

## **Beautiful\_from\_the\_Inside\_Out\_Part 8**

Hello and welcome everyone to Beautiful from the Inside Out, Lighten-Up Program. We are in our home stretch. We are in the final day, the final week. I want to just welcome everybody to this call. I had missed you so much last week, but I really needed the time to rest. I was so happy to be able to provide you a replay from the last season. I'm excited to hear about how things are shifting and changing for you. Today, we're going to go through what might have gotten in the way if you haven't yet made your breakthrough. We're going to get you restarted. If you're ready to jump back in and do another eight weeks. We'll be going through some different ideas. We'll be looking at what worked, what didn't work. I know that there is another level that I want to get to. I did lose about six pounds. I definitely lost inches in the program. I think I took a couple inches off my hips and waist, but there was more that I wanted to do. So we're going to go through like what's possible, what you could still be looking at to tweak. Let's get started!

I see Carol, and Roxanne, and Nadia. Hi everyone! Okay, fantastic. We'll go through our slide presentation and we'll take a look at some things here and see how things are shaping up for you. Sharon, hi. Love you. "I love this class. Could you tell me, can I get my gray hair to go back to brown?" I think so. You can go ahead and start pumping for that. Tony says hi. Betsy, "Sad this is our last call." I agree. This has been such an amazing... We're both women and it's been profound and wonderful. Ashley says hello and Sherry says hello. Welcome everyone to the call. We ended up having 35 women in this program. Isn't that wonderful?

So we will start with the opening blessing, the Tryambakam Mantra. We'll do that three times through.

*[Chanting]*

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

And just breathing in through the nose and out through the mouth, in through the nose and out through the mouth. Just feel any shifts with that blessing. Maybe dispelling more obstacles, maybe clearing the way even deeper, to go deeper, to be more in love with your life.

Okay and I had promised we're going to look at some of the possible interferences. I'd love to hear what your results were. Did you accomplish 100% of your goal? I think I did about 60% of my goal. I think that there's still some left for me to sort out. I definitely was happy with what I did do and feel like I'm even more resolved and had more certainty about going all the way. Why don't you let me know how you did? On a scale of zero to 100, what was your result? Did you feel like you're 50% of the way there? Are you 90% of the way there? How was your process?

I see Heather and Erin have signed in. Sherry and Ashley, I think I've already said hello too. So, possible interferences are stress. That would be one thing and I can actually look to my last eight weeks and go, yeah, it was kind of stressful. I'm going through my adoption process and there was a lot of stuff, a lot of stuff that was really stressful. So stress is one thing and lack of discipline. Have you been able to stick to your meal plan and your exercise plan? Have you really followed through a majority of the time? Follow through on exercise and were you able to do what you wanted to do with exercise or are you working in to a stronger relationship with the body? That might also reflect on how much you've been able to accomplish, and follow through on your meal plan.

One of the things I know is if I eat a lot of fruit and if I eat a lot of greens, even if I'm kind of eating really healthy, I won't drop the weight in the same way as if I'm primarily on a vegetable protein plan. And so I can look back and say I had a lot more greens in my diet than I wanted to and when I was really stressing out, I was having my chocolate. And so I can actually look at that and say, okay now as I'm planning the next four weeks and I'm planning a much reduced level of stress, these are things that I can really tweak to have a better result. So that might be something you want to take a look at.

Nadia said she got about 50% results. So good, you got started. That's great. And Roxanne, about 62%. That's great! Karen says, "I'm happy with what I did. The liver flush was huge. I probably accomplished 60% which is great but would like to see more. Would you recommend I continue?" Actually to all of you, I would recommend that we all continue on. And Erin, feeling like she's reflecting maybe too many carbohydrates. That's good to know. Me too. Ashley, "I'm doing the course again via recordings." That's perfect! And Bee, "I feel like there were a lot of internal changes. I did the liver cleanse last week which helped enormously with my energy. I'm going to continue with this for another couple of months." That's fantastic! That's what I'd really love to see with all of you. Just continue on. And by the way, liver flushes can be done like once a month or once every seven weeks. So in this first liver flush that you've done, you might want to do a series of them. That might really, really help with metabolism.

