

Bladder Health

Good morning, good afternoon, good evening. Welcome to the healthy bladder class and we're going to be doing a program today for couple of hours and restoring your bladder and all the kind of working parts that are associated with bladder. And through the class, we'll be giving you some other suggestions to the things that you can clear like suppression, domination, control, anger, being pissed off, those kinds of things that may also be affecting your bladder health. And then, of course, there's always the, you know, keeping your body in good shape, keeping the muscles good. So kegel exercises and pelvic floor exercises are really good for the bladder.

So please do sign in. Hi, Karmen. I see the first person signing in. Should be a wonderful 2 hours of restoring your bladder, your urethra. We'll also be doing a little tune up on the kidneys while we're working on it. So go ahead and say hello. Let me know you're here and we're gonna start. Let's see. Start with screen sharing. Yeah.

And there's Roxanne. Hi, Roxanee. Okay. So we start with slide on bladder health and that's kind of what bladder looks like. You see it has a couple valve or veins or whatever that lead up to the kidney. There's a better picture of it here. So bladder being down here and kidneys being up here. Here's kind of a healthy bladder look.

Let's start with muscle testing and the quantum pump. So everybody's on the same page here. Do I have any new students in the class? Okay. So I see Rodani, and Nancy, Nila, Mary from South Dakota, Martha, Rosy, Yae, and Gae from Saint Louis. Fantastic. Okay. So muscle testing.

If you were to test on : do I have an issue with soul contracts? So bladder and soul contracts. Let's just do an example of that and what you do is you use your right hand and it's your ring finger and you're pressing down with your pointer finger from your left hand. You're holding your right finger very stiff, very firm and you're pushing down and if what you're saying is true or a yes, it'll hold strong. So let's just see. I have a problem with soul contracts and bladder health. and that's no for me. Did you see how that dropped? It was a no. Let's see. Many years ago, I had problems with soul contracts and bladder health. And that was a yes because many years ago, I did have some pretty significant bladder issues. So that's the yes and the no of things with muscle testing. There is a video. If you go on the YouTube channel. Just put 'Julie Renee' and put kinesiology and you can see a little demo video of kinesiology if you wanna work on that a little bit more.

And then the quantum pump, and the quantum pump is a hand movement and you're basically pumping your hand, your elbow is down at your side and your hand is pumping and this is how it looks from the side. And the reason that this works is that there are two types of physics. There were both defined in 1915. There's Newtonian physics

which is like gravity, the apple falling from the tree; and there's quantum physics which defines everything as part of a field and everything that is part of a field, the field is made up of particles vibrating. Based on how the particles are vibrating, you get a globe or you get flowers or you get Julie Renee and what we're doing with the quantum pump is we're re-arranging how the particles are vibrating. So through history, all philosophers have said, "What the mind can believe, it will achieve." And so we direct our thoughts into this quantum pump action and we clear or we regenerate.

And this came to me about 8 years ago in my garden in prayer and meditation as I was watching my own cells regenerate. And so we got a little basic foundation here on what we're doing. Muscle testing is how we test for things, how we figure out what the problems are and then the quantum pump is how we re-arrange things, how we clear things and how we regenerate things. Okay. Lots more names. Let's see. Marcia, and Pam, and Sharon, and Janice and there might be 2 Pams or it might be the same one. Hi, everyone. Okay, good. So let us continue on with our slides.

Okay and clearing failure of bladder and supporting parts and so we're gonna start pumping right away. We're gonna be pumping for awhile today, so. And then we are going to do a regeneration and so we got both what the bladder looks like. It's located-- isn't that interesting. Men's bodies and women bodies pretty much the same place where the bladder is for men and women and then you see the kidneys up above and that's what-- that's where that's kind of the feed down to the bladder and the ureter. Ureter? And the urethra which allows the urine to leave the body.

One Pam. Entered two. That's good. And everyone, yes you'll get the replay of the program. And Shantel, "I want my bladder to stop sending me the ' you have to go to the bathroom now.'" Okay. Good to know. And Karmen, "I was 56 and found with a bladder cancer. Since then I have had many surgeries. I'm now 72 and a half . Control every eight months. I have no more control on my bladder. Hope you can help me." Okay. Well, let's see. I think so, Karmen. I think this might be a really fantastic class for you. You're gonna get a lot of good results from it.

