

Beautiful Course with Julie Renee Session_7 of 8 _Weight Loss

Hi and welcome to 'Beautiful from the Inside Out' lighten up program. We're in week seven, and I'm very excited to be entering really our last or seventh of completion week, and I'm sure there's some miracles happening. So, sign on and let us know how things are going and today we'll be working on some wonderful things that'll help move in to your future.

We'll be working on balance and equilibrium on confidence at your new weight and your weight loss program or lighten up program. We'll be working on comfort in your body at the weight you're at now and potentially going to even lighter weights, and clearing blocks to maintaining and sustaining what you've accomplished.

So, we'll start the class by rubbing our hands together in front of our heart chakra creating some energy and some heat in the hands, and then putting your right hand over your heart chakra and your left hand over your right, in a universal mudra of self-love and self-affinity. Affirm to yourself, "I love myself. I love trust myself. I express my unique self.", and just breathing in and out... and in and out, and thinking that we might be having some issues with technology, I've gotten a message from previous search. So if you haven't seen me yet please, when you do get on, would you please go ahead and just put a chat in the chat box. I'm here, so that I know that you're... you're on and we're live.

We attempted to show cute little, the tummy video we we're gonna show last weekend, it must have not worked. So, anyway. So we're getting started and that the first thing we're gonna be working on. Yay! Barry, hi! Okay. Delighted to see on the broadcast and... Oh! Here come people. So, if you want to, you might review I did start right at the hour, so we have a couple of minutes I've bet you've hardly missed a thing. We're gonna be going into working on some balance and then equilibrium, confidence, comfort, and then clearing the blocks to maintaining and sustaining.

So, the first thing that we wanna really be working on, is improving our relationship with our self and self-love. There you are! Hi, Anne. So, let's go ahead and clear any soul contracts, so everything in amplification, preventing you from living in balance, and balance is really all the things on the balance wheel, and so we look at things like having a good healthy exercise and diet, and that's what we're doing here, and [Inaudible 00:03:45] and enough time off to rest, so you feel vibrant and happy. We're looking at good family relationships, good relationship with your sweetheart, your husband or wife, or good relationships with your children or your brothers and sisters or parents. So that's in relationship area.

Finances and we're having money balance and feeling good about our money, and then career, and social life. Creativity, that'll be not just working and doing creative things at work but actually doing that are creative for you. Like, for me, playing the harp is something that I do for myself, or painting is something I do for myself. Dancing is something I do for myself, and so creativity, where at something that

you're doing something that makes your spirit happy. So those are some of the things on the balance wheel, that it'll be wanting to really keep in check and it's so important because having life in balance really helps you to maintain and sustain your wonderful weight, and one of the things we do is we throw our self into health and that... that area, health and the dynamic recreation--- where we go. So I wanna really keep everything in balance. So we've, maybe, really put a lot of attention on being healthy and vibrant, and we wanna also have our spiritual life in... In place, maybe our social life in place. All of those things that help a person feel happy and balanced.

[Inaudible 00:05:42] when I was working years ago, when I first started doing spiritual life coaching. Gosh. It feels like a million years ago. I've been in my house three months and it feels like I've been here for years now. It feels so different, but I remembered my little condo, I was working with women in transition, and women considering going through doors. They come. Their hairdresser, who tell them to come to me, and we would work on really finding balance and happiness, and it could step out of a bad relationship when they were really in happiness and I think really were in balance. So, when I really look at that. Let's see here.

So we'll clear everybody, even if you're having difficulties getting in. Know that we're... you're right here with us and we're clearing you. So, we're working on balance and really the balance wheel. Anything that would block, so. Soul contracts, soul contracts of others, affecting you negatively, demonic curses, and evil spirit curses. So... that's the first part, and then we'll work on perception group mind, group mind virus, black magic, curses from others, and traumatic episodes from past lives. That's the second part. The third part is emotions and emotions stored in the cellular body, stored in the aura, and in the spirit, and then we clear DNA, and remove DNA programs that would cause you to be out of balance. We could also clear bloodlines. There might be something tribally or energetically were your family or your bloodline didn't have permission to have a balance life that they have to be on overdrive or over-producing all the time. So we'll clear that too.