Betsy, "I did not make 100% of my goal. I lost 5 pounds, but I would love to lose 40 more. I love the processes and meditations were deeply blessing. I intend to continue on with the program." Good! "I did my exercise regularly and that was a huge plus. My meal plan is very healthy, but I have been self-medicating." That's great Betsy to know that. And by the way, I was thinking about Ellen who came through in last year's call. Ellen had lost her husband. She was a widow and she had just put on a lot of weight for no apparent reason. She came through the VIP, the Diamond Program, and the weight loss program, and I just got an email from her two days ago and Ellen stayed on the program. Slow and steady wins the race. She's now lost 75 pounds. A year later, she's 75 pounds down. She did it gradually. She did it using the program. She didn't add lots of extra stressors to rely just over time. So if you can think about maybe 7 pounds a month over the course of a year, that's sustainable when you do it slowly over time; it's very sustainable. The lifestyle changed, her energy changed, her metabolism changed. And so I want to encourage you also that if you didn't make your entire goal, that the foundation that we've laid and the steps that we've taken so far have been phenomenal and there's more to go. So, it's awesome!

Christy, "I'm not getting any feed." Christy, you want to go to the audio and then you might want to restart your computer. Bee, "Yes, I'm planning to do another at the end of March. I will do better as days warm up. I still have the liver flush to do. I have just so enjoyed the process." Well, that's fantastic and the liver flush makes a huge difference for a lot of people. We had a fellow go through it in our last series and he did the liver flush and he dropped 25 pounds. Now, men's bodies are different than women's bodies, but he dropped 25 pounds. Understand, the liver flush will make a big difference for everyone. It won't be 25 pounds for ladies, but it will get things going and really get things working a whole heck of a lot better.

Carol said, "I found I needed to slow down a bit which is fine. I've been too hard on myself and much better with acceptance. I had some amazing healing breakthroughs." I love hearing that. And like I said, I had my breakthroughs and I had a tremendous amount of stress and I kind of just was at a standstill. And I've looked at it and said, you know what, if I take the carbohydrates, if I take the fruit and the grains way down, so I may be having a half a cup of fruit in the morning and the afternoon and really taking the grains down, so I'm having more seeds than grains, I'm sure that I'm going to have another stepping stone. So, that would be good.

And Ashley, "I had a huge shift with my adrenals, although I'm still fatigued. My body is signalling me immediately with what we'd describe as hot flashes and I would eat or have thoughts about taxing on my adrenals. Huge eye-opener." Good and so you became more aware of what your body is doing and when it's sending out the hormones

that are actually causing you to hold on to weight. That's really good to know that Ashley Betsy, "I'm still more interested right now in developing lifestyle change." Perfect, perfect.

By the way, for those of you that are wanting to develop lifestyle changes and you're wanting to work more on your chemistry, we have a human chemistry class which is basically we're going to be working on your hormones and your neurotransmitters and the chemistry in your body and getting your chemistry to work better, that actually starts I think next week. So you might want to just continue on and jump into the happy chemistry class. We also have designing your DNA. So if you're from a family that weight is an issue, the DNA class can be wonderful in addition to what you've already done with your DNA, which many of you have really taken on the DNA challenge and really transformed yourself.

