

Grow Younger - Session 1

Good morning, good afternoon and good evening. Welcome to Grow Younger: Cell regeneration made easy, and go ahead and get yourself all settled in. I've hoped you've gotten yourself a glass of water and you're ready for some powerful training today. I'm Julie Renee and I just wanna welcome you with my whole heart to the quantum activations programs. You're actually in apprentice level program which mean you'll be learning-- you'll be actually training with me and learning how to do it. Some of our classes are kind of more done for you, although I always been teaching. So I like to mentor people in this process of regeneration and good morning Roxanne and Cindy. Feel free to sign in if you like. I'd love to see where you're coming in from. We have about 400 people in this class which is exciting for me, of course. So won't be able to be as responsive to the chat box with the volume of students, but you're gonna get an amazing training today.

So I wanna start out by really just kind of blessing the space with 400 students in technology. Just a reminder, please do use the option of the phone line if your video freezes or if you can't hear something or things go fuzzy. What that typically means is that you have-- your computer speed might temporarily be going in slow motion and it could be that your computer is fast enough but everybody in the neighborhood is on all at the same time, so. Not to worry, we have the phone lines. You can listen in and then we send the replay and the PowerPoint and the homework, so you get everything. Hi, Heather and Violeta and Wen, Bernadette, Syle, Pat, Lydia, Christopher, Lisa, Victoria, Sherry, and so -- you know, so. I didn't get your name, I love you too.

Alright. So let's get started. We'll do a Ganesha mantra. Just a simple mantra to clear the technology. Hopefully, we'll have a really blessed morning. So I'll just do what's called 'The Opening mantra.' [Sings in Sanskrit from 00:02:29 to 00:03:19]. And we've just activated the protector of all obstacles-- dispeller of all obstacles. We've activated the mother/goddess/protector of children and protector of her children and also [Speaks in Sanskrit at 00:03:36], who is the goddess of intellect and intelligence and they are all really wonderful to activate as we begin our program. So we're gonna pop right in to grow younger: cell regeneration made easy and today's topic is teeth and gums and we also-- I do have prepared, if there's enough time, going into the jaw, so.

Hi, Janice and Coleen and Karen and Felicity, Verti, Kajaluk from Norway. Nice. Very nice. Sherry, Tomas, Elizabeth, Mari, Emil, Karen, Ano. Beautiful names. Wow. We've got the most beautiful, beautiful people on this class. Tomas, Elizabeth. Okay. So we're getting started here. Grow Younger: Cell regeneration made easy. Healthy regeneration of teeth and gums.

So we're gonna start with 'how do you muscle test' and some of you will know this. We're gonna go into muscle testing really just quickly. We're gonna do a little kind of review of muscle testing and of the quantum pump and then we'll get started with our training for today.

So with muscle testing, you're going to extend the forth finger of your right hand and you're gonna make it very stiff and hold it as tight as you can tight it. Hold it and then the pointer finger of your left hand, you'll be pushing down. So this is true, and this not true. I'm Julie Renee, test is true; and I'm Bozo the Clown, test is not true. So it drops when the test is not true. Happy to send a little training video today with the after class. I should write myself a note to do that. Here we go. Not necessarily part of the training but I think that'll be nice for you. So I'll send a little 3-minute training video on kinesiology along with the after-- the replay. Training video, kinesiology. Very good. On my notes.

Alright and then the quantum pump. And the quantum pump is basically a hand movement. Let me just move back a little bit so you could really see it. Here we go. And like this. So slow down, it goes like this. Can't really see it. So your elbow is at your waist. See how it's going and then you're just kind of throwing it forward. It's not that, that would be exhausting if you did that. It's more like a reflex. So you throw your hand forward and back. It is done in the wrist but it's actually really your fingers are doing-- your fingers are doing this really moving. The wrist is definitely wrapped. So that is quantum pump.

So the reason the quantum pump works is we're working with the human blueprint. I'll just do it a little bit longer so you can kind of pump along with me and see how that goes. So the human blueprint is perception, essence, matter, energy, and realms. And perception are the thought forms. In the beginning was the word and the word was god and the word was with god. So these were the thought forms that inform us how to respond to our environment. And then we have essence and that's our spirit, basically. It's our essential nature of spirit, soul, life force, and high-self. And then we have matter, everything physical: the bones, the joints, the muscles, the tissue, the fluid, the ligaments, everything in the physical body. And finally in the main part of the blueprint, we have energy. And the energy body is our aura, our chakras, our meridians, our nadis, the halo, human access portal in the back of the head. So all the energetic systems that make up and run the body. So those are four main parts of the blueprint: P.E.M.E., and then the R, and the R is for realms.