Okay. So, pumping away here on clearing blocks in amplification, and I'd love to hear from some of you how the program is going for you. Have you been up and down? Have you been steadily going down? Have you made any shifts? What have you seen differently? Are you more in charge of your life in your body? Are you more confident? I'd love you to hear from you. Let me know how things are going. And we have graduation next week. Very exciting.

Okay. "Enjoying moving zumba weights. Back to the gym. Enjoying it." Fantastic! "Five more pounds this week." Wow! "Did the liver flush again this Saturday?" Fantastic! I'm so excited for you! That's awesome! Okay. We're gonna get some nice comments at the end, right? "I've dropped twenty pounds." I'm really excited for you, though. Really feeling great in your body. It's so important. You know, sometimes, body chemistry can be off. So, if you've been having difficulties or you've lost a little

but not as much as you would hope for. You know, it's really good to also look into what's up with your body chemistry. I am doing some research on body chemistry because I'm teaching a class to my immersion students, and we really... it's such an interesting formula that, chemistry revitalization formula, takes about fourteen hours to actually pump clear. So, I've found that really fascinating, but then you could reset all of your chemistry in your body when you do it.

Let's see here. Okay. So, when you're clearing the body chemistry, I'm just gonna... we're not gonna post it or anything 'cause it actually is the immersion training, but I'm gonna mention it to you. So if you feel like you wanna do some of the clearing, you'll have some of the information. So, chemistry revitalization, you're gonna clear the field of; amplification, demonic curses, and evil spirit curses, and so when you wonder, "Why is my chemistry not working well?", that would be where we start first. We're removing things that are directly harmful, that are; demonic or evil, and then we'd remove the demonic energy from the body and from everything that produces chemicals in the body, and then in perception, we'd remove; means, which were in the billions when I looked, miasms, black magic, atheist energy, and that would be not believing that you could re-improve an issue to a hundred percent. So, we have this, kind of, atheist energy, which we really haven't talked about on this class, but it's an energy that you could clear in perception with any of the clearance. We have an added a day, but I've definitely saw it in here. So, if you have an unbelief about being the way you were in your twenties, and it's like completely impossible. "I just wanna get back into a size ten, or whatever. I'm never gonna be a size six again." That would be atheist energy, not believing in yourself for [Inaudible 00:13:46] that things can change shift dramatically.

Curses and then past lives, that's in perception, and then DNA, there's a small number of programs to clear DNA, and then the telomere issue is really important to the telomere shrink, that's part of the DNA, and they get smaller and smaller and so you're cells get less and less vital because the telomere absorbs shocks. So, restoring the telomeres to full... full on is important. And , you know, the thing that I was really looking, and I think about this with weight loss too, is depletion, and how many of you've gone through times where you really feel depleted or exhausted or "I just can't do it.", and when you're in that state of depletion, the program of depletion is actually, it sounds very weird, but the program of depletion is death, and so if you're in program of depletion, if that's what your experiencing then you're experiencing a kind of death. Depletion in a gland or organ eventually will lead to the failure of that gland or organ, because you can't regenerate when you're in depletion. You have to refuel, or revitalize to get the regeneration going, and I know it sounds kind of like, "Well. Duh!"

Well the only thing, when I think about it. What happens is, when you're in depletion, the laws of supply and demand turns off. Where the body is meant to keep producing and giving you energy and the adrenals are meant to give you energy, so you're out running. If you're depleted, the law of supply and demand disappears. So, that you...

you're out of gas or whatever. It's really against the natural order of things, the... to be depleted. The body is meant to regenerate and refuel and re-establish itself, and what I've seen is that depletion is always related to emotions. Always related to emotions. So it could be that it... it shows up in the body or it could be it shows up in the emotions or whatever. It could be it shows up in, you know, a gland or organ or something, but it's always, always related to emotions, and then we look into the idea of love. Love being the generator. By the way, we're going on to perception. The shift just happens, so we're clearing for... really being able to live life in balance and enjoy a happy life in balance. We're clearing it. All the blocks there.

