

## Beautiful from the Inside Out\_Part 4\_Transcript

Alright, let's get started. Today, we're going to be working on the master hormones that really help you with weight loss and we'll go right into our PowerPoint. Here we go. We'll start with an opening mantra to just set the energy for the class.

*[Chanting]*

*Om Tryumbicum Yajamahay*

*Sugundim Pushdivardinam*

*Urvar Rucumivabandinaot*

*Myrtyor Mukshea Mamretato*

*(3X)*

And here we go, removing obstacles from our path. We're going to clear obstacles that interrupt the flow and easeful hormonal function. The hormones that we're going to be addressing today are the adrenal gland, ovaries, pituitary and pancreas. The adrenal glands of course produce the Cortisol which keeps storing fat on our tummies. Ovaries, progesterone. The pituitary which produces human growth hormone and helps us with **(Inaudible 00:02:29)** and the pancreas, insulin and our good regulation of sugar. Those are the things that we're going to be working on today. We're actually going to be regenerating them. We'll do a clearing for the first 15 to 20 minutes and then from there, we will go into a regeneration mode on those four glands and set the hormones to 100%.

And so were clearing all of the things that are listed here: bloodline Lucifer stops, soul contracts, demonic curses, satanic curses, evil spirit curses, group mind, group mind virus, black magic, curses, Atheist thought forms, trauma, cycles, emotions, DNA, holographic inserts, mechanisms, seeds, implants, permeations and portals. So we've got a bunch of pumping to do and I hope everybody's just got their hand moving. We're going to come back on the screen here.

Okay, so everybody heard everything. I've got that from Rebecca who's on staff. "Yeah, we heard everything." *(Laughs)* Okay. Well, I guess what you found is that I'm as human as everybody else and I have emotions and ups and downs. You know, I have good days, I have great days, and I have some days that aren't as perfect as some of the other days.

And thank you Sharon. It's all good. No worries. And Ramana, "Hi everyone. Hi Julie Renee. You look gorgeous." Thank you so much. Yay! Okay, so we're pumping, pumping, pumping. And Hayden, I'll show you that you can pump with your hand down at your side while you're walking. I wanted to show you that. I've just been out; I did a 4-

mile walk and how you pump when you're walking is like this. So you have your hand just like that. That's what you're doing when you're walking and that is excellent as a quantum pump. When you're sitting, you're doing this. But you can be really discreet as you're on the subway, or you're out on a trail, or you're walking on a sidewalk, you can do that side pump and that is every bit as effective when you're in motion. When your body is in motion, you can pump.

Did anybody have breakthroughs this week? I'm wondering how the meditations have been going. Have you been using the journal pages? You might have noticed that we've added the journal pages to keep track of are you drinking enough water, how's your exercise and diet going. It's just kind of a place for you to map things out; if you're one of those people who really it feels good to write things out. That's under the meditations. I know I've gone to the advanced meditations and I'm loving going through the program with you, the whole process. That's been really wonderful. So let me know if anybody's had any breakthroughs, any miracles, anything shifting or changing for you, anything feeling more sparkly or fresher, any smaller waistline or noticing the scale going down – anything like that, I'd love to hear from you.

I know there is a time delay. Somebody is out there typing now. This is going to be good. Let me show you while the time delay is happening and their typing has not yet come through, let me show you that I did create some extra credit homework for those of you who like extra credit homework. Today, the right and freedom to live in and own the body you imagine is your very best body. You'll be using the amplification chart and clear to zero and that will be approximately 30 hours of clearing. And then you'll be using the perceptions, emotions, DNA chart and clear to zero and that will be approximately 120 hours of clearing. You'll use the spiritual parasites and anchors chart and clear to zero, approximately 110 hours of clearing. You do that and then do all the outer actions. Work out, eat well, own your body by living in it and enjoying it fully. So that would be one thing that you could do to like really own your body in a more powerful way. Another one, have a fully functioning endocrine system regardless of age, medical control energy or group mind. You'll be using the amplification and clear to zero, approximately 80 hours. Using the perceptions, emotions, DNA chart to clear to zero, approximately 250 hours. Using the spiritual parasites and anchors charts and clear to zero, approximately 500 hours.

