

## **Beautiful from the Inside Out\_Part 6\_Transcript**

Good afternoon, good evening, good morning. Hey, welcome to Beautiful from the Inside out, Lighten Up program. We have a wonderful day planned today. We're actually going through the different ways that you can cleanse, and flush, and fast and we're actually going to do some clearings. We've got some fun extra credit homework that you'll be getting at the end of today. It's going to be a good day. It's the 6<sup>th</sup> of 8 classes, so you've got a couple more classes after today, so now's the time to dig in.

This often is the breakthrough week for people, so if you've been a little stuck and you've had a nice experience with meditation but you maybe haven't gotten all the weight loss that you were looking for, I'm going to teach you about the liver flush, I'm going to teach you about fasting. You're going to get the directions today on everything, so it's going to be good.

Please do sign in and let me know that you're here. Hi Nadia! We're going to get started. Yay! Let's do a little Mudra. So rubbing your hands together in front of your heart chakra, creating some heat and some energy in front of your heart chakra, putting the right hand over the heart chakra and the left hand over the right hand in a universal Mudra of self-love and self appreciation, say to yourself, I love myself. I trust myself. I give myself permission to express my unique self. And energize that with a few breaths in through the nose and out through the mouth.

Let's do another one. Just letting go of the stress, I want you to just breathe way down into your pelvic cradle. So breathing in through the nose and holding. And do it again, breathing in through the nose and hold. Nice, nice. And allow your hands to fall forward in the miracle Mudra, the cup of love. In front of your heart chakra, your hands are cupped and just close your eyes and imagine the abundance of the universe in all the ways that the universe can shower abundance and love into your life, wealth, beauty, grace, ease, and in every way that the universe can shower in this abundance. Just see your cup of love, your miracle Mudra, overflowing. And then tip this miracle Mudra into the heart and accept it; accept all the gifts and blessings from the universe. That feels better, doesn't it? Yay! And you can just let your hands relax.

Welcome everyone. Let's see, Nadia, and Jaren, and Carol, Betsy. "It's great to be back!" Hi, Betsy. B, Roxanne. "Mardi Gras, Woohoo!" And Christy. Welcome everyone. Welcome back to your training. Oops, that is for hidden, the little PowerPoint. We've got the slides and we've got the homework up there and we got a bunch of other stuff up. Hang on one sec and I'll find the slides. Where are they? Are they hiding behind here? Yes, they are. Okay. Great and we're going to start on the first slide. Today, we'll be working on problem areas and we'll do the opening blessing/

Greetings to Tony and Ramana. "Happy Fat Tuesday and yesterday, Chinese New Year." Oh wonderful. Okay, let's do the blessing together.

*[Chanting]*

*Om Tryumbicum Yajamahay  
Sugundim Pushdivardinam  
Urvar Rucumivabandinaot  
Myrtyor Mukshea Mamretato  
(3X)*

Just allows the blessing of the Tryambakam Mantra, the mantra that creates new life and a new beginning, a new genesis of life and destroys obstacles in a way, destroys that which is not you any longer.

Today, we'll be first of all fine-tuning trouble areas. We're going to be looking at how do you do a cleansing, a fasting and a flushing. We're talking about a liver flush; the preparations and directions. You'll be getting some direction for fasting and juicing, colon cleansing and just cleansing in general. How do you actually pull that off. Some of you will have some experience with that and some of you will have no experience with that, so we're just going to go through the basics today and we're also going to be pumping our way into being able to really do whatever we set out to do. If we're set up to do a liver flush, or a cleanse, or a fast, we're going to clear those obstacles that are blocking us from getting there.

Let's pop down here. We're going to go through all of those. We'll go through the fast. Let's see – the cleans, the fast and the flush. What I like you to do right now is to start pumping for clearing all of the emotional blocks and other blocks from being able to show up for yourself and really enjoy a food cleanse, a fast or a flush and really being able to follow through and be successful and have a good result. Let's put that in there, have a good result. Be successful and have a good result. Go ahead and start pumping on these. We'll be coming back to this but I'd like to have you all get started on that and we're going to go through it one by one. And so a food cleanse, see you could do a colon cleanse and a colon cleanse has a couple extra components to a food cleanse.

Let's talk about a cleanse. A cleanse would be having veggies, fibre and water, and sometimes some fruits like apples and pears. But not just going crazy on fruit; fruit is very minimal on a cleanse because you want to just have the fibre clean the body. There are all kinds of cleanses you can do. Just a regular cleanse before we talk about colon cleanse, so just a regular cleanse is really consciously lightening up the body and

what we're doing is we're cleaning off the inside walls of the intestines so you need the fibre. You'll find that the veggies and the fibre together are a beautiful combination. If you're doing a colon cleanse, you'll be using some colon products that stimulate the walls to release and you'll be also doing enemas. So whether you do a warm water enema, if you're prone to cramping, you might do a little bit of like a couple drops of pure essential peppermint oil. That helps with cramping. And you're just really working on maybe a week or three weeks of just cleaning out the colon, lightening up the diet and so you're not eating processed foods. You're just really sticking with fresh fruits and vegetables.

