

Grow Younger_Part 3_Transcript

Good morning, good afternoon and good evening to all of you from all over the world and welcome to Cell Regeneration Made Easy, Grow Younger. Today, we're going to be working on the heart. Yay, the heart. Alright, please do sign in and we're going to get started real quickly here because we have so much to cover today.

Hi to Barney and Carol from Salt Lake City, Utah. Fantastic. Charles and Haruko. Good morning Haruko. It's nice to see you. Haruko is one of our graduates from the immersion program. Lori, Judith, Karen, Marty, Verti, Cindy, Mary, Sharon, Patricia, Nancy, Maria, Corinna, Lemee, Antonia, Doreen, Bruno, Julie, Charlotte, Sandy – welcome everyone! Please do sign in. I love seeing your names, even though I can't read all of them. Melanie, and Audrey, Allison, Doreen, Woohoo Margaret! Alan, Gay, Angela. Oh I love this. It's like being in Las Vegas and having the red cherries come up with all your happy faces and greeting.

Today we're going to be working on the healthy heart and regeneration of your heart. And just a quick reminder about muscle testing, so how you get your answers, let me just show you again. Muscle testing is using your right hand and ring finger and then pushing down with your first finger of your left hand. You're holding your ring finger very firmly and you're pushing and you're saying something that is or isn't true and you're testing. 'My name is Julie Renee' is true and it holds really nicely. 'My name is George,' no. That's muscle testing. And then the next slide is to remind you of what we're doing with the quantum pump.

The quantum pump is the hand movement that goes like this. We've been doing it and now this is the third day, so you should have that quantum pump down really well but I just want to review it for you. It isn't this, which will make your hands really tired. It's really more of a reflex. But if you were learning it, the idea of bringing the fingers in and letting them out is what we're doing, but we're just not doing kind of a conscious... We're not working the hand like a muscle. We're actually doing it more like a reflex. And your elbow is down at your waist, so way down there, and there we go. Okay, perfect. And that is the pump we're going to be using for this class. There are a few other hand movements that we do in other classes, but this is the one that will get it done for us and this is definitely the one we use for regeneration.

Oh hi Myrna, there you are. And Robert, and Janice, and Tammy, and Marie, and Irene, and Peg, and Bernadette, and Christy, and Nila, and all of you who I didn't catch when you signed in. I love you. Thank you for being on the call. It's a big class and it's really fun to teach a big class; different dynamics.

Okay, so we did the quantum pump. Here's what we're going to be pumping to clear first. What we're going to be working on today is any kind of failure in the heart or low function of the heart. We're going to be working on the valves, the vessels, circulation and blood pressure. When I muscle tested to see what the problems were that would cause issues in you guys' heart, these were the things that I came up with. Bloodline Lucifer stops... Everybody is pumping at this point. Soul contracts, evil spirit curses, satanic curses, memes, miasms, curses, black magic, trauma, Atheist thought forms, DNA, cycles, timelines.

And then we get into more of the spiritual bugaboos. We've got holographic inserts, seeds, mechanisms, implants, invasive nano technology, permeations, portals, cords, contracts, agreements, karma, alien type 3 and 8, evil spirits, entities, demons, transmortals, ghosts and guides.

So we've got a lot to clear. We're going to be pumping for about a half an hour on clearing and then we're going to go into the regeneration of the heart and the valves and vessels. We'll be doing a nice, big regeneration on that.

Let's see, more people. Nadia, good morning. Nadia's in the yearlong program. She's just starting in immersion. And Colleen, hi. Marcia, Jennifer, Vivian, Thomas, Sandy and Charles. "I have heart failure with a defibrillator." Okay, well this is going to help you a lot. And Severina from Slovenia. Oh my goodness. I was just looking at a map of Slovenia. There's some kind of a cruise going on. I was just looking at that. Aida, and Barbara, and Alana. "It seems that my chronic heart arrhythmia episodes which is scary is related to digestion and stomach. What would you recommend?"

You know, I think... I'm just going to come back on and talk a little bit while we're pumping. We're going to pump on all of this stuff for about a half an hour you guys. This is a big amount of stuff to clear. When it comes to heart arrhythmia, what I've seen is spiritual parasites and aliens plug into the body and the muscular system, and of course the heart is a muscle and so you end up with this heart arrhythmia or irregular heartbeat. There are a couple things we're going to do. We're going to clear the bugaboos. We're going to clear the programs and then we're going to do regeneration.