Janice says, "Glad to be here." And let's see. Shantel, "The go now." So yes. I think we're gonna get to that, too. And April, "If we pump with you on the replay, our results affect--- and the effects of your pumping power still fast as when we pump with you in the live broadcast?" That's a good question. It is no time, no space. Let me see if it's as fast on the replay. I get a yes that it is as fast on the replay when I muscle test. So yup. But let's work on this now, so.

We're clearing failure in the bladder and support parts, so. The urethra, and the ureter, and the kidneys and, you know, all of what makes up a healthy bladder. Bloodline, Lucifer stops. So bloodline is like your clan. Lucifer stops is the angelic fallen angel and

the-- in the blueprint, there'll be a stop for a lot of people on getting well or getting the healing. Soul contracts are things that you promised to have an experience of. It's really your promising to have an experience of chaos on some level when we do the soul contracts. Evil spirit curses, that would be something where somebody, actually a person, in a body put a curse on you. So that would be kind of the more advanced cursing with, you know, chicken feather and an eye of newt and, you know, the kind of the funny witch thing that's evil spirit curses and they are definitely, depending on what region you're in, they do exist.

Satanic curses is really not Satan per se but it's curses with chaos I would say. Satan being like the effective, the energy of Saturn, so. Like in your astrology chart, you might have some negative effects of Saturn in your chart. It's kind of the same way. Satanic or chaotic chaos kind of curses; and then demonic curses. Demonic curses actually are related to the demonic realm and demons. Then there's memes which is group mind. Miasms, group mind virus. Curses, those are things that maybe someone had said to you or you've said, you know, to someone. They're not an advance curse meaning it's just something said but thought. Thoughts become things and so words become something. And with bladder, bladder has to do with pissed off and angry, so. Curses definitely play a part in bladder malfunction as well as black magic which is, in our case, the way we define black magic, that is what we say about our self and it affects us negatively; that's black magic.

Then trauma, and that could be traumatic episodes from this life and from other lives. We have had some trauma in that area. Atheist thought forms. And they're not 'I don't believe in God', atheist thought forms, in this case, are 'I don't believe that I can actually heal. I don't believe that I can actually get better'. And then we have DNA, and the DNA can be affected in a variety of different ways. We're gonna work on it in a few different ways today. One would be to just clear the DNA of bladder issues of muscle issue with the urethra. With maybe prone to a bladder infections and that kind of thing. So we'll be clearing the DNA itself of low functioning programs or the bladder itself.

Then there's also shared DNA, so. If you had a transplant or a blood transfusion, you might have some shared DNA and we'll clear that and then also the resets. So that when we clear it, we wanna make sure that we've also removed the ability of the body to reset at the lower function. So we'll be doing that today also.

I did notice that cycles, not timelines, but cycles were part of bladder failure. So we'll be clearing cycles. Holographic inserts. There's a couple of these that I left in. Excuse me. That are not affecting the bladder or the urethra but are affecting the kidneys, so. I made a note on the ones that are affecting kidneys. So seeds affect kidneys but not the bladder, the workings down below. Mechanisms, implants also affect kidneys.

Then we have invasive nanotechnology; permeations; portals only affect kidneys, not the lower part; cords; contracts; agreements; alien type 4 and 7; evil spirits; entities; demons; trans-mortals affect kidneys; ghosts; guides and guests; and then the image of these words here are just the image of the bladder for men and women, so. Okay. Lots of questions came in while I was doing some explanation while we're pumping. So let's go down here and see. Let's see.

"Can we include bladder perhaps?" Definitely. And, "I had chronic UTI and surgery on my bladder. It stopped and now starting up again after years." Yeah. This is gonna clear that up, Pam. Thing is we'll clear all the programs and then we'll regenerate the whole bladder, urethra, all the workings there. So you'll get new cell growth which will make a huge difference. Shantel, "I'm finding-- find it so frustrating to have those emergencies and have to grab my bladder so it does not leak. Ugh." I understand. Debra, "I have problems with my bladder since 2008. Car accident and had several since where the seat belt has come across my low stomach. At times, recently, I lost control of my bladder." That's tough, Debra. I'm sorry to hear that. "Can I pump to strengthen my bladder muscles?" You definitely can. And Pam says, "Bless you." You're welcome. Okay.