I had my folks visiting me and my mom is like a size 16. My dad is short but he is as round as if he is tall really. And I look at what I've done with my body and I'm curvy but I didn't ever put the weight on that my family has, When I look at my sisters, my little sisters, they're 60 pounds heavier than me for sure, without a doubt, and my brothers. So I look at them and they're much larger people. It was something I just wasn't in agreement to do, so by altering my DNA, I have the DNA that supports me and a younger body. And I planned and I hope that some of you have planned this too, I planned a trip. Next week Sunday, I'm down in Cabo and I'll be in my bikini on the beach, enjoying my slim, trim body. So I hope that you're wiring in some rewards for the good work that you've done so far. You know when we think about rewards all the time, we think about, oh I'm going to treat myself to some food, but you know you could go to a theatre production with girlfriends and celebrate that way. You could go to the ballet and watch a romantic performance of Giselle or Swan Lake or something. You could go on an adventure and take a healthy picnic with you, or maybe a 5-hour hike or something like that with friends. So there are ways to celebrate. And also maybe buying a new dress, getting a massage, spending spa day and the steam and the hot tub, and a massage, and a facial, and nails done. You know, celebrating you in a woman's body. A lot of times, celebrations will be all about food but let's really in our creating this lifestyle, let's create a lifestyle that really support our vision for ourselves of slim, and trim, strong, vibrant, and healthy, low stress, high vitality.

I'm glad that you're on Christy. And Heather, "I was happy that I'm doing more exercise." That's awesome! "This program got me into daily meditation rhythm. I am on a program for my digestion and inflammation which I'm pleased about." That's fantastic. "I am more in love with my body. I would say I got 70% of my goals already." That's fantastic Heather. Yay! Christy, "I'm meditating now daily and finding it wonderfully

stress relieving in addition to the beautiful meditations.” Fantastic and you know, I did the same thing you guys. I actually have my little computer up in my bedroom and I just click on the day and I’ve been listening to the meditations every day right along with you and it has been really a pleasure for me just to on some level be off and listening to my own voice guiding me and the harp music. It’s been quite a joy to just relax and not have to be so hyper-vigilant.

Christy, “When we started this program, there appeared to be three different focuses we could choose. Can we now go back and start with one of the other ones?” You definitely could. Yes. You own this program now for the rest of your life. Sometimes two and sometimes three times during the year, we’ll offer this weight loss program, so we’ll see how the year progresses. If you’d like to come in to the live program again, I believe it’s 397 to come in to the 8-week program again, but you’ll have the replays forever, so you own the program that you bought and paid for. You own this program. We just have like production costs with the live programs so that’s why there’s a fee involved with the live program. But yeah, you own this and can go into any of the three. There’s full body rejuvenation and that’s also one that everybody went through. There is the skin tightening and toning during rapid weight loss and there’s the face lift option. And so each of them is a 60-day program that you can now switch gears and go into one of the other programs. The tightening and toning, you’re actually required to do a couple meditations a day and then you have your weekends to go have fun and be in balance. So, you have breaks on the weekends. I really think for me, the weekend itself like Sunday mornings, doing the prep and clear has been such a blessing for me. I’ve really loved it and then gone on a big hike on Saturday and then done an hour meditation on Sunday in the morning first thing, which I’ve loved.

Carol, “Will we get transcripts from the class?” You already have I believe gotten the transcripts from the class. They’re put up with the replays. So if you just look on the replay page, every week, we send you the audio, the video, the slides, any extra charts that came with that day of the assignment. And then seven days after the broadcast, the transcripts are added to the class. I think they’re all there, except obviously last week’s since it wasn’t a live class. But yes, you have transcripts and you’ll have a week from now, the transcripts will show up from today’s class too. So yes, you’ll get the transcripts.

Yes Christy, prep and clear. You know, that program has saved people lives literally. Students of mine, apprentices have had family members in the hospital critically ill, brought in the prep and clear meditation and it’s brought people back into their body and woken them back up, got them back into their life. So it’s a very powerful meditation. “That reminds me, stress wrinkles on my forehead are greatly diminished. Unexpected

bonus." Yay, that's awesome! "And it has saved my adrenals." That's fantastic! Yeah, I mean this program is so beautiful. I think it's just laid out exquisitely, wonderfully well. I'm glad that you guys are all like, oh my God, this is amazing. I am hoping that all of you will continue on with the program.

