

Beautiful from the Inside Out_Part 5_Transcript

Good afternoon, good evening and good morning to all of you and welcome from the Beautiful from Inside Out Lighten Up. Yay! Who's lightening up? It's been an interesting week for me. I have learned a lot this week. I've learned a lot about myself this week. Yay! Hi Nadia!

We're going to be doing some fun clearings today. We're going to be balancing the fat ratio. That was on the schedule of what we were going to do. I've added a bunch of stuff unto the schedule, so we have a lot of clearings to do and we will probably get started pretty quickly here. Do sign in and let me know that you're here and we'll get started on the clearings.

Alright, so we are at Week 5. We'll start with the opening blessing.

[Chanting]

Om Tryumbicum Yajamahay

Sugundim Pushdivardinam

Urvar Rucumivabandinaot

Myrtyor Mukshea Mamretato

(2X)

And just taking a breath in and out and just settling in as we go into removing the obstacles from our path. Today, the main topic will be fat ratio, correction in both the DNA and the bloodline and we'll be working with the DNA resets. You're welcome to start pumping right now if you're ready to and we'll get that started.

I also saw some things that since I was going through them, I thought maybe a couple of you might be going through them, so I added them. Stress and comfort eating, the right to feel safe and secure, eating or holding weight to ground and feel safe, allow to look gorgeous and feel amazing at every age and be safe. And so in this clearing, once we do the fat ratio reset, we'll be going into this clearing around feelings safe and being grounded.

But before we start on the fat ratio adjustment, I'd like to help all of you. What I discovered myself and more than 80% of humanity is that when we get in a stress mode, our spirit has a missing part and it doesn't mean that the spirit is missing itself, it means that our grounded connection to the divine seems to disappear. And so I'm going to restore that to all the spirits on the call today; all of you. I'll also do a spirit retrieval. I'll be doing that right now. You're welcome to pump along if you'd like to and we'll be working on first of all, if there are any people who are missing parts of spirit, we'll be

doing the spirit retrieval and secondly, we'll be re-anchoring you into divine connection so that when something is going haywire in your world, you don't feel kind of dangly and out there, just kind of stressed out and lost.

So I found it in myself and I thought, oh my God, I bet a lot of my students have the same kind of thing where you feel like, what the heck just happened? I feel completely disconnected and I was feeling completely connected before the incident. So, here we go. It's something that's actually in your spirit and not in your physical body or in your mind or emotions. We're going to fix that/

Hi to Carol and Hi B! And Ashley, happy Tuesday. Yay! It's so dark in here, isn't it? I think because I have such a bright background. I finally got the curtains for the French doors. I have curtains for the big windows in front and now the French doors have curtains too. They now have curtains too. So, better! And Erin, hi. And Betsy, "Hi Julie. Congratulations on the new edition of the book Your Divine Human Blueprint." Thank you. The second edition is indexed and it's wonderful. "The gang's all here. You look so pretty with the purple." Oh, cool! Thank you. Yes, I thought I'd try something different. I got a little sparkle in my eyes. I don't know if you can see it but I put that. Urban Decay is a makeup company. I don't know if it's in every country but they have a sparkly liner and I've got purple, and teal, and cherry colour sparkly liners. It's kind of fun to use.

Yes Cherry, yay! Welcome! And Ramana, and Betsy. Oh Betsy, the only reason you'd get the new addition is that it doesn't have typos and it's indexed but it's the same information. I'm actually in the process but it will probably take a year and a half. These books take a long time, once you say I'm going to do this. I'm going to do an advanced version for probably the end of 2017 or middle end of 2017 where we'll be including a lot more. But you're getting a lot of this good information as we go through all the classes now and I have really added so much in the charting and the depths of the clearings we're doing, so you're getting it.

Oh great Ramana loves it. Fantastic! Erin, "Hi Julie. I have to go on the phone in 10 minutes. Can I ask you two questions first? Do I have a block on my forehead?" You do. "And secondly, do I need to clear self-sabotage more?" You do. Three hours more on self-sabotage. "What's the block on the forehead, I wonder?" I got this beautiful scarf I picked up in Paris. It seems to be rearranging itself. There we go. That's better. I haven't been to Paris for awhile. Is anybody on the phone line from Paris or on the training from Paris?

