

Beautiful From the Inside Out Lighten Up 8 week Program

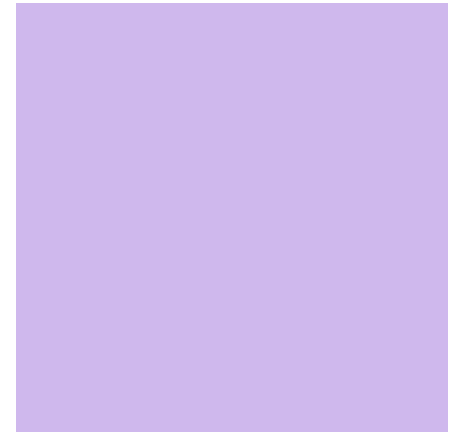
JulieRenee.com



Opening blessing

Om Tryumbicum Yajamahay Sugundim
Pushdivardinam Urvar Rucumivatbandinaot
Myrtyor Muckshea Mamretato

+ Remove all
obstacles
from our path



Clear all that interrupts the flow of easeful hormone function

1. Adrenal gland ~ Cortisol

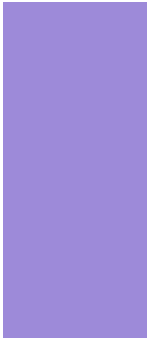
2. Ovaries ~ Progesterone, testosterone, estrogen

3. Pituitary ~ Human Growth Hormone

4. Pancreas ~ Insulin



Clearing Blocks to full function and regeneration



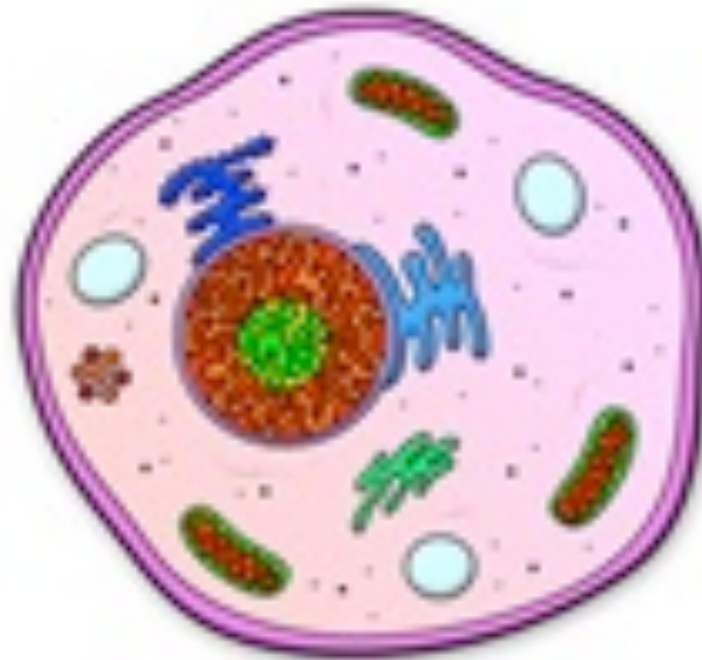
Bloodline
Lucifer stop
Soul contracts
Demonic curse
Satanic curse
Evil spirit curse

Group mind
Group mind virus
Black magic
Curse
Atheist thought forms
Trauma
Cycles

Emotions
DNA

Holographic inserts
Mechanism
Seeds
Implants
Permeations
Portals

+ Cell Regeneration



**Network of
microtubules**

Microfilaments

Chromosomes (DNA)