So these are things that you could do more clearings on. If you felt like there was stuff in here that you could work on, I know I've been working on growing my thyroid back. I've decided, I haven't been for a medical hormone test in nine years and I Decided tomorrow I'm going to go in and just see where I'm at with my thyroid and do I have enough thyroid hormone in my body or do I need more? So I'm just going to take a look and I'm going to have a medical blood test. Testosterone is one thing too ladies that can be a little troublesome and you can pump for this to improve testosterone. If you don't have much of a sex drive, that's a good indicator. And if you have trouble with muscle tone, like you don't have a lot of muscle tone, that might mean that you're not producing enough testosterone. So that would be something to look at because if you don't have muscle, muscle kind of eats fast so you want enough muscle on your body. So that's one of the things as you get your muscle tone up, you'll notice that it's easier to maintain... your metabolism stabilizes and it's easier to maintain lower weight – metabolism liver function.

So those are all things that you can be checking in to and doing extra clearings on. And then on the road to success, so you've developed some new habits. We have been working on strengthening metabolism and finally, strengthening resolve. Why is it so important for me now at this phase in my life to have more energy and vitality, live in the beautiful body that I so deserve to live in? And so that might be something that you spend a little more time getting clear about. It's amazing. Sometimes, what it causes me, how I don't feel respected or cherished, you can actually see in somehow that little mental hook of I really font feel cherished at the weight I'm at and I know that it's a self-editing on my own part. And you can have those anchors of this is why it's so important to me that give you the courage to do this for yourself, to really take yourself to that next level of weight and vitality and inner beauty.

And these would be the things that we would clear as we're clearing any of those blockages. So think about bloodline and clan and we've talked about that quite a bit now – the DNA, DNA resets. You know one of the things we didn't talk about and was very important for Ellen and some of you may have this is a ghost in your body. Sometimes, a body will do the clearings but the program that the person who doesn't have a body anymore used to run in their other body, they start running in our body. So if I were to test right now to see how many of you had a loved one pass away and is in your body... Oh my goodness, 16 of you. Goodness gracious! And we have how many people on the

call? We have 13 or 15 that seems to go in and out. Does everybody in the call have a ghost in their body? No. Two people don't and everybody else does. So why don't we clear ghosts from the body too because sometimes that can be a program running that is an irresolvable program. If you're looking at legs and going, those are not my legs, like they look bigger than they should or that is not my tummy, that doesn't look like me, just understand that you can test to see if that actually is you or if there's an occupying spirit in that area. Sometimes when we're looking at full body ownership, it's somebody inhabiting that part of the body. And then based on if it was a person who had a body before, they can bring the information from their old body into a newer body and so you end up having weight issues in different parts of the body than you did when you were younger. I had a lady call in last week, I did a tele-summit and I tested and saw that her sister had died and then moved in to her body. I got a letter from her, an email from her yesterday saying thank you so much for the miracle. I now look like myself again and people had been telling me for months that I looked so much like my sister and when I looked into my own eyes, I wasn't looking into at myself. It was like I was looking at my sister and not me. And so we're going to clear anybody who is inhabiting you might be interfering with your weight loss and exercise program and just having the body that you imagine is actually your body.

Okay, let's see. Bee, "Am I one of the 16?" Yes, you are one of the 16. And Christy, "I think I've got that. I still can't sleep. I wake up all the time. What is that?" Christy it's your adrenals. You can keep working on your adrenals because I think that they're set to wake you up. It looks like there's something still with the adrenals that needs to be reset. "Am I one of the 16 or the 2?" That's Sharon. Do you have a ghost in you? You do Sharon. You also have a ghost in you. We'll clear everybody out of the ghosts right now. That will be good, so you would be able to feel what it feels like not to have a ghost in your body. And you guys can quantum pump with me if you like to help clear the ghosts, mechanisms, so anything that's allowing them to stay hooked into you. We're going to remove anchors and ghosts.

