start with the blessing. This is the opening mantras. When you're in a temple in India, you might hear this. This actually comes on the discolour of obstacles and all the powers of the universe to keep us this time together sacred and sanctified.

[Chanting]

Vakratunda maha kaya

Kyoti surya samapraba

Net vig nam kuramay devo

Sarvakyaesha sarvahda

[Chants in Sanskrit]

And just take a breath in and out and just breathe in the blessings of that opening Mantra. I'd like you to rub your hands together in front of your heart chakra, creating some spiritual energy and some warmth in the palms of your hands. Once the palms are nice and warmed up, put your right hand over your heart chakra, left hand over your right hand in a universal Mudra of self-love and self-affinity. Affirm to yourself, I love myself. I trust myself. I express my unique self. And just feel that self-love, permission to be you, to flow through every cell in the body.

We're going to be doing one focusing Mudra. You're just going to put your hands like this. So the right hand makes the fist with the thumb pointing up, left hand caresses the right hand and matches thumb to thumb. Putting your fingers out in front of you, kind of at eye level. There, like that. and then you're going to be allowing your spiritual gaze which is called your Dristi to gaze at the tips of your thumbs. Breathing in and out. In and out. Just allow your gaze to focus on the tips of the thumbs and repeating the words Sat Nam, my name is truth. Sat, Nam. Sat, Nam. Sat, Nam. And just allowing that peace and that stillness to come into you. Bringing your hands into your heart, opening your hands in a cup which is called Miracle Mudra or cup of love and receiving the showering blessings from the universe, filling our cup of love, giving us all the tools and the resources and the love and support we need to create a miracle in our life, to create change, positive change. Just imagine that cup overflowing; overflowing with love and abundance and all of the gifts you need. In the Christian tradition, the spiritual flowing of spiritual gifts is called Pentecost; when there's just an outpouring. Let's let that be today, that outpouring of spiritual gifts. And then tipping it into your heart, right hand first in, left hand caressing right hand, accepting the gifts of the universe. Breathing in and out. Breathing in and out. And coming present into your beautiful body, into the room, into the space of love.

Welcome back. Welcome! I see more people are coming in. Carols, Sherry, Betsy, and Colby, beautiful. And Betsy, "It's working." Great! Okay, fantastic. Well today, we're doing the topic of addictions and compulsions, overeating, stress eating and that kind of thing. So let's get into our pumping. If any of you have noticed some miracles

happening or just feeling better in your body or you've actually noticed the scale going down, please let us know.

So today again, remove all programs for compulsive, addictive, addictions and this is related to overeating or anything related to weight and weight gain, and also the ability to release and let go. So we're going to be clearing all that interrupts being in charge of your body and weight. Food addictions, emotional replacements, stress eating patterns. That's what we're going for today. It's a good clearing today. And we'll be using this list – bloodlines, Lucifer stops, soul contracts, demonic curses, satanic and evil spirit curses, emotions, DNA, group mind, group mind virus, black magic, curse, Atheist thought forms, trauma and cycles.

Okay, we got to just start pumping. Hi Patricia, welcome. You know sometimes, we go through the holidays and we look like this. We've gone out on dates or with our partners or with our friends and we just got really excited about being together and food can be part of so many activities. I think one of the things tht we work on in this class... Hang on, the light just changed again in here. That's strange. Anyway, what we're working on in this class is being able to be moderate and practice discipline or practice the proper amount of food needed for your body and I think that's such an interesting... That is what we're working on in this class.

By the way, a very wonderful book that I really enjoyed was called 'The Slow Down Diet' because it isn't a diet at all. It talks about the ritual of eating and making peace and ease with your food; eating slowly and appreciating the food. You know, I think one of the issue with weight and weight gain is that we just eat more cholericly than our body can really utilize. Hi Heather, I see you there.