When I was really struggling with that earlier on in my life where I had irregular beats and missed beats and all that stuff with my heart, one of the things I did to help kind of align and attune my heart is I would pump my keyboard rhythms on and I will just lay and let the rhythms kind of sync up with my heartbeat so that my heart wouldn't be skipping a beat for whatever reason. I could align myself up with the rhythms of the keyboard rhythm thing. You know you can turn on rhythm when you're playing the

keyboards and that's what I did. It's kind of like drums. But you know what, I think ultimately, the cure is to get rid of the spiritual parasites and regenerate the heart. I think that's going to be the best thing and certainly, I have no heart issues at this point.

"There is heart attack in my lineage." That's what we're actually doing and that was for Iris. That's what we're doing with the bloodline, and the DNA, and the group mind, that's your lineage. And Christy, "I have increased heart rate over the last year. Do I have heart dysfunction?" Keep pumping everybody. "...or is it stress or what else?" It looks like spiritual parasites. Evil spirits, one, two evil spirits. Any anchors? No. It just looks like two evil spirits in there, so hopefully we'll get those cleared today. And then you know, you want to have a healthy routine for your heart.

Mary, "What do you see my anti-override syndrome to prior MTS. I feel healthy now. Thanks." I actually don't know what that is, since I don't have the medical terminologies. So when you're describing something guys, if you would say my heart goes fast or I have a syndrome that's related to an irritable heart or something, if you could tell me a little bit of what it is... I don't have the medical words that medical people put on things, so that would be helpful. But let's see, just in general, do you feel healthy, yes you're about 60% where you need to be. I think this is going to help a lot with the regeneration.

And Paul, "As you pump is used for several of the areas such as bone regeneration, so I have several hours of pumping to do for several parts of my body. Can we pump to handle several areas at once or do we need to stay on one specific area?" Well, you can pump for one thing and then you can pump for the next thing. But if you're pumping for multiple things, it will just be longer because your body will naturally just receive it for the one thing you're pumping on. Or what I wasn't to say is it will still be the time, whatever time it takes. So if you're pumping for all your bones and then you're pumping for your heart too, you can do that but it will just be longer time. That's a good question.

Let's see. So many questions coming on here. It's good. We have lots of answers. Charles is asking, "Does this clear the programs or do we need to specifically identify them?" No, it does clear the program. That big list that I just gave you, that's what we're clearing. It does clear the programs, definitely.

We have a little bit gone through this; this isn't really a class to teach you all of the different issues that we clear but I'm happy to explain a little bit to you. This bloodline, Lucifer stops, soul contracts, evil spirits, satanic curses – that's in the field of amplification. I think that we did go through this on the first class a little bit. Bloodline is your clan. Lucifer stops are a block in the actual blueprint. If you're really wanting to look at these in detail, what I would highly recommend is that maybe you pull out the charts

we gave you the first day. I'm going to show you one, but I'm not going to go through every single thing, but just know that these are resources that we've already given you in the first class and I think you'll find them really helpful. Let's see, I'll show you the amplification one. You have these. There you go.

Here we are looking at what the program is, a Lucifer stop. It's in amplification and matter and what is it? It's a block in the blueprint that prevents the issue from incorporating a shift. Where did it come from? A fallen angel, Lucifer, put this program in the blueprint. I removed the mass amount of that problem in 2014, so the main human blueprint will clear very quickly when you address it. It's just that it was in your blueprint when you came into being, but the blueprint in the ethers is clear, so yours will clear really fast if you pump. Sometimes it's like just a few second. And then it attracts any spiritual pests and in this case, we had mechanisms and holographs. These are the anchors actually here and then how to clear it. This takes a short amount of time. You would use the quantum pump.

Understand that if you're wanting to know the details of what we're clearing, here we are, everything that we're clearing is on the charts that we gave you at class one. Does that help? I hope that helps. So all you need to do is just go into the delivery page and download the charts that we gave you and you'll have all the details. I prepared a chart for you today also which we can take a look at in a minute. Actually, why don't we take a look at it now because it will be fun to see. Here we go.