And the realms are the realm of genesis, new life and that's what we're working in today. We're working in the realm of new life, of genesis; of embodiment and that is the ability for spirit to live in the body; and then quantum which we obviously are working with. That's the quantum field. And the quantum field, basically, in 1915, 2 types of

physics were defined, it's amazing because it's like a hundred years ago and it happened 100 years ago, is the relativity and gravity and the apple dropping from the tree is the Newtonian physics which things go from here to there, the apple dropping from the tree; and the second type of physics that was defined in 1915 was quantum physics which says that we are all part of a field and everything is vibrating, particles vibrating. So based on how the particles are vibrating, you get a Julie Renee and you get a glow and you get a bouquet of flowers and so the reason that the quantum pump works is we're pumping into the higher vibration of the field where things can shift and change, the quantum pleasure field. And so no matter where your energy vibration is set, if you're doing this, you're accessing that level of the quantum field where things can shift and change. So this is what we're doing. We're changing, we're informing the field to change to a better circumstance. So that's why that works. Yay.

Okay and we're gonna go back to our slides now. Okay. So we've gone through muscle testing and the quantum pump. We talked a little bit about the human blueprint. We got that down in a good order so that we can get right through our clearings. So we're gonna take about 5 minutes. Normally, we take a little longer on the clearing but I wanna get right to the cell regeneration. So whenever we're working with regeneration, the first thing that we do is we do a clearing and in this case, we're gonna clear these top 3: bloodline, Lucifer stops, and evil spirit curses are the major things that affect teeth and gums, and they're in the field of amplification.

Black magic, trauma and atheist thought forms that's in perception and those are the major things that affect teeth and gums in that area and then DNA, and DNA is actually in the matter. So those are the things we're gonna-- just take 5 minutes now and we're gonna be doing the quantum pump just like I showed you and we're gonna be doing a little clearing on bloodline, Lucifer stops, evil spirit, curses, black magic, trauma, atheist thought forms and DNA. So everybody has got their right hand moving.

Okay and let me talk about the different things that we're clearing. So in bloodline, bloodline is the-- it's really like the clan information. So it's what-- it's kind of a pressure that come down. It can be very dominating and controlling. It has that kind of a 'zip' to it and kind of an intenseness to it; so that's bloodline. And you think about bloodline and clan, you know like you're accountable to the clan to behave in a certain way or have your body behave in a certain way. Lucifer stops were actually from that fallen angel who was able to negatively affect the blueprint and that clears really quickly if you just clear it, it clears. But if you're not-- if something isn't clearing or regenerating, sometimes it's just a Lucifer stop which is just something that suppresses you from experiencing the shift and if you just clear it with just a little bit of pumping and clear it, it's gone.

Evil spirit curses are actually curses from people who have actually intended to curse you. So people with, you know, the eye of newt and frog leg and the spinning around in a circle and saying, "Abracadabra!", that's the evil spirit curses and some of those come from lifetime to lifetime. So you wanna clear them away. Trauma, and trauma can free from this life or another and so when you think about teeth and gums, it's part of what you're facing. It's also part of your ability to speak out clearly in the world to actually be able to take in, masticate, to able to take in your food, be fully nourished. There's a bunch of things going on with the teeth and mouth. So I understand that the teeth are related to the meridians and so they're related to the health of the organs in the body, too; so trauma.

Oops. And black magic are things we say our self. So if you're talking about your mouth not being particularly good or your teeth being troublesome and you're using-- you're talking about it quite a bit. You're convincing yourself that you can't. You know, that that's the way it is. And then the atheist thought forms are the ones where you convince yourself that it can't get better. So the jaw can't grow back or the teeth can't grow back or there's a hole in your tooth, so the only alternative is to either pull the tooth or to fill the tooth when in actuality, you can grow back the tooth. The tooth can grow back. It's not like it just grows in and it won't do more for you. I think the other thing is teeth can fall out and new teeth can grow back in. We're wired to have new teeth grow in, a second set of teeth come in at 105 years old.

Our bodies are really designed to live about 700 years. So we have in our system set up to bring in new teeth occasionally. Our teeth go through a lot of problems because we're eating things that in the original design, we weren't meant to eat high sugars and acids like sodas and things like that, which is eating things that really the body wasn't made to have in the mouth. So that's why it's breaking down faster. Okay. And 5 after-- okay. So we wanna move on.

So normally, we do a little longer clearing on this but, like I said, I really wanna get into the regeneration. So we're gonna go back to the slides now. Okay. Alright. So we've done a little clearing on this. If you wanted to keep clearing on this, you could actually pump if you wanted to pump for 5 hours, that would get you to zero for most of you. So that would be a recommendation if you wanted to actually clear more on this stuff, you could. And the amount of time for the clearing would be about 5 hours pumping. Okay.