I showed you this 'get fit' bracelet that I have. It's showing me how many steps I've taken and then showing me how much sleep I'm actually getting. I actually slept more than eight hours last night. I was so tired. And it tells me how many calories I burned and I burned meaning, yesterday, I took a really big walk on the mountain and I burned 1547 calories or something like that. But that's interesting because if you don't want to gain weight, you wouldn't eat more than 1500 calories. So just understanding that physical activity and metabolism are related to each other. So I've been really having fun with it.

The other thing that's so fun about this bracelet, and there are all different kinds and they come in different colour bands and I switch my bands out. I got all pastels; summer or the pastels. Yes, I'm digging it. Oh the other thing is on the App, then you compete with yourself on how much you've walked. You look down and you go, how many steps

have I taken today? 4,907 steps. My goal is more like 10,000 steps, so I got to get out for a walk. And then there are little competitions and things. It's fun. If you have some kind of games that you can play with yourself and rethink what am I doing? Am I actually getting the amount of exercise I need to slim up? Because muscle burns fat; so if you have more muscle, you can eat more fatty food, technically. So you want more muscle. Like today, what we're going to do is remove addiction and compulsion towards food, so that should help. If we have time at the end of the class, we'll do a little brain rejuvenation in that area of the brain, both the emotional brain and I see it in the center of the head, we'll be working on that area where compulsion and the need to overeat or the need for emotional reasons. We're going to tune that up too. We're going to do some clearing and we're going to do a little rejuvenation there and it's going to be awesome.

I see maybe some questions here. Heather, "Good afternoon. Hi. I'm beginning to feel beautiful from the inside. I lighter energetically and have lost a couple of pounds. I feel happy. That is fantastic Heather. Patricia, "Been really happy doing the meditations and look much younger." Yes! Yes, yes, yes. "I have the OCD. How can I clear it, many hours of pumping?" Okay, that's a good question. "It would be great to work on the brain with this." Good. You know what I've noticed Patricia, if you could get into... I definitely want you to pump but if you can get into the Brilliant Brain Class, I think it's in May or June, we're going to do a full brain rejuvenation, so even if you didn't get a chance to get into the VIP program, that will be a great thing to do. Because really what I see is addiction completely disappears when the entire brain is cleaned up and regenerated; so that might be a really good thing. And for OCD, right now, doing what you can do right now even before you regenerate the brain, or Golden Age Year of Miracles, we also do a brain regeneration.

Let's see, yes, it's a lot. It's 70 hours, but well worth it. I mean I'm doing something that's 1500 hours, so to me it makes sense that I'm doing a lot of clearing. And you know what I have to remind all of you and myself is that it's really great to do the clearings but it's also really great to feel life in balance and have happy times. I did something wonderful for myself last Friday. I booked a beautiful dinner at Il Fornio's overlooking the ocean in Carmel by the Sea and then went on to the sunset theatre to hear Tommy Emmanuel, this incredible guitarist. I attended a beautiful concert. I bought groceries and flowers on the way home and I just felt so filled. I mean it was just such a treat to not just go to the movie theatre but actually do a really conscious plan of something that was exquisite, that would normally be a date activity but I'm not really dating while I'm going through my adoption process, so it just really filled my emotional tanks. It made me feel so happy and connected. It's funny because I order a lot of food and I would eat four, five, or six bites, or eight bites, and then I'd have it put in a to-go

box. So they actually had four to-go boxes for me because I ordered a bunch of stuff and took most of it home and ate it over the weeks because I didn't want to overeat but I wanted to really have it feel like a special meal, so I got a bunch of stuff. It was super fun. I loved it.

Okay, let's see. "What a fine evening." It totally was Heather. It really was. And I've been checking out and I hope that you do too, here's what I'm thinking guys, I think it's really, really great to clear and one of the things I've noticed is if I mostly eat at home, I do better. I think in the restaurant, I actually really enjoy the doughy, yummy, fresh-baked bread that these restaurants in my area do. So if I just go to the restaurant once a week and do what I want to do once a week rather than four, five or six times a week, I think I'll do a lot better. But I think consciously planning something really special rather than catching things on the run and not being really careful is good. I know in my kitchen, it's really set up to succeed with the nutritional... I don't know. Everything that I've got set-up and I've got my juicers and I got everything ready to roll. I know what I'm doing during the day. How many of you have it where you feel like you've got your nutritional plan pretty well figured out? "A day with myself..." That's exactly what I did; a day with myself.