And Janine, yes you do. I think just assume that you're one of them that has one. "Thanks for clearing my ghost. Do we have to check later to see if they come back?" I would. I would check a couple of times. Because if they have been living in you for awhile, they might have gotten used to it. We're removing them all out, but they might sneak back in. Heather, "I think there was a spiritual parasite in my ankles and legs. I have felt like I did not have legs to stand on. Is it shifting for me now? I want to have strong legs." It is shifting for you, Heather. And then Bee, "When they clear, do the same ones come back?" If they come back, it is the same ones. They're typically family members, unless you're a big spiritual teacher like me which sometimes ghosts will jump in because they see me as light or something, but usually the ghost is actually a

family member. Yes, so we're just pumping and we're clearing ghosts. That's what we're doing right now. It should make a big difference, you guys. It should make a really big difference. What I'm going to do, if there's enough time, which I think there will be, is I will bring Jesus and Mary in and we'll see if we can get them, the ghost to transition to healing temples. So we're removing them out of your body and we're moving them into healing temples. Hopefully, they don't come back.

"What can we do about scars?" You can pump and imagine pink energy going on to scars. Pink is what erases and reverses scaring. That was from Carol. Yes, Jesus and Mary are in and they're helping lift them, so maybe you're feeling that. You might be feeling an upliftment or a light energy coming in.

Is everybody in a place where you're moving into spring time or are some of you in different countries and it might be autumn or summer or winter where you are? It's beautiful here. It's so incredibly beautiful. I took pictures of butterflies on Sunday and spent a few hours on the mountain, like a little nature nymph running around and taking pictures of all these different very beautiful, unique butterflies. They're white with blue veins and there was one white with orange blotches on it. There's different kinds of butterflies all year long here, so this is defiantly the February butterflies. You don't see them in the summer, these butterflies.

Ashley, "Is there anything specific beyond the meditations, specifically for breast tissue and skin on the chest?" Well, we have the Breast Health Class. That is a 2-part class that you can buy as the replay and then you have the meditations for the breasts. I think those are the choices we have. Betsy, "It's still winter here. Spring comes late because of the water surrounding the island." Bee, "If they do come back, how long would I have to pump to remove them completely?" It just depends, but let me see. It's not the same for anyone. Some of them are kind of stubborn and hang on and some of them go in a minute. What I would do Bee is I would call in Jesus and Mary and ask them to help you and then pump for like half an hour or something. So, I would ask for help. Christy, "It's starting to feel like spring up here in Canada." Nice! Janine, "It's still winter." Carol, "Can we work on our pets if they have weight issues?" Definitely, definitely. You've got a lot of different clearings to use as resources now, so yes, you can work on your pets.

Okay, all of the ghosts, just check in with your body and feel how your body feels right now. All of the ghosts are out of the body right now. Jesus and Mary are taking all of them, so let's hope that they don't return. Let's make it really clear. Thank you for sharing time with me. I don't want you to come back. I want you to move on. God bless you and I love and I appreciate you, but don't come back. So send them off and just kind of imagine in your mind's eye sending them off and then see yourself as a spirit,

really filling out your body better than you ever have before and filling in those places where that ghost was inhabiting.

We're good. Okay and then what I'd like to do is let's look at any weight spots that might be aliens or spiritual parasites. If you've got some trouble spots that seem to never let go, maybe upper inner thigh, or hips, or belly, or underarms, or spots of weight, let's take a look and see if we can clear some spiritual parasites today for you. Alien type 3, type 5, and type 8, and there's definitely anchors, implants. Okay, so let's do a little pumping to clear aliens in fat spots. The trouble spots that doesn't ever seem to let go; let's go ahead and clear those. So let's go ahead and we'll just pump a little bit for spiritual parasites. Things that have inhabited a part of your body where you've given it up. There has been a squatter so to speak in your body. Let's go ahead and get that clear.

"Can you tell me about my abdomen trouble spot?" Sharon, alien type 3. It's alien type 3 for you. You're welcome. The same question as Sharon, for Carol. Alien type 5 for Carol. Isn't this good? I mean it's really good to look at, well if I've done everything and I've been pretty disciplined and there are some trouble spots, it might be something else occupying my body, rather than me as a spirit occupying my body. This is very helpful.

Did any of you use maybe something called slimming formula or slimming teas? Did any of you find it helpful? Did any of you take pyruvate or green tea extract? I'm just curious on what you did do. Or did any of you take thyroid supplements or anything that was promoted, I think there are some herbs that help with belly fat, Vitamin D. Did any of you try supplements while you were going through the process? Let's see. Sharon, very likely, everybody has some of this and that. If you haven't been through the Freedom from Spiritual Parasite Class, it's a 7-hour clean out class. We're not going to look at all of the possible interferences but if you haven't done a clean out and do a regular clean out, you do.

Ashley, "Are these usually hard to remove? I'm feeling exhausted. As soon as you began to talk about this, I felt tight in my solar plexus." They can be. They can be really established in your body and they think that they own it, rather than you. So it can be tiring. "I did green coffee bean extract. I didn't find it helpful." Okay, it's just an interesting thing. I'll tell you what, when I've been really devoted and I'm really looking at what am I going to be doing, the 1200 calories a day, grains primarily with like wild rice and oatmeal as the two grains that I can have and then taking something called slimming formula which is pyruvate and green tea extract does seem to be a little bit like a diuretic, so it seems to cause the scale to go a little bit down. I don't know. But I think

that the bigger thing is really staying disciplined every day and some days when I'm stressed, I'm not as disciplined. I think that could be another thing that I would look at.

"Are a parasite also responsible for my belly?" You're talking about a physical parasite and I get a yes, for Bee. That is true, that you could clear out your body of parasites and I think that your belly would be much better. Roxanne, okay, so I saw that one. And then Bee, "I do take chlorella regularly and vitamins, but not for weight loss specifically." Carol, "When you have any type of alien, can we assume we have holographic inserts? No, I wouldn't assume that. I would test to see that the list of different anchors, I would just go through the test on the anchors. On the list of anchors – holographic inserts, permeations, embedding, auditory scions, permeations... Let's see, what else. I think there are wormholes, and seeds, and mechanism, portals. Those would be the different anchors. I would test. I wouldn't assume anything. I would just test. Because I didn't actually... When I was looking this morning at ghosts and I found three ghosts after being sick last week, there were three ghosts in me and I was like, oh my goodness. They weren't clearing our real easily and then I found that they had some anchors, mechanisms and seeds. You wouldn't really think about ghosts being able to put anchors in, but they did. So I wouldn't assume anything. I would just go through the list and just test and see are there any anchors and what are the anchors and then remove the anchors and then remove the ghosts, or remove whatever the alien or the demon or whatever.

Christy says, "I've been working on the removal of suppression, domination, control. How am I doing with that one?" I am so proud that you are doing that. That's really great. It looks like 100%. It looks like you've done a really, really good job Christy. Congratulations. You know it's amazing, I think one of the things I just recently did which might be really helpful for you to, the right to belong, the right to create your own experience, the right to be cherished, nurtured and loved. You might want to try those also. The right to belong is just night and day different when I cleared that. A huge, huge difference. Tony, "I feel the last three days extremely effective by being close to living the EU. It feels to me like some foreign energies but I'm well directed affected by Germany living in the UK." Okay, I think that that's true. And Betsy, same question on domination, suppression and control. You look like you're 99% done. That looks really good. Christy, "Yes, what's next?" Yeah, I think belonging was just such a dramatic shift for me, Obviously, you got to get rid of the suppression, domination and control and all of that stuff and then the right to exist, and belong, and loved, and be cherished, nurtured, cared for, the right to be part of a community, the right to be part of a family, the right to be in a loving relationship – all of those would be great ones to work on. Mer wouldn't help with whitening your teeth but what it would do is it would help restore your gums if you've had receding gums. Mer will cause the gums to grow back and so that

was what you would use mer for. You want to imagine the whitening stuff that they use is primarily oxygen, so hydrogen peroxide or whatever. You want to imagine more oxygen in the teeth, if you want to whiten up the teeth.