And we're going into cell regeneration. This is really simple little cartoony image of a cell but I like this because you can see a nucleus, and you can see the little organelles, you can see the stuff kind of floating in the cell. And so sometimes we think about a magical little cell with just a nucleus and then the outer rim but in actuality, when we look at the cell and believe it or not, the cell is like a whole and complete little body that has a digestive organelle and elimination organelle and it has nucleus and DNA and

mitochondria. So you see there's quite a bit involved in a cell and we're working with master cell, and master cell is the cell that's been with you 7 days after your mom and dad conceived you and we're regenerating that master cell. So it's a really nice example. You're gonna have this. I'm sending you the slides so you'll be able to print this out if you'd like to and really look it over. There's a bunch of stuff going on in every little cell in our body.

Okay. And then we're gonna start pumping to re-initiate 100 percent function of the blueprint in the physical cells in all parts of the cell. So these are ones that we normally identify when we're pumping but we're actually going for the entire cell. So we're pumping to restore a hundred percent of this master cell in the gums and in the teeth and let's do it also for the jaw at the same time and they'll be a little bit different but let's go ahead and pump. We'll go into the jaw at the end. I see there's a lot of questions. I will be sending instructions afterwards but you can pump for 5 hours. You could pump for 20 minutes for, you know, like how many days in the row that needs to be. You could pump for 3 hours one day and 2 hours another day. You could pump for an hour and then come back to it a few hours later. So you can pump as, you know-- whenever it's convenient. Just what I got for the group was about 5 hours and someone else is asking-- let's see.

Verina is asking, "Which hand you use?" The best hand is the right hand but I have able to use their left hand because they don't have a right hand. Hello, Charlotte from Denmark. "New and just connected. Please help." Okay. And we did go through a demonstration, Gina, but I will get right back to you. Okay. Yeah. Diana, the overall clearing is just for, and what we're doing today, is just working on teeth, gums, and jaw. And here is the quantum pump again, the hand pump. And again, your elbow down at your waist here and then the hand moving forward and then you see it this way and see it this way. It's a reflex kind of movement rather than this. It's not this. That would be a lot of hard work, wouldn't it? Ah. I couldn't go very long doing that. So it's more of just kind of throwing your hand forward and letting it come back and it's a--. And you find your own pace but this pace seem to be a good pace.

So what we're doing now is we're pumping to really bring the master cell that's in the human blueprint up to 100 percent in the physical body, in your physical body, in your jaw, in your teeth, and in your gums. So that's what we're doing. We're pumping. So everybody's pumping. We're gonna pump the whole class.

Lisa asks, "Is there one master cell for the whole body?" Well, you know, at day one, there was just a few cells, right? And then at day 7, there's about 130 or 140 master cells. And those are kind of the original cells. So about 140 master cells but know that, even if they were surgically removed from you like you know we have surgery, we have an organ removed or something, that master cell still exists in the blueprint. In addition

to master cells, we have stem cells, and stem cells are very much like master cells. The stem cells and master cells are the ones that regenerate ones that grow new cells and have the information that we need to regenerate and grow younger. So good question.

Okay and-- Thanks, Vanessa. "My hand gets tired after pumping and can't do it long. Is that normal?" Lina, yeah. I think it's just-- you're just gonna get used to it. Build up the muscle of spiritual power. It isn't necessarily normal. I think I do it for hours and hours but have some energy in your hand like you don't really own your hand or your arm at this moment. I could test and see. Does she own her hand? How much? Yeah. You're only owning your hand arm about 2 percent and you go, "Well, goodness. What is owning my hand and my arm?" And it could be energies, it could be spiritual parasites. So you know it's-- if you're-- one of the things I notice is that I got so much better as a spiritual being in a body when I sort of really like working out and getting out in nature and just being able to own my body more, but then there are also programs like having permission to own your body. So I would just keep doing it because you're showing 'I'm kicking out the energetic squatters, so to speak, in my arm' and I'm saying, "This is my arm and my arm is healthy and I can pump for hours because it's effortless and it's easy." So that's what I wanted you to be looking at.

Teeth. April, definitely. Teeth can grow back before 105. What we're gonna be doing is you're going to-- I'm gonna give you some homework for those of you who haven't seen teeth or wanna grow in new teeth, is you're gonna be pumping for those new teeth. You're gonna be seeing the new teeth coming in and pumping for that. So absolutely, definitely exist in the blueprint and you can completely create that for yourself. So there is no problem with growing back new teeth and also if you have some cavities that you'd like to fill back in, it's a matter of pumping. So I've gotten emails from students who are pumping and over six weeks or ten weeks, three months, four months, seen improvements in their teeth with the holes in their teeth like cavities in their teeth are filling in; their teeth are getting better.