A good example, I think I might have even given this last week is to have like grapefruit juice or a bowl of oatmeal, but no milk, obviously. You know, starting the day really lightly. I do a couple grapefruits that I juice or a couple oranges that I juice. The first thing that I get in my body is the juice which has amazing enzymes which help the body. And then you might go to the oatmeal if you want to. You know with the cleanse, you might actually be eating every few hours. I know there are different philosophies. JJ Virgin, if you're a follower of hers, she's saying your body needs four hours in between meals so you what she is recommending is protein. I don't think that's really a cleanse. I think that's more of a diet. And generally with cleanses, you're lightening up the stress on the body and protein takes more off the process. So you wouldn't stay on a cleanse because obviously you want protein but if you're on a cleanse, this would be an excellent version of a cleanse. So you'd have veggies like a big salad or steamed vegetables and maybe a little bit of wild rice or something, half a cup of wild rice for lunch. Maybe two cups of crunchy veggies with something like humus if you wanted to have a little bit of a dip. And then for supper maybe just a couple cups of steamed greens with maybe a cup of brown rice or something like that. So you're getting some fibre in and you're getting some veggies in. You're drinking at least half your body weight in water, so at least 64 ounces of water or it depends on how heavy you are. We do it in pounds here so if you're 130 pounds, it will be 65 ounces of water.

Okay and I See a couple of questions have come up. "Can we use the accelerated pumping?" Definitely and that was Betsy. Go for it. Christy, "I've been following the Paleo Diet to reduce and control weight and it's worked. I'm worried about the amount of animal protein. Is there a correct amount of protein for me and how much should be vegetable protein? Thanks." Well, if it's working for you, I would stay on it right now. I wouldn't worry about it too much. Let me just check and see if you're getting too much protein. I get a no that you're getting enough protein. You're at 98% protein, so you probably needed the protein. "

How long should a person be on a cleanse?" Well if you're on a Paleo diet, that's a diet and not a cleanse. I think vegetarians are basically on a cleanse all the time, aren't they? And really the cleanse part of the cleanse is like are you using the herbs that go on with it or are you just doing a food cleanse? So you could have a lifetime with the food cleanse. You just wouldn't want to keep pounding away at stripping the colon, so that would be the one difference. But you could be a vegetarian and really eat a very clean diet your whole life. Very good. But Christy, on you on a cleanse, if you went on just a straight vegetable cleanse, probably six weeks.

And B, "I did the homework; clearing all obstacles to a healthy thyroid, liver, adrenals and metabolism. I believe I cleared 100%. Could you check for me?" Yes, 96% so very good. And accelerated pumping, I think she's either doing double hands or hands and feet. I think that's what she's doing.

Okay, I'm going to come back on the screen for a minute and talk to you about other kinds of cleanses that you might think about doing. Sometimes when you take on an exercise program, I know beachbody.com and I like their programs. I've been a crazy Power 90 girl and a Yoga Booty Ballet girl, so they offer something called the total reset. It's a food cleanse and it's a 3-week food cleanse and it does come with a bunch of herbs. It's three weeks and it's so delicious. It's really nice. And so if you want to get started and you have a significant weight issue... This is not for people who are 5 pounds or 10 pound over, but it really is a very lovely and easy to follow program and the meals are just heavenly. They're really, really tasty. So this is probably the mildest of cleanses because it does have oil in it and the food combinations are really nice, but there a little more than just raw veggies and that. So that you could get at beachbody.com and it's called the ultimate reset. I think it's called the total reset but on the book cover it says ultimate reset. So that you could get if you wanted to. I think that's about \$ 250. Oops, hang on one sec here. There we go.

And then I was thinking, for a person who wants to do a stronger, deeper clear out and maybe you've had health issues like cancer or arthritis or something like that, there's a wonderful program, the Gerson Protocol or the Gerson Diet and this is very, very strict. You're drinking 10 glasses of juice a day and you buy 8 different herbs and supplements and you're eating a special soup twice a day. This is a big clearout because it goes way beyond just lightening up and it goes into deep healing, so it removes our arthritis from the joints and it removes cancer from the body. It's been around a really, really, really long time. Dr. Gerson... I think this is his wife. I think he passed away years ago. This was I think maybe World War I, he came up with this diet. So that's something I've tried and it's hard. It's almost like you need support to do this one and I do know of people who have done it to cure themselves off cancer and

they've been successful. Mine was I wanted to cure my three crooked fingers that I have that they bug me, but it's a little bit harder to stay on. So that would also be a cleanse on a very deep level.