This is the bonus extra credit homework for today, for the week rather. It's on clearing emotions, love and one more... Hand on one sec. And the right to exist. These would definitely have an effect on the heart. We're not doing them in class. This is going to be the extra credit homework that we'll be sending home with you. I test a lot of people are born without permission to experience their emotions or the ability to experience their emotions or the right to experience their emotions, and then love, freedom to, and permission and ability to love and be loved, and warmly greeted, cherished and respected, a lot of people have blocks to that and actually, the right to exist, the freedom and permission to be here on the planet. So these are the homework, these are the extra credit homeworks that I'm sending out with the replay that you'll get to work on independently.

Alright my dears, I see many questions coming in. "Please can you explain, when one uses the grounding and pumping of the organ or cell, am I correct in understanding using the grounding clears dark, failed energy?" I don't know what you're talking about Cindy, so maybe I'll just explain the process and then it will get clear to you. I don't know where you're getting the grounding from. You might be getting it from meditations

that you're doing. What we're doing is we're pumping on... and we're not doing right now, by the way. We're doing clearings, so we're just rearranging the quantum field.

Let me explain. There are two kinds of physics. There's Newtonian physics, the apple falling from the tree. And there's quantum physics and that defines everything as part of a field and that field is made up of particles vibrating. And based on how the particles are vibrating, you get a Julie Renee, you get a bouquet of flowers, you get a chair. And so when we're doing the quantum pump, which came to me when my body was being regenerated, I felt this pump. When you're doing the pump and you have a thought that's going towards the issue of shifting or changing or removing, we're rearranging the quantum field for a better circumstance for you. So that's exactly what we're doing. we're just rearranging the quantum field with the quantum pump.

When you're working on cell regeneration which we're not doing now, we're going to do that at the second half hour, you're working with the master cell, the stem cell that was with you seven days after your parents conceived you. That cell will be in a reduced function and what we do in the blueprint, in the ethers exists your perfected blueprint and the perfected human blueprint and we pump to bring that perfected blueprint into the master cell, into physical reality. Once the stem cell is reading that the blueprint is fully shifted into physical reality, we start a cascade of new cell growth. We do a mirroring and a cascade of new cell growth. That is regeneration in a very, very simple form. I hope that that explains it. I'm not telling you to ground anything, but when you are in meditation, I am telling you to ground things. There you go. And you're welcome to ground things if you like to, but I'm not giving you that instruction.

"Some of my arteries are blocked. How can I open them?" That's kind of the same as an illness. You would use the chopping technique. The chopping technique is two hands like this. It takes time. When you receive an infection, it takes three to nine times of chopping to remove an infection. So you're using your mind to imagine the arteries opening and you're doing the chopping technique, seeing the arteries open. Martha is asking where is this chart, and it is right below the videos. You'll see below the videos, there's the homework, the different charts. So your delivery page, if you look at the replay page, you'll see that there are many, many support things that are given to you each class. All you have to do is go to the delivery page and right under the video, it will say what it is – amplification chart, perception chart, homework. We've given extra homework. If you just click, you'll get right there to the delivery page and that's where it is. You all do have the charts because we're sending you the delivery page. We're saying, here's the replay and if you just go to the page that the replay is on, you have it. There you go. So if you didn't open up the replay page, you didn't see all the gifts that we're giving you, all the charts and things.

“Do you have to do the clearing prior to every time you pump daily?” The clearings are permanent, so once you get through and you’ve muscle tested that you’ve cleared everything in that issue, then your pumping for regeneration or clearing or whatever it is, it’s a one-time deal. The regeneration, if you have a heart that isn’t good, it might need more than one regeneration meaning you might come back three or four months later and do it again. But we’ll have dates for how long the heart is regenerating and you probably won’t need to as long as you do one of my guided meditations. It takes you into the quantum pleasure field every day. You probably won’t need to do anything for a few months.

Alana is asking about insomnia and sleep deprivation since infancy. Is it an alien or is it something in our heart or our brain? Yes, I think it’s something in your brain. Alien type 4 and it looks like it’s dominating the pineal gland which releases the melatonin, the sleep hormone. So you could work on clearing the alien type 4 out of your pineal gland and your brain. It’s kind of in the back part of the brain.

