

Grow Younger_Part 4_Transcript

Good morning, good afternoon and good evening. Welcome to Cell Regeneration Made Easy: Grow Younger. That is what we're doing. Go ahead and sign in. Let me know who's here. We have a great class for you planned today. It's been a very active week here for me. And always, whenever you're going through a period of growth, it's really an amazing time to open and release. I got lots of stuff going on for me with my personal life and so I've been clearing like crazy. I want to hear how you guys have been doing. Have you been doing the homework? How has that been going for you? Have you been seeing some improvements; it may be in your mouth, or in your heart, or in your bones? Is there something that's improving for you? I'd love to hear about that.

We're going to into nerves, neurons and the frontal lobe which is a lot today, so we're going to be doing a lot. And I have very, very good news for you; I have a present I want to share to you that I prepared for you. I got up really early this morning and... Oops. Okay, yes, sorry. I've got multiple things but I know you're seeing what you need to see on the screen. Here we go. Let me shrink some of this stuff. I created a chart for you on how to clear for muscle testing, clearing the blocks to success. That will be coming out right after the call, so you'll be getting a copy of this. You'll be able to do these clearings. You'll know where the problems are. And then down here, this is homework we've given you before – the ability to own your body, your body's information, remove suppression, domination and control of others, ownership of your muscles at all times. These would be other things that you would also work on. Just clearing all of this will get you to 80% and if you do all of this, you'll get to 100% on your muscle testing being really right, spot on. Now, this might take some time because there's a lot of those kind of spiritual parasite stuff in here. You might want to at some point jump into the spiritual parasite and pest class to learn about this stuff. And by the way, fairies for the most part are wonderful. They would generally not be a problem, but a few fairies are troublesome, as well as elves are wonderful and few of them are low vibration. Just as evil spirits, you know spirits are human spirits. Just that there's a few that are bad eggs. So not to think that any of these or angels of course are wonderful and we love them around us, but once in a while they do interfere with muscle testing, just to let you know.

And you may not have seen this before on my charts; I do have them occasionally there – nano technology is technology brought in from an alien race. It's channelled through people. They put it into essential oils and pillows and food and all kinds of things and sometimes that's in your body and you want to test to get that out of your body, the nano technology, which does on some level help you feel good but it actually is a controlling force in your body that's alien to the physical human body. So just a few little clues, which is really interesting also the area that's affected by the blueprint is usually one or two areas, but look at how many areas of the blueprint. The only area that I didn't

see affected by this problem in muscle testing was the area of genesis, the creation of new life and that isn't interfered with. But the rest, look at that – soul, perception, essence, matter, energy, embodiment, quantum and amplification, all are affected by problems with muscle testing. So, you clean this out and you're going to really have your body ownership a whole lot better.

Okay and that is coming to you right after class. Like I said so, it's my gift to you. I know you've been asking for it. Let me just see, it looks like a bunch of questions have come in. I know I have been chatting, but I have so much I want to get in today so let's see if there's anything related to... You know what, I'll tell you what guys, I really appreciate all the notes I'm getting from you. Let's get you started on some pumping before I start answering questions. I think that's a good way to go. Oops, let me just get us back up to the top here. There we go. So just hold your questions; you're welcome to put them down if you like to but I'll be answering questions once we get started pumping. We have a lot to of today. I got up really early for you so I could keep my word with you and give you that chart on muscle testing, so I've been sitting at the computer for hours already. Yay!

Okay and we're in Class 4. Healthy nerves, neurons, and genius brain. This is what a nerve, neuron looks like. It looks a little bit different than some of the other cells we've been looking at. I'm going to review again for you. I want to do it every class so I know that you're going to get this concept. Muscle testing again, you're taking the right hand, the ring finger, holding the right ring finger very stiff, very firm, as firm as you can, pushing with the first finger of the left hand down and you're saying, "My name is Julie Renee..." and I get a yes. "My name is Albert Schweitzer..." and I get a no. I often say Bozo the Clown, but I don't want to be Bozo the Clown either. So you're doing that muscle testing, practicing five times a day for six weeks. You can practice on... I have this big cup of herbal tea. It's my favorite tea. Let's see how good Bengal spice is for me. Bengal is 100%, 99, 98, 97. It's 97% good for me. So I did something right; the tea is really good for me. And then drinking water out of a crystal glass is very good for me. Oh, that's 100%. 100%. I actually bought these beautiful Waterford crystal. I think I actually went on QVC and bought them when they were on sale and I got eight of them. I fill them with water, put them in my... I've got a window that has orchids in it. You know one of those kitchen windows that's really big. And I put the glasses of water in the window and I take glasses of water out in the window so they're energized both by the sun and by the crystals and also the water has gone through a purification process. The purification picture that I use is called Seychelle. You can find that online if that's of interest to you. I think you can get it on Amazon. Those are just some things that you can muscle test. That's how you would be doing practice. Pink roses are good to have around me. That's a yes. Pink roses are good to have around me. So you could test for