Hi from Christy. "I missed the class last week. I read the transcripts and I wanted to share, I have a 17 year old daughter and am originally French. I saw the French come

up last week.” Wonderful! That’s great. Let’s see how we’re doing on spirit retrieval. 100%, okay. And on anchoring spirit to the divine, 98%. Just two people, so I’m going to do a different technique and you guys are all welcome to start pumping on the clearings because of course we’ll go to the next page. I just wanted to get this anchoring done with spirit and if anybody needed spirit retrieval, I wanted to get that done right upfront so we don’t miss that. That’s really important. Okay, a little bit more.

And let’s see, Erin. “I keep clearing my forehead and my eyebrows are lifting, but I have a ton of wrinkles and IM trying to clear so I’m wondering if I have blocks to clear in my forehead.” No. It looks like another six hours though, so it’s probably just about time rather than a block to clearing. And Nadia, “Did I manage to complete master cells from last week?” You did Nadia. That’s a yes.

Okay, divine connection, everybody’s anchored. 100% and it’s going to stay. Okay, good. Let’s go on to our clearings and I think all of you are already pumping, but let’s go on to our clearings for the day. And so we go from that which is now accomplished to clearing full function. Oops, and we’re not going to do regeneration today. Sorry this slipped by me. What we are doing is balancing and clearing blocks to a balanced fat ratio. There we go. And so all the blocks to that and also, we’re going to be also clearing as we pump along here, we’ll just go back. Stress and comfort eating, the right to feel safe and secure, eating or holding weight to ground and feel safe, allowed to look gorgeous and feel amazing at every age and be safe, and all of these have a safety element to them. I think somehow the food grounds, puts an insulated layer, takes the place of... In all these cases, let’s just go for clearing the whole thing – the fat ratio and all the safe. Very good!

Hi Roxanne! Okay, while we’re clearing and pumping to clear bloodline, Lucifer stops, soul contracts, demonic, satanic and evil spirit curses, group mind, group mind virus, black magic, curses Atheist thought forms, cycles, trauma – let’s add timelines here. And then also what we’d like to get in here is DNA and resets, so all of DNA and resets. And let’s add to this list nano technology too. That seems to have a play in some of this.

Okay and then I want to show you what the homework will be. That’s some extra credit homework that I thought you guys might really appreciate. This will be coming out with your replay. Let’s go through it here. The freedom, right and enjoyment to eat food that is 100% nourishing to my body and that is about 30 hours of pumping for that. And then a second one, the right and freedom to be youthful, vibrant and in a young, energized body and simultaneously be safe and that was about 80 hours of pumping, so that would be more than a week of pumping. I just wanted you to see that you got a little edit of extra fun homework to be working on if these are things that you’re looking at. Like,

well why do I choose to eat something that's at 50% good for me when I have food in the house that's 100% good for me. Do some of you have that challenge? This would be addressing that. This would be going through the, why in the world do I behave in a weird way? Why do I behave the way I behave and how can I shift up so that I discontinue something that is not working for me?

Nano technology, it's a question from B, what is nano technology. It's broad and it's been something introduced by aliens and they have put it into some essential oils. Somebody asked, did Doterra have the nano technology in their oil? And I said yes; I actually tested that it did. It's in some things like there's a pillow you can lay against. It's nano technology. Typically, they're promoting it as a good thing but it's a little mechanism that go into the body. Some supplements have nano technology in them. And ultimately, you are putting something that doesn't belong in your body and it does help make the function, whatever you're going for the correction, it makes the function better. However, it's much better to correct your blueprint than to stick some alien technology in you.

Carol says, "I found that I have a lot of holographic inserts so I'm wondering if that would have more information about them. Any suggested readings that you may share?" That's actually what I was thinking about with the advanced book is to go into greater detail on things like holographic inserts. Let me just see. I think I have just a tiny bit of information on the charts. Let's see, if I open up... Let's see which one it's in. Not that one. Okay, found it. We'll change over here and we'll just put this up on the screen so at least we can review what I have so far discovered about holographic inserts.