So, I was talking about depletion and emotions, and that the idea that if you're feeling loved from childhood. If your emotional brain is set up to have you believe that you are always loved and cherished and treasured? That's where we're seeing people who get depleted really easily, and those people who get depleted really easily may have some difficulties or not really receives that kind of tenderness and love and affirmation as a child. So, or they're struggling somehow with this sense of self-love, or really allowing love in. See if that makes sense.

And, you know, in the Piscean era that idea of self-love wasn't really a real idea. The saints were martyrs and think about Bernadette, even from a hundred fifty years ago, Saint Bernadette, and she's, you know, she utters, "I can't have happiness in this life. Only on the next.", and she heard it from Mother Mary that she was promised happiness in the next life. Well, that isn't the way it is in this era. We replace that martyrdom thing with... with self-love and self-nurturing and self-care, and so if your brain wasn't wired for it, you need to clear and re-pattern and love yourself, nurture yourself, give yourself enough rest, and time to walk, time to meditate, time to celebrate, dance, spend time with friends, being... being held by your sweetheart. All of that stuff is so important. So balance is very, very important.

And then in chemistry, also, looking at what the roles of the brain, and the heart, our body chemistry, and love and the stability of love. Hydration is really important and it's very important in weight loss also, and now we look in the energy body and with chemistry its chakras, aura and the radiance, and then removing alien stuff like seeds that prevent proper cellular neo-genesis.

So, that's kind of the formula. Kinda snuck it in there. It's... it really is for the immersion students but I just can't help it and feel that you would benefit by at least hearing it, and maybe some of you will be coming in to the immersion training at some point soon. Backing and Forging with London. We've been looking for a place that's gonna be perfect. That we can stay planted, and sometime in September, hopefully. Also an online class, coming up in August, and a class, hopefully, in December. Still going back and forth with the hotel and Air Suma. So cut some opportunities for you to come in the diamond level and train. Okay.

So I hope you guys are remembering, if you're not getting in too, go into the phone line. Alright. Let's look at balance, balance. So we've cleared amplification. We've cleared perception. We haven't cleared emotions yet and balance. Let's go ahead and clear emotions next. And we're also clearing equilibrium. So that a sense of, you know, everything being in balance, and I guess we're talking about the balance field, but equilibrium like finding your new balance in the lighter, lighter expression of yourself. Getting in a rhythm of eating the proper foods and keeping the exercise going, and feeling great about yourself. Relating to people differently, and it becomes the way you... the norm, the way you relate to people. Which is self-ignited, and excited being alive, and about your health and your vitality, and sharing it in this wonderful world with others.

I'm just checking in with you guys to... I always encourage you to come on. Come into, like sign on, you know, five or ten minutes early, and we're thinking about opening the class up, like, setting the time for five minutes to the hour. So, if we have any technical glitches people can, you know, chat for the first few minutes, and then.... and then we can start the class at five minutes after. Which may be a little bit of video editing for us, when we send it out, or we'd send it out with the five minutes, which you could fast forward, I guess. So that that might be another way to resolve the difficulties getting in. Understand that you have to have a kinda of faster modem to really get into our web or our jam easily, or there's some kind of a test, and we send it out every time, we send out the information every time we send you a notification on the class. So, if you'd just would read below the... the link. You'll see that if you have tech issues information. So we want you to be successful. We want you to be part of the class and really, maybe, just few more steps that could be done, perhaps on your part. I don't know. I know we're doing everything on our end to make it wonderful for you, and this is not a perfect system yet. We're really, you know, way ahead of the game. Using this kind of technology to do trainings, and very few people are using this technology to do trainings at this point.