things as you go about your day so that you gain the skill and then as we've given you charts, you can also test for charts. But when you start, you can just start with the very basics, the very simplest kind of ordinary things and get your answers on the ordinary things first. Very good.

And then we're going to just show you again the quantum pump. Okay, so the quantum pump is elbow at the side here. Let's see, we've got a fluffy blouse here. Elbow at the side, hand moving forward like a reflex. Not like this, but like this. Like that. So just relaxed and easy. Relaxed and easy. Double pump, right hand forward, left hand forward. When you're removing infections, this is called chopping. It's slightly different. How can you tell the difference? A double pump. Chopping. I think chopping feels more aggressive. It does feel like a sculptor chopping at something. Double pump. It's very subtle. If you don't see the difference, I can completely understand because they look pretty much the same. So regular quantum pump, one hand. Double pump, two hands. Chopping, kind of faster. I think one of the things that I see when I'm doing the chopping is that my hands go further down. So, that's chopping. I need to show you from the side here. And then double pump, so it's not quite so assertive. Walking, how you would do a pump when you're walking... Let's just review this. If you're walking along, that is your pump. It's a flutter of the fingers. It looks like that. Say you're doing your hiking, but it's really just dropped right down by your hip. People don't see it and you can be pumping as you're walking.

Okay, I'm going to show you a couple other things because they're on some of the clearings. Doorknob, we're not teaching doorknob in this class but some of you asked what is the doorknob. It's a technique for removing mostly spiritual parasite type of things. You're just making like your hand going around the doorknob. And then the side slide which is the DNA clearing. Side slide, side slide. Essentially you're doing this and you're sliding across your chest. Let's show you from the side so you can see it from the side too.

You can review this. I put this at the very beginning of class so you can come in and just review. The first 10 minutes of the class has the different hand movements and muscle testing; so you can just go right in and watch those first 10 minutes. And then we do have now the chart for you on clearing for muscle testing. So I think that that's going to get you a really solid foundation for some of the questions that have been coming in to me. I will try to maybe take some photographs of my hand or something, to make a chart with photographs. I don't really know how to write it out, what I'm doing, so maybe I can just have a friend come over and take some photographs of my hand and we can make a chart of each of the hand movements for you guys. But in the meantime, you have this first 10 minutes of this class that you can come back and review. I know

people are always saying to make a chart for that, so I think that that probably would be the way to do it is have someone come in and take some pictures of my hands.

Let's get started on the slides and then we will start answering some questions. I know you have so many questions. It has been such a wonderful month together. Here we go. Again, this is what nerves look like. Look, somebody's running here on the nerves. (Laughs) And if you have nerve issue like fibromyalgia, this is of course no fun, or some kind of nerve illness, I think there's stuff that people get in their nerves when they get to be older and that can be really troublesome, and also neuromas. By the way, all neuromas can be healed and restored and so understanding that you can improve anything that has lower function with nerves. I've had people who've had completely numb legs. Their family members have had their legs amputated and they can't feel their legs and feet anymore and we can grow back those nerves so that they feel their legs and feet and have a normal life again.

There we go. I just forgot one in there. That bugaboo. So we're going to be pumping for about 30 minutes. We're going to go until 9:43 and then we'll be doing regeneration. I'm going to scroll down and find questions from you guys. Just go ahead and be pumping. We're clearing this whole batch for nerves, neuroma and then the frontal lobe which is of course the front part of your brain.