Cilia oars

Microvilli

Nucleus

Nucleoli

**Residual
body**

**Transfer
pores**

Ribosomes

**Endoplasmic
reticulum**

Mitochondria

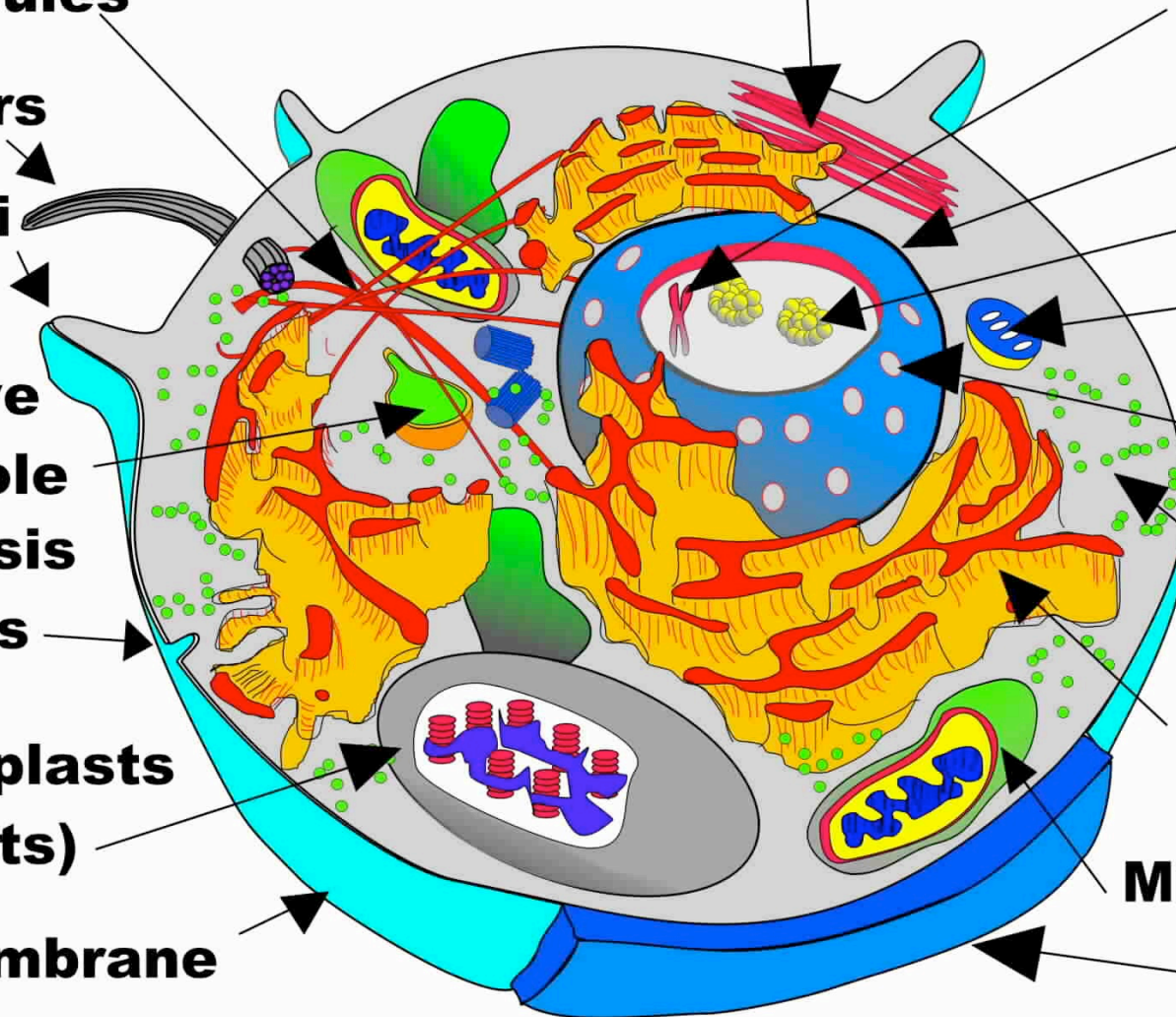
Cell wall


**Digestive
vacuole**

**Pinocytosis
vesicles**

**Chloroplasts
(plants)**

Cell membrane





***Pump to reinitiate 100% functions from
the blueprint to the physical cell all
parts***

Membrane

Nucleus

Absorption organelle

Elimination organelle

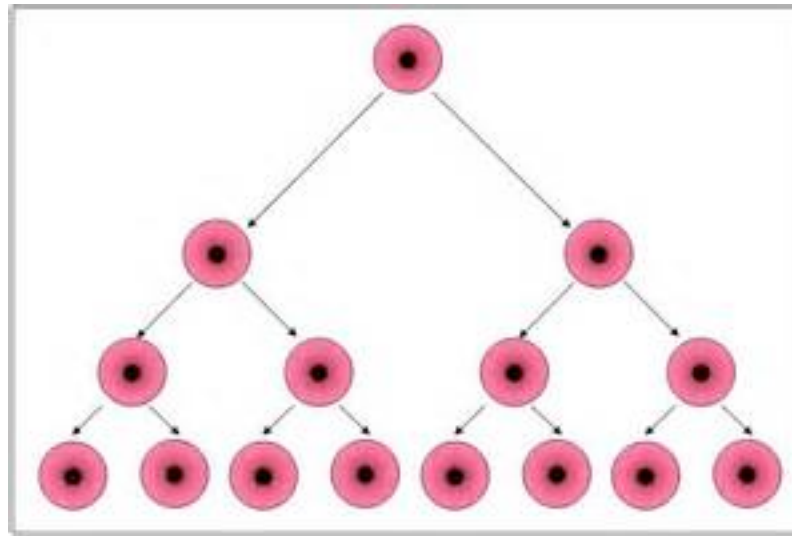
DNA

Mitochondria

+ Mirroring to surrounding cells



+ Cascade of new cell growth



+

How to succeed
Daily practice



Meditation

Healthy Weight Reducing Meal Plan

Daily Exercise

Staying peaceful and calm

Extra credit clearings