This is another kind of a cleanse; it's a 6-day cleanse where you're only eating about 1000 calories a day and it's fruits and vegetables. It comes with a program from beach body and it's just a diet plan. So it's basically you're eating five times a day but you're eating very little each time, so you're eating about 1000 calories a day. This one is called the 6 Day Jumpstart from beach body but I don't think you can just buy it. I think you have to buy their Slim and 6-week program to get that one. I've had it for a long time but it definitely does work for me. It's eating consciously and eating less.

Okay so that's some about cleanses. Colon cleanse is you're adding herbs that would clean out the colon or brush the inside of the colon. So if you haven't done a colon cleanse before, it's well worth it. It's really healing. Your eyes get brighter. Under your eyes get brighter. You look very healthy. Especially if you can meditate and do walks while you're going a colon cleanse. I think when you think about this conscious cleansing, fasting, flushing, in all the ways that you collaborate with your spirit and body, and like right now, we're clearing, so we're clearing the really having a great experience with it, but you want to be in communion with your body. You don't want to push it around and make it do what you want to do. You want to honor and love your body, talk to your body, ask your body for help, ask your cells for help. It's really like a collaboration and working with the body to alter the body to something where you're in survival and you're not wearing the body that you're surviving with, but you're in the experience of being a divine spirit on the planet. That's just something right there.

Okay, let's see. "How much more should I pump to get 100%?" It might not be pumping. It might be that there's something else to clear, B. We've talked about this, like I had said there are things that we discover like suppression, domination and control. Those wouldn't allow you to go to 100% and so you'd have to find out. But let me see, is that it? Should she pump more? Okay, B if you cleared control, it looks like you could get to 100%. 6 more hours probably. And Betsy, "I am doing the sideways pump." "Have you ever heard of the book Medical Medium by Anthony Williams?" No, I haven't. But anyway. I'm just showing you some resources that you could access if you want some help with how do I get started on a cleanse or a fast.

Let's go to the next one. Okay, so we went through cleanse and now fast. This actually, this is the direction for the fast. You can do this anywhere from 1 day to 30 days. It's 5 ounces of maple syrup, 5 ounces of fresh squeezed lemon juice, a dash of cayenne pepper and two quarts of purified water. You drink this throughout the day. You could

also supplement with vegetable juice, veggie broth, no extra salt of course or a little veggie to chew on if you're just really missing the chewing feeling. What a fast is, is letting your digestion rest. And so if you can actually just drink this fluid and then supplement with water, this will give your body a really nice rest. And sometimes people lose quite a bit of weight just fasting for a week. And you're not hungry because you've got that 5 ounces of maple syrup in the water which somehow calms the body down so your cravings just go away, so that's kind of nice. I've done fasting like this off and on for the last few years and I actually love it. I look forward to the flavor. I like the flavor of lemon, the maple syrup and the cayenne together. It tastes good together. So that's the directions for fasting and like I said anywhere from a day to a month you can do this. You just have to check and see how you're doing. If you're new to fasting, you probably just want to do a day.

You're welcome! And then we're going to go to the liver and gallbladder flush. Before we do that, let me just pop up on the screen one more time. There's fasting which is like with the water and the maple syrup and then there's also juice fasting. I've got like 3 or 4 books on juice fasting, but this one comes with the NutriBullet and you could make yourself a plan of juicing. Now this has a lot more fruits that I'd recommend for really allowing the body to rest, so you really want to be thinking about what your objective is with fasting. The NutriBullet, they have chapters that are good for your cardiovascular system or sleeping better. They have all kinds of recipes, so you want to really think about that. But there's actually a book I have upstairs on just juice fasting and how do you do it. That is also a possibility. What you're doing is you're lightening up what you're putting in the body, so the body doesn't have to work so hard and the digestion doesn't have to work so hard. And that's the perfect time for more meditation and it's the perfect time for more reflection. As spring is coming, we're getting ready to be in bathing suits. If you're able to make time for yourself daily this week and you could just do maybe 2 or 3 hours where you're doing just stuff that's really internal, it's really beautiful because you get to really create a relationship with yourself and fall in love with yourself and I know you guys are doing that already with the meditations.

"Can you substitute maple syrup with honey?" No, definitely don't do that. Honey is going to do something completely different. But there is palm syrup, like palm tree syrup that you could get in the health food store that you could substitute, but not honey. "People have found it hard to come off this fast if they stay on it too long. Need to check the body for this." Yes, I think that it's different for different people and you would have to work yourself back into eating food because the body would be used to not eating food and so you just have to really gently have juice the first few days and a little bit of maybe steamed vegetables or whatever and bring yourself back off the cleanse too. So

you're absolutely right, you can't just jump right back into eating food if you've been in a fast for awhile.