This is a big, big deal because it's 11 glands and organs and you're really saying I don't believe in aging. I don't believe in medical control energy or group. I believe that I can have a 100% fully-functioning endocrine system; so it's a lot of hours.

And then you would go into regeneration. Once you've done all that clearing, you could enroll in Your Year or Miracles or the immersion training and also take the special classes as they come up for regeneration. I would highly recommend that as far as if your desire is to grow younger in addition to growing slimmer. These two will keep you busy for a few months. But I wanted you to have the opportunity to really go for something that's profound and would make a big, big difference in your life. It's deeper work. It's the kind of work that I do on myself. I do the big commitments. I think something I mapped out for myself today was 1500 hours. Like there's a group agreement to aging and I know that there's a lot of scar tissue in me from all that radiation poisoning I had and one of the things I need to do is clear all of the radiation poisoning, as well as all of the agreements that my body should have died, and should have died, and should have died. And, move into the state where I am inside and outside, like a 25 year old woman. I had 1500 hours mapped out and then I started thinking, well actually if I did that, I could probably get that done in about three months. If you were really going for it all the time.

And so what I've been doing is I've been mapping out what it is I'm clearing and then putting it on a sheet and then sitting it on my kitchen counter. And I'll check off...I've done 40 hours this week, I'll put 200 hours left or whatever it is and I'll just keep working on it as I go about my life with the idea that I believe that everything, even the worst of the worst of the worst can be reversed. And I think that when you have that belief, you're able to create a miracle. And then you'll have to know, it's probably going to take some time to do something that profound. Like to really completely reverse the internal damage that was done to me, I know when I had had the surgeries way back when the doctors would open me up and they would be in complete shock. They couldn't believe that I was alive because there was so much radiation scar tissue and really, really serious damage on the inside of my body. And I have to think that is something I believe can completely be disappeared, but it's probably going to take a whole lot of clearings. So then I started mapping it out. What do I have to do to get that result? So I'm not just gorgeous on the outside, but I'm gorgeous on the inside too. If ever, which I never plan again to have some doctor look at my insides, that all they would see is a healthy, very youthful person.

Okay, I'm seeing some comments. Janine, "Hi Julie. I've been doing the meditations faithfully. I've been eating well and drinking water, but can't seem to get myself working out. Is there something I need to clear for this? It is so not me to not work out. Any assistance is appreciated." It sounds to me like you've got some spiritual parasites and aliens in your space that aren't in agreement for you having those shifts. So I would clear anything in the way of being able to have fun and exercise. And then, do like I had suggested at the beginning of the class, do things that you're not used to doing. Starting

the first of the year, I started doing a big loop on my mountains. I'm walking three or four miles all the way down the mountain, all the way down to the main road and then looping back around up a very steep side of the mountain, and I'm doing that four or five days a week so I'm putting in... Let's see, so far today, I've done 11490 steps. That's a lot of steps. So try to shake it up and do things that you're not used to doing and then I've added in some yoga booty ballet which is yoga, ballet and some aerobic kind of stuff. It's really fun. And some lightweight weightlifting, some turbo jam and I'm doing a little bit of the hip hop abs with the young fellow who's kind of sexy. So I've got those DVD's that I'm doing. Really just do things that I don't usually do so that it's just adding something to the mix so my body is getting new challenges and different challenges.

And Patty is saying she's enjoying exercise for the first time. Yay! Betsy's lost five pounds and then gained them back. "Feeling good, stronger, more relaxed. Loving the meditations and falling in love with myself." That's great. And Roxanne says hi you all. And Betsy, "Did hip hop this morning. Working out every day." Fantastic, Betsy. And Heather, "Good afternoon Julie Renee. I'm feeling lighter, amazed by the meditations. Started to do yoga classes and hiking more. Have taken a couple of clay bass which have helped me detox." That is fantastic. Ramana, "Thanks for the extra credit homework and sharing the walking hand pump. I'm wondering if you could check for the right time. Brain swishing, it went away, but it's back. What did I miss? I cleared satanic energy, mechanisms, aliens. Did I clear all mechanisms?" It looks like there are still three mechanisms there to clear. Yeah, three mechanisms and an alien type 8 is what it looks like, so I'll just cellar a little more.