So, yes, definitely both you can grow back new teeth. You don't have to weight 205 and also you can grow back missing-- something that's been eating away in the tooth, you can grow them back too. And it's really part of it is clearing that atheist thought forms and not talking negatively about your mouth and your teeth. Just being happy, just knowing all is well and in divine order, whatever you needed to learn from whatever experience you had, you learned it, and you're moving on.

Let's see. Irene, "Can I get the benefit of energy on pain and immune decline?" Oh. Pain and immune decline. This class doesn't really touch on that. Where we really go into that class, but I might teach a class on pain 'cause and auto-immune seem to go hand and hand a lot of the time. It's either bones, the skeletal system, or its auto-immune pain. So let me think about that. I might put up a class with that. Pumping will

help for everything and with pain, it's really good if a sudden pain comes on to just say, "This is not me. This is not me." But then also to understand that you could pump it clear and it's-- I mean pain is the replacement of pleasure or joy, so it shows that you're not able to own that part of the body well.

Diana is asking about root canals and I have no opinion. I mean, obviously, people are coming to the class with all the different issues that they have and so you know I think if you were wanting to re-grow teeth where you have root canals, I think one of the things to do is just establish good health and then know if you've got a root canal but the tooth is working out well then perfectly fine. Yeah. I think the thing is you know we're attaching to-- I know some of you will have some laminates and linears and some of you will have false teeth and implants and all kinds of different things, obviously, because there's so many ways that teeth are dealt with in this day and age. So we're just gonna do the best we can for everybody on the call but just to say, definitely the teeth can fill in, the gums can grow back, the jaw can grow back; so all of this is possible.

I had an aunt who had terrible Para-dental or jaw and gum disease and her-- literally, her jaw dissolved. My aunt Glenna is wonderful lady. So she had her ribs taken and they built her a new jaw with ribs. Now she had a pretty interesting looking face after she had a new jaw built of ribs, but she was able to, you know, live and have a life and yeah but I would never want that. I would just grow back my bones. Something I didn't know how to do when she was little girl when she was going through that.

Grinding teeth, yeah. I mean the first thing to do Ariel is look at you know spiritual parasites in space and stress. I think that for teeth grinding, it's really good to have a mouth guard for awhile so that you're taking charge of your mouth and then also setting yourself at relaxation when you go to sleep. You definitely do not wanna grind your teeth. You might you know before you go to sleep, meditate and get yourself in kind of a peaceful place and then tell yourself, "I'm gonna sleep with my jaw a quarter of an inch relax and open." So that little bit of space between the two sets of teeth and then if you're waking, look and see, are you clinching again? Because it's really, again, taking ownership of the muscles in the mouth, in the jaw.

I have no idea about whitening. Maybe whitening has to do with oxygen and darkening has to do with you stained teeth. So I could be something interesting. You can give it a try. If I were doing an experiment with whitening my teeth, I would be imagining lots and lots of oxygen on the teeth. You know when I'm like meditating and pumping, I would be imagining tons of oxygen dissipating the stain in the teeth and brightening the teeth. "Love my new sign." Oh, thank you. What new sign do I have? Okay.

"I had gum disease with receding gums and roots of my tooth were shallow and crooked, so have been pulled out years ago. Will the teeth grow back and with cell

regeneration?" They could, Jerry. I think once you've had things kind of surgically removed, you have to clear atheist thought forms around them gone and if you test that you know, know they're gone then they won't go back because your mind says they won't grow back. So you gotta have your mind saying, "Oh I see these teeth growing in like they did when I was 3 years old." Or six years old or eight years old or whatever. You could just kind of have that happy idea and really clear a way in any atheist thought forms that say, "I have it surgically removed and they're gone forever."

I had-- I haven't had any real teeth issues but when I was really sick with cancer, in an effort to save my nails, my toenails, I had a fungus that had taken over a couple of nails and the doctors decided it would be better to remove the nail, the couple of nails, that were infected rather than have me lose all the nails. So they pulled out, accidentally, they pulled out three nails instead of pull off 2. And the doctor informed me they're never coming back. I've pulled out them out from the roots and I said, "Oh no. They're gonna grow back." And sure enough, two of them grew back. The baby, the tiny little nail never grew back and I didn't pay much attention to it but they didn't grow back for few years but they definitely did come back again. So understand that if you have that belief in you just say, "Oh no. They're coming back." And you just are certain they're coming back and you need them then they are very likely gonna have a much better chance of coming back.