So you probably are, like, thrilled that I'm doing a bladder class and then thinking, "Wow. She's so insightful to put a bladder class in here for us." 'Cause, obviously, it's not for everybody, right? It's a bladder class is for people who have bladder issue really. But in my early days, I had chronic bladder infections that they said would never go away and that I couldn't go in a public pool or I couldn't get any bacteria of any kind 'cause my bladder would be infected all the time and that whole area down it was infected all the time. It took 3 years to get the bladder so that it was in more balanced. The reason for that though was because I was tiny person like a hundred pounds having babies and the pressure of the 3 child while I had cancer, while I had major surgeries, while I was carrying a baby, they had suggested I abort and I didn't believe in abortion, so. All of these put too much pressure and strain on what muscles I had down there.

I was 104 pounds when he was born and 96 pounds shortly after. So the muscles just gave way. So did bladder reconstruction and they put my bladder on a sling and then that started the chronic bladder infections, where the bladder, for years, was infected and wouldn't go back to balance. And that can happen sometimes when we have medical interference where they correct the-- [Inaudible 00:16:01]. You know the bladder had collapsed on top of the urethra so that it the muscular couldn't work. So they lifted the bladder. Now this is-- I'm very young at this age. I'm in my 20s when they've done this for me and then I have chronic bladder infections and I end up using, at that time, I used prayer and cranberry water and finally they're making cranberry

water back then. I finally found some that was like the real stuff. But you could take cranberry pills too to keep the infection at bay. So that's what I was using back then.

Being able to regenerate the body and the cells of the bladder has been miracle god send for me. I never have a bladder infection ever and I never have urinary tract infect ever, zero, and the bladder is happy all the time and what I want for you guys. I want your bladder to be happy all the time because when it's not, it's miserable, right? I think one of the things you wanna be thinking about too with bladder is when bladder is irritated, you wanna look at is your body chemistry out of balance and one of the things is sugar really irritates the bladder and the sweet stuff really irritates the bladder.

So I would really lighten up on the sugar kind of stuff and really have a balanced ph diet. There's a nice diet book called 'The Ph diet guide' which really helps you bring balance and good chemistry back but what we're gonna do today is we're gonna be regenerating the cells. We're gonna clear the dark energies; we're gonna clear all the programs that are informing the muscles not to work right; the interior mining of the bladder to be affected in a negative way. We'll be clearing medical control energy for those of you had some bladder surgeries, cancers, or reconstructions or whatever. So we're gonna do a lot of clearing and then we're gonna do some nice regeneration.

Bladder is typically are about 90 or a hundred days of regeneration. Once we get through that, I'll let you know how many days you'll have of cell growth and you will be welcome to meditate and pump and do your kegel exercises and whatever else your outer plan of action will be, but you're gonna notice some nice improvements. Okay.

"Remind me of something, please. Is it more efficient to pump with two hands or pumping which is one hand efficient as two hands?" You can do either. Two hands might make it a little bit stronger than one hand and then you can also do feet, so. Just depends on where you're at and how much you wanna put into it. For you, let's see. Looks like it's about 80 percent with one hand and 99 percent with two hands. So it might be better for you to do two hands. And Chirp, "I feel so thankful that you are offering the support. I'm curious if there is a connection between shame associated with childhood bed wetting and then urinate so frequently and the intensity of the urges, the emotion, fear, discomfort." Well, that's what I think, when we start looking at some of the stuff on the list, which is what we're clearing. Let's take a look at that.

So when you look at the black magic, that would be that the thoughts-- you have the shame thoughts, that would be black magic. It might be trauma. You know, it could be contracts or agreements that could be where that is. So, yeah. Definitely. Shame could come in there or guilt or embarrassment and then what you wanted to learn from that. And then Rosie, "I have a spastic bladder and urethra, sometimes, feels like knitting needle is poking me up there. No infections. I limit my sugar intake." That's good.

"Thanks for this class." You're welcome, Rosie. And Shantel, you're welcome. And Syndey, "I'm an impave and I'm wondering if I see is actually my mom's from when I was in Utoro. Catholic shame." Yeah. I get a strong yes on that. About 70 percent through, so. Yup. And then you've made it your own. So you wanna actually release the relationship there. Contracts, cords, agreements, that were done in Utoro. We'll just keep pumping.