Prerecords, yes, but live chatting, and back and forth, and four or five classes a week. I don't know when I'm doing that yet, but it will be. It's the way of the future, and we just jump right in, even though the technology isn't perfect, and the phone technology has been worked out for years. So we decided to back up all our trainings with the phone technology until, you know, things continue to improve, so. Okay. Let's see.

We've got emotions cleared, and let's go to DNA cleared now, and so we'll do DNA clearing. Anyway, some of you have been doing classes with me with DNA clearing is kind of a side to side across the chest. It comes like across the chest. It's like, like that. Across the chest, and then I just to faster. So you can see my hands kind of. Yeah. Very good. And you could do pump, and it'll do it. Just showing you another way. That's the DNA technique, DNA obliteration technique.

It's a lively class. No questions. Please write any questions if you have them, or comments about how things are changing for you. Really happy to respond to the questions too. Once we get through the DNA, we'll be going on to confidence and comfort in the new body. So, let's see. Have we cleared the DNA? We have. So confidence and comfort. Let's go ahead and start with that now.

So, confidence and comfort, and clearing soul contracts down to DNA. Let's clear that. So a few more of you got on. I see few more viewers here on the bottom on my screen. So, that's nice.

You know, the only thing I was thinking about was how your environment supports you, and we can also do a clearing on your home and on your kitchen and your refrigerator, or maybe your office and your desk, where you sit, and clearing the dark energies off from your home, and kitchen, refrigerator, or office or desk. So when we do that too. We're doing confidence and comfort. We're doing blocks to maintain and sustaining in the... we'll do physical environment too. I think that would be a great clearing.

Oh! Comments came in. Yay! "Finally got through on the phone. Could I please have the repla---" Of course. You're all gonna get the replay. As well as the previous one that wasn't able to get on. We'll totally send you the replay twelve hour after the class. So, you might check your email 'cause I'm sure that we've sent you the replay for the ... every week, and we will send you of the replay for today, also. We also do. Every single week. So, if you're not getting it, then you need to let us know, but if you're getting the... the three day, one day and one hour before then you should be getting the replays too. Just watch, it's the day after the class. We send the replays.

Okay and "Justifying eating more, when exercising a program, I tend to justify more calories sometimes". Could be. Let's see. Oh it is. Okay. Yeah. Why don't we... Why don't we put that as on the list too 'cause we're in this stage were, you know, we got a week to kinda clear justifying eating more. It is truth be told, if you sustain... kinda of maintain the... the lower calories. As long as you're getting enough nutrients, and that's what we're really looking at. No. Not more calories necessarily, but the right vitamins and minerals that feed your body the electrolytes for more exercise, because then you continue to make greater impact with your body, where your body gets more and more efficient. You're building muscles, and, you know, you're working on a whole another plain. So, eating more slows down weight loss.

However, if you're famished after a workout, it's always really important to feed your body. We're gonna have an hour to an hour after workout, and what I suggest, not necessarily to pile on lots of food, but to really get that nutrients that you need. So if you're doing a workout that gets you down to the sweaty and exhausted, then you wanna revitalize with minerals and nutrients, vitamins, electrolytes. So, I know you all know that, but I'm just reminding you that start with that before you start with your food. Start with some nutrients and you can get a ,like, a recovery formula, you could

get a drink, you could get a supplements, in every version, and that's where you start 'cause you want the body not to be in panic, note mode. You want the body to go," Oh. This is good. This feels really great." [Inaudible 00:31:41]

Yay! We still have another half an hour. How wonderful. I'm gonna plan something special for our celebration next week.