"What about re-growing jaws so new teeth have room to grow on in." Yeah. That-- we actually will be getting to that. I wanted to spend some time on the teeth and the gums and then I do have it in the PowerPoint to be working on the jaw towards the end of the class. So the last 15 minutes will go to the jaw. Abscess infection from Rose. "What would you do with an abscess infection?" You know what I'd really recommend with infections is this chopping. It's like the same thing we were doing when we were removing programs, you're removing something that doesn't belong there and we look at infections like they're parasitical. You know they-- there's something that's living in the body that doesn't belong in the body. So you do this chopping motion and you would focus on seeing-- you do the choppy motion towards the infection but you see yourself as completely whole and restored. So you're not really focusing on the infection as much as that area we complete restored and healthy.

So remember that what we focus on expands. If you're focusing on clearing an infection then you're gonna be clearing an infection for a very long time. If you're focusing on you know removing the squatting energy that doesn't belong in there but you're focusing really on the wellness of the body. Like just claiming the wellness of that part of the body and you're focusing on what it feels like to be well there. You're focusing on, you know, the healthy tissue and you're pumping in the healthy tissue then you're gonna be moving much more rapidly towards healthy tissue.

April is asking if we work on all teeth at the same time or if we work on one at a time and I think today in class, we're working on everything. We're working on the gums and the teeth all together but I would recommend-- let's see. You can do up to 6 teeth at a time. I think that that's gonna be-- so you wanna focus on the problem teeth probably rather than all of your teeth. But today, we're just kind of covering. We're doing the kind of a blanket cover of all teeth and the gum tissue. And let's see if we've got-- we're gonna go back to the slides for a minute. These are really great questions, guys. I apologize if I'm not getting to everybody's question. Like I said, we have 400 people in the class today and you are so loved. So, as the questions are streaming in, I'm trying to get a good flavor of questions from many, many different people and please, please don't be hurt if I haven't noticed your question. If you are so loved and cherished and you're gonna get everything you need out of this call. I promise you. Okay.

Oop. Let's see. So we're pumping to a hundred percent function. Can we get 100 percent in the jaw? In the teeth? So we're at a hundred percent in the teeth, and jaw we've got about 4 more minutes of pumping for the teeth. And then we're gonna go-- and so just keep pumping-- and then we're gonna go into this mirroring process to the surrounding cells and that is going to show the cells how to-- it's gonna how to go up to 100 percent function. So that will be the next step.

Karen, "Can crooked teeth straighten?" Well, I think so. I mean, you know, everything's kind of an experiment. I always say inner and outer actions so you would clear any blocks or obstacles to having beautifully aligned teeth but you also might have a retainer or something to help move them into position, the position that you want, so. But I think they can. I haven't actually experimented on that particular issue. I think one of the things people's teeth can get a little moving around if they're-- if they have a lot of water retention, if they have adrenal issues, that can also cause movement in the teeth. So you wanna have healthy-- you wanna keep yourself relaxed and healthy and eat nutritiously and get yourself chemically balanced.

Pre-state of cancer in the gums would be exactly what we're doing here which is restoring the gums to 100 percent healthy. So that would be we can do. So you-- I think that was-- Gosh. It disappeared. You know who are. Someone asked me about-- Gosh. It's gone. Oh. Oh it's Gangga. For good. You're off my screen already. Pre-state of cancer in the gums, you could do this chop. It's kind of this chopping quantum pump. If you felt that there was some actual disease there but I think really keep looking at the healthy gums coming back. It's gonna be the better route to go because when you have good healthy, it's just like love and hate can't exist in this same space. You know health and illness can't exist in the same space. So the more you pump for good health, the less illness can be there. So that makes sense, I'm sure. Time for water.

So we've answered a lot of questions. Nila is asking about a residual infection in the root and with a residual infection like something that comes and goes, you wanna clear cycles and timelines. So that's more in the clearing part. And the good news is, although this is a regeneration class, we have classes on-- we have one class that you might really be interested in, it's on replay right now, which is called 'The hundred percent clear' class and it really teaches every single thing about what we're clearing and why we're clearing it. So you might look into that, too. So with residual, it's on a cycle or timeline. It's also gonna-- you're gonna need to clear bloodline and then you're gonna do the chopping and then you're gonna restore health and then you're gonna make sure that there's nothing in the DNA that would reset it and in the bloodline that would reset it. So those are the things that I would do, Nila.

Tingling, numb tongue. Could-- tingling, numb tongue. That's actually-- bring that up Patricia in the nerve class. I think that's class 4 and someone, earlier on, I noticed, it just isn't relevant today about arthritis, bring that up in the bone class. So we have some amazing topics and they're topics that I am asked for. "How do I deal with this?" So I wanted to take you through some of the amazing topics that we have. We do a full regeneration program. 36 hours over the course of a year. That's-- that class is 'Your year of miracles' and it's 3 hours a month. You come in for a 3-hour minute retreat and we regenerate the whole body over the course of a year. So this is kind of a nice flavor of that. You're getting 4 hours of regeneration but imagine 36 hours of regeneration.