Martha, that’s exactly what I’ve told you. Go to the place where the replay is, which is called the delivery page. A delivery page means that it delivers you all of the program materials and so when you go to look at the replay, in addition to just the replay, so you don’t just get taken to YouTube to look at the video, you actually go to a page that has the video, it has the audio, it has the transcripts, it has the class PowerPoint, it will have the charts and the homework. We don’t just send you to look at the replay or listen to a link, but we actually set up everything up for you so you have everything. Barbara is saying wonderful. Yay!

I do recommend my book to understand the big picture. This beautiful was written a couple of years ago. The charts are brand new. We’ve just been adding the charts the last few months, but there are wonderful charts in this huge book. You’ll see, there’s lots of charts in here and tons, and tons, and tons of information. It’s 558 pages. This is the new version. It’s fully indexed and we got all the typos that we published quickly the first time around. You can buy this on the Website. You can buy this on Amazon in any country. It’s up everywhere. I love this book. It’s wonderful. I’m hoping to write the advanced Your Divine Human Blueprint book with all the new charting that we’re doing. That may be coming out in a year or two, but it definitely is percolating. It’s definitely starting to come with all the new definitions and easier way that we’re getting to things.

“Does it increase the effect of clearing regeneration if we listen to the replay of the clearing class while we do the clearing with a specific focus?” And that’s Gangga. Yeah, I think so. I think the one thing I would love for you guys to do especially those of you

who are brand new is the replay because I give you a lot of information in a very short period of time. We just have an hour together four times and so you're going to start getting more familiar with things if you do listen to the replay a couple times. It's going to sink in better. I would highly recommend it. And we have an audio replay as well as the video replay; so if it's easier for you to listen to the audio replay while you're driving around or whatever, please do because we've got it in both ways. And we also have transcripts. The transcripts get added about seven days after the class, but the replay page which is the delivery page will be up definitely so you can go back whenever you want. You just bookmark that page for yourself. At the top of your browser, there's a place where it says 'bookmarks' and you just click bookmark when you're on the page and then you'll always be able to find it and go back to it.

I'm going to say this one more time because I keep seeing questions that aren't... Clearly, I just want you all to tune in. Everyone else, all of the information in all of the charts are on the delivery page and each week, more information is added on that same page. So today, we'll get a reminder that here's the replay if you missed it and the homework is here, the charts, everything is there. You'll click on that page, that link and it will take you to the page and everything from the whole class will be there. You'll have every single thing from the whole class and all the charts. I bet you got it now. You didn't miss out on anything. We're not going to send you anything. It's on the delivery page. You're going to get a link. We usually send about an hour after the class, we say hey here's the replay and here's the homework and the charts are included and this is what you need to do, and that's all. You just click on the link and it takes you to the delivery page and everything is there and so you can download everything from every week. Yay! Mike, "I actually put the replay page up." Okay Mike, thank you. You're such a helper. I appreciate you Mike. Thank you.

I saw someone saying and then my screen flipped, "Can't download..." If you can't download the meditations, just contact support. We can help you with that so that if it's something with your browser not allowing you to download, that's not a problem. There isn't a way that we're setting up that you can download the videos, they're just too big and we're not doing download videos; we're doing delivery pages. So you can have it forever but it will be on that delivery page. Oh, that was Dawn. Yes Dawn, just contact support for that. Bridget, the charts didn't get to you. I'm sorry honey. The charts have been up the whole time, so you might not have seen them but they've been there.

Okay, so we're not going to talk about the charts anymore or the replay page. I believe that you guys understood. Just watch for the email that comes out about an hour, two hours after the class and it says, here's your link to the replay page. It doesn't say that 'replay page' but anyway, it's the delivery page and you just go to that page and you'll

have everything. No more conversation about that, okay? Let's just stop that conversation.

Yay! Maria is saying, "I feel like my heart is opening up and the pumping is removing the heart blocks." It definitely is. I'm not going to talk about the charts anymore, you guys. There's a little button kind of a thing under the video. It says 'charts.' There's a video and then there's charts. I saw it yesterday so it didn't go away; they're there. If you have problems or you can't find it, contact support@juliereenee.com. I saw it yesterday so I'm sure it didn't disappear overnight.

Increased anxiety, and that's Jessica. Jessica, well you suffer from anxiety, so there you go. When you say suffer from anxiety, understand that it's spiritual parasites that stimulate that feeling of anxiety. Once you get all of them finally once and for all clear, the anxiety completely and entirely goes away. And when you're changing something or shifting something for the better, they'll stimulate anxiety. So just know that this is not you. You can do the 'this is not me' and repeat that.

Okay my dears, we've gotten to 9:30. We've been pumping for quite a while. Let me just test and see. We're going to into regeneration now. If you wanted to keep clearing on this one, you would clear for another five hours. There's still a lot to clear on this big group of stuff; so another five hours of clearing for this would do the trick. But we want to get into the regeneration now, so we're going to start now.

We are doing the cell regeneration for the heart and again just to remind you, this is what that master cell is made up of. We're going to be pumping to reinitiate 100% function from the blueprint to the physical cells, all parts of the membrane, nucleus, absorption organelle, elimination organelle, DNA, and mitochondria. That is what we're doing now. We're pumping to regenerate the heart and we're bringing the master cell to 100%.

Mary said she's feeling very wonderful and things are opening up. Severina, you can do chopping with both hands or one hand. It doesn't really matter. It does go a little bit faster with the second hand going, but either way. Barbara says her rhythm seems to be affected by her thyroid and that is true, if you have too much thyroid. But also when you have a chemical imbalance, spiritual parasites are in there too so you want to address both. "How do we figure out how long we need to pump for clearing before pumping for regeneration? Also I only removed bone charts..." Okay, no more chart conversations folks. You go to the replay page and the charts are there. That's all I'm going to say. No more conversations about charts. And if you don't see it on the page, ask support and they will help you but it is there. I saw them.

“How long do we pump for clearing?” I actually give you in the homework, when I send you the follow-up, I tell you how long to pump. But you can also do muscle testing and you can check on how long to pump. April, “Can we use the replay for healing the eyes?” Well we have a vision class coming up really soon so if you wanted to actually get in a class that goes through the optic nerve, and the visual cortex, and the eyes, and the lenses and all the parts of the eyes, you could get into the vision class and that might be super helpful to actually go through step by step. It’s actually coming up on the 10th of February, so you might want to get yourself in. It’s a 2-part class. There’s a lot to regenerating the vision. There you go. Here’s the link for the vision class, if vision is one of the things that you’re interested in.

“How efficient is the regeneration before fully cleared?” There you go. I’m coming back and looking at you guys. Good questions. The regeneration is entirely and completely affective, even if you don’t clear. But if you don’t ultimately clear, those programs will yet again start affecting whatever we’re regenerating. Like today, we’re regenerating the heart. So I would love for you to do five more hours of clearing on the programs but we’re starting the regeneration now. I believe that we’ll be able to get the regeneration done in class today with me pumping with you which makes it go much faster. And then you can do a little bit more homework this week and clear the rest of the programs. There’s no problem. I used to do the regeneration without doing any clearing, so you can regenerate but ultimately, there are programs in place that will cause it to deteriorate. So it’s entirely 100% effective to do the cell regeneration right now and to follow up with some clearing later but not a lot later, like I’d love for you to do it in the next week or two, but it’s only five hours so maybe you can get it done this weekend.

Oh good, Diana had a dream we were doing the vision class. Yay! Yay, yay, yay. Charles, good question. “Could you clarify what we should be thinking about during pump, clear and regenerate?” Well right now, we’re working on regeneration. You just start off, you don’t have to think about it constantly, but you just start out by thinking about this beautiful, healthy heart that you’re regenerating. You see the heart regenerated. You see that master cell regenerated and then you just pump. You don’t have to keep thinking it because once you’ve gotten it started, you’re going in the right direction. So you can think about it and then you might come back and go, okay I want to check on where I’m at with my heart regeneration. We’re about 40% already on the heart regeneration and we’re only six minutes into it, so that’s fantastic. Yes Ivy, you can fully regenerate to 100% even if you have five hours of clearing to do. I think I did explain that completely.

Charlotte, "I'm looking to regenerate my body as a whole. I've been trying to improve my health for years but it feels like something is just not shifting. I've now been diagnosed with advanced breast cancer. Can you see if something's blocking my healing and I can clear that too?" Charlotte, I would very much recommend you get into Your Year of Miracles. I think that that would be spectacular for you. I'm going to put that link up. For those of you who want to do your whole body, Your Year of Miracles is 36 hours of regeneration. We basically do the entire body over the course of the year. Let me just grab that for you. I think this chart that I'm giving you for extra credit will be really good, having the right to exist. I think that that would be a good one for you also, the right toe exist. Yes, I think that that would be good.

Christy, "Feeling my heart space expand. Very cool." Wonderful. Tony, "Is it okay to rest the elbow on the arm rail of a chair when pumping?" Definitely, definitely. Make yourself comfortable. I actually pump in all kinds of beautiful positions. I'm laying in bed and I'm pumping. I'm walking through the grocery store and my hand is down by my thigh and I'm pumping. I'm hiking on the trail and I'm pumping. So it doesn't have to be up here. If you're tired or you want to prop yourself and pump, it's going to work. Just get that hand moving in whichever way you can get that hand moving.

Ad Gangga, "What question should we be asking when muscle testing? Could you kindly give some examples." Sure. Well, the reason I teach you about muscle testing with this is in related to say you're looking at... Let's see, let's look at this. You could say I've cleared bloodline 100%. I've cleared bloodline 100% in relation to heart valves, vessels, circulation and blood pressure. And then you'd get a yes because we did clear all of that 100%. I've cleared Lucifer stops 100% in relation to heart, vessels, circulation and blood pressure, and you get a yes. That would be a good use of muscle testing and the charts and that is exactly what I'm showing you.

"Are you doing a class on hearing? I had a nerve taken out and can't hear." I don't have one set up yet but I'm going to write it down right now. Let me see if I can fit it in as a special class. There's no reason not to. If I've got enough people who want it, I will do it. I wrote it on my notes. I got it written down here. "Can we switch hands?" Yes. And Andrea, "Can we use today's chart in most skilful way?" Sure. And Tony, "Thank you so much." You're welcome. And Karen, "Is it alright to pump to music? It's wonderful to ump to music." April, "Is your pumping just as fast and efficient on a replay when we pump with it?" Yes it is. "If so, will it work if we play it while we're doing other things? Also it's fun to pump to music while driving. I'm making my dancing into the quantum pump." I'm all for that April. That sounds great. I would love for you to pump while you're dancing or listening to music. That's awesome. "

Can you tell me what to say before regenerating the electric path on the heart?" I don't think you have to say anything. I think you can just intend to connect with the electrical part of the heart. We're doing the entire heart, the whole system, so we're not taking it into different pieces; we're actually doing the whole heart. Randani, you just pump. Whatever your rhythm is, you do it the way you do it and it will be perfect. "Does the five hours of clearing cover all areas of the body?" No, it doesn't. It's really very specific. Clear failure of heart valves, vessels, circulation and blood pressure. That is all we're working on today. If you were doing the whole body, it would probably be more like 5000 hours. "Does this also clear the whole circulatory system, veins and arteries too?" No, we do like a 3-hour class if we were going to regenerate all of those parts, but we were clearing the blocks to that. We're just regenerating the heart.

"I have both a hand chopping and it feels fantastic and opening. Also automatically both of my feet started tapping." Fantastic! And that's Angela. And Andrea, "Now can we but how to use skilfully?" Just keep practicing. Skill comes with practice. You're given all of the things to clear; you can muscle test one by one and you can pump. It's just practice. Practice makes skilful. You're welcome Sharon. "Could you also add a chart with all the necessary clearings for muscle testing? Thank you." Yes, it is on my list. I actually plan to. I have some hours set up next week to actually finish the perception chart, make a chart for the different kinds of quantum pump and make a chart for anchors and then make a chart for anything interrupting muscle testing. I guess I've got four charts I'm going to be making next week and I actually got some hours set aside to do that. It takes time to make those charts, I'm sure you guys realize. When you see a big chart like that, it takes a few hours. I'm happy to do it though. I'm really happy to do it.