"Loving this embrace of the empath stuff." Oh good. Yeah. We actually talk about in our, especially, in our advance training, how not to be an empath because emphatically, you're picking other people's stuff up. When you're looking on this list, permeations. So when you're looking at this list, this is it. Permeations is emphatic. So you're having permeation or belief through another person into your experience, your physical experience. So that's permeations is emphatic and bleed through basically.

"Since menopause, do I have incontinence?" And you know, some of that might have to do with your hormonal chemistry. Might have to do with little bit of muscle loss. Sometimes when women go through menopause, they lose some their testosterone and testosterone is what support the muscles really working well. So you might wanna really work on getting your testosterone levels up or your muscle function up to a higher level, too. That might really be helpful too. Estrogen predestrone generally don't affect the bladder but some of the other things that go down do, so. You might wanna look at-- let's see, for you, testosterone is an issue so that would be something. If you've lost your sex drive or your muscle tone is quite a bit less that it was 10 years ago, that's a good indicator that you're testosterone isn't high enough for you. So you want testosterone in your body high enough to have muscle tone and some vim and vigor.

The thing is that the adrenals, when the adrenals are really taxed, that can also cause problems. Basically, the valves in the body don't close tightly, so. You can tell the adrenals are taxed by pushing on your skin and there'll be a little yellow mark and that should disappear really quickly. If it doesn't disappear, if it's there 20-30 seconds later, it means that your adrenals are taxed but that also means that your valves don't close properly which means with your eyes, your eyes will come into focus slowly but with your urethra and the muscles means that the muscles don't tighten like they should or you might have acid reflux when the esophagus doesn't-- the valve doesn't tighten properly, so. That could be also adrenals and adrenal chemistry.

"Is there a connection between the body's ability to hydrate and frequent urination? Will you please talk about voiding the bladder and how that impacts bladder health?" You can Roxanne work on the valves for everything. And, "The connection and ability to hydrate and frequent urination." Well what I have seen is that brain function goes down and seniors who are worried about wetting accidents and so they won't drink enough water. But when we're really looking at drinking enough water, we're looking at 2 to 4

ounces every half an hour and when you look 2-4 ounces, it never floods the body and so you're not putting undo pressure into the bladder. Your drinking enough to keep the body chemistry working nicely, so, the neurotransmitters in the brain and the hormones in the body. So you wanna be really frequently, every half an hour, 2 to 4 ounces of water.

In general, you want good pure clean filtered water and I drink water-- I put it-- pre-put it into crystal. So these are crystal glasses that are sitting up in a window and I fill them up in the morning and so they're energized. Both the water is purified with my Seychelles' filter and then it's energized in the crystal itself. So it tastes really wonderful to drink. And then I'm basically sipping all day long.

I'm over just over a really bad cold. Maybe got a little bit like 5 percent left of it and I'm also drinking to just really restore after I had a fever for 5 days, my electrolytes, and what this is just coconut water and coconut water does count as hydration water. Things that don't count as hydration are anything with caffeine in it; sodas; any kind of sugar drinks. Even juice will have some hydration quality but it doesn't what water does. So you really wanna get half of your body weight in water in ounces. So I'm a hundred and 30 pounds. 65 ounces of water is gonna be what I need to drink every day. And then you break it down so you wanna sip as support to guzzle.

So guzzler will not drink for 2 or 3 hours and then they'll knock down 16 ounces and they'll say good. That is not good and doesn't keep the neurotransmitters working really well. Doesn't keep the hormones working really well. Doesn't keep the skin nicely hydrated. Doesn't keep the body working nicely. So every half hour or-- you're watching me. I'm sipping pretty regularly. So every half hour, 2 to 4 ounces and that will not strain your bladder. As a matter of fact, that'll be really nice in the bladder.

Let's say if you're one of the people who's bladder chemistry has been off for a long time, you might wanna think about having like a tablespoon of the real cranberry juice in your water. That really helps restore the Ph balance in the bladder even better than I know lemon is also recommended, lemon juice, but I've found that cranberry juice is really wonderful and there are actually cranberry tablets and cranberry tea so you can get it. You don't wanna get it in the juice. You can get the cranberry in a few different ways. So that kind be really nice.

Okay. And then, "It's true, when you were young, that if you didn't empty your bladder, when you had to void. When you get older, you'll have strained bladder, less bladder control." I wonder. I don't get that that's true. I get a no. When I muscle test, I get a no.