So that might be something some of you might wanna jump into at some point. I do think that we have-- we have quite a bit of regeneration classes going on in the first few months to the year. Healing sex glands and organs. We're doing regeneration for men and women. Bladder, vision-- I know I'm seeing in my mind. I'm seeing quite a few regeneration classes. So if you don't get to your topic, we're gonna be teaching the cell-- the technique of cell regeneration but you might wanna look on our events calendar and see if what you really want is in one of those places too, but you're learning. You're actually learning the foundation for regeneration for every part of the body in this class. So you can do it on your own too.

Heather was saying that her son had-- "Young had a tooth growing up into his mouth rather than down. Could this be reversed by pumping?" I actually think it could. Yeah. It does seem like there was some program for that too that was running in a weird direction. So yeah. I think that that could be shifted with pumping. "Will this help--" Oh. I answered that one. "Can you explain more clearer with chopping and the sequence. Some of us have never heard of this before." Yeah. I'll go through-- So first of all, the chopping is just-- instead of one hand, it's two hands. It's the quantum pump with two hands, but to me it feels like chopping. Chop, chop, chop, chop, chop. 'Cause you're doing it alternating. So you think about a sculpture, chop, chop, chopping away and it's just a visual of kind of boom, boom, boom, boom like a sculpture and you know how

they chop and eventually get down to the beautiful sculpture underneath. So that's why I call it chopping but it's just really two hands moving and the sequence we can go through again. I'd be happy to do that.

Okay. So let's go back up here. So we start with the clearings and the clearings that we did today were bloodline, Lucifer stops, evil spirit curses, black magic, trauma, atheist thought forms, and DNA. And we talked about each of those just a little bit and so we pump for clearing and you'll have a little homework. If you want to, you can clear for 5 hours on these clearings. And then we went into actually looking at the cell itself and in the cell itself are many different things: organelles, nucleus, the outer and inner parts of the cell. And we talked about the master cell, the master cell is with you 7 days after your parents conceived you and it is the-- I'm sorry. I thought I was doing screen share and I can see my face. So you're not seeing the screen share. So, sorry about that. Come on screen share. Sometimes it's a little temperamental.

There we go. Okay. So the master cell is with you 7 days after your parents conceived you. There's 130 master cells in your body. Even if they were surgically removed, the master cell, you still have them in the human blueprint. By using the quantum pump, you can activate the master cell and bring that master cell back into physical form and that's what we've been doing. Bringing the master cell back into physical form. Okay. And once we've brought that master cell into physical form, we've been pumping. We've pump for quite a while. So we're pumping to re-initiate 100 percent function from the blueprint to all the physical cell of parts in the physical cell and here is what we normally, when we go through, a list of things we go through this but in-- so the membrane, nucleus, absorption, elimination, DNA, mitochondria but in actuality, we're actually regenerating the entire cell. So the cell in its entirety. And cells look a little bit differently based on what kind of cell it is but most of them have most of these stuff in it. So this is our kind of our little checklist when we go through cell regeneration, this is our little checklist.

And so that's what we're doing, we've been pumping to bring back into physical form, physical reality the cell. And you know, you might be curious to think, "Well, I've already probably got that cell, you know? Is there something wrong with it?" And what I've seen when I've done thousands of looks or readings on people is that the cell will go down to 10 percent function or it'll even have missing pieces. For example, my nucleus of all my cells, all the nucleus of my cells, this part right here, that was eaten away by a disease called mycoplasms. So in my entire body, I had no nucleus in my cells and I was able to, using the human blueprint, restore the nucleus to all of my cells in my body. So using the human blueprint, I was able to pump back physical reality, bring this into physical form even though it wasn't there anymore and pump it back into the body and then pump it in into 100 percent.

So that's actually what we're doing and then with the DNA, we're pumping and we're-- DNA can be broken in places. It can have poor function and so you know when you look at the overall DNA function of the class, I get for this-- for the teeth, gums, and jaw I get 15 percent. And so we would bring that up to 100 percent DNA. And then the overall function of the cell for the entire group when we started was, for the gums, teeth, and jaw about 40 percent. So we wanna bring that up to a hundred percent and that's what we're doing right now.

Then the mitochondria. See this little bugger, he's a little bit like a caterpillar here. The mitochondria, that's very important for you to know. That's the fuel generator of the cell and it's also where the regeneration program is. So mitochondria is our big regeneration. That's where you, you know, tickle it. I say 'you' tickle the caterpillar there. You press on its belly and it giggles and you start a cascade of new cell growth and I'll show you that. So you start with that one cell and then you get multiple cells and you get multiple cells and you get lots more than just two cells coming out of this master cell but this is a nice idea of just imagining a cascade of new cell growth. So in the first day, you don't have just a few cells but ultimately, you're gonna have hundreds and hundreds of new cells.