Let's see. I can make this bigger too. Let's see here. Okay, so there it is. Holographic inserts looks like something other than what it really is. It can be a type of mirroring that prevents seeing what is really there, lives as a highly advanced mechanisms. So if you were to try and figure out... You know we have mechanism up above here, mechanisms purposes to control or dominate the area and so this is a highly advanced mechanism to control an area. The alien type is type 3 and type 7 that creates the holographic insert and then it plugs into the energy body which are meridians and some nadis that are mini chakras and also can plug into essence or your spirit, soul, life force. The easiest and most direct is by either the quantum pump or by chopping to clear and must also clear bloodline agreements to be fully effective on holographic inserts. I hope that that was helpful. I've been really trying to map things out a little bit better for you guys and it would be great if we could write a few pages on it but in any case, here's kind of the 'what it is' in any case.

Let's see here. I think I might have missed a few questions. I'm going to scroll down a little bit. So I answered nano technology and holographic inserts and by the way, let's just shift down so while I'm answering another question, you can see what I wrote about nano technology. I think it's on here. Nano technology or nano intelligence is symbiotic. It comes from an alien type 4. Machine energy set to take over bodily functions. Symbiotic, it looks like it's set to eventually have this alien group take over humans through humans losing their full function of the body. Alters the DNA, works on the blood designed to take over the meridians. Can leave embedding and holographic inserts, can be cleared with doorknob, also must do clearings on bloodline, DNA and DNA resets.

"How would I work on dropped organs with the meridians? The prep and clear meditations?" Yeah, you could. Dropped organs, like your uterus is dropped or your bladder is dropped, you'd definitely could be cause you'd want to be strengthening the ligaments. And Nadia says, she has a challenge and I'm thinking that she's saying that she has this stress or safe eating challenge which I think a lot of us do, or maybe the spirit not connected when stress comes really fast. In any case, we've resolved that one.

Ashley, "How do we know if we're pumping in the most impactful way?" Ashley, you're at 99% or 98%, so you're doing really well. Let me just review it again. The things you want to do is you want to think what you're clearing, which we've reviewed a few times and then you just get started. The elbow is down at the waist and the hand is just moving forward. What I had suggested is about 60 pulses per minute is a good rate of pulsing and then you can muscle test. You can see if anything is interfering or if there's something that you could shift or change to make it even better, but you're doing great. Betsy, "My children are half French and I go to see them and their family every year." Oh how wonderful. "This year twice..." That's great. That's wonderful. I love Paris. I've had so much fun and I've gone to the south of France. The Chart Cathedral, I've visited that. I really, really enjoyed France.

Tony, "I'm working at the university and my office is about 20 meters from the former nano technology lab which is now relocated to about 400 meters from here. How can I protect myself from this? Pump?" (*Laughs*) Test and then just pump and clear yourself. You can do that occasionally. Maybe like once a month to just clean them out because they don't get to live in you if you don't agree to it, but most people are just unconscious to it. So just pump.

B says thank you. You're welcome. "How does one get holographic inserts? There are so many things to look out for." I think that's pretty innocent on your part. I think it's the

alien intervention stuff. You know when we really do clear and change the set points or not just set points but group mind, group mind agreement, what humanity has set at, so that we clean out all the alien interference, I think that things are going to be a lot easier to manage. And you know, I'm thinking that we're in a time of expanding light and as we clear and we become more and more ourselves authentically, we also lift the energetic vibration of the planet. And so by raising your energy vibration, by doing the clearing, by raising your thoughts, we continue to move into this lightening experience. Simultaneously there is a distraction on the planet of like the ISIS and the dark and whatever, all that stuff that's going on, I'm really going to encourage you to keep your mind elevated, to keep your mind on the light, to clear away anything that would pull you down into that darkness because that's kind of a trick to keep us from brightening up the planet and that's what we're really all about, right? We're about brightening up humanity and brightening up this beautiful paradise that we live in. And we are in a time of awakening and enlightening. The energy vibrations are speeding up and we're elevating much quicker, so keep focused on the light and the love.

"I noticed you mentioned different aliens like alien type 6 and type 8. My studies with reptilian, grays..." Yes, they would be part of the types. I didn't put them as grays or reptilians but yes, that would be it. I just typed them all just by numbers at the moment and we have a chart which you were just looking at which goes up and says what the personalities of each of them are. I guess we could go into more detail about that and we probably will. That was from Ramana. Nadia, "When I wake up, for a brief moment I see what looks like a nest of strings with hollow eggs in it. Black and sometimes light colors. Do you know what this is?" It doesn't sound good. Seeds, definitely and seeds look like eggs. Alien type 3. I would definitely work on clearing that Nadia.

Christy, "How do we reduce excessive facial hair?" You can first of all work on clearing it through all the clearings but specifically the DNA and bloodline and then you could just pump and see it going. That would also help. Betsy. "Lived in France for 30 years." Tony says thank you. And Ashley, "Could you speak to the love series that is beginning on the 4th. It's a complement to this course." It is a wonderful, wonderful series. I've actually been working on the program materials kind of night and day for the last week and what we're going to be doing in that class is really looking at the 7 Stages of Enlightened Love. Let's see if I can pull that out quickly so you can take a peek at what I've been working on. I actually had promised a book. I started it a couple of weeks ago. I started writing the book and it was Mercury retrograde and the computer ate the book literally. I had a good start to the book and it had totally and entirely completely disappeared so I had to start all over again. There was a lot of aggressive energy coming at me.

Okay, so here we go. Let me do a screen share so you can take a look at what we're going to be doing in that class. Let's see, I might be able to make that a little bigger. Okay, that will work. So these are the stages of enlightened love. Stage 1, contract and obligation. We're going to be going through frequencies and the chakras involved, and some of this I'm still filling out. We've got stage 1 is contract and the nature of it is obligation. Stage 2 is collaboration and the nature is obligation morality. Stage 3 is cooperation, companionship basic. Stage 4, companionship full context, partnership, mutual respect. Stage 5, compassionate mutual honor and that's soul mates. And stage 6, delight, joy, knowing, awareness. Oh and sorry, in stage 5 with the soul mate, that's also got devotion in it. And then at stage 7, cellular union and cellular harmony, divine complement.

So what we're actually doing in the 4-part class on the 7 Stages of Love is we are actually going to clear you so that you can experience the stage of 7 celestial unions, if that's important to you. And or because think stages 5, 6 and 7 are all wonderful to experience so we're going to get all of the things that block you from experiencing the highest level out of your field. We'll also be talking about love wisdom and we'll be doing things like the karma clearing and things to help you really step into a much higher space of enlightened love. I would love, love, love for each of you to come in to that class. That would be spectacular and a beautiful complement to the Beautiful from the Inside Out. It's very heart-expanding. I know I showed you some stuff that's a little on the mental side with the charts but believe me, there's lots of clearings that come with that class so you're able to... Actually during the class, we're doing clearings and then you're given the homework for the week on opening that love space and removing that which isn't you so that you can really be authentically yourself.

One of the things that I've really noticed is that all humans were originally the core of them were love and light and then lots and lots of stuff gets piled on us and they become less and less that love and light. Especially when there's fear, anxiety and depression, you want to have a lot of access to that divine love and divine light. But we peel away that which is not you so that you can stand glorious, victorious and brilliant with light beaming from your eye balls. That's what we're after, right? We're after being our authentic self.

I freaked out a boyfriend a couple years back. While making love, there was light coming out of my eyeballs and he was like, oh my God, it's like you have flashlights. What's going on in you? That's what we want with all of us, right? We all want to have flashlights coming out of our eyeballs and being the space of that light and love and the purest type of love, really being to have that embody that which we already authentically

are. And so it's another class about opening to and clearing and tidying up. So please join me. Please, please, please.

Tony, "Another question. I'm regularly buying salad and fruits in an attempt to eat healthy but I'm having to throw it away and eat unhealthy. What can I do about that?" I don't know where you are Tony but I shop twice a week and I set up my food, so on Sunday I'll go shopping and I'll set up like salads. I do juicing in the morning. I do like two grapefruits or two oranges and I might have like a quarter cup of oatmeal to go with that but my main thing is the juice because of the enzymes. Really, the enzymes are fantastic. And then at lunchtime, I'll have a salad with a bunch of chopped veggies and lettuce and then I'll have a cup of soup. The soup is root-based because it's cold here and it's kind of winter and then I'd put in some kind of a grain. A little bit of something, like maybe like a quarter cup, but I'd make a pot of soup so I have enough for like 5 cups of soup or 5 servings. And then supper I'm doing two cups of greens, I might do a sliced tomato, I might do some cashew, like half a cup or a cup of cashew with some avocado. But I'm going out midweek, I'll probably go out tomorrow because I'll have enough set up until tomorrow, so probably about tomorrow and yes, that would be midweek Wednesday and I'm going to shop again.

I think that that's the way to do it. I mean when you're looking at live food and if you want the energy of the live food, you want to be shopping relatively frequently because the longer that the food has been picked and the older it is, then the less nutrients it's giving your body. So if you can do that, do a second shop and just have your list really nailed down. Yes and then mid-afternoon I've got a container where I'll put like chopped celery. Crunchy stuff and humus. That's what I'm doing mid-afternoon if I'm hungry and lots of water. Water seems to take some of the hunger away too, doesn't it? I'm having four ounces every half an hour and really keeping to that. I'll have a couple cups of tea also which are helping.

Ashley says I'm with you and Carol, "Would you say the holographic inserts then is somewhat a distorted perception of our self?" Oh I see, like how you would recognize it because of course not yourself at all. But I had holographic inserts in me that like mirrors, that would trick me so that I couldn't tell what I was looking at until I removed them. It was just like they were mirrors and they were reflecting on each other, so it messed up my clairvoyant intuitive space. It looked like mirrors. When you kind of look at it, well what am I looking at? If I'm not looking at what's real and what the future is or what the present is, then what am I looking at, and that was what I was looking at was holographic inserts that look like mirrors. They can look like mirrors. Do they mostly look like mirrors? About 80% of the time, they resemble mirroring and then façade I think is

the other part. They kind of create a facade so you don't see what's underneath it. So yes, good question.

And then Ashley, "I'm with you Tony. I continue to hold on to these patterns." Nadia, "I have tried roses and pumping but it's still around." Just say what it is Nadia because it's been a little while since I addressed that. Let's see if I can find it. Oh okay, I see the seed thing. Let's see, roses and pumping. So you would want to go through like bloodline, the whole list of all stuff and you'd clear that. It would clear. I'd do all of the list and it would clear. I think you can't just pump at them because there's some reason that they get to inhabit your space and we want to take care of the reason that they get to inhabit your space, as well as kicking them out of your space. Perfect!

I've had construction workers here like for a couple weeks now and I'm maintaining my mild touch of sanity. They're really sweet guys. The painter was here repairing things and I had extra shelving added to my bathroom and extra closet space kind of added. Work is being done in the cottage. Eventually I'll have a kitchenette in there very shortly. Just hanging curtains; curtains are hung all over the house now and in the baby's room too. There are curtains in the baby's room. Yes, I'm getting everything put together. My mom and dad are coming for a visit on Sunday so everybody think really nice thoughts. Pray for me. *(Laughs)* It should be okay but it's a good reason to like work a little harder to get everything organized. The wind has been blowing. We've been having storms and the funny thing is that all the acorns have come off the trees and the dead branches have fallen down and the gardener has gone on a trip.

You're welcome Nadia. It would be really great to see what the goals are and how you've been doing on exercise and if it's a size that you're looking to get into or a specific weight that you're looking to return to, or a particular feeling or a favorite dress that you want to get back into, I'd love to see what the goals are. I think that we give power to have the support of the group. When we do group mock-ups, we ride on the group energy so the group energy actually helps us accomplish our goals. I know my big goal is to get back to my 20's shape; feeling very energized. I wasn't particularly healthy in my 20's, but a little slimmer in the hips and waist and chest. Actually the whole thing, a little slimmer. And feeling really like I have unlimited energy, like there's a spaciousness in my energetic field where I just feel like I could go on for hours if I want to and I can dance up a storm or hike for five hours instead of having to stop after two. So I'm looking at returning myself both in size and in vitality and that's really what I'm going for. So I'm working on my nutrition; I'm working on implementing things I haven't done in a long time. Like I pulled out something I haven't done, the yoga booty ballet, I actually realized the last time I've really done the whole 9 weeks that they have set up for you is probably 10 years ago. I was 130 pounds back then and I was like 130, 131,

301, 131. So that's kind of fun to look at that and my goal is 127 during this course, to get down to that and I have a little way to go yet. But I would love to come on this course, at one fine afternoon, maybe week 7 or 8 and say, I did it! So, what are your goals?

Let's see. Ramana, "Had an interesting week with comments coming at a great review and about my music. And the aliens are back at night swishing around and I did not clear bloodline and DNA. It seems the higher or lighter I go, something comes up and takes me down." So Ramana, I think that you would want to be looking at domination, suppression, control. I think we gave that as homework at some point or something like that. Two steps forward, 10 steps back, that might be one that you have. You want to start asking yourself, is this a recurring, repeating pattern? This morning I was looking at if I weren't just saying I don't have enough time to do it all, what would I do and what would I clear and who would I be being if I were 100% and the best expression of myself? And I came up with a ton of things and I'd love for you to start thinking in these kind of terms you guys so that you start really creating your life.

The title of my clearing page is 'Best Expression of Self' and then there's a big long list of what for me is the best expression of myself and then after that, it's like what are the things that are playing out. So for example, I haven't had a sweetheart or a lover for a really long time, so an orgasmic lover, nursing mother, crocheting, quilting, singing, playing the harp, playing the flute, reading great adventures and fantasies, writing, manager and global leader with a million plus following, guided by the light and love, the apex of love and light, healthy, flexible, able, gardener, hugger, attending the arts, ballet, art museums, theatre, concerts, learning new deeper concepts, brain systems, how everything is mapped out by western medicine, debt free with a slush fund and a large investment and savings for personal travel and adventure, meditate, going deeper into the stillness, expanding out, truth, purity, loyal, devoted, kind-hearted, generous, slim and muscular, great fingers and great joints, eat the very highest food for self, lives in a tidy organized love space filled with love and love gatherings and loving memories.

And then from that, I got about 600 hours of clearing and then I started thinking, maybe I need to take it further? And by the way, with 600 hours of clearing, that got me to 97% but retrieving the compass of steadfast anchored in the God state which was what we just did for everybody including me, the aspect of wellness or wholeness in the spirit, I could go to 100%, so we've cleared that for everybody. And then let's see, eating the foods of the highest nutrition, that had 30 hours of clearing for me so that was kind of interesting. Making music safely and advancing my skills as a musician. I too Ramana, I have a lot of jealousy and also a lot of weird, control criticism kind of stuff and it went into my field and I stopped doing harp and flute and guitar. I used to perform and do lots

with my church and I really backed off of that. I think it was motivated by jealousy, so there's like 30 hours of clearing there. Home arts, sewing, crochet and quilting, there are not many blocks there but only 3 hours of clearing. Painting, beading, creating art, 30 hours. Dancing, running, hiking, yoga, aerobics, dancing weekly, that's 300 hours, so there was definitely some blocks there. Any way it goes on. I've got three columns.

I just shared this with you because I want you to be thinking about what are you going for and just to put that little bugaboo in your ear that you can go for the 100% life. What would I be being and who would I be being if I were 100% fully self-expressed. So really start thinking about who that is. And a lot of times we're like, well I want to fix this about myself and I want to fix that about myself, but if you look at what I put in there, it was any blocks to full self-expression rather than really working on problem energy. And so yes, we do have to address the problem energy but sometimes, we can do it by the reverse, like this is what I see myself to be, and allowing that which doesn't look anything like that to fall away and to clear.

Let's see, Betsy has lost 5 pounds again. "I'm looking to lose 50 pounds in all. I found some pictures of me in my 20's and that is very inspiring. I'd love to start running again. I think I'll start with the treadmill until I drop more weight. I like your slim and vitality model. That's definitely what I'm going for." Beautiful! And Betsy, "Are you planning on nursing your babies?" I am planning on nursing my babies. I had such a funny dream you guys and I just feel like you're all my girlfriends, so the night before last I'm dreaming, and I brought a breast pump for Christmas for myself and I thought, well I'll start when I meet the birth mother. I haven't met the birth mother yet so I don't know when that's happening, but my name is out there and we're imagining that is happening. Anyway, I had a dream about my milk coming in and it's the funniest thing. First there was cottage cheese and then it was like spouting lots and lots of milk. So I had the cottage cheese, milky dream. (*Laughs*) And I thought since I'm adopting, that would really have me have the experience of being the mommy and have us bond really well, and breast milk is really great brain food and immune system food and I'm sure my body can do it. So, that's what I'm planning.