And finally, we come to the liver/gallbladder flush. Essentially, you're going to be eating rice during the day and then in the afternoon or early evening, you're going to be having the Epsom salt and water, and then at 10 o'clock you're going to have grapefruit juice and olive oil mixed together. I did get that I'm going to be giving you a hand out on that. Let me just put that on the screen and we would just go through the actual directions of that, so if you have any questions, we can deal with that live and in person because I had promised you I would take you through how do you do a liver flush.

By the way, there's a wonderful book on doing the liver flush. This one came from my older girlfriend who is from Germany and she's in her late 70's. She's quite a researcher and she liked this particular one. But there's a wonderful book on liver flush and it talks about maybe even preparing for two weeks. So this one is just do it in a day. You want to eat light the day before. You don't want to eat real heavy because the flush will be harder. I have the most gentle liver flush. I did one a few weeks ago and I had really eaten lighter the day before. I've been very conscious and I meditated multiple times during the day and the liver just really released easily. It released some at night and then in the morning, everything else came out so that was really amazing. I've had some tough ones too so liver flushes aren't necessarily easy. Really preparing your body is so helpful.

You're going to eat breakfast. It says Day 1 which is essentially I do this on Saturdays so I call Day Saturday. Breakfast and lunch, you eat all the brown rice you want. You can supplement with vegetable broth or juice and then stop eating and drinking at 2. You can have water, but nothing else. And then at 6 o'clock, you're going to have a quarter of this mixture of Epsom salt. Here it is – mix four tablespoons of Epsom salt in 3 cups of water. I actually do it in 4 cups of water so it's easier for me so I'd just cup, cup, cup and put it in the refrigerator to chill. Obviously that's a laxative so it's going to clean out your colon, so when the stuff comes out of your liver and your gallbladder, it can actually leave your body and not sit in your colon. You don't want anything in your colon when your liver and gallbladder are flushing. You want the stones and the gunk, the bile, the green stuff, you want that to just come right out of your body.

So you're going to have the Epsom salt and water at 6 and 8 and then at 10 p.m. you're going to have the juice of 1 grapefruit. I'd say 1 cup, so if you've got a really small grapefruit, you want to have at least... It's better to have a cup of grapefruit and a cup of olive oil. You can shake to mix them together. I do a quick little emulsify where it's a quick blitz in the blender, but I don't break up the... I don't know how to say it. You don't

break it up but you emulsify it. I actually like it but other people say it's awful. I think it tastes good. And then you can lay down on your right side and you can use a warm water bottle because you want the mixture to go down into your liver and gallbladder and so you want to lay on the right side. And after 10 minutes or so, you'll feel things start to move and you'll go to the bathroom as needed and you can also get some sleep. You will get some sleep.

And then Day 2, upon waking, you'll drink the third of the quarter of the mixture and go to the bathroom as needed and 2 hours later after waking, drink the rest of the mixture. Things should be feeling somewhat normal by 1 o'clock or so, so you could eat a lunch, like just very light I think a salad is good. What I do before I get to eating is I do a warm water enema with some peppermint and just cleanse and take the extra... what they say is greasy. Think about it; you drank a cup of olive oil so it's going to be kind of gunky in there so you can just take some warm water and a couple of drops of peppermint and put that into your enema container, so you have that nice cleanout when you're done. It seems to help finish things off a little better too.

Okay, so that is a liver flush. It's the fast one, so some of you will be wanting to do that this week. I know of our fellows did this and he was stuck. In Week 6, he did the liver flush and he actually lost 25 pounds before the end of the class and he had only lost about 5 pounds up until week 6, so the liver flush was really a deal changer for him. And I know that it really helps because when your liver is working better, your metabolism is working better. That's the outer action of getting the liver to work a whole lot better. I also think it shakes everything loose and makes you feel better. You'll notice that your skin looks beautiful. Your eyes are much wider when your liver is clean. I know people who have a regular practice, they've had liver problems or they had a time in their life when they drank a lot and so having the liver flushes every 7 weeks or every 5 weeks is their practice and they feel 100% times better. Their metabolism stays up so they look better too. They're not kind of bloated and swollen and all that stuff. So you'll have to figure out what's best for you but you'll get the procedure for the liver flush and you've also got now the steps for fasting. So if either of those look like, hey I want to try those before the end of the class, and we're clearing all the blocks and obstacles for you being successful and getting a good result from that, so it should be good.