Patty, "I got the flu and I normally never get sick. Is this part of the clearing?" No. No, but you know, the flu is detoxing and a lot of what we are doing is detoxing. I know that with this process, we're doing two things really important in this class. Actually, we're doing all three. So the quantum activations programs, in it we do clearing which is detoxifying, right? And then we do regeneration, rejuvenating and nurturing, and that's the second of three. And then the third is to amplify, to accelerate, to expand. And so we have those three kind of areas and a lot of the time, what we're doing in this class is we're clearing and sometimes, we're doing the nurture or the regeneration, rejuvenation. And then, I look at some of the outer actions like the hiking, and the exercise, and improving the diet as part of that expanding out, accelerating, amplifying the wonder, the joy, the happiness. So I think that it all works together, but a lot of what we're doing is the detox part. That's a lot of it is clearing away all the old programs that don't work anymore and your body might have just had some stuff in it that it didn't want.

Ramana says thank you. Very good. Yay! Okay and we're at 18 after. Let's see where we're at with the clearing. We're 50% done with the clearing. We'll go another 12 minutes. I get if we go another 12 minutes, coincidentally which happens to be a half after the hour, we'd get done with the clearing. It's better if I'm doing it with you. It goes a lot faster. So why don't we just keep doing the pumping for awhile and we'll clear and then we'll do the regeneration of the four glands.

Ashley, "I began the class with chronic pain. The prep and clear meditations helped me tremendously. I was ready to begin yoga this week and the pain has come back. I know this is a spiritual issue. Is there an additional statement I should use when pumping?" Hmm... "I feel great every minute of the day and I enjoy exercising. It gives me great pleasure in my body..." or something like that, maybe? And you know, what I've discovered is exercise really does help reduce pain, so get right in there and go for the exercise. 99.9% of the time, if you're listening to your body and you're moving it, you're flooding the body with rich, oxygenated blood. Part of the deal with pain is that the muscles begin to dry out and atrophy. The blood isn't pumping through the veins. Nerves aren't nourished. So when you're exercising, you're pumping that oxygenated rich blood, you're feeding everything, you're feeding the muscles, you're feeding the nerves and by feeding it, the pain dissipates, so it's not like starving. And for someone with a chronic pain condition like fibromyalgia, fibromyalgia itself is kind of shellacked muscles so that they can't get oxygen into the muscle anymore so the muscles become hardened and what you want to do is to plump them back up, to make them spongy again. Spongy muscles feel good and atrophied muscles, muscles that are like shoe leather don't feel good and they hurt. So definitely exercise. Move your body.

Have any of you done the extra credit assignments that have been given or are you sticking pretty much to the meditations? Are you doing one meditation a day or two? I know I'm getting one in, in the morning. I'm usually not getting one in the evening, even though I got this intention to do it. It just seems like there are so many things going on. I get to bed and I (*snores*). How is that going for you? "I love your cape."

Thank you! I got this at Chico's. That's where I got it. I swear, they were taking them out of the boxes and they only had three of them and I was just like, I want that. So I got it at the beginning of the autumnal season, probably the 1<sup>st</sup> of November.

How many of you are mothers? How many of you have children? And how many of you are partnered? That would be something else, are you living with a partner? "Doing one meditation daily..." Okay, that's good Ramana. Patty, "I've been feeling more relaxed. Love to release the stress in the adrenals. I can feel it's helping my OCD too. Can you tell me please how much I have cleared to get rid of the OCD. I am looking great." That

is fantastic Patty. You've released about 60% already of the OCD so it must be feeling a whole lot better to you. Keep this work and when Brilliant Brain comes up, the class on brain regeneration, I think it comes in Mat or June, please, please sign up for that. Let's regenerate the brain because that typically takes the rest of it out. When the class comes around, get in there.