And then B, "Great idea to aim for a great life, instead of looking for all the problems." Wonderful I think that that's it. I mean we've obviously addressed the challenges but if you can see what's the opposite of the challenge, like who would you be being if you didn't have the challenge and work to clearing the blocks on who you would be being rather than on the challenge, that's another excellent way to approach things and it keeps us looking at the light and it keeps us looking at our vision for our self, our best vision for our self, as opposed to looking at the darkness and what isn't working. And you know, there's got to be some balance in this too because if you don't actually look

at that's an alien or an insert or a seed or whatever it is, you're probably not going to be able to clear it, so you have to do it kind of in balance. But really like most of the time, you're focused on the light and on the loving expression of who you are.

"Tone up my midline, increase the core strength and stand up straighter in an empowered stance." That's Christy and I love that. That is very empowering. Betsy. "I've heard men can have lactating breasts." I've heard that and it's in the bible too I think, so I'm sure you can. Carol, "How do you surmount self love and acceptance when all you heard growing up were critical remarks or feeling that whatever you do is never good enough or the sense that you are never enough?" That is such a pointing question and I think it's being willing to forgive your parents. Start with thanking them in your mind for your body, that you've got a body and that was probably the only role they had to play with you and that the self loving comes from someone else. Maybe it comes from you. I think you have to clear your emotional brain. I think where we're working towards that with our groups, the special classes that I do like breast health and the sexier me, healing trauma and abuse, violence, and I was actually just thinking of adding another one on self-esteem. So I think just keep working on loving yourself and thanking God. God didn't make a mistake. God made you whole, perfect and complete and if your guardians who had you early on didn't know how to love you, you don't need to punish yourself the rest of your life. You need to forgive them and move on and start really loving yourself.

It's interesting that you bring that up because I've been really clearing a lot. My parents are coming and my mom, I think I muscled tested that she can love me. She's had a mental illness but she can love me about 90%. So she's quite hyper, critical, controlling and suppressing and she doesn't have the ability to... As a matter of fact, she sometimes forgets that I'm her daughter when I'm with her. She doesn't know that I'm her daughter. That's kind of odd, right? So for me, I wanted to really work on my anchors with the divine. So if any goof ball thing comes out of her mouth and that's what I've been looking at is living my best life isn't related to what she imagines for me. So I wanted to work on my anchors with the divine and then you'll be also working on it because I've done these years ago. I used to walk up to the mirror and go, oh you're so pretty. I love you so much. And I'd talk to myself and stand their naked and tell myself that I like my body and tell myself that I liked my mind, and that might be a starting place for you too, and then clearing things.

But some of it is timelines and some of it is from past lives. Some might be done by aliens and evil spirits and things like that so you might also want to just really check when you have a specific, I'm really particularly negative about myself or I'm self-

deprecating or I struggle with self love. And then you might create your own clearing chart or your own timeline of how much clearing you need to do to get that cleared.

Ashley, just breathe into it. It's not you. That tighter and tighter is resistance. Just breathe into it. And Christy says she loves the idea of focusing on the big picture and on the positive goals. Great! You're welcome Carol. I think if we look at this, like I was so distressed, I went to see a movie I don't recommend you go see and it was on ISIS. 3 hours of Bengazi crisis or whatever it was. It was so traumatic for me. I kind of consider myself like the love girl. It was so violent and so extreme that I had nightmares for a few days and that was where I was like, wow, something happened and my anchor left and I was in a planet that was struggling with darkness and of course, there is some darkness in the planet. But I'm in the light. I'm in the light. And so I was looking at, well, I went down and my serotonin dropped and I was sad. I just had that feeling like I wasn't anchored in my own divine self. It was like a puzzle because I've seen that happen to myself before where something external affected me and I lost my grounding or I lost who I was temporarily. And then I wasn't that radiant being of light. I was this being that was being suppressed by the darkness on the planet and I just felt very strongly that that's a trick. Even having that movie out, it's kind of like the darkness gets to put that into beings of light who are interested in knowing what's going on and then we're focusing on the darkness for awhile, and then you find your way out of it. And so we're reminded that this is the year of acceleration and we declared it in our system here, the best year of life here. I've heard the pope calling it the year of mercy. Joel Osteen is calling it the year of acceleration. So everybody's got a term for it, but it's the year of awakening, of quickening, of enlightening. So depending on what you're bringing in and what you're focusing on, that's what you're going to be experiencing. So understanding that we can choose; we have a choice to focus on the light.