Hi from Carol, Jennifer, Rose, Maryann, Charles. "Can we use the process for other applications? For example in the heart class, can we use the process for the arteries?" Definitely. "In this class, can I expand to other brain functions?" You can Charles and we really do go very comprehensively through the brain in the class coming up called Brilliant Brain. I believe it's in June. It's a very 'knock your socks off' how to regenerate the brain from start to finish. We're just going to be working on the neurons and the frontal lobe. We're not going to do like every part of the brain, but absolutely. And Marty says good morning and lots of love from Myrna. And Judith, Elaine, and Melanie, And Roxanne, and Sherry, Cindy. Cindy is from South Africa. Thank you so much Cindy for being here. Barbara, Nadia. Yay Nadia! Donald, Anne. Anne Monet, that's a beautiful name, from Denmark. Janice, Antonia. That's also beautiful and interesting. Reema, beautiful. And Marilia, and Sharon, Carina, another Sharon, Christy, Pat. Hi Pat! Sharon, lots of Sharons. Nancy, Gay. Yay, Gay from Saint Lois. I've been to Saint Lois many times teaching, Maryann says she gets tired after pumping. "Had a healing crisis in the heart. Chest pain as a result of clearing," You know, that's probably spiritual parasites that are wanting to stop you from really owning the heart. Let me just check and see. Alien type 3 and let's see, permeations. I would work on that. I would clear that. And then the fatigue, that might be a real normal response. Fatigue, if you think about being a clear space, and maybe you're not yet a clear space, when you're

exercising, you get fatigued until you get your muscles, your energy, your nervous system really aligned with big hikes or something like that. So just keep going. It's going to get easier and easier as your space gets clearer and you get stronger. Let's see, that was from Maryann.

Vivian from Malaysia. Hi Vivian! And Radiani from Greece. I love these names. Haruko. Haruko is our special graduate from the Emerald program and it's always nice to see you on the class Haruko. Margaret. Margaret, your internet would be going a little slow. If your screen is blurry, you could try refreshing. Nancy, Doreen, and Nazeen. I like all your little fun things. "The charts, I'm so grateful for the charts." Look, she's got little charts up with Namaste hands there. Yay! Well, we'll just keep coming with more charts every class. Linda from Portland. Marie, Margaret. "Difficult to do this. Wrote to you about it." Just keep going Margaret. Some of it, you can do in your mind. You can pump in your mind's eye. That's 50% effective. So if you're in bed and feeling really weak, you can do it from your mind, and also use some meditations. Aliana, "Hello. Nerve regeneration article gives hope. Thank you for the fascinating work." You're welcome. It's been amazing through the years to watch nerve regeneration because it seems like it's impossible, and yet it comes right back.

Bernadette, "Believe it or not, I had to keep clearing my computer to get to stay connected." I believe it Bernadette. Diana, yay, thank you. So interesting. Myrna is saying, "Let love flow. Everything good. Youth and better." Lemee, "Hi from Estonia." It's so nice to see you. I'm getting used to your name in our chat box. You've been in quite a few classes now, haven't you. And you're welcome for the muscle testing chart. I'm hoping also to get a chart on pumping to actually just clear the ability to pump easily. And Severina from Slovenia, and Felicity, and Cybil from Canada. And Linda, "The Tryambakam Mantra is Sanskrit." It is. If you are wanting to really dive more deeply into the mantras, I would highly recommend that you get the Sound of Truth Program. It has an hour for each mantra and it's pretty spectacular. There's 15 of them included. I'm just going to put the little link for you up here in the chat box. And for those of you who really resonate with the mantra, take it further and get this home study program. It's amazing.

Peter, "Been clearing like crazy but experiencing BP spikes and dizziness the last few days." Well, some of that too is just keeping everything I balance. I hope that you're getting your exercise in and you're eating properly. And you can muscle test, ,have I done enough clearing for the day? Margaret, many blessings to you. We send you so much love and prayers for feeling better and for all of you who've had challenges really, I'm holding you in my heart and praying for you that your health improves. Peg, good morning. And Aliana, "I have experienced an extreme traumatisation and torture in my life from conception point and infancy. An alien 4 occupies my pineal according to your

reading. According to my recent electroencephalogram, there is an epileptic lesion, a whole inside the left of my brain. I'm currently undergoing the neuro-feedback therapy. Julie Renee, do you think my feelings of emotional despair are related to this epileptic lesion?" Only about 30% true on that. "I've tried everything on earth. I did your course on spiritual parasites a year ago." You know I think that another thing that you might do is get into the brain regeneration. We closed out the VIP Program but that was the one to one brain regeneration. If you felt you wanted to try that, I would allow you to come into... Even though the program is closed, we would make a space for you or get into Brilliant Brain. The brain regeneration is going to really be the trick for you.