"Why in the world would be have these in our bodies? What are the aliens benefiting from?" Well, we call them spiritual parasites and pests and they exist here on this plain, I think what advantage there would be is to have access to your body, since they don't have a physical body and to affect something negative or positive, so they're riding out their existence. Understand it's a big game on the planet to have a body and so many things don't have bodies. They're just disembodied spirits. And so when we clear people out in the 7-hour class, we're literally clearing out for 7 hours and sometimes there are even other things like guests and guides and stuff that have come along with permission. So I know it's new, it's a new idea to some of you, but for many of you, you probably know the truth of, well, I had this weird sensation in my belly and then I saw things move and I knew it wasn't me. Or I felt pain all of a sudden and I didn't have any pain and I knew it wasn't me.

Okay, it looks like a few things came in. Christy says thank you. Carol, "One of my breakthroughs was to release attachment and guilt in regards to my sexuality. It is a really big shift and I had a Kundalini experience." That's wonderful Carol. Congratulations. Heather says thank you. Christy, "Do we eat the mer?" No. Mer, wash around in there and keep it in there for 30 seconds to a minute and then spit it out. Oh thank you, my skin looks amazing, thank you Bee. Thanks so much. Yeah, the mer is a resin so you don't really want to drink it or swallow it. You just want to let it do its thing in the gums and then just spit it out.

In the trouble spots where there are some fat, did we clear out all the aliens? About 80% so far. That's good. So we're cleaning the house with the aliens and the anchors for the aliens and the trouble fat spots. And Ashley, "is it possible for you to run down our percentages cleared on each area covered from our sessions? I'm trying to get a sense of what to focus on after the class? It would be most beneficial." That's probably too many things, 35 students and 8 classes with all kinds of homework. But you could ask specifically on maybe three areas you think would be good to focus on and I could tell you, yes those would be good or what percentage of good that would be. But it's probably too much Ashley for me to do that for everybody.

And while we're pumping, we're just going to keep pumping to clear aliens and trouble spots and we'll go back. So everybody just keep pumping and I'm pumping. We'll just go through the guidelines that we've gone through the whole time which is meditation daily, healthy weight reducing meal plan, daily exercise, staying peaceful and calm,

doing the extra credit clearings and then begin again. And do today or Thursday or whenever your last day is, you'll just want to just start again. I think it's really great to keep the momentum going with the exercise and the daily meditations. I really encourage you to just keep going, to not take a big break. If you need like a weekend break or something, go for that but I think all of you have got some traction and I'd love for you to continue on with that traction. Really, you're making headway. Things are changing. They are improving. Like I said, dear Ellen, she probably didn't lose a lot of weight in the first 8 weeks of the weight loss program, but she stayed with it and over the course of the year dropped 75 pounds.

Carol says, "I'm grateful for the class and your work. It has been greatly beneficial to my inner healing. That is so wonderful. I'm really happy to hear that, Carol." We're at 93% clear on the aliens. Are some of you having a different sensation, like either now that the ghosts aren't there, you're actually feeling a little lighter and more energized? Or now that some of these alien stuff has been removed, you're actually like, I can feel that. I feel different. I feel brighter. I feel better. I have a little more energy in that area. Definitely from Betsy. Tony, "I feel lighter after the ghost removal." Good. Roxanne, "My belly feels lighter." Very good!

See, so I think you can start really having a consciousness and an awareness and be much, much more empowered to the body ownership that we're looking at. Christy, "I'm so much more hopeful for the future change too. This has a ripple effect into other areas. Thanks so much. Feeling lighter for sure and more energy." Beautiful! Bee, "I'm really glad we're doing this. I feel immediate difference when the ghosts were gone." Fantastic! Betsy, "Lighter, brighter and clearer brain." Fantastic! Love, love, love this program..." from Heather. "I really feel myself changing from the inside out. Thank you. My belly now feels more open and lighter." That's fantastic Heather. And Heather and Nadia, at least Heather and Nadia are part of our immersion training and there is still a possibility, if you wanted to get in the year long training, you'd have to do the Diamond Class before our March retreat, but you could still get into the yearlong training. This is the last year for a few years, unless the babies don't arrive in 2016, but I think they will. So I won't be teaching this until 2021 again, the Immersion Program. So if you've still got it in the back of your mind that you'd like to get in, reach out to me and let's see if we can make that happen. We have maybe two spots that could be filled. The Immersion Program has enough people in it, so it's not like we're needing more people but it would be nice to take a full dozen students through. So if that's something that is kind of, yeah, I would really like to do that, you're coming in working in my home with me, you're doing retreats, you're weekly in class, so it's pretty beautiful. It's pretty wonderful.