Well you know, the adoption process, I made some decisions. I wouldn't be dating while I was going through the adoption process because if I met somebody that I kind of liked, he'd have to go through all the scrutiny that takes four to six months and I'm already through it. So I figured, I'll just stay single right now and enjoy my life. It's all good.

Heather's group... Heather was in the Diamond retreat in May and that group, we did all kind of fun YouTube videos while we were doing clearings. At first we didn't have a speaker but we got it down into the room but that was one of them that we did while we were clearing. It was so much fun. It was a very hip, very with-it group. Everybody knew which videos to... Put in so and so's name. Put in Bruno Mars' name. Put in blah, blah, blah. And so we were getting all the really cool videos and soundtracks and music pieces that were really uplifting, and fun, and hip, and very awesome. You know, part of that too I think when you're looking at growing younger, I know I'm keeping up with my meditations right along with you, you want to really look at your behaviors and your actions. My folks are always saying they're in God's waiting room and honestly, we come from a heritage of long-livers. People living to late 90's or 100. We have some distant relatives that have lived 107 and 109. And we're in a new era; I think that I see myself at least, at the very least living another 60 years. So when you think about maintaining youthfulness, you have to also think about re-plugging in to the youthful culture and saying, okay, I can figure this out. Like this is a techy thing and it wouldn't necessarily naturally be what I gravitate to. Oh, here's this thing that monitors my... I'm

always thinking of the old-fashioned pedometer that measured your steps that you hang on your hip. I was. I was thinking I'd like to know how many steps I'm doing when I'm out hiking in Garland Park. I was thinking that would be fun.

But if you're really wanting to maintain your youthfulness, you need to be part of the youthful culture and not say, oh that program is too hard to learn, or that was for me back when, or I'm in God's waiting room. You've got to be thinking about what you're bringing in now and what you're learning and just be willing to take on new ideas and concepts. I was just getting the computer replacement parts. I ran to the iMac or the Apple store, the Mac store at lunch time and I was checking out... They've got classes pretty regularly. I guess these are really popular here so they fill really fast, but my dad said his memory was slipping and I could see it. I was actually really worried about him. He created a strategy. He's going to the Mac store and every week, he's signing up for every class. He checks every few hours and he signs up for the next class. He learns all the different programs and how to do this and that and everything. And I was actually thinking it might be really helpful for me to be learning how to create files and things. I've always said that's not my brain, I'm creative, which is true but I think in this phase, I think it would be really fun to take on learning something that's a little challenging for me and that's using different parts of the brain that I haven't been using. So I just was asking about the technology stuff and I've been thinking about quantum physics. I've never studied quantum physics. I think it would be really fun since we already are working in the quantum field, to actually redevelop what science has defined. So just the mindset of maintaining your youthfulness and your beauty.

One of the things that was super fun... Well, I think I said this. Yes, I think I said this already. Okay, so let's just keep pumping. Pump, pump, pump. You want people to think of you as youthful and beautiful. You want to have your activities be wonderful, youthful and beautiful. The other thing I can mention, I went to see a movie that's out and it's called 13 hours, something in Bengasi or something like that and it was a tragedy that happened. It was kind of the ISIS exploding in 2012. I highly recommend you do not go to that film. It was so on such a core level for me disruptive and disturbing that it really, really shook me. People asked me on the state of the union and they've asked me in the group calls, the community calls, what I want or think about ISIS and what could be done or what could we do help and I thought I was doing myself a favor; I thought I was educating myself, but the film was so traumatizing. All the ISIS stuff is very scary that I think that we just need to protect ourselves from this energy. So I just highly recommend no violence. Even if it's like you're informing yourself about something, I don't think it's helpful for growing younger. I think it traumatises the body and stops regeneration is what it looks like to me.