You can remove darkness by pumping. Definitely, yes. Yes you can. The sudden sadness and separation and darkness, yes you can definitely can. I would pump to clear that but I would also clear why that would be surpassing or overriding your joy space. So you can pump that but you can also look at is it bloodline or was it some of the things that we had in our class today about being safe and beautiful. There might be some additional things that you could take a look at.

Let's go back and just see where we're at with this. The fat ratio correction, DNA, bloodline. We're about 70% through with this and we've got about 5 minutes left in class. Wow! This has been a really great class. I love what we've been talking about. Stress and comfort eating, right to feel safe and secure, about 50% clear on that one. Eating or holding weight to ground and feel safe, about 70% clear on that one. Allowed to look gorgeous and feel amazing at every age and be safe, that's at about 90% clear.

So there's going to be a little bit of clearing after the class. You'll want to keep pumping a little bit and then you'll also have some homework that you can work on if you want to.

And you know what, I just love that this is a class of choice so I'm going to give you like maybe more than you could possibly ever do or you could possibly do in 8 weeks, but you're going to have a rich opportunity to do a lot of clearing. This is a class where you can show up and do the live class, you can watch the replay, you can do one meditation a day or two meditations daily, you can do the journaling, you can skip the journaling. Understand that this class is meant to be your class. It's meant to be the way that you learn and you really move yourself through, so you get to design what parts of it, if you're going to participate in all of it and you're just going to go for it. And sometimes, that's not where we're at. Sometimes we're at, I'm going to go for it in moderation and that's how I'm going to succeed. I respect all versions.

"How many hours should we pump for it?" B, are you asking about sudden sadness and a sense of separation? Probably less than an hour for that. Let's get to the end of the class. I'll send you out an email within the hour and I'll let you know what's left to clear so you'll have the directions in the email, but I could just tell you right now but we're still doing another few minutes. Let's see, it looks like about 3 hours would clear all of that. That would be a good thing. Maybe another 3 hours. Okay, I think 3 hours will probably do the rest and then just let me just double check that I didn't forget anything that I really felt was important because we're just a couple minutes away from the end of class.

So we're working on this and I'll send you 3 hours. Let's just say 3 hours. We've done this. We've gotten the spirit grounded into the divine so that should help a lot and then this is your standard or what we put on the end of every PowerPoint. Meditation, a healthy weight reducing health plan, exercise daily, stay peaceful and calm, and then do the extra credit clearings. And then we've already looked at those extra credit clearings, so I think we're all set. I think we've got everything mapped out.

"Will you be showing the chart with the description of mechanisms, nano technology that you briefly showed?" Oh, I thought we already had. I'm pretty sure it's already up in the first day but I'd be happy to put it under week 5 again too. That is the spiritual parasites and pests clearing hart. I believe that it's already there but if you'd like to, I can put it in under class 5 too. Yes Betsy, you will have access to the replays. Definitely. It's your class.

Okay, I think I answered everything. Alright you guys. I love you. I believe in you. I'm excited for you. I'm excited for your transformation. I don't want you to worry if you haven't seen a lot of shifting yet on the scale. I do want you to be taking yourself very

seriously, but sometimes it just pops. We had that with a few people last time. We were at week 5 or 6 or even 7 and all of a sudden, it just started. So understand that we're going through a whole series of clearings and you're probably feeling wonderful about yourself and looking radiant and beautiful and just doing the meditations, adding the exercise, and some of you have just started adding things in. So just give yourself a break and believe in yourself and it is working. You're doing a great job. I've got some videos set up for you, if you'd like to stay on. Everything's there. There are the classes that are coming up.

Please, please join me in the 7 Stages of Love. It's the first time I've taught it. It's apprentice level. You're definitely going to feel a big heart expansion and you're going to learn some new stuff in that class, so I would love, love to see you in that class. Alright, we'll see you next week, if not before. God bless you. I believe in you and I'll see you soon. Bye-bye!

[END OF TRANSCRIPT]