Okay, let's see. Ramana, "I would love to have you check the clearing of suppression, control and domination homework project. Thank you." You're about 70% through, Ramana. Betsy, "What is the title of the liver flush book, please?" Just Google liver flush book; there's only one. I might have it. I have not read it but some of my clients have and have sworn by it. I just don't want to lose you if I'm searching. Hang on one sec. Maybe I can find it. "They Amazing Liver, Gallbladder Slush' and it is on Amazon.com.



And I think n that one, if I'm correct instead of doing it in day 1, day 2, it takes you 2 weeks because I think you prepare by slowly... You're taking some apple cider vinegar and you're eating really lightly and you're doing communication with your body and your cells. So whatever is your face; I'm a fire starter so if I have plans, I want to get it done right away. But you might like the process of just slowly getting into it and honoring your body that way and just taking your time. I realized not everybody wants to just like (makes zooming noise).

"I'm wondering about suppression, domination and control for me. What percentage am I at and how much more pumping. Thank you, Christy." Let's see, you're about 60% through and about 46 hours of pumping, so still quite a bit of pumping, but good job. And some of these were humongous for people.

Just to share with you, my mom and dad were here for a visit, who I had the problems of suppression, domination and control were my mom. They were here for a couple days and it was a totally different visit. She still had her controlling thing that she does with everybody, but it was really palpably different. It was like she was on good behavior. I have to say, these clearings really work. I was like, wow, that is not what I expected because I've known them a lifetime and they have always behaved a particular way and they behaved a different way. So I want to say that these clearings really, really, really make a difference with your family too. And so even though her behaviors didn't change, like she still did things that were annoying, how it affected me and how it let me up and how quickly... It was really interesting because she didn't have permission anymore to dominate and control me. She was like moving furniture and I said, mom stop. Mom, stop that. Mom, I don't want you to do that. And then I said to her, mom, this is my house. You can't move furniture in my house. And she was like, oh yes that's right, it's your house. And she put the furniture back instantly, like I've never seen her do that or respond. She was like, oh that's right, this is your house. So that's that domination, suppression and control thing just completely turned out and her listening, her actually going, oh that's right.

Okay, let's see. Yes, that's it, by Andreas Moretz. That's very good. B is recommending that. And ditto to Christine's question. Betsy wants to know about the hours left or how much you've cleared on domination, suppression and control. You've cleared about 60% Betsy and 53 hours for you to clear. Tony, "How much would I pump on suppression, domination and control?" 82 hours left on that. Thank you Ramana. Christy, "It still feels big. Not surprised. Anxiety is still very high. It interferes with my ability to move forward. This really helps." Wonderful! I'm so happy. Gosh, I mean we have what we have and I think there's a lot more for me to do. When I look at how dysfunctional my family is and I very much appreciate their journey and they've helped

me to be the woman I am, but my mom has like she had a brain tumour and she has a personality diagnosis of borderline personality, so there's a way that you want to just love and support and be there and then there's almost like a 13 year old who's just getting her period and her mom doesn't approve of her or something like that. It's kind of goofy but you know how raw you were when you were a kid and you're just like1 in that hormonal phase and I almost feel like I go there sometimes with her and clearing the domination, suppression and control ahs helped so much so I know there's more to clear and I made a big, long list of more clear to stuff so I definitely would be keeping you guys updated on what works.

Okay, let's see, I think I lost a couple questions here. One sec, moving through. Patty, "Have lost weight and my body is looking great. Have flu for two weeks. Is this clearing?" Yes, flu is clearing. It's not the best way to clear but it definitely is detoxifying, so there you go. Carol , "I had a breakthrough with my father and was able to share something I've been meaning to share for several weeks." Okay, fantastic! Sharon, "How much would I have to pump on suppression, domination and control?" It looks like 52 hours. And Ashley, "how many more hours to clear for suppression, domination?" 8 hours guess, Ashley. And B, "I've been felling very lethargic and tired this week. I'm thinking it's spiritual parasites. Am I correct?" You are correct. So get out in nature and drink more water and affirm 'this is not me.' It's interesting having my mom in my house and she does have a lot of spiritual parasites. I woke up this morning at 2 in the morning with my heart racing and like this feeling of fear and I go, whoa, that is totally not me. Very funny guys, get out of my body. That's not me. And it's so interesting, it just disappeared. It didn't even get to hold on for a second because I was like, totally no, it was not mine. That's good, when you get to that point when you can just say, hey, out you go. But in the meantime, owning your body, getting out n nature, hiking, enjoying yourself, the meditations are great but you want spirit and body too, so you're owning the body and not something else taking over.