Let's see. Heather, "The dancing of the guys and showing off." Oh that's so funny. That's true. In Heather's Diamond class, we had some guys in the back of the room. It was so funny. Actually maybe all of the guys because they competed and they were all dancing and we had an older gentleman that was probably in his 70's and a big tummy and he was strutting his stuff and it was so, so hysterical. It was so funny. Oh my goodness. Ramana, "I've noticed a slimming down and while I was at it, I activated my eyelashes to grow and today I noticed a visible difference in my eyelashes." Yay, I'm so excited. "A weird question but I would love to reduce the size of my nose. Are we able to do that?" I think so. Why don't you just pump and imagine the size that you wonder, imagine the look that you want and just pump for it and see what happens. I believe that we can change anything so I think, just go for it.

Heather, "Can you help me address my memory? It has not been good as it was. I know it's not our topic today." Yes Heather and the cool thing is when you come in to the Ruby class, I think it's day two or day three, we do an entire brain regeneration and we do it from start to finish and what's very cool is we're looking at the very specific needs of the tiny group, so you'll be happy. In the meantime, there's a meditation called brilliant brain and people do that twice a week and that does help some. And B, "I've been working on clearing suppression, domination and control. When I tested that, I cleared 100%. Is that true? Have I?" You have B. Yay! Yay, yay, yay! Yes me too. I cleared that 100% and boy like it's different, isn't it?

"I saw Reverend and that was a good film but also brutal." I heard that one was really brutal. I said, okay, no more. I mean I went to that film on Saturday. I had to do an errand over in that area where the film was playing so I went to it, which is normal; I go to the films once a week typically. But I woke up on Sunday morning just really distressed and my dreams have been a little affected the last few days so I'm going to work on clearing my dream space before I go to sleep tonight. Yes, it was tough. Oh you're welcome for the confirmation, B. "I'm working on suppression too and boy do I feel different already and not done yet." Good Heather. I'm proud of you. Thank you. That's great. And Patricia, "My friend are telling me also that I look younger and feel beautiful. Is my OCD parasites or aliens? Thank you. If I'm not affected by OCD, I'm a very happy woman." Well, OCD of course is spiritual parasites and it's also your chemistry and it's also programs informing your body. So if we were to look at... We could go through all the charts; the charts that I have you in week one I think and we would look at amplification, and perception, emotions, DNA. We look at spiritual parasites and we'd also look at all the anchors. And so you just start clearing and that would help tremendously. I used to suffer from a severe anxiety disorder and I was considered major depression recurrent which is pretty non-functional at some point. I have neither. I mean I just completely removed all of that from me so none of that exists

in me. I was diagnosed with severe fibromyalgia. They treated me with heavy narcotics, heavy anti-inflammatories like 2000 milligrams a day of a time released anti-inflammatory patches along with nine morphine tablets. They gave me some kind of a hormone to calm down the joint pain and tranquilizers, three tranquilizers a day to control the severe pain I was in, and I have none of it. I don't have any. Zero. None. So with this work, you could clear everything away.

"Can we clear for other people? I suppose we muscle test to see if we have permission?" No, you really shouldn't clear unless they say they want you to help them. Don't muscle test for permission. You have to ask them. You can clear for other people. I'd love for you to be trained to clear for other people, which we do in the immersion program. That's the ideal situation, so you'd know what to expect and you can handle if something comes up that is unexpected. It's not just clearing sometimes. Sometimes I'm removing stuff for you guys seamlessly without you seeing. "I have a weird whooshing in my brain that comes on at night. I have cleared parasites and I thought it was aliens and cleared that and it's come back. I tested satanic energy. Can you confirm that?" Yes, it is satanic energy. It's alien type 5 and it looks like there's three of them. Mechanisms, four. Four, mechanisms. That's it. I think if you clear that and the satanic energy, I think you'll be in better shape. You're welcome.