But before we do that process ,we do the mirroring process and we just are improving all the cells in the body. So all of the stem cells are going to 100 percent and we mirror that 100 percent stem cells to the surrounding cells. So they get a big boost up. They behave better. They look at them self and go, "Oh." They stand up better, they stick their chest out and smile and you know, the cells we do the mirroring and then we do the cascade of new cell growth using the mitochondria. So that's the exact process of cell regeneration.

Laurie, I haven't seen a dentist in 10 years. So it's entirely up to you. I have a water pick that I use to clean my teeth and gums and it's entirely up to you. Whatever you feel is your best choice is gonna be good. I resist some of the medical procedures. They feel kind of like they take control of my mouth or my body and so-- oops. Did the-- what happened here? I'm not good in this, you guys. Sorry about this. I'm not sure I can see you. You disappeared. There we go. I wanna show you what a student of ours donated or recommended, it's very nice. Here's protocol for taking care of your teeth, gums, and jaw, the outer action routing that we'll be sending today with your homework and it's just her naturopathic dentist had recommended this for actually restoring the gums, the jaw, the teeth and it's really nice to do the inner and outer action. I'm always saying, "Do the inner action. Do the quantum pump. That's what I'm teaching you and then do the outer action." So you're gonna actually have this to enjoy, to look at, and to use.

So it's just something-- there you go. As you can see, the whole thing, this will be coming out with today's class. So if you wanted a protocol, a procedure of 'how do I take good care of my teeth when I'm growing them back and coming out of some difficulty into something better.' I'm sending this to you, too. So you can-- you're welcome to use this if you'd like to. I know the student how used to loved it. What I took from that is get a water pick. The toothbrushes don't do the job the way a water pick can and a water pick can cover so much, you know, 'cause it can get in between the teeth and it's just so a hundred times better than using all that toothpaste and sugar and smearing all that stuff on your teeth but you know, do what make sense to you.

Lisa's question, "You are repeating that you said earlier but I'm still unclear about the process. Is it all about intention? Do I intended to clear bloodline, etc. while pumping then intend 100 percent healthy master cell?" Kind of. I could say-- I mean it's yes and kind of yes. It's not just all about intention. I know you've got to believe that it's possible and then you're directing the shift with this quantum pump. So the quantum pump is re-arranging what you're setting the vision of and you can call it intention, that's fine. That's probably how you're using the word. You're intending for a shift but I think it's even better than intend is to see the shift. So intending is kind of like hoping to make a change and then shifting something. So we're bringing the master cell to 100 percent. So we know that with absolute certainty and what we're doing is the quantum pump which allows that to go to 100 percent. Then we're muscle testing to see how far we're at with the teeth are at a 100 percent and the jaw-- the jaw, isn't. The gums are at a hundred percent.

Okay good. And so now, we're going to, in our mind's eye, imagine mirroring of all the cells, the master cell to all the other cells. So that's what we're doing next, we're gonna mirror and you could pump through that. So you can just imagine, close your eyes and imagine that that master cell is now mirroring, reflecting 100 percent function teeth and gums to all the surrounding cells and you're pumping while you're imagining. You might even feel some tingliness or some change in your teeth and your jaw, your gums. And then we're going to press on the program in the mitochondria and that literally is also just knowing that you're doing it and pumping. Pressing on the program and now starting the cascade of new cell growth. We're about 80 percent into that and the new cell growth for the teeth and gums will be able 82 days. So you'll be growing new cells in teeth and gums for 82 days from this regeneration.

It's really important to use the meditations to really help keep you in the pleasure field. So my meditations do take you right up into the quantum pleasure field. If you would please do one of those a day of my meditations, 20 to 30 minutes is the best amount of time, that would be great.

You can definitely use this to help a child with soft teeth. Absolutely. "Is electrical toothbrush harmful for that natural electrical current in your odd." I don't what that is. I don't know if you're asking-- I don't-- Maybe you're not asking about a water pick, you're asking about one of those teeth-- the answer is 70 percent true for Christopher. Irene, Please bring that up. Joint pain in the bone class that we'll be doing. Today is not the day for that. "What about fluoride in the water?" from Bernadette. It's 80 percent bad for you. I definitely recommend using filters. "Is there only one master cell in the whole body?" and Margaret and for everyone, just to be really clear, at 7 days after conception, there are 130 master cells. 130. Then there are thousands of stem cells. So both master cells, 130, and thousands and thousands of stem cells. Okay.