Carol from Canada. Ann, hi there. I'm not sure if you go by Ann or Annie but hi Annie. And Gay, "I do not know the hand movement doorknob which clears cartilage." Gay, you'll be able to go back and review the beginning of class. For the first 10 minutes, I went through all the hand movements so when you go into the class to review, and I really recommend that you all watch each of these classes another time. You're going to get so much more out of it. Each time I have my students watch it, they learn things that they didn't pick up the first round of class.

"I muscle tested, there's a reason for my heel spur and it was negative for blocks given. So what would cause the heel spur?" That was from Gerry. Let's see, I would do chopping and I would also test for anchors for you Gerry. It looks like holographic inserts seems to be one of the troublemakers. Transmortals and wormholes also seems to be a troublemaker. And let's see, Cynthia, "How many hours do we need to pump on these for muscle testing?" It's going to be different for each person because some people are going to have muscle testing down and not have to pump at all, and some people are going to need to pump for quite a few hours. In the homework that I send out today, I'll give you the general class hours for pumping, if you're not able to muscle test yet. So you'll have some general hours to follow one of the areas, but it's better if you're able to actually test for yourself because there will be some people who don't need to do much of that.

Vanessa from Botswana, "Interesting article on the nerve regeneration." Oh fantastic! I'm so glad you enjoyed that. And Heather, darling Heather, good morning. Marie, "A little late but glad to be joining." Good, Marie. Marie, you definitely see the beginning of class. I think we really covered a bunch of just reviewing things. I think some would be really helpful for you. Iris, hi! Nila, hello Nila. It's so nice to see you. Julie, hi Julie! Patricia, "Julie, will you please include instructions including the questions that you ask when muscle testing for all of your charts. This has been a problem for my knowing how to use the charts. Many thanks." You would just ask... You would say, "I have soul contracts blocking muscle testing..." and you would get a yes or a no. I mean you could

just test, is each one of these issues an issue for me. And then if you got a yes, then you would clear it. Lisa, "I second Patricia's comment." Okay, and part of it guys is just coming into classes and getting used to how everything is done. I will do my very best to write things out for you. I'm going to come back on the screen because we've had the screen on the nerve thing for a long time, but you probably have figured out that I'm a spiritual creativity and not a methodological nuts and bolts person. So I'm having fun doing the charts for you because you love them so much, but they aren't natural to me. So as much explaining I know you want me to explain and explain, sometimes I just don't think in those linear terms. I will do my best to give you some kind of explanation in writing and I know we can just keep explaining. I think that's the next book.

By the way, we happen to be celebrating the 25th Anniversary of my company and today, you're getting a newsletter. This came out about two weeks ago. It's the second edition of Your Divine Human Blueprint and it's fully indexed. Yay, there's an index in it. So if you haven't gotten Your Divine Human Blueprint, this is a book that's sold on autographed copy for \$50 on the Website. It's huge. A lot, lot, lot of information. Just for this week, there's a special code to purchase that book for \$25, instead of \$50 and it's autographed from me. We've got 50 books ready to go. The first 50 books that came out after the book went into print. So if that's something that you want, that's one of the things we're doing to celebrate the 25th Anniversary of our company. Yay!

Okay, you guys, you can keep asking me can I explain it more, and I will do my very best and then I'll explain to you, oh my God, my brain doesn't work this way. (*Laughs*) And you'll get how precious that everything, all the charts I'm making and everything I'm doing is completely, entirely for you to get this. I love you and I want you to get it. I know you know that. I know you know I'm a creative and not necessarily living by a structure and charts.

Maybe I can do a very simple chart for how to use charts. That is what I'll do. I think that would be great. Like when you see something, what are you supposed to do with it. Just like I define where the problem is, you wouldn't necessarily do anything in the field of perception necessarily or in embodiment necessarily which would be something for you to know where it is. I bet that would really helpful. All the ways I define things and then what to do with it. Okay, I will. I can see it. Thank you.