"Wow. I'm so happy for you to be free." Perfect. Yes, I think with the cancer and all the illness and the violence in my early life and if you've read my books, you know I don't generally talk about the violence on classes but I was severely abused and that leads for a mess, a messy life. So I've cleared so much of that and I feel a beautiful, blessed life and I feel so grateful every day to be alive and living in my dream home, building and growing my family in my beautiful, youthful body. It's a good life.

I know I've mentioned the immersion program. Just to let you know, there are still a few openings. We have people that have said they're interested in all 12 spots. I believe we have 8 confirmed and paid students and we have four or five people saying I'm interested. But we'd like that filled for the year because I won't be teaching immersion again until 2021. So if you think that you'd like to do the yearlong practitioner's training, this would be a good time to be in communication with my staff and if you need to work out a payment or there are some things that you need to sort out, we'd be happy to help you. I'd love to have all 12 spaces filled. That would be ideal for me since I'm taking a 4-year break with the newborns. Because I invite you into my home and you really are part of my world and just when I had tiny, tiny babies, I thought it would be better to have a little pause in that. We would be doing an online apprentice program but it will not be a practitioners program. This is the practitioners program or at least, not that I know of. I guess if people kept begging, I probably would say yes but at this point, that's

not my vision. My apprentice vision is to really get people trained in how to work with themselves and shift reality themselves.

Yes Betsy, that's true. I really have. And it's a good life and I am so happy. I get tingles when I want to say this, I really know that I had such a difficult life so that I could be a shining example of what's possible. And given all the violence and the abuse and not being loved or cherished as a child and being in a violent energy and having the children I gave birth to stolen basically from me... My ex's family took them from me and they aren't in my life, a brutal and violent, left for dead attack, I think I went through all that so that I could understand the worst of human health conditions and how to recover from the worst to the worst. And how to be beautiful, and radiant, and bright, and alive, and live each moment in gratitude, and joy, and appreciation, and beauty, and grace. This is my mission for sure.

Heather's doing more hydration and you're doing perfect. Yes, I see that and that's good. Ramana said it makes sense and Heather, "You are a walking miracle. A model for all of us..." Thank you Heather. And B, "You're a truly authentic healer." Oh you're welcome and B and Carol, thank you. Well I think I see there's this past path of initiation and also a path of awakening and I think that I gave myself an extra amount of challenges so that I would be sure to awaken in this life. In the Power versus Force where he says that the energy scale is from zero to 1000, there are people like me living... I guess I'm 2900 today. So understand that once you break free from the muddle of the lower human struggles, which is exactly what we're doing here, we're breaking you free. We're on this path of enlightenment. Believe it or not, everything that we clear helps you become enlightened. Your energy vibration rises and then you're able to control the universe in your way and you're able to improve yourself dramatically and you're able to help others dramatically. It starts out by wanting to love yourself and be well and also I'd say that my huge motivation is to help humanity. That's always the core of everything I do is really I want to help. I really, really sincerely with all my heart want to help raise the vibration of humanity.

I think looking at ISIS, since people were asking me on the state of the union address of what about ISIS and can we do anything because I was talking about we're going to remove the curses from the earth and I think that maybe something that might be more of a spiritual men's group that might be able to work with that. The female energy, like we can bring in love and we can clear curses but the attack energy and the satanic and demonic stuff that... You know when I was considering, gosh I wonder if we could do some clearing on that and I got everything under attack, like everything breaking in and falling apart, I was like I don't know if that's the way I want to approach this. I think that

we can look to our hero men to take that on. We can clear the curses of the planet and we can restore love to the planet; that's what we can do.