Ashley, "I don't know what specific areas were called but the work done in session 6. Is that too broad?" In session 6, it looks like you're about 60% done with session 6. So you probably have more to do. Janine, "I feel much more centered and less depressed." This is good. That's wonderful. Yay! Fantastic.

I'm getting my weight lifting in just after class and I am not going to a gym. My best friend here is moving and she has a 9-month old 30 pound baby girl who is coming to visit me for the evening, so I'm going to be lifting 30 pounds of active, go-go-go baby. So I'm going to get some weight lifting in tonight and Thursday all day. Or Thursday afternoon rather, all afternoon. That will be fun. It's always fun to come up with new ways to get your exercise in, right? Good practice, yeah.

We're about 97% through. This is perfect timing. We've got another 4 minutes to go and we're 97% clear on the aliens, so we'll get to zero, and then you'll know the difference. You'll be able to tell and you can pump for yourself to clear. You'll know what it feels like when they're not there, which is a good thing to know.

Just to review, you want to stay on a healthy meal plan. If you need to tweak it, like I'm going to, I'm going to take the carbs way down and get a little more devoted to the process of keeping my stress down and keeping more balance. That's what I'm going to be working on. You might want to look at what's the next step for your exercise. I know I've been doing hiking and running. I want to add weight lifting and some more dance in. I started taking dance lessons. What can you do to build on what you already have going so that you continue to add something new to the mix. Celebrate the wins. So if you're 60% there, or 50% there, or 72% there, 90% there, I'd like you to figure out how you are going to celebrate. What are you going to do to really say I've accomplished this much and it's a good time to say I've done a good job. Get a massage or spa day or whatever that is. Think about that. Keep up with the meditations Continue to look at clearings. So now that you know what it feels like when there's not a ghost in you, now that you know what it feels like when aliens are removed from the trouble spots, you can test to see if there anything there and you can clear it.

Betsy, "I see the time winding down, I just want to say a big fat thank you for this course. It's been fun and inspiring and great to be part of the group. I plan to continue for sure. So much love to you and best wishes to you and the whole group." Yay! Thank you Betsy.

Yes, so let's just have another minute or two. I know you know this but I really love you. I believe in you and I believe in your capacity to heal, and change, and grow, and become more and more of who you were meant to be. Some of the journey, like we

map out a plan and the plan that we map out isn't always the one that we get. So if you didn't get a big weight loss in this program, but you released control, domination, suppression or you released some other huge things, that may have been why you were in this class, and that the weight loss is six months down the road or a month down the road. So just know that everything is in divine order and that you are perfect, whole and complete just as you are and you will continue to grow, and to change, and to shift, and to experience breakthroughs. And so, I want you to make yourself right in whatever situation you're in. You can restart today, you can restart tomorrow, you can keep working on that plan and you will accomplish your goals. They just don't always come in the order that we think that they're coming on. So just stay on track. Believe in yourself, Give yourself lots of self-love and self-validation and know that you are magnificent.

Oh boy, yay! "Plan to do it again." "Awesome class." That's from Sharon and Sherry. Thanks so much for everything. And Carol, you're welcome. You're so welcome.

Alright you guys, I love you. God bless you. Stay in touch. Let me know how you're doing. Please jump in to the classes, as you see the ones that fit you, please get in there and keep going. It's a year of our best year of our life and a year for breakthroughs. I love you. I'll see you soon. Bye-bye everyone!

**[END OF TRANSCRIPT]**