"I will able to pump for more than one area of need at the same time?" Generally, no. You're generally finishing one and then going to the next one. You don't multi-task. Understand that you can pump for more than one thing; it's going to take the time it takes to go all the way through one thing and then all the way through the next thing. So if you wanted to lay your things, like I'll show you today's homework which is very cool and you can see how I've set that up. You'll be doing a little bunch of batch of things together as one big clearing. I'll put the homework for today up and we'll talk about that next.

Okay, so here we go. The right and enjoyment of pleasure and relaxing, energizing moments. 80% or more in the parasympathetic regenerative system. Serene and

blissful in all I do. Twinkle in my eye and a youthful bounce in my step. So understanding that when you're in the parasympathetic system and you have that youthful twinkle and bounce is when you actually are growing younger and so we want to clear things up to lighten up emotionally and really to change our patterns, our daily patterns. So if you're in stressed out daily patterns, that would be where we'd be going for the clearings. I didn't put this one in a chart but it is the same thing. It's just not sitting in a chart this time but it's the same time. So you're just going to go through these different clearings and I did include the too troublesome and the spiritual parasites where the alien types. There are quite a few types that jump in on this one on the happiness and the feeling pleasure and then ghosts, sometimes ghosts will get in the way of that. So that will be the homework for this week.

There we go. Okay, I think some more questions have come in. Betsy says, "Hypothetically, if your mom learned clearing, could she clear borderline personality?" you are not going to believe this but last night, my mom had brought her girlfriend and my dad, they had a couple that came with them and the girlfriend's pretty sick and my mom's had trouble walking. My mom said, well maybe you could fix me. And my mom has always said, you can't fix me. The doctors and God will fix me. And last night, my mom learned how to pump along with her girlfriend for half an hour and my mom, it was kind of cute but she went, "Like that?" But she did it and I tested that it was working, so I didn't coach her too much on it and we did for a half an hour. I did it with her so she'll be more effective. Yes, she started working on herself. I don't know where she'll take it, but she was very, very happy today when I spoke to her because they're driving home. "When are you coming?" Which was kind of I was deciding whether I was going to come at all anymore or not. So her world just opened up a little with the quantum pump. And yes and why would I not have ever done that, because she's always said, you can't do this. She's looked at me with the brain tumour and with everything else and said the doctors are going to fix me and God is going to fix me and you have nothing to do with this. I think last night we talked about, she said, "Oh, it's what you think." And I go, well, it's a whole lot more than what you think. Let me explain it to you. And I talked about the quantum field and the stem cells and it was like the first time she heard it. It was good to have her friends there. My dad asked questions for an hour about how a book goes out or how a program works or how do I teach you guys on live stream. He was very curious. Having their friends there really gave them permission to hear and learn more.

Okay, let's see. B said thank you. "This is not me is the best clearing when I don't know what else to do." Awesome. Yes, that could be. I mean if you have fear and you have a feeling in your body that doesn't feel familiar or you have pain, that is not you, so that's a good clearing to go to. "Do we do suppression, then domination, then control?" No, you can do all of them at the same time. It will start with suppression and go all the way

through but if there's stuff in bloodline for suppression, domination and control and you're doing the whole bundle, then you'll get them all at the same time. I actually mapped it out so suppression was alone, domination was alone, and control was alone. Because I wanted to see where in the field it was affected and when I looked, they were different and held down, held back, put in a box, not allowed to be, scapegoat, and all those. So I did each one differently and what's so remarkable is like some of them didn't have group mind, group mind virus or some of them didn't have like Atheist thought forms or whatever. They weren't the whole list. Some of them had some things and not other things. And so it was really good to see, well is it just in amplification? Is it just in perception? Is it just in emotions? Is it DNA, bloodline primarily? And so for me, I want to know so that's why I mapped them out each, one by one, one at a time. In this clearing that we're going to do, that's the extra credit homework this week, it will be a fun one where it's just really permission to experience pleasure, to experience relaxation. I think that's one of the things a lot of struggle with because our culture doesn't wire it in and then if you watch TV or you are involved with the news or whatever, it just continues to keep you stressed. So really wiring into your system that you have permission to be relaxed and at peace is a good thing.

Drink your water. Okay, let's see. "I've done a lot of clearing the past week and have felt randomly but quite often waves of energy throughout and around my body, as well as quite itchy palms of each hand. Can this be part of reprogramming? I did DNA obliteration last Friday." Yes, I definitely get that that can be part of reprogramming. I would clear the itchy hands because you don't have to be out of sync with yourself and itchy isn't in sync with yourself. So I would just pump and clear the itchy hands so that when you go through a clearing, unless that you want to use it as a signal that you're going through a clearing, I would clear it. And that was Carol. Patty, "Is my boyfriend's ex-wife sending black magic to me. I can't understand why I've been so sick lately." I don't think so. I don't get a yes on that. Is she sending curses to you or is she cursing you? No. No, I can't see it. I don't know what it is, but it's not her.

Tony, "How does one count the hours for clearing one has done? You said that after clearing, it goes for about 15 minutes. I'm clearing while walking, etcetera which makes it difficult to keep track." Well, you just use the muscle testing. Actually. I just grabbed all these sheets. I wasn't necessarily going to show you all these but here's like a sheet that I work on and one of them has like 800 hours. Many sheets and I'll make the list of them. See this one says... You can't really see it but 98% clear, 11 minutes left. This one had two hours left, so 87% clear. I'm just pumping with the intention of it and I have this big stack and I keep looking at it like, well if I'm living the life of full self-expression, what's getting in the way? Things will come bubbling up and I will map it out. It's on my kitchen counter. I have a place on my counter with a calendar and with these pile of

stuff and I'm working on it. I'm like, I got 400 hours left or whatever it is and I'm just keeping track that way. So you might just at the end of the day or the middle of the day or whenever you want, just go in and see what percentage am I done and how many hours do I have left and you can just muscle test that. That would be a way to test. That would be my recommendation. And then you can just map it out, whether you map it out in a chart, you can see that in general, I'm not mapping things in a chart, I'm just putting the topic at the top. This one had a lot of stuff on it. So this is the topic up here, this whole bunch right here is the topic and then this is the stuff that I had to clear to get to that. This is really about imitate friendships and feeling comfortable, joy, loyalty, fun, adventure, intimacy, cherished, respected, provided for, protected, warmly greeted, welcomed with joy, empowered with joy, number of friends I can have in my lifetime. Yes, so that was really looking at... which was really shocking to me that I wasn't allowed to have... I had a limited number of friends that I was allowed to have in my lifetime, so then friends are few and far between. So it's really interesting, I went to a dance lesson for the first time last week in 10 years and there were 23 men and 20 women and I got invited to a party, and I got invited to come dancing with the group to the highlands and I had new friends and it's really interesting. The first clearing, the pleasure and clearing permission to have friends and how much loyalty can I have and how much fun can I have and all that, so if you've had a block with friendships, you know you see like Sex and the City friends or you see these movies, The Travelling Pants or the Sisterhood of the Travelling Pants or whatever, you see all these, wow that's so amazing that they have these great, intimate girlfriend friendships and you're like, hmm, how are they doing that, you might have limitations. And so for me, I'm just going through... Each one of these is some important topic that I've said, hey I want to really improve this. This one was the best children for me with the adoption. This was permission to have pleasure. This one is all about full regeneration in the body. I put 1000% for full regeneration in the body. And this one was hundreds of hours. It was good though. And then this one is billionaire status, power to change and influence the leaders of the world, freedom, right, and ability, as well as the full experience. Top female owned company... It goes on. Like what would I need, who would I need to be and what would need to be cleared for me to step into that place.

So If could just encourage you to start mapping out where you see the blocks are in your life and please, take more programs because all of my programs, I'm always mapping out. Tomorrow we do vision and we really are... Actually, that is a regenerative. The Your Year of Miracles is regenerative. I think we're doing bladder this month too, so it's a lot of regeneration this month. But so whether you're wanting to map out like your love life, the 7 Stages of Love, we have that going on. We have a free, Unlimited Love class coming up on Saturday. Or your wealth, I mean we do the wealth classes and the success classes. I will keep helping you find those things because I'm

on a mission to find them for myself, but I just encourage you to start experimenting and start making your list and say, this is what I think I want. And understand that it takes sophistication and time and some of you have been students of mine for awhile now, right? I recognize a lot of your names, so you've been around for more than a year, so I'm sure you're catching on.

Okay, let's see. Everybody's still pumping. Okay, that was Tony. "Can the homework try to be a little more clear? It was blurry." We'll send it to you. It was blurry because your computer wasn't fast enough. That's all. It's perfectly clear and you'll get it within an hour after class, so not to worry. "That's exciting about your mom. I'm so happy for both of you." Yes, unbelievable. I never in a million years would have thought that she was going to ask me to teach her how to quantum pump. You know, she's inappropriate, she sat next to me after I've been cooking for two hours and prepping and driving and getting them what they needed and I just literally sat down, it was actually like heaven for toddlers and can you get me this and can you get me that, and oh while you're up, can you make me a cup of coffee? And I was doing the French rose, blah, blah, blah, and I sat down and she said, now can you heal me? I looked at her and I go, mom I'm sure there's going to be a time but I'm exhausted and I'm just sitting at the table and you guys have almost finished your supper and I haven't started yet, so let's save this for another time. And we did find a time when I wasn't like totally... All four of them was asking me for something at once. It was fun. I enjoyed being hostess to the seniors.