It's so funny because I really feel like my approach has always been, we're not going to gang up on the illness, really we're going to clear things obviously but we're going to work on restoring the health. And so whether we restore the health of the body or restore the health of the earth, we're not going to focus on what's wrong; we're going to focus on the beautiful expression of self that we can be or the beautiful expression the world can be and that's how we're going to be effective in the world. I think that that's the woman's path. I don't think that we're the warrior necessarily. Obviously we teach you how to clear the spiritual parasites because you need to be able to take care of yourself, but that's more like a spiritual shower. It's not like, okay now we're going after them and we're going to attack every spiritual parasite on the planet. We're just like, let's clean up the body because this is my body. I own it. I live in it. I belong in this body and you don't. Bye-bye. So anyway, that's my theory.

Thank you Betsy, thank you. Thank you Betsy. Yes, I can't remember if I said this or not. I know I said it to my production person beforehand. I was called the sexy spiritual bond girl of the spiritual community. The sexy bond girl of the spiritual community. That's how I was called on a recent interview we did and I thought, I like that. I'm 58 years old and I'm the sexy bond girl of the spiritual community. I like it. I like it. And I've been interviewing; I have handymen working for me and he was commenting on how feminine and powerful I am at the same time and how beautiful that is to witness. Men actually like women standing in their power and also being feminine, remaining feminine.

Let's see here. Okay, some of you asked, I have an update on the Energetix cleanse. I have not sold Energetix for more than five years, so I no longer have an account with them. What they said to me is you can search Energetix online and you can find the full clear out program. The program sells for \$ 358.80. You can't buy it directly from Energetix because they only sell to doctors and practitioners, however there are rogue people online who said that they do sell the product and then they'll deliver it directly to your house. So you'll get it faster than if I ordered it for you. I'm sorry that it took long to figure out but they were trying to figure out if I could order some even I don't have a reseller license anymore. The final conclusion, few minutes before the class was tell them to buy it online. So it's just Energetix with an 'X.' So the x is at the end of Energetix and you can find it that way. So if you wanted to do that wonderful colon cleanse, that would be the way I'd recommend to do it.

"You're called the chic Shaman.' That's nice Patricia. Julie Bond, oh yes. Yes. When my son was a little boy, I never talk about my kids because they're not in my life bit when he was a little boy, he said to me, "Mom, you should be a spy." Because I was athletic and I do the rappelling and I was clairvoyant. One weekend, my kids were up visiting me and I said, I'm going to show you something and 18 times the phone rang over the weekend and I told them who it was and why they were calling before every single call and it blew my kids' mind. They were like, how did you know that? I'd say, it's Joe and he wants so and it's grandma and she wants so and so. You can get it once or twice right, but I got it 18 times I got it right. So my little boy at the time thought I should be a spy.

I probably left a few of you wondering. I was married when I was a teenager to a farmer in the Midwest and it turns out we had a past life karma and I was married off. My brother married me to one of his generals who was an old, filthy guy that I said, okay you can marry me in name only which was prestigious for the general to be married to a king's sister but I wouldn't sleep with them. So he cursed me and said he would come back and have children and have his way with me and have as any children. And so he found me in this life and married me as a teenager and I had three children. Those children look exactly like him. He's blonde and heavy set and short. They have almost nothing of my appearance. They're entirely, completely part of his family and unbelievably, I lost custody of them and they have no relationship to me. That was incredibly painful to go through, but it happened when I was very, very young. And then I did have visitation for awhile and then as they matured, they just were so poisoned by the people who were around them, saying things that were so unkind and not any relationship with truth. So anyway, that's that story and they're all grown-up and they're making their choices and I pray for them. I pray that they find peace and that they experience real love and happiness in their life because I know that they've really struggled and they have a very low energy vibration because there dad's an alcoholic and a troublesome person.