"Can you pump for someone else and how?" First of all, you get permission from them and then you can kind of do the same thing you're doing for yourself. I recommend that you come in to the practitioner's program, the immersion program if you're really thinking that you want to do this as a profession. But for your dog or your child, go ahead and pump just like you'd do for yourself. That was Susan. And Robert, "How do I do the clearing? Do I put the chart on and relate to each issue?" Not necessarily. I mean I put this up and then I said okay guys, we're going to pump and then we took the chart down. So as long as you know what you're doing and then you can come back and muscle test each one to make sure that you cleared it. That's a good way to tell if you were effective.

"I love your Tryambakam Mantra meditation. I found a wonderful version that runs much longer. I wish you would make a longer one." There is a longer one. There's one that runs for an hour. It's in The Sound of Truth. "I feel a lot of opening in my higher heart. I'm just wondering what you most use the meditation for. Thank you." By the way Lori,

The Sound of Truth has 16 hours of mantra and meditation and each of the mantras is done for an hour. You might not have realized that The Sound of Truth is available and it has those 16 tracks that are an hour long each and that Tryambakam Mantra is one of them. I'll put the link up for you so you can check it out. Sometimes people get the little free 4-minute Tryambakam Mantra which is given free in the Fatigued to Fabulous Program and they don't realize that there's a whole program on mantra. It's very, very wonderful.

"Explain alien types please." This is not a class for that. Come into Freedom From Spiritual Parasites and Pests and you'll get the full explanation for all the different alien types, but there are eight types. "My heart is hurting. Is this a release?" I get that it is a release and there's just some gunky, bloppy energy coming out right now, so just breathe into it and it will move. You're welcome Lemee and you're welcome Robert.

"I have pain in the chest around my heart for years. What could it be and how long to pump?" It's probably a spiritual parasite Iris. Let's see, alien type 4. I think iris, we've looked at that chopping technique. Why don't you do the chopping technique on that? I think that would be helpful. Tony, "Is it good to quantum pump with both hands at the same time?" That is the case.

Let me just come back to you again. I've talked to you about the quantum pump which is this and if you want to speed things up, you can do duelling banjos. And if you want to speed things up more, you can get your feet going, so you're just pumping with your ankles. The feet do about 70%. If you don't have hands, you can use feet. If you don't have hands or feet, you can pump with your head. I mean not your head itself but in your mind, you can pump. Pumping in your mind is only about 50% of pumping with your hand. However, you can get it up to 100% by practice. So there are a number of ways to pump and pumping with two hands, I don't know if I said this to this class, I know I'm teaching so many classes right now, also all my students are gifted a crystal when they're graduating from the diamond class because a crystal, if it's a collaborative crystal which I test the crystals for the students, these crystals help amplify the energy and help the pumping go faster. And then mantras helps the pumping go faster. So if we were to do like the Tryambakam Mantra, that will help really speed up the pumping. That's really good too.

[Chanting]

*Om Tryambakam Yajamahe
Sugandhim Pushtivardhanam
Urva Rukamiva Bandanna
Mrityor Muksheeya Mamritat*

And that mantra is a mantra that's in The Sound of Truth on an hour loop, as well as 15 other mantras that are on an hour loop. So there are 16 hours of mantra there.

Certainly Severina, yes definitely. And Corinna, "I have pressure on the back of my heart and spine at the moment." All those pressure that you guys are feeling are typically spiritual parasites leaving but if you just breathe into it and say 'that's not me' and just let it go, don't fight it, don't say I have it, and just say I'm experiencing some pressure that I'm not used to that isn't me, that's an easy way to let go of it quickly.

"I feel sensations a lot removed so I want to move patterns accumulating stress." Well that sounds like a plan Cassandra. You have the amplification charts and the perception charts and then you can look at the behaviors in your life, so you can do the inner and outer actions. "Can you show how to pump your feet?" I don't know if I can get on the screen but maybe. Let's see, maybe. Okay flowers, don't tip over. Maybe. Okay, so it's pump, pump, pump, pump. Like this, except your feet are down. I'm sorry, the office is actually pretty big but there's not as much room between me and the wall. Okay, so that's it. You're just paddling with your feet, Wow, that was exciting.