Are any of you still having any compulsive obsessive things? Just let me know. So we can... see if you can clear it. I... I think that sometimes evil spirit curses have kind of snuck by, or the atheist energy might have snuck by, with some of that. So, if you had--- that's still problem with you. Let's look at that. Balance is also an issue, if you're not able to kind of keep your word to yourself. Sometimes if you're really pushing and exhausted and, you know, a little too thin, not balanced. Balance can throw you off. So it may have you eat to comfort yourself or feel loved or fill in for one of the other areas of the balance wheel. You might put food in there. So you could even... If you do muscle test in your kinesiology and [Inaudible 00:33:09], if you were actually hungry for food, or if you were hungry for love, or if you were hungry for social interaction, or if you were hungry for money, like you could test when you eat food, and especially when you're going when it's not meal time. What is it that you're actually hungry for?

Pizza's okay if you work out. Well, you know, everything in moderation, I would say, don't eat a whole pizza, but, you know, if you have a piece of pizza that's a treat for you, as long as it's not every day. One of my immersion students has a pizza addiction, and she... we were done clearing obsessive compulsive and addictive behavior. She's... she's not heavy, but anytime she goes out, she's gotta have pizza. It's like she's on remote control and that's... that's she doesn't have. So, we'd shut that off for her and she was so grateful. It's like," Haha. Call her. I can eat something other than pizza when I go out."

Okay. Okay. Looks likes just about the whole class is here now, and I know if you're all getting to see the screen but I'm seeing bigger numbers. I'm seeing what I expected to see. So that's wonderful! So, we're in the month of June which is summer solstice and father's day. I think John the Baptist is celebrated in this month. We just came into the season of Pentecost, which is the outpouring of spiritual gifts.

So this time of year is really celebrated like the... the... it's the lightest time of the planet, you know, where the planet is brightest to lightest, and in the Christian calendar it's Alb Aquarium of spiritual gifts, which is incredible. So intuition and divine connection can be enhanced, and bringing in new information can rapidly help, and as long as you're attuned to that way of being and that life. It's a good time to be doing prayers, like illumination and sound of truth during Pentecost, the outpouring of spiritual gifts. If it is that you want to enhance that. Enhance the experience of spiritual gifts, and as you align your body, it's wonderful to also begin to align your essence or your spirit divine connection.

Yeah, you know, I love that you're asking," What about self-sabotage." We can look at that. I'll put that on the list. The commercials with food you have to actually pump away the programs or it will stimulate you to... reprograms you over and over again if you're watching a TV with commercials in it, so. Let's see. Self-sabotage I'm adding for Hoody. But, yeah, very good insight on... on to what commercials does, because those are thought forms, of course, programming you.

I'm kinda... I think I'm cancelling my dish. I... I've been... I've got Netflix, which isn't the end of all of it. I've got a bunch of videos, probably two hundred vid--- DVDs rather, and I'm thinking... Oh and I just... and my relationship with dish. I actually haven't watched regular TV for a couple of three months, really. Since I've moved in I haven't, so. I don't miss the commercials at all.

You know, and ultimately, and as summer progresses, it's our time to actually be out in nature, and be with friends, and you know, as the light is so expansive, and so bright. It's the time of joy and celebration, and hiking, and dancing, and you know, picnicking, and all of that, walking in the flower gardens. So I want you to really claim this summer as the best summer of your life, and think about what's gonna make it the best summer of your life. I was thinking about that over the weekend, "This is the best summer of my life. What am I gonna set it in place, to make it the best summer of my life?" So, you'll have to be thinking for yourself too. What's gonna make it the best summer of your life? What are you gonna do that's super fun? That's just gonna really delight you, and be a memory that lives with you forever, or many memories. The way you could look back and you go, "Wow! I really had an incredible summer."

Okay. Let's see here. Blocks to maintaining. So we did confidence and comfort, and are we all [Inaudible 00:39:37], no. We're through... well we're... we need to do, on confidence and comfort, we need to do emotions and DNA, and then we're going to blocks to maintaining and sustaining the new weight. So that'll be the next one, and when we do blocks to sustaining and maintaining, we'll also do the clearing on self-sabotage, and I think we can throw the justifying eating more in that patch too. So we'll clear that too.

It's definitely a lighten up class. I love these clearings that you're so profound and far-reaching, and you think about, when word all said and done, we'll have cleared you for eight hours on weight-related issues. So, I don't know if anyone who's done that much clearing ever. I think it really makes all of your future very rosy, and wonderful, and light, and healthy, and vibrant.

Okay. Let's go in to the next one. Blocks to maintaining, the justifying eating, self-sabotage. Let's do that next, and then we'll do... from there we'll do the physical environment. So we'll clear the dark energy from your physical environment. Clear evil spirit curses and demonic curses also, and then we'll lighten up your physical environment.

Did all of you, create your own diet? Or were some of you on meal plans from companies like Jodie Craig or Weight Watchers? And also, did... did you all go to the gym to work out? Or did some of you do working out at home? Or... so what was... what did the group do? What did you guys... What did you each do? I'm curious, what your formula was, the diet that you followed, and the exercise plan that you followed, and then, how did you experience the meditations? Are you still doing them every day? And how have been working for you? Do you look different? Do you feel different? Let me know about that too.

Oh! Here comes something. Noticeable, youthful glow. Wonderful! Yay! Are some of you going out... I... I reminisce all the time. People... And going out people you're in, "Oh my God. You're so beautiful!" And I've that like twenty times in the last couple of weeks, and during the beautiful meditations, I... I wonder if they just kind of change your field information. Do you notice that people respond a little differently? They like you more. I don't know. I don't know what's going on, but it's... it's a lot. So, how wonderful. Youthful glow. Yay!

Good. I'm glad to hear. Your daily meditations must stay. So it does really make a difference when you do it them every day.

Okay. Let's see where we're at with the [Inaudible 00:46:20] blocks to maintaining, self-sabotage, justifying eating more. Okay. So, we're clearing but we're... you are not through with it yet. Let's see. Eighty percent clear on blocks to maintaining. Fifty percent on justifying eating more. Thirty person on self-sabotage. So, they're kind of going, like stair steps.

I feel like I'm in a flower garden. My... I have some flowers arrived today, and there's flowers from last week, and there's so much fragrance in here. It smells wonderful.

Oh good! More comments. Okay. "I had problems with the video today." Be-- I just got a message, believe or not, from my producer that was what just came in on my cellphone that there's some problems with the video feed. So, it happens sometimes and we're not quite sure. One of the things that they've told us at the company that provides us, it's called Webber and Jim, is that you have to have a certain speed on your modem. So if your computer speed is slower because a lot of people are in the internet. It makes... sometimes it splits the video from the chat. I don't know, I mean it seems like there should be, you know, technology that would overwrite that, but, like I said, wherein kind of a new phase of technology, and training in this way. So, I'm sorry, but I'm hoping you're really seeing at least on the... on the phone line and getting everything. And, I love and appreciate each one of you, and I know that in the next year we're gonna conquer all of the technical glitches, and things are gonna be entirely resolved, and in the mean time, we're the pioneers. So, we're going where no woman has gone before, and you never know what you're gonna come across. Okay.

"Lindon Eldest's listening to the meditation. Trying to exercise groups in walking. I was told today there's something special about me." Fantastic! I love hearing that. And be quick question, "Have we cleared reaching out goals and maintaining it?" Thank you. We've been... What we've been clearing, I don't know about reaching our goals, but we can add that in blocks to maintaining your new lighter weight, and that would be at any weight. So, we're clearing down to your ideal weight. So, yes. Yes. That is what we are doing, and we are a hundred percent clear with that. The justifying eating more, ninety-eight percent. Self-sabotage, ninety-five percent. So we're just coming to the end of that clearing, and then we're gonna go next into the physical environment, and we'll do a little clearing on your physical environment too. So we'll be clearing dark energies from the physical environment.

We can start that now, and so what we're gonna do is; clear evil spirit, curses, and demonic curses on your home, and property your home is on, and then we'll clear the dark energy from the house, and then the last thing would be to pump in some light energy whether it's pink or green or gold or yellow and color that makes you happy. You, probably, whatever color you wanted to your house.

Okay. We're making headway. Julian Michaels said here," Wonderful! About thirty each time, five minutes a week. My sugar cravings decreased drastically, which always sabotages my success. So very pleased." That's fantastic! She really has a nice video series. I'm so glad that you got her... her series. It's... it's lovely and it's not gonna drive you into the ground. That's fantastic, be. Really fantastic and delighted that the sugar cravings are dissipating.

You know, there's a point where, if you wean off, it's not particularly hard. You can just go off of sugar and your body just doesn't want it. So, when faced with it, you can say, "No thank you." I think the trick is, sugar's an addiction and it's kinda like the alcoholic, who says, you know, I'm an alcohol even though they don't drink anymore. They know that they drink a glass of wine, it might not be the first one, but the second one or the twentieth one will be the one that gets the addiction started again, so. However, we have removed the addiction pattern so that should help tremendously.

Okay, and for the last few minutes again. We're clearing your physical environment, and we're clearing the demonic curses, evil spirit curses. We're clearing dark energy from the house, and then we're resetting the house at a bright color. If you get through that, we wanna set your kitchen on a bright color, and clear everything, and set your office space computer, if you sit in front of the computer, while I'm gonna clear that. Also, you could... you could clear the TV if you wanted to. I mean, if... if the TV stimulates eating, that would be a good thing. And, you know, I think there's that also feeling, like, you know, you're at the movie theatre, you've gotta buy a little popcorn, and a drink or something like that. So could clear that pattern and be content, maybe bring a bottle of water with you and be content. To enjoy the movie that you don't need all of... everything that makes a movie special. The movie is

special on to itself. There's... there's things like that where there's food involved. Maybe, a road trip means all the junk food on the dashboard or something like that. I don't know how many of you do that anymore. It's probably more of a young teenage twenties kind of activity, but you could clear that if that is an issue. You can pump that clearer. Soul contracts down to DNA, and just remove that pattern.

Also, you can just pump. You can pump while you're driving. It makes you feel better. You can pump while you're having a sugar craving. It makes you feel better. Just the... the action of quantum pumping is really, really helpful.

Okay. Let's see how we are for physical environment. We're about sixty percent clear on our physical environment project. So, we'll pump for the next two and a half minutes and then the class will complete, and then you could pump for another fifteen minutes or so. If you wanted to go all the way to zero on physical environment. I think it's a good clearing. I noticed that when I... my environment and I... I'm really looking at if I've removed curses in the house, and then I noticed there were some even on the land, and then if the color goes back to dark in the morning, that means you've missed something in your clearing. Something like curses or soul contracts or something with the land, some... maybe some personal curses or some... something that happened in the house. So you just wanna keep clearing until the house maintains a light color. That makes the living environment much more comfortable for you.

Okay. So, pump away for another couple of minutes, and then, like I said, if you'd like to keep going, go about fifteen more minutes on clearing the environment, and we're gonna have a wonderful class. A wonderful completion class. Celebration class next week and I'm so proud of you. You... Wherever you are, in this moment in time, is exactly where you're meant to be. No matter how things may seem to appear. You're doing a wonderful job. You're doing what you need to do. To live in your authority and own your body, and your radiant, vibrant life. So, I encourage you to really look at how balance affects you this... this week, and really investigate where life is not yet in balance, and see if you can start taking some steps to creating more balance in your life. So, that you really so fully supported, and moving towards full self-expression on your path of lightening and becoming more vibrant. Alright, my dearest. That's all for now. I love you. Have a wonderful week and I'll see you next week. And we'll be getting out the replay to everybody tomorrow. Probably in the morning, I think that's when it usually comes out. So, God Bless you and I'll see you soon. Buh-Bye, everyone!

[End of Transcription at 1:00:00]