Thank you Ramana. Thanks. Thanks Colby. I'll tell you what, I don't know, I mean it took a long, long time to figure this out for myself but I cried for three years when I lost custody. I mean literally, I would go to work and school and my face would be just so (Inaudible 00:46:10) for three years and I thought did God abandon me. Is God dead? And I've come to understand that I had to learn that too and I had the opportunity at that point to give birth to children and I got to experience giving birth to children which was amazing. But I had to learn about that kind of deep loss and what it takes to live a life when you feel like your reason for being was to be the mom of those kids. It's been a really interesting journey. It wasn't that long ago. It's been a few years now. They just as a group, the whole family decided never to speak to me again. They knew that I was

special and they did not want a special mom. They knew that I helped lots of people. They could see it. But they wanted a mother who grew old and wasn't in the limelight and they had decided that they were never going to speak to me again. And they've done that; they've never spoken to me since.

Thank you Betsy and thank you Colby and all of you, thank you. I feel the love. It's been so beautiful for me. I had attempted to have more children because they weren't in my life. In my late 30's and through most of my 40's, I did with like the sperm bank and fertility medicine and everything I could think of. I had 13 miscarriages. It's just been a really beautiful process to be getting ready for my babies coming in and I'm already in communication with them and I see them in my arms. It's a funny thing because I have the sense that... I say I'm going to adopt two but it feels like more babies are coming. So we'll see what ultimately happens. I know that it's definitely the fulfillment of my heart's desire to love and raise children. I love what I do for work but at the end of the day, having and raising a family to me is one of the wonderful things that I very much intend to have an experience of. So for me, it's amazing.

Who helped me get a break? Thank you Heather. Well, I've really done most of what I've done alone and it's been interesting. I met a woman, Iram Sayid who I had to convince her that I could be on her tele-summit but I hadn't been able to break into the tele-summit world so Iram allowed me to come into her show and then she had me on a few times and it went really, really well. So on some level, I feel like I kind of pounded on doors until I got some doors to open. And Darius and Jennifer Mclean has been wonderful as far they like partnering with me and they like having me on their show. They sell a lot of product and it really does allow me to get my work in the world. But I think when you say where did I get my break, I think about the regeneration process and really feeling like I was being helped by Jesus.

Eight years ago in my garden, certainly the supreme being and Mary and Jesus were helping me, and the angels. My body started regenerating. I started remembering who I was. It was kind of like waking up; where eight years ago, I was hovering between 500 and 700 vibrationally. All of a sudden I woke up and my energy vibration just shot way up and it continues to go up as I work with humanity because I have this commitment to only use this power for good and only to help people.

I don't know B. We'll have to see. You know I know that Nadia, thank you. I receive; I receive that love. Thanks. It feels good. Ramana said she found me on Darius. IM so glad you were there or here, yay. Hey, let's check and see where we're at. We've been pumping for awhile here. Okay, bloodline, Lucifer stops, soul contracts, demonic curses, satanic curses, evil spirit curses, yup. Emotions, DNA, group mind, group mind virus,

black magic, curses, Atheist thought forms, trauma and cycles. Cycles are not cleared. Oh my gosh, we just got all the way to the bottom here. We have another minute or two on the cycles and we should be able to pop in to the brain booster.

Have you guys kind of figured out what your 'why' is? Why you want to be younger and beautiful and sexy? Have you gotten your why? I mean one of my big why's is I want to be really healthy for the babies coming in, so that's one of my big why's. I think when you're just doing it because you think it's a good idea, I think it's less potent. So get your why; the reason why. Maybe so you can feel great in your body when you're with your partner, or that you have all the vitality you need to accomplish your goals in life. But really specific; there's like a specific why to it.

Okay, cycles are cleared and we're now pumping for a regeneration of the parts of the brain. We're doing a little brain booster on the parts of the brain controlling eating and hunger, the eating and hunger centers. We'll be clearing the dark energy, bringing the master cells to 100% in the physical form, mirroring the surrounding cells and starting a cascade of new cell growth in the mitochondria. This is going to take up about 20 minutes and we've got about six minutes left, so you're going to have to pump about 15 minutes after the class. If you stay on and watch the movies, that will take you to the end of the brain booster that we're going to do. I think that I would recommend everybody to just stay on and pump and I will be in the chat box with you, but also just pumping so that we get that part of the brain regenerated. It looks like a good 20 minutes and I'll pump with you so that it happens in 20 minutes. Otherwise you might have like eight hours or something. You don't want that.