Patricia's asking about spiritual parasites and the chart that I provided. Yes, the class that I teach is a 7-hour class or you get it as seven hours in the diamond training. There's a whole lot to learn about spiritual parasites and their anchors and yes, I do have it defined in a chart so you can look at it, but if you want the experience of learning about spiritual parasites, it's a 7-hour course. It's an all day course and we do it once or twice a year and then we have it as a replay. So if you want to get the training now, you can buy the recent course that was in November I believe. Yes, we did a course in November. It's a lot of details and we're not going to do that in this course because this is a cell regeneration course.

"Are we going to do the mirroring today?" Yes and that literally happens as we get to that point, so let's see if we are at that point. We are at that point. The regeneration is at the point where we can do the mirroring. The mirroring is the same thing. We're still pumping and now the cells are mirroring to all the surrounding cells. The master cell of everyone's heart is at 100% and the mirroring is happening. We only need two minutes of pumping for the mirroring and then we'll go into the regeneration, the cascade of new cell growth. We'll just get that started too. So we're on the mirroring right now. Gail, there's no CD with the mantras on it. The course is Sound of Truth.

Radani, yes you just use it by having it sit by you, the crystal. "How do you use the round crystal?" That's from Audrey. It's literally just a collaborative with you to help

increase and amplify what you're doing. "Is it always spiritual parasites when there is anxiety in the heart area?" Yes. "What percentage of real fear is triggered by an event?" The thing is there are people who go through events that don't experience fear. Listen, I'm going to tell you my philosophy which is going to sound wild but I've been experimenting and the lower emotions all have spiritual parasites, or pests, guides or guests, meaning some ride along. Your authentic nature is love, grace, beauty, joy, charity, compassion, kindness, happiness, playfulness, so when you think about emotions and then you think about fear, and envy and greed, those aren't actually you. Those emotions are defined as emotions and they're all defined but there's this chart of emotions and who we are is we are radiant beings of light and we are loved. We are the experience of love on the planet and all of those lower emotions come with a whole lot of spiritual parasites, of aliens, and demons, and transmortals and entities. And so when you're experiencing fear, it doesn't even feel like you, does it? When you're in fear, look at your face. Your eyes won't look like your own eyes. They're going to look like somebody else's eyes. It looks like somebody else is in there. So that fear isn't authentically your feeling; it's parasites running through you. Your chemistry changed and parasites got in, and that's my feeling.

Now, I'm not going to tell you that it's wrong to express those feelings or feel those feelings but just look at where you are because when you feel fear, you're not there, and then who is there? Or when you feel envy, that's not who you are. If you feel that feeling in you of envy or greed or those lower energies, look at your face. You don't look like yourself. It's not authentically you.

Okay and we are coming up, we've got three minutes left. Let's see. We're about 80% on the regeneration, the cascade of new cell growth, so we should be able to finish in the next three minutes. How many days to new cell growth? We have about 93 days, so about three months of new cell growth in the heart. That would be wonderful. Oh thanks Paul. Yes, I've really been looking at it and I'm like, wait a minute, what in the world is going on here? I think we are the higher vibration. Like you continue to stay your radiant self when you're in the higher emotions, but when you look at yourself and you're in one of the lower emotions, you're not you. You don't continue to be yourself. So then I'm thinking that there's like a line. We should write a chart on that one. Anyway, I like when do we lose our body and something else takes over with those lower emotions.

Sandy is saying, "Recently my heart was broken..." Oops, I lost it. Let's see here. "...telling me what I found was not what really happened. Will pumping let me see the truth or heal my sadness?" Both. You know, if you can come into one of the classes, the love classes in February, we're going to be doing karma clearing and there, sadness

clears up really fast because you are able to move away from a person with greater ease.

Okay my dears, we are at the completion of class. I will be sending the homework out. You just need to open the email that says here's your replay and it will give you all the assignments, you'll get the charts. We'll see you next week. I love you. I appreciate you. If I didn't get to your question, please don't take it that I didn't love you or cherish you, we have 450 students in this class and I'm just answering the questions the best I can. But you are very, very dear to me and very precious to me and very important to me. I love and appreciate you. If you need help, contact support@julierennee.com. If you don't understand how to get the charts or there's something confusing to you, we're here to help you and we want you to have a successful and happy experience with us. Thank you. God bless you. Have an amazing, amazing week. We'll see you next week. All my love. I love you. Bye bye.

[END OF TRANSCRIPT 01:00:00]