Lyn for Kalamazoo, and Lisa, and Violeta. Paula, "Can I chop and perform the quantum pump while reclined, such as lying in bed?" Definitely. I get up at 4 in the morning, unbelievable, but I have so much to do and I want to get my meditations in and I want to do some clearing before I get out of bed, and then I go and work out and there's just a lot to do before I get to the computer at 7 in the morning, so I get up really early. And

there is no way that I am sitting up or standing up; I am pumping laying down. I'm pumping laying down and doing some clearing laying down. So definitely, and that was from Paula. Tony, "Is the difference between chopping, double pump and chopping with fingers one straight, double pointed hand more relaxed." Yes, it does seem like the hands are much more relaxed in double pumping and in chopping, they seem to be almost like chopping on like a piece of marble or something. Your muscles are actually more involved with the chopping. And it does really help, like the chopping sometimes you're getting something that's really stuck and that would be why you be directed to use chopping." And Schuyling, "Good morning Julie and everyone. I recently had a few skin bumps, show up in my face. I'm not sure what they are. Can this double pumping or chopping be used to clear them? I'm not sure what I should clear. Thank you." Skin bumps, yes, some kind of a little growth on your skin, you can just do double chopping. I would use the charts. I would use amplification and the perception, emotions, DNA. I would just test to see if there was anything else; if there are some soul contracts or something triggered in trauma or something like that. I would go through that and check that too, but chopping, yes because chopping is removing illness and abnormalities or anomalies in the body.

"You always start on time." I never start late. Tony, "Create a video of these movements in slow motion would help." Yes, and that is exactly what we did. Well, I don't know about slow motion but we did the first 10 minutes, you got all the hand movements so maybe you can put it on slow motion. Severina, "Julie, please give advice. My pain is so diffused, especially lower part of body. I can't walk. It seems to me combined issue of bones, nerves, muscles and probably other glands. I don't know which part of the body. Joints, nerves... Please help." You know, yes it's affecting everything and I would say that the largest part of the blueprint its affecting is matter and then the second thing in the blueprint is embodiment. It looks like aliens dominate the connection between your hips and your legs. Some people have this problem where they really can't own their legs. They can own their torso or their upper torso and head, and so I would be clearing aliens, permeations, which means that they're permeating you and pretending to be you or dominating you, running nerve pain, muscular pain. And then I would do a gentle exercise, restorative yoga, walking and things that could help you to start really feeling like you own that part of the body again.

Okay and Darlene is asking a really good question. Now, I make up these charts and for each of you, you'll each have your own unique issues but I'm making the chart up for the class, so sometimes, you won't have every issue in each of the charts. What I'm doing is I'm testing for everything I could see that would affect or cause a problem for people, but some people have more issues and some people have less issues. And so, when I say do 20 minutes of clearing for seven weeks, that's kind of a group process.

But some of you probably only need 10 minutes for two weeks, while others of you might need four hours for 15 weeks. So when you begin to get skilled with muscle testing, you'll be able to see for yourself how many hours is this going to take for me or you'll just be able to pump. "Am I 100% clear..." and you'll get that you're 100% clear. So I'm doing a group, an approximate. This is going to be good. Everybody is going to get a good result from it, but some of you will be less and some of you would be more, based on who you are, how well you were loved and cared for, or the family that you came into, what you've done so far in your life. I do find though that most people that have never experienced this deep level of clearing and they've done lots of spiritual work and then been surprised that they have so much stuff, but they're also saying, but I really get to own my body the way I want to. And so I think it's almost like your starting all at ground zero on some level and then clearing and the more you do this work, the clearer you get, the more you own your life and your body.

I know I'm looking at areas that I haven't really cleared, where I haven't put a lot of attention. Some of that is in relationships, and some failed things from my past and now I'm looking at, okay, if I want to go to my full self-expression, I may have to clear 100 or even 1000 of hours in some areas so that I can go to full self-expression. I don't think that it's a bad thing that I have been clearing for years and there are things that I haven't gotten to. I think it's taking me lifetimes to get to where I am. And so if in this lifetime I really master 100% full self-expression and I'm addressing the things as they come up and I'm getting to them and I'm clearing them, I'm ignoring them but I'm actually going, "Okay, this is the opportunity to clear this. Good. Here it goes..." that I'm a thousand times better off. I'm on my way to that fully self-expressed... Enlightenment is no longer just a spiritual experience; its full self-expression in the human body. And so we have our money life, and our relationship, our family life, our spiritual life, our creative life, our physical life – when we have full self-expression in all areas, that's the new enlightenment. That's full enlightenment in the body.

I'm teaching classes next month, the whole month on love. And of course we have regeneration classes on vision and bladder next month, but we're really looking at the ability to express, to love and be loved, the stages of enlightened love, the ability to experience your full range of emotions. It's very much part of your wellness program is this whole process of love and emotions and interconnectedness, feeling safe in a group, being able to expand. So there are many, many factors when we look at regeneration and I love that it's multifaceted because we can get a great result and maybe we can get an even greater result when we move through these areas that we haven't touched yet. So I'm excited to be sharing all the classes next month with you because they're really amazing. We got a lot of really, really good information; stuff you've never heard before on how the blueprint is set up in stages, in the stages of love

and where it touches your body and your chakras and where in your brain your responses are based on how much you can experience and how much you can love.

“What about numb?” Numbness is the nerves stopped and they’re not working well anymore and that’s what regeneration does. That was Gay. And Thomas, “How many hours of pumping to complete all your programs. I’ve just started?” (*Laughs*) I don’t know. Thomas, if you’re just in the Grow Younger: Cell Regeneration Made Easy and you wanted to just complete all four classes, I can give you that. Probably about 40 hours of pumping for this class, if you wanted to just keep going and get it all. But if you’re in like Your Year of Miracles and you’re in the Ruby Training and you’re in six other classes with me, just keep pumping, which is what I do. I just pump. I walk upstairs and I’m pumping. I use the bathroom and I’m pumping. I’m going for a walk and I’m pumping. So that’s why I showed you the little hand movement on the side. And once you’ve pumped enough, you can pump for awhile and it will keep going for awhile. You can test. Most of you will have some skill now because this is the fourth class and you’ve been pumping for four weeks and so you can pump for like maybe four or five minutes and your pumping effect will continue for another 10 or 5 minutes. So even if you pump for four or five minutes and then your hand rests for 10 or 15 minutes and then you’ll keep pumping, you won’t lose any effect. You’ll continue the process. So you don’t have to pump continually once you’ve gained some skill with that. I think for me, I can pump for a few minutes and it will go on for about 90 minutes longer. Certainly with my VIP clients, I test usually they’re going to keep getting the shift as if I’m still pumping for about 90 minutes. That is not for beginner students. That’s because I’ve been doing this for years and years. But you do have 10 to 15 minutes after you’ve pumped for five minutes.

“What does the side slide do?” That’s not something we really cover in this class Bernadette but I showed it because it’s on some of the charts. It is for clearing timelines. It’s for clearing DNA. It just has a little bit different movement and like I said, we’re actually working in rearranging particles and this particular movement helps rearrange those particular things. Timelines and DNA are the usual things that we see them in. They’re on a couple of the charts, so you’ve seen it maybe two or three times. In all of the charts I’ve given you, it’s only in there a couple two or three times. But I wanted you to actually have the experience of seeing what it looked like, even though it’s not something we’re teaching in this class, because it’s on a chart that I’ve given you. That is why I went through it.

We are actually going to start with the regeneration now and so we’re going to do the same kind of pumping. Let’s see, we’re about 80% clear on the clearing. We’re working now on the nervous system, the entire nervous system, and all the neurons in the body.

We'll also be working on the neurons in the frontal lobe. That's what we're working on right now. We're working on the regeneration. I'll just show you the images so you can see what you're doing next. We have about four more hours of pumping. We'll do that. This is actually what a nerve cell looks like, a neuron cell. It has a very different look than the cells we've been looking at in the past. It still has that middle nucleus, the little brain in there. There's a lot of other stuff going on with the nerve cells, isn't there? And I love these beautiful images. You could find them on the internet if you Google images of neurons and nerve cells. They're just so pretty. They're just like a space star flower or something like that. I don't know, they're just gorgeous. I think nerve cells are so beautiful. And that's another image, a drawing of a nerve cell. It really has a different kind of look to the nerve cell. It has different elements to it, but we're regenerating the nerve cell. And again we're looking for and the nerve cell will have all of these – a membrane, the nucleus, absorption, elimination, DNA and mitochondria. We'll have these components and we're working on regenerating to 100%. We'll do the mirroring, the cascade of new cell growth and we'll be working on the frontal lobe. I just wanted you to see where the frontal lobe is. The frontal lobe is involved in higher reasoning. It's involved also in sequencing and really that Einstein brain. That's where that is located.

Okay, we're pumping now for regeneration and like I said, if you wanted to, you could continue for about four more hours with the clearing and that would get you to zero on all the stuff we were working on clearing. Let me just come back here a little bit. Lots of good questions today. Thank you guys.

Hi Carolyn, "Good morning from Winnipeg." And Linda, good morning. Cindy, "Can you state the type of water filter you use again?" Yes, it's Seychelle. I found it in Amazon. Charles, "Is there a good checklist which summarizes the steps? Your nook is coming to me soon." Thank. Summarize the steps? I think you do have the steps on the PowerPoint slide. I think that's what you're asking, the steps for regeneration. I think you have the slides that will give you the steps for regeneration each time. Lisa, "The image is very blurry." You would just refresh your screen. Verity, "Good tidings to all." Yay! Darlene from Massachusetts. Christopher from Finland. Finland, how wonderful. Hi Christopher! Thank you so much for the gentlemen who are joining the class. We're just starting to add mens programs for the very first time and we love you. All us girls who are doing the spiritual work are just saying yay, the guys are joining us. We love you, we love you, we love you. Thank you for joining us.

Charlotte from Denmark. Brenda, "Sending love and light." And Aida, and Angela from Ecuador. How fantastic! And Cindy, "I find that I yawn a lot during your class and heard that this is a form of releasing." That is exactly true. You're just letting things go from the body. Karen is saying it's a beautiful day in San Diego. It is also a beautiful day here in

Carmel valley. The sun is shining and it's in the 60's. Yesterday it was in the 70's, so I bet by midday, we'll be back in the 70's here. It's definitely spring. I got to get the gardener out. There are weeds everywhere. All the flowers, the wildflowers, and dandelions and everything is growing like crazy because we've had so much rain this year.

Okay and Charles, "Would you suggest to uncover master blocks? It feels like there are big ones hiding." Keep pumping. Yes, I think that that's really good. I think some of the things we've been looking at in this class, like we gave you to clear suppression, domination and control. Those would be master blocks people have and I have been creating lists - the right to exist, the right to own your body. We have a class called 100% Full Self-Expression, 100% Full Body Ownership, 100% Energy. We're doing a lot of 100% classes. When you see the 100% before the name of the class – 100% Vitality, those are the ones where we are really looking for the master blocks that prevent you from being full self-expressed and fully you.

Gerry, "I love pumping with both feet and hands." Awesome! Yay Gerry. That's great. And Marilyn, hi. And Margaret, let's see. "I used to clear and pump to pass my (Inaudible 00:48:19). It failed before I used it and after clearing and the pump, it passed." That's hysterical. Well, it goes to show. I had someone who had bought a tomato plant and she accidentally cut the top of the plant off. There was the root and about four inches of stem and then there was the top of the plant. You put the root in dirt and potted it and she put the top of the plant in dirt and potted it, and then she pumped every day. She had these two gigantic tomato plants. The top grew new roots and the stem that was just the stem and the roots with no leaves, grew like wild and she had like many, many tomatoes. She showed me. She took a picture of it and said, this is what it looked like when I made a mistake and cut the top off and then this is what happened. It was just remarkable. So pumping can do a whole lot more. I mean think about this, if everything is part of a field, this quantum field, and it's all vibrating in whatever way it's vibrating and we really start using this pump to improve the vibratory rate and to improve how everything is lining up, we can create miracles in everything, can't we?

"Can you do the quantum pump while sleeping?" I don't know Tony. I do know that if you're pumping before you go to sleep, it will continue for a little while. And from Audrey on the phone line, "Could you please address and clear issues of severe mental illness in genetics and family lineage?" Yes Audrey, that's a really good question. What I'd like to suggest is that you come into the Brilliant Brian. That is going to be where we really work on that kind of stuff. In the first few hours, we're doing clearings for mental illness. But you're going to want to clear clan and DNA; that's going to be really important and then regenerating the brain to 100% is going to be really important. It's a few things. It can be a little complex but you can completely clear mental illness from your brain and

body and not have to experience maybe some family patterns that are pretty strong. I would recommend getting into the Brilliant Brain class. Let me see if I can just grab the link for you. I bet I can really easily. One second here. We're setting stuff up. The page probably isn't real fancy at this point because it's a few months out, but I just can't recommend that one enough – the Brilliant Brain for all of you. If you all are interested in having a brain that's really working well, come into this class. It's in June. It starts June 1st. Yes, all it has is the date, the time, and the tuition. But here we go, let me share that with you. There we go.