"Cycles is OCD?" No, not necessarily but I can see how you would think that because it's repetitive. Good, okay so you want to actually kind of prove it to yourself that what you believe is actually the truth. I like that Patricia and it is true and we can grow younger, and more beautiful, and more radiant, and better than ever. I think Patricia when you're looking at OCD specifically, it looks like it's on a timeline. Did you read my articles? I have in the blog on spring theory. I've got a couple more that are going to be added to that series, but that might be really interesting to you, where you're dipping down. Instead of time being linear and going in a straight line, I talk about how time moves up in a spiral. Sometimes you're dipping down and sometimes you're bending up into the future and sometimes you're dripping down into the past. And that could be considered a cycle but in your case when you're looking at OCD, it's a timeline so it's a spiral timeline so that you dip down into that pattern or behavior. In any case, it tests as a timeline.

Beautiful. That's great Colby. So she can do adventures at a day's notice. I know I'm excited. I'm going to Cabo and usually when I go down to Mexico, the tropics, I find some rappelling or somewhere where I can do zip lining, and rappelling, and traversing, and maybe some snorkelling, certain ocean.... Oh I don't know. Cabo isn't really good for ocean swimming. I did parasailing there. We'll see but I always like to do a lot of physical things when I'm down in the tropics.

Betsy, "I've somehow always known we weren't designed to grow old. As a child I thought about chameleons who lose their tails and then were able to grow them. We are capable of that. My why is to take care of myself and be an example to others to help humanity get back on track." Beautiful. That's perfectly in line with what I'm showing too. I think in my age group, being 58, I'm so capable of now loving and caring for children and I'm not going to be particularly old at 78. That is not any of my plan. I see myself being vibrant and young and checking out colleges with the kids, and playing with them, and doing sports with them, and just staying right up with them. Our bodies are meant to live hundreds of years, so why would we follow the pattern of the older generation that talked themselves into growing old? My parents, when I'm around them, they say, "I'm old. I'm getting old. That's the way it's going to be." And for whatever reason, my mom will say you're still young to me. You don't know what it's like to be old. You're still young. But she's been telling me this for 20 years. She was old when she was my age. They were retired when they were my age. That's interesting.

I see more why's. That's fantastic. "I disagree with gaining wisdom and experience and paying for it by looking older." I agree with that B. "I like to be fit, young and healthy and have all the wisdom over the years. Beautiful. I love that. Gracias to Patricia. And Ramana, "My why is to be the best I can be and inside of me matches the outside. It's getting out of my own way. Also I am on stage. I want to be beautiful in my presentation as possible and feel good." Wonderful. I love that Ramana. Did I miss anybody? Nope. I think I got everybody.

Carol, "If you lose weight and have loose skin, do you have skin protocols?" We actually do. Part of that though is when you're doing the meditations, you can use them to tighten and tone the skin. And the other thing would be that you could go into the skin and do the rejuvenation, so using the stem cells. Yes, we do. "Mexico. I'm going to Cassaca on January and February. It would be a miracle if we cross paths." Oh yeah, I'm not going until March 8th. That's the first big opening in my schedule where I've got nine days off, but that would be fun. Betsy says. "I'm 57. I get carded when I ask for senior discount." How fun! That's great Betsy. "I want to feel and express my joy, love and wisdom with others, being fully me and no one else." I get that. That's wonderful. Yay!

Oh, okay. Alright my dears. Keep pumping. Pump for 15 minutes. If you want to stay on, the videos are coming up and they're going to go for about 15 minutes. So I have to turn this off so you can see the videos. We'll pump for 15 more minutes and we'll have done the regeneration on the brain. Keep up your meditations. I'm so happy that you guys are here. I love you and I will see you next week. Okay, bye everyone.

[END OF TRANSCRIPT]