Ramana, "Lots and lots of clearing. I am a mother." Good. And Betsy, "One a day, usually morning. Not doing extra homework. Just want to make sure to keep up the momentum and not do so much. I get into overwhelm." Good thinking Betsy. I'm proud of you for knowing what you can do and do it well and that's fantastic. You know, this extra credit homework, you'll have it forever. So three months from now you might go, I think I want to start working on that, and you can just print it out, put it on your kitchen counter, on your dresser, tape it to your bathroom mirror or whatever and just work on it when you're ready for it. Oh Ramana, you have an 11 year old. Wow, I didn't realize that. How wonderful and you do lots of clearings, great. And Janine, "No children but I want to restore my body to a youthful age to conceive later in life as I have turned 41." Very good. I just helped a woman, she's in her 5<sup>th</sup> month of pregnancy now and she was a VIP client and came to me saying I want to conceive and I'm 46. Her little daughter who's 6 years old and she really wanted another child and we were able to position her body in a good way for her to conceive. I do have really good luck helping people. That may be a class I add once or twice a year to the schedule, that we work on clearing all blocks to conception. I think that would be good for people; especially a lot of our group are late 30's, 40's, 50's and certainly the late 30's and women in their 40's are still wanting children, right?

When I look at things, I don't know how far I'm going to be able to take my body but I am actively working on regenerating my thyroid, my uterus and ovaries with the idea that I would start having regular cycles again and that I would grow new ovaries with eggs in them. Who knows what's possible, right? In my belief system, it's possible for me to have children again through my body, in my belief system. I believe that things can be re-grown and I believe that we are meant to live hundreds of years so why would our systems fail after 10 or 15 years of good use or something like that. I think that that's not real. And how much I can accomplish, I don't know how much my students can accomplish, I don't know, but I just know in my heart of hearts that it's possible.

I met a woman who had her last child, her 9<sup>th</sup> child at age 69. 69! And she said, that's enough children for me. I've had nine of them. A 69 year old woman giving birth naturally, without any fertility medicine means that how we live our life and how in harmony or out of harmony we are with nature is how our ability to produce miracles, in direct relationship to how we can produce miracles.

Let's see, "I gave birth to a death baby 17 years ago but has been thinking about him very much the last couple of days..." Patty. And Ramana, "I'm 52. It would be fabulous to have another baby." Okay, yes. Well, we'll just see but that has been one of the things I've been thinking might be a nice addition on the special classes is clearing blocks to conception. And I know that there is all this information about how the membrane of the egg deteriorates and so conception can't happen after a certain age. They say after 39 or 40, it's much, much harder and they don't really want to use your eggs even in in-vitro after that. They do up until like 46, 47 if you've got what they consider healthy ovulation.

But I just think that we've just set up the planet the wrong way. So In addition to helping humanity, I'm also committed to helping really improve the conditions on the planet. I was out this morning. I had a long walk and there was actually even chemtrails in my area. It's unbelievable because it's very, very low population, over mountains and close to the ocean and I thought what in the world could they possibly be putting in our air. I mean, there are so few people here. It's just ridiculous if they put something in the air here. But I think when I was looking at the complete reversal of age, some of the things that you have to clear would be like chemical toxicity from the air and the water and so then you look at either you have to develop a way of not absorbing things that are toxic in the environment and also maybe a way to... It's funny, I can't actually say too much but I think that we can go in and clear the programs that government officials are writing off that have all this group mind around this is a good idea to put chemtrails and chlorine and fluoride in the water, which is of course contaminating people and poisoning people.

Okay, let's see, lots of things. Heather, "I was doing two meditations each day. The last few days, one a day. Been clearing domination and have more clarity of mind. Just have a bit more to finish and then on to control. I believe this has been one of my most challenging issues, to feel free from this is a relief." Fantastic Heather. I'm so proud of you. You're doing a wonderful job. And Betsy, "Mother of two sons and a grandmother of one girl and one boy." How wonderful! "They all live in France. Sons are half-French, No partner or companion. Lots of women friends and lots of joy and meaningful living." Beautiful Betsy. Tony, "In the bible, Sara married Abraham and had a son at age 90." Yeah. I know that was what I was thinking today. I had the opportunity to write a letter to the birth other and of course the song came in my mind about Sara.

*[Singing]*

*And Sara laugher. She did. She laughed. To think that she might be the mother of a child. The thought was simply wild and funny. Old lady, going to have a baby, going to*

*hold inside. Old lady, going to have a baby, going to finally sing her lullabies. And Sara laughed. She did. She laughed. No one was standing there. The thought was simply wild and funny.*

I think there's more to that song but it's part of a musical. Why not? Why not? Why should we just have such a short fertility cycle? It doesn't make any sense. So, that was in my mind. Patty, "Three children. My boyfriend had twins and I feel they have been mine on another lifetime. I love them like my own. How wonderful Patty. That's fantastic."

Okay my dears, we are going into the regeneration process now. Let's just check. We're about 97% clear on the clearings but we do need to start the regeneration if we're going to get through it. I'll give you a few minutes or hours or whatever we need to do for the rest of the clearing. We're going to start the cell regeneration now on adrenal gland, ovaries, pituitary and pancreas. What we're going to do is we're working with the master cell in the blueprint. It kind of looks like this. It has all kinds of components in it. The cell wall, the mitochondria – this little bugaboo right here is our field generator of the cell and it helps us to start a cascade of new cell growth, so this is very, very important to the regeneration. And you can see all the other parts here. So we're going to be pumping to reinitiate 100% function from the human blueprint, the divine human blueprint to the physical cell in all parts. And when we look at the parts, we say the membrane, nucleus, absorption, elimination organelle, DNA and mitochondria. If we go back up here, we can see where everything is. You see where all that stuff is, So basically we're regenerating this all to 100%.

And when we look at master cells, they're sometimes functioning at only 10% and so that's why we do this process, this step of regeneration now. We're pumping to regenerate for all four glands; those four glands. And again let's go over those glands one more time just to remind you. The two adrenal glands, the two ovaries, the single pituitary gland in the center of the brain, and the pancreas in the middle of the body. The adrenal glands sit on top of the kidney and they also produce adrenalin. The cortisol is really there to help us. When we run away from a sabre tooth tiger, we wouldn't get emaciated and die. It helped us hold on to fat. We don't really need all that cortisol in our body and so we want to improve that. There are two, there's a right and left adrenal gland that we're improving. The ovaries are right and left ovary and even if you don't have ovaries, even if they were surgically removed, they exist in your blueprint and in the etheric realm. They exist. They're there. Your uterus and ovaries are there even if you've had a hysterectomy. We're looking at improving with the ovaries progesterone. The ovaries help produce progesterone, estrogen and testosterone. You know, that's another thing that we really need, right ladies? We need a little testosterone



that helps with our muscle tone. Let's put that in there too, that we need testosterone. I'm not spelling that right. It will fix itself right. Let's see here. Here we go.

"Will estrogen help us lose weight?" I don't think estrogen actually helps us lose weight but we could certainly put that we want a balanced estrogen too. Okay and then the pituitary gland is a gland kind of where the third eye is and it produces human growth hormone. And then the pancreas, in the middle of the body, kind of behind the belly button almost looks a little bit like a corn cob and it helps with the insulin. If somebody had an insulin imbalance, like diabetes or hypoglycaemia, that's where that problem initiates, from the pancreas.

So these are what we're working on and right now. We're working on the master cells. The stem cells, those four stem cells, those master cells that were there seven days after your parent's conceived you, there was a master cell for each of these glands and we're regenerating that master cell to 100%.

Let me see here. I think it might be fun to do some singing. There we go. Let's go ahead and do some singing. This is a sweet one. We haven't sang this one very much. We'll do a call and response as we're pumping to regenerate those four glands. There's actually six glands that we're regenerating really. So I'll sing a line and then you can follow behind and sing the line, so it will be a call and response.

*[Singing]*

*Soft the night and sweet the spirit*

*Soft the night and sweet the spirit*

*Gentle voices call our song*

*Gentle voices call our song*

*We are magic, we are wonder*

*We are magic, we are wonder*

*When we live beyond the veil*

*When we live beyond the veil*

*Humankind, please raise your thoughts*

*Humankind, please raise your thoughts*

*Bring a plain of peace and love*

*Bring a plain of peace and love*

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

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

*Soft the night and sweet the spirit  
Gentle voices call our song  
We are magic, we are wonder  
When we live beyond the veil*

*Humankind, please raise your thoughts  
Bring a plain of peace and love  
We the guardians of the pilgrims  
We the authors of the play*

Nice. Yes, we can do this one. This is a beautiful.

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

*There is a reverence surrounding her  
Precious Mother Mary  
I can only respond to her in awe*

*There is such a holiness  
There is such a holiness  
There is such a holiness  
Pure, precious holiness*

*My heart's filled with ecstasy  
My heart's filled with ecstasy  
My heart's filled with ecstasy  
With Mother Mary as my guide*

Oh, here's an old favorite.

*[Singing]*

*In the stillness, In the quiet  
In the open heart, there I am  
I am essence, I am breath  
I am light of God, I am, I am*

*In the stillness, In the quiet  
In the open heart, there I am  
I am essence, I am breath  
I am light of God, I am, I am*

*In the stillness, In the quiet  
In the open heart, there I am  
I am essence, I am breath  
I am light of God, I am, I am*

This is a sweet chant. Lakshmi was the goddess of beauty, grace, love and wealth.

*[Singing]*

*Be my guide in dark times. Be my guide in light times.*

*Be my light in dark times. Be my light in light times.*

*Be my love in dark times. Be my love in light times.*

*Be my heart in dark times. Be my heart in light times.*

*Be my hope in dark times. Be my hope in light times.*

*Be my help in dark times. Be my help in light times.*

*Be my wealth in dark times. Be my wealth in light times.*

We're having our rainy season and this is perfect for a rainy season. However, it's a beautiful sunny day today.

*[Singing]*

*Gentle night, rain falling softly*

*Gentle night, soft falls the rain*

*We are one, one with the raindrops*

*We are one, with the God of rain*

*Gentle night, cleansing my spirit*

*Soft falling raindrops, wash away my tears*

*All is well, in the house of the raindrops*

*All is well, in the garden of love*

Sing along with Julie. Watch the bouncing ball. Alright, well we have been raising the energy vibration with our singing, and chanting, and lifting of spirit, and connecting with the divine while we do our regeneration. So, that's all good. I hope you're drinking your water. Thank you Rebecca. Ramana, yeah. I think the chemtrails... My interpretation is that they shorten our life, that they're putting chemicals into the environment and experimenting on humanity. I think some of it originally was explained as controlling bugs and other illnesses and things like that that would spread through disease airborne and whatever. But if you look at the over-populated areas like Mesa where there's a lot of senior citizens, the sky is never without massive chemtrails. They are definitely not good for growing younger and regenerating the body. I look at all that and I think there are solutions and I think one of them is to have the chemtrails stop. You know there was really an outcry when there was testing with sonic weapons and it was killing all the whales and the dolphins and other living beings in the water. I guess mermaids, even merpeople washed up on shore and the beaches were closed. And there was a great outcry from humanity and that sonic testing stopped. I think that first of all with education, we have to be informed and we can stop them in a variety of different ways. I know on earth day, the plan on earth day is to get 10,000 people together clearing all the curses of the earth. The earth itself is deeply inundated with darkness and curses and on earth day in April, we'll be lifting the curses from planet earth. Hopefully, we'll have thousands of people joining together. I will teach people how to remove permanently the curses, to dissipate them into nothingness, and I think that's the beginning. And rather than do battle with wrong and evil, what we'll do is we're going to clear things. We're going to clean things up and we're going to make a friendly environment for the human race, and for the angelic beings, and the beautiful fairy beings, and elves that share this realm with us, and the me people, and all the whales and dolphins, and those who want to bring love and light to this plain and this planet. We want to lift the energy of this planet and uplift the beings on this planet, and one of the things we can do is purify and clear mother earth and also raise the thoughts. That's why we were singing about 'A Call to Lighten.' A call to have thoughts that are beautiful,

and uplifting, and loving, and compassionate, and tender. That's a good idea Patty; hide the scale and just see yourself have that vision and believe in yourself that you are thin. I love that.

Well, we're in the kind of midway point and I believe that we'll be introducing... I think it's next week. Let me just check. Fat ratio correction is next week. Fine tuning trouble areas is the following week. Digestive ease, owning your body, clearing blocks. I think next week I will go through and teach you guys how to do a liver flush. If some of you want to do it, we'll provide the step by step directions for you and I'll map it out for you. So if some of you want to do that, a lot of times a liver flush will make a big difference. You'll just start dropping weight just because the liver's been cleaned out. It's not the easiest of things to do but if you follow the steps, you'll get a nice clean out. Everything works a whole lot better and your metabolism gets a big, big kick in the pants, so to speak and people start really dropping weight at that point. So I'll add that on to the schedule next week that we'll have part of our time together in class, we'll talk about how the liver flush works.

And then the following week, we're going to be working on digestion and regenerating the digestion. That will be a time when I'll also map out some things that you can do, like a colon cleanse process for yourself. Whether you want to seek out the help of somebody to do colonics with you or you want to actually have some instruction on how to a cleanse with enemas. I will talk to you about that the following week. So we'll do a liver flush next week and then we'll do how do you cleanse your colon the following week, in addition to obviously learning stuff too. You'll have the 'this is how it works.'

And you know, I think it's just really nice to have a friend just to show you this is it, rather than having to read a piece of paper and try and figure it out for yourself or find something on the internet and hope that you're doing it right. We'll go through it.

Okay perfect Sharon. Sharon is saying, "Yes please, liver flush." I did one three or four weeks ago and it was wonderful; a wonderful way to come into the new year with a cleaned out liver. I think I'm wanting to do a couple of them in a row. If you've had a lot of radiation, if you've actually even could be like cancer treatments and your liver got toxic, it's really a very, very helpful thing to do is flush your liver out. For some people as often as every five or six weeks. For other people, once or twice a year is good. But having the liver really function at its best helps so much with metabolism; you wouldn't believe it, or you would believe it.

Betsy, that is wonderful. She has an infrared sauna and the ionic foot bath and both of those are wonderful. That is fantastic. And the Bentonite baths, for those of you who'll

be doing the Bentonite baths, that's really good too. So it's about feeling great in your body. I hope that you're feeling like you're getting your nutrition up, that you're getting more blood and oxygen to your cells with your additional exercise. If you are struggling with exercise, just make a date with yourself and put the time on the calendar when you're going to do it and just push through for five minutes. If you get five minutes of exercise in, I guarantee you, you'll do the rest of your exercise. It's a rare moment if you can actually just get started. If you just get started, it starts being fun. So if you're one of those that's been kind of struggling, just make a date with yourself on the calendar, have your little phone alarm go ding, ding. Time to exercise. Go to wherever you exercise or just start your walk or whatever it is you're doing and just get it started and I promise you, you're going to be successful.

Oh thank you Patty. "The Energetix cleanse, question, you suggested was a colon or liver?" That was a colon cleanse. The Energetix cleanse, it's a month long cleanse where you're taking different herbs to clean out the colon. And what they had suggested, since I know I've had a resell license was to just search on the internet for it and you would find it. That's what the company told me. "It's great to be inspired each week." Yay!

Okay my dears, we are at the end of class. I will send you the additional extra credit homework and you'll get the slides from today. If you want to really take it all the way to completion, I would say another three to four hours of pumping for the regeneration because we have six full glands that we're working on regenerating. I'll write that in your follow up note that you'll get today. We're not done with the regeneration but we're well into the regeneration.

Let's see, anything else? I think that's it for now. I love you. Thank you so much for your good wishes and we'll see you next week. Bye bye for now.

**[END OF TRANSCRIPT]**