I do think that, you know taking enough time to actually let it all release is important, so. If you are a person who has a little bit of delay in voiding, just relax and just tell your body to relax and let go. You could sing-- excuse me. You can sing, "I really said I let

go." It was a really nice song. It's spiritual. "Let the spirit move my soul, I am lonely you forgot, I am only here for good, I release and I let go." There you go.

"Does stevia bother the bladder?" I don't think so. Maybe a little. Looks like 30 percent compared to sugar at a hundred percent, that was for Shantel. And Susan from Massachusetts and great to know. Okay. And that's from Rosie.

So, you know, we're looking at healthy habits and healthy patterns and I have-- one of my VIP clients has told me that she falls asleep on the toilet when she gets up to go to the bathroom and this is not a good healthy habit. So you, you know, you void, you let it go, you go back to bed and go back to sleep, so. There could be irritants. We saw on the list that there were spiritual parasites. I guess we didn't go through everything yet. So keep pumping and let's go through and talk about some of the other things on the list that we were talking about the anchor part from spiritual parasites but let's look at this. And so we've got alien type 4 and 7; evil spirits which are human spirits; entities, and entities can be really troublesome in the bladder; demons; trans-mortals in the kidneys only; ghosts; guides and guests, so. Those would be from here; aliens down to the guides and guests. These are critters that might cause problems with the bladder.

If you have a 'I've gotta go really bad' kind of feeling all the time but when you get there, you don't have to go that badly, you might look at it as-- it might be a spiritual parasite or an anchor. It might be somebody in there that's pressing on a nerve and causing the brain to believe that you have to go and you may not have that urgent need. So you wanna look at what's actually stimulating. Is that cool to look at the kidneys look like kidney beans. Just looking at them going, "Wow. They're just big kidney beans."

And then you wanna also think about, you know, when you look at bladder, do you get angry easily. Anger has to do with either the liver or the bladder. So that emotion, so when we're clearing emotion, this is where we're going for it. Actually, I should just put emotion up there. I mean, we've got cords, we've got contracts, we've got agreements, let's put emotion as a clearing also. Okay. Okay and we got a question on pumping again. And yes, we'll go through the pumping one more time. Happy to do it.

So the reason that the quantum pump works is it came to me when my own body was regenerating and it allows us to access the quantum pleasure field which is the field that's vibrating high enough to actually affect the change in the quantum field. There are 2 kinds of physics: there's the Newtonian physics which is the relativity, the apple falling from the tree; and the second type of physics-- also both defined in 1915-- was quantum physics. Quantum physics says that we are all part of a field vibrating. So that field is vibrating and based on how it's vibrating, you get flowers and a globe and I'm Julie Renee and a necklace.

By doing this hand movement, the quantum pump, we're actually re-arranging the particles. So with our mind, we're thinking, I'm clearing. Right now, we're going through the clearings and then with our hand, we're directing a shift. And so we're shifting and removing bloodline, programs, Lucifer stops, soul contracts, evil spirit curses. So we're removing all of that.

The pump itself is a hand movement, the exaggerated is like this. Pull the hand in and take the hand out and when I describe it on a tele-summit, this is how I describe it. But it really isn't that at all in a way. You wanna look at it it's more of a reflex. So look at this. It's more of a reflex than it's not squeezing and opening and closing like that. It's not a squeezey thing. It's more of a dropping the hand forward, elbow at the side. Looks like there's not a lot of light. It's actually a well lit room but you're not seeing that as well. But anyway, the elbow is here at the side, there we go and the hand is pumping forward. It's kind of coming right off the shoulder there and then this way. So you could see it all the different ways.

And then if you were-- someone's asking about two handed, this is the two handed. I do it alternating but you can do this, too. I've seen people do this. It works just fine. Do it in the same time. I like to do boom-pity-boom-pity-boom-boom-boom. And then you can even pump with your feet and that's basically an ankle pump. Let's see if I can get back far enough. So the ankles-- I can't do it. It tickles. Anyway, your ankles is just basically where the-- this is-- pretend this is the foot and that's the ankle. You're just going like that. That's it. Okay. So that's the quantum pump.

And let's see. Marcia, "I read the kidney beans are good for the bladder and many foods that look like the organ are good for the organ." I agree. I'm sure that that's true. And then Rosie, "I have that a lot. Pressing on my bladder and only drip a little urine." So for that, just do the doorknob hand movement for that. Well, I tell you what, when it's kind of that nervy kind of you've, you know-- when you think about that urgent need, that's usually like nerve pain, right? That closest thing is like, "Oh my god. I gotta go." That is kind of like a sharp pain. That could potentially be a demon. I get a yes.