Carol, "I was hoping for itchy hands for abundance coming in." Oh yes, that's funny. I don't know about that. I would just clear the itchy hands. I think it's just out of alignment, but I like the idea of abundance coming in; that's fantastic. "Where do you find all the hours to pump?" Well honestly, if you're walking round the house pumping and like we talked about you can pump for a few minutes and it might keep going for 15 or 20 minutes, some people have been really working on it and they're getting it so they can pump for 5 or 10 minutes and it will go for 30 minutes. I've had people check in with me just in the last few days and sure enough because you're really intending it, it's starting. I've been working on people for so long with so much energy that I'm going to bed pumping a little bit before I fall asleep and making an intention, praying to God to keep this clearing going while I'm sleeping. So I'll get some hours in while I'm sleeping and I'm getting clearings. So you might do that too. Just pump for awhile before you fall asleep and then pray that you're getting help with the pumping continuing or that that energy in the quantum field continues. And really that is what we've been talking about; the whole Lighten Up is staying in the regenerative system, the parasympathetic system and when you're in that system, regeneration happens and when you're in that system, clearing happens.

Oh, you're welcome Ramana. "Thanks for sharing the friend blocks." You're welcome. Tony, you're welcome. And B, "For about a year now." Yes, I know. I've seen some of your names. I'm so happy, B. "Good preparation for when you have the kids." Exactly. Roxanne, "She is getting you ready for the babies." Yes. "I'm so glad I asked pumping question. Thank you for that clarification. You're welcome Betsy and B, you're welcome. Yay!

Okay, by the way, if any of you have been my students for a year and you've followed me and you'd like to write a little character reference letter, the more the merrier because I'm a little on the older side, so feel free to send them in to support and say, hey I wanted to write a little character reference for Julie Renee on who you know me to be and that you think I would be a wonderful mom. I'll give them all to the social worker because they're looking at me long and hard. I think I'm a great candidate for a mom. So feel free; if you want to help me, that would be great. And send prayers and love to the babies who are coming in and just see that successful completion. We've had a few hiccups the last few weeks and I just hold the light and the love and know that there are children that are meant to be in my arms and are trying to get to me and I'm trying to get to them. It takes a village, so thank you in advance if any of you want to do that for me. That would be great. I appreciate it.

Okay, let's see. Oh my gosh, can you believe that? We're two minutes from the end of class. Who knew? If you haven't signed up and you still are thinking about the 7 Stages of Love, it's an amazing class. We're clearing the stages of enlightened love, so that's on Thursday. Tomorrow we have the vision class. It's a two-part class but there's homework that really makes it a 3-part class. So for those of you who have maybe vision illnesses, I'm going to be giving charts and clearing direction for different problems that show up in the eyes. That's an amazing class. Bladder class is coming up. Healing the bladder is coming up in a couple weeks and next week I think is Your Year of Miracles. That's regeneration and that will be covering different things about love. We have about a little 20-minute segment on the 7 Stages of Love but our real focus is on karma clearing and clearing your relationships with your family, your friends, your loved ones, and the people you've had difficulties with too. So we'll go into a deep level on karma clearing which should be fantastic. And usually, the normal thing with Your Year of Miracles is the body but two months out of the 12 months, we do one on love and we do one on success. So that will be a unique experience for Your Year of Miracles and we would be clearing the pancreas and the heart and things related to love in the body too.

Thank you Betsy. The vision class, yes. We'll be doing every class once a year. The vision class will be up for sale... Once we've done the whole class, we'll sell it as a

home study program. But what I've done is I've laid out 50 classes through the year and then next year we'll do the same 50 classes so every month we'll have 4 or 5 classes that are offered. So vision will be offered once a year and bladder will be offered once a year and then in Your Year of Miracles, we do all of those things, and also digestion, and immune system, and nervous system, and heart, and brain. All of that stuff we do in Your Year of Miracles; so that's another way to plug in and guarantee that you're going to get all of that.

Okay my dears, I can't believe it; this time went so fast today. I love you. I appreciate you. You are so dear to me. This is your breakthrough week, so look at the cleanse, look at the flush, look at the fast and see if there's anything that really resonates with you, that it's time to do. I'm probably going to do the liver flush again this week. I had a really nice flush about a month ago and I know for me, with the thyroid challenges, that the liver gets strained sometimes so I'm probably going to do that this weekend. Stay positive. Get out in nature. We'll see you really soon. God bless you. Oh, we're doing videos, so if you want to keep pumping and watch the videos, it's the things I just mentioned. There are some videos talking about the upcoming classes this week and next week. Okay, love you. See you soon!

**[END OF TRANSCRIPT]**