We're continuing working on regeneration. We're just pumping for regeneration. Let's see, I know Audrey you are on the phone line, so you probably didn't see the chat box, so we'll send out that link for Brilliant Brain also in the send-out later with the replay and the homework. "My nervous system has been affected since childhood with multiple traumas and the last 16 years with PTSD. That means it has been in a state of hyper-vigilance for a very long time. This has amongst other things caused all the ligaments to lose their elasticity. What clearings would you recommend?" Well, actually the clearings we're doing right now would be good but I would also really be working on the part of the brain, the survival and emotional brain, on the post traumatic stress. Again, I would probably put you on the Brilliant Brain class or do a VIP program with you because we can restore order and get yourself into a place where you're safe on-goingly, you're in the parasympathetic system on-goingly, unless you are driving or there's some danger like you're skiing or something, you're doing the adrenalin thing, we want to really see you relaxed most of the time so that your body can heal. You really can't go back to a great state of health if you're in high alert. It's not really possible. You have to be in the parasympathetic system some of the time every day to heal. That is very, very, very important .In the high alert state, your body can't put energy into growing new cells and getting relaxed and joyous.

"Strong movement through spine..." and I don't think that's just directly now. I think it's something that you experience Elizabeth. "Could you tell me how long to clear this?" 1 hours to clear that. Muscan, "My sister has vest..." I don't know what that is. "Her auditory nerve was taken out. Will this help to regenerate the nerve?" There's a lot of things that would have to happen. If something has been removed and you want to regenerate, yes you definitely could but you would have to remove the belief that it was gone. Where that shows up is in perception and Atheist thought forms, where there's such a strong belief that it's gone that there's no permission for it to grow back. So you have to remove that. If you're interested Muscan in really being able to master higher levels of this, I would recommend coming into the Immersion Program. There are still four stops in the Immersion Program this year and I'm very much looking to bring in four more students to fill out this program. I won't be teaching it again until 202, so this is the

last year. I'm taking a little break. So I would love to see those of you who are really sincere on how do I help my friends, my family, my clients with this work. How much can you do in four hours? You do a lot but in a while year of study together, we get to all those things.

And Maricia from the Netherlands. It can help with diabetic neuropath, definitely. But you also want to be regenerating the pancreas and you would want to clear all the diabetic programs and then definitely, it can help with diabetic neuropathy 100%. I have done that many times, so absolutely yes. "My sister in law has multiple sclerosis. Which of your courses could help her?" I would put her into the Year of Miracles. I think that would be a place that she would get in-going regeneration in many areas. And then please don't put information up about other teachings in the chat box. Gangga, "In the blog for nerves that you sent out yesterday, you emphasized the importance of full brain regeneration for the best nerve regeneration, can still get placed there?" I don't know what the question is Gangga but what I've found is that when you restore the entire brain, the nerve system reboots and holds really, really well. Today, we are working on a little part of the brain and we're working on the neurons in the body. It's going to be wonderful but the deepest level would be doing the five or six hours on brain regeneration to. And Carina, "Do you need to do regeneration of the nerves in its nucleus in the brain, spinal cord along its path. Does the process include all the structured of the nerves?" Yes, it does and that was from Antonia. Margaret, "I think I have contract to stay sick." Then, you would want to really look at clearing that contract to stay sick and what benefits you get from staying sick. Diana, yay thank you. Marissa, congratulations. Patricia, "How to you use the charts is a great idea. What a wonderful solution" Thank you for that. Yay form Patricia. I know I'm probably half an hour behind on the chat box.

We have two minutes left. Oh my gosh, look at all these amazing questions. You guys, I'm so sorry I didn't get to every single question. You all asked really, really amazing questions. I will stay in the chat box for 15 minutes and I'll answer as many questions as I can. It's been an amazing journey to go through this with you. If you wanted to complete the regeneration on the nerves, the neurons and the frontal lobe that we've started today, you would do another 11 hours of pumping to complete that. I will write that in your homework so you don't have to remember that. So it would be four more hours of clearing and 11 hours of pumping for nerves, neurons and the frontal lobe.

Yes, I love you. I appreciate you. You are amazing to me and I really cherish. Please do come in to what makes sense to you. The 7 Stages of Love is coming up. We have a free program on living and love. We do it every Valentine's Day. We'll be doing it on Saturday, the day before Valentine's Day. It's our free community call and we do 10 of

those a year, so you want to keep your eye open for that. Bladder and vision are next month on regeneration. So if you want to just keep going on the regeneration, those two are specific classes. And then Your Year of Miracles, I just can't recommend that enough. That is going through 12 months of regeneration. Every single month, you get a three hour mini retreat and a lot of follow ups. So if you liked this class and you got some good results and you can see that you're heading the right direction, please do tap in where it makes sense. Thank you. Thank you so much. God bless you. Have a marvellous week, month, year. This is the best year of your life. Thank you for joining me.

[END OF TRANSCRIPT]