When I asked is it a demon 'cause that sharp nerve pain is a demon. And so I don't know about-- I mean you could do the doorknob but demons generally are either chopping or the quantum pump. So it depends on who the troublemaker is on what hand movement you'd use. You could try, Rosie. You could try whatever you wanted to try and give it a whirl or you can muscle test and see what would be the best. But for demons, I usually use the chopping. Chopping is the two handed movement.

The other things though is to say, "This is not me. This is not me. This is not me. I don't agree to this." And it's not an affirmation, you actually believe and that's not you. That's a demon. That pain doesn't belong in your body. It wasn't supposed to be there. It's not

a gift. It's like an invader. So you say this is not me, don't say it as an affirmation, say it as truth. "This is not me. My bladder feels great and I get the best information from my bladder. My bladder feels wonderful all the time. I release easily. I let go easily and I feel great in my body all the time." It's good.

Let's take a look and see where we're at with the clearing, too. Okay. Bloodline is 99 percent clear. Lucifer stops are clear. Soul contracts, nope. Okay. Well, we got some pumping to do. So we had quite a bit of trouble I guess in the bloodline. So that is 99 percent clear. So a few of you have some clan information that is, you know, slowing you down from getting really the clearing you need.

Trans-mortals. Well they're from the demonic realm, Gay. They're bit like a mean teenage boy. I mean they're big critters. They come through another realm through wormholes. This is not really a class on spiritual parasites. Is it really that 7-hour class. I hope you get all a chance to take it at least one time in your life. You really learn everything you need to know about the spiritual parasites and pests and that kind of stuff. "Meant to say kidney beans are good for the kidneys." Yeah, I thought that's what you meant.

Okay. Let's see. Meant to say kidneys, right. And Rosie, "Forgot about saying this is not me. Blessings and thank you." You're welcome. Gay, "Thank you. I was testing positive." Good. "Is stress incontinence a menopause hormone besides my decreased testosterone and muscle weakness?" Stress incontinence. I don't think so. Menopause hormonal-- No. I'm not getting a yes on that, Maryanne.

It's interesting too 'cause we talked about the words used in Western medicine. Stress incontinence which means there's a stress, a stressor, affecting the bladder and not allowing the urethra or the muscles to actually respond, right? So it's actually what it is. There's enough stress that some of the urine or all the urine leaks because of the level of stress, so. One of the things is to be able to strengthen the muscle itself. So the bladder isn't collapsed on top of the urethra. So we wanna rebuild the muscle system down there, right? So that would be one of things to be looking at we're doing the regeneration is really fortifying that area so that it's strong and it can when the muscle grips, the muscle would be effective. Okay. Let's see.

"I'm in your Golden Age Year of Miracles class and wonder if we'll continue to see benefits even after we complete our yearlong class." Yes. Definitely. And Pam, "I have adrenal insufficiency. Actually diagnosed and have taken bioidentical steroids to survive. The bladder, UTI, and hormone connects make complete sense." Exactly. Definitely, you want to be doing the adrenal regeneration. Holly was going through cancer treatments for lung cancer. She had a fail adrenal that showed up on her PET scan and through our-- we're doing miraculous living weekends back then. She would

come in and have tune ups and work on herself and I helped work on her and we grew back her adrenal from a little raisin-sized failed adrenal to a big plum size fully functioning adrenal. Within 4 months, she had a fully functioning full-sized adrenal. So when the adrenals fail, they shrink down to little raisin size and honestly, when we grown back and we're growing back that cascade of new cell growth, we've grown back to like the size of a plum and she's done a little testimony online talking about what that was like for her to have that grow back and have the radiologist confirm that she went from a failed adrenal to a fully functioning adrenal.

"I had 3 multiple births in 4 years. Doctor said my muscles like stretched out elastic and no amount of exercise could help. Do I just clear that medical field and pump?" Definitely, Janice. What doctors say creates kind of an atheist thought form that never gets to heal, so. Congratulations on all the babies. How wonderful for you and you've got to move medical information out of your field. Okay. "Wow. Is that a special class? I would love to throw my pills in the garbage." