

Beautiful from the Inside Out ~ Lighten Up Class 4

JulieRenee.com

The rite and freedom to live in and own the body you imagine is your very best body	Use the amplification chart and clear to zero Approximately 30 hours	Use perception emotions DNA chart and clear to zero Approximately 120 hours	Use the spiritual parasite and anchors chart and clear to zero Approximately 110 hours	Do all outer actions, work out eat well own body by living in it and enjoying it fully
Have a fully functioning endocrine system regardless of age, medical control energy or group mind	Use the amplification chart and clear to zero Approximately 80 hours	Use perception emotions DNA chart and clear to zero Approximately 250 hours	Use the spiritual parasite and anchors chart and clear to zero Approximately 500 hours	Regeneration Enroll in "Your Year of Miracles" or "Immersion training", and take special classes is they come up for regeneration