"What meditation?" Okay. It doesn't matter any of my meditations. There's a hundred and 80 meditations out. I believe that you got 4 meditations with this class. Those are short ones so I'll add one of our free meditations, The Fatigue to Fabulous, to the email today. So you'll have that one too. That's healing the stress syndromes, so it's healing the adrenals. We'll add that. So you'll have that meditation too. Okay. Let's see.

Elizabeth, you just need to contact support. The bonus meditations do come with your thank you page. So you might have just missed seeing the thank you page. But support@julierenee.com will get you help. So if you're losing something, they'll get it to you. You'll be getting this replay, the audio, and PowerPoints within an hour or two after class. We're really fast about turning things out. You'll be getting homework. You'll be getting some assignments and I'll be getting the 'Fatigue to Fabulous' meditation, a training video on kinesiology, and yeah. It's good.

If you don't understand every single thing I've talked about today, that's perfectly fine. Understand that this is a process. What I've noticed is if you would re-listen to this once or twice more, you're gonna see that I actually have covered you questions but you might not have quite yet grasp the concept. So I highly recommend that you re-listen maybe once or twice to this video before coming to class next week and understand each week, we'll be going through process of cell regeneration. So you are getting it. Don't worry. You are definitely gonna get it.

"Does cell growth depend on age?" and this is from Christopher who's 73. Nope. Regeneration is regeneration. You're 73, you're young. You're meant to live 700 years, so. You know, you're just a 25 year old. Okay. I wanna just take you through the steps for the jaw. So you're actually able to see, before we close out, we have about 4 minutes left and we're doing fantastic. And on the cell regeneration, we're good to go on the jaw and that's 82 days of cell regeneration on the jaw and on the teeth, 40 days on the teeth. So fantastic. We've done such a great job on teeth and gums rather teeth and gums. That was gums, I think I might have said jaw. Then looking at the jawbone regeneration, we have cleared quite a bit already with the jaw. What I see with the jaw

bone is it's more like tree roots that are growing into each other. So it's-- when the bones grow back-- you can't really-- this is kind of cool when you do it this way. But if you can kind of imagine that it's-- it doesn't really look-- bones really don't really look like cells, they look more like 3 roots growing in, so. Another example, it would be kind of looking like this. Kind of meshing the bones are growing into each other. So I see that more that like cells and you can just pump for that.

We've had some pretty incredible miracles with people with broken bones. A lady, 75 year old lady in our training, our miraculous living training, came in for a live retreat. She had taken a bad spill 2 weeks before and broken her two ribs and she had a difficulty breathing and she was sitting at class and just for 20 minutes, we did a regeneration on her bones. She said it felt like warm oil and the bones literally grew back together. She's perfectly fine. So this is incredibly effective on bones. Bones are the easiest thing to grow back. So you have to clear the atheist thought forms, the you know 'my bones are gone and my bones are bad', and then go for it but bones are really easy to grow back. Very easy to grow back.

And then just to give you your next steps since we're just at the last minute of the class, continue doing your daily pumping for re-growth of teeth and gums and jaw. 20 minutes a day is great for just, you know, a regular routine and you'll get the 5 hours for the clearing stuff. And then add the-- oops. Outer action routine. Teeth, gums, and jaws dental care if you'd like. If you have some other outer action you'd like to add to that, please do. But I want you to not just think that you're gonna pump and everything is gonna be perfect. You're gonna want to do some outer action too and let's see. Let's see. We might have gotten it. Yeah. Grow Younger. Yay. And then on the jaw itself, how many-- we are actually gonna be done with the jaw regeneration in about 30 minutes. The class is over in 1 minute. So if you would keep pumping for 30 minutes, we'll be all the way through the jaw regeneration. I will pump with you.

So even though the class will be over, I'll be pumping with you. And please stay on the call if you can, we're gonna have maybe 4 or 5 videos running at this point and I'm gonna be just sitting here pumping away, I'll answer some questions in the chat box. I won't be able to answer everybody's questions just given the volume of students that we have but I will be in the chat box and pumping with you. Pump for 30 minutes and the jaw regeneration will be done, too. Yahoo. How about that? So we did teeth, we did gums, and we jaw. I know you guys have lots of questions. I am sending you some support materials. We're getting-- hopefully everybody got a chance to look at the little video I sent on regeneration. You're getting some articles. We'll send you a meditation today that you can use which just takes you into the pleasure field and we'll see you next week and I love you. God bless you. Have an amazing day. Thank you for joining me in Grow Younger: cell regeneration made easy, and it will all be very clear by week 4.

Alright. Happy new year everyone and come join on Saturday, we're doing a quantum state of the union global visioning event and I'll be going through all the month of the year. We'll be looking at what the energies for humanity will be; what the energies for the planet will be. Kind of mapping things out. I'd love for you to join me. That's from 9 to 10, Saturday morning. So just in a couple of days. Alright. Love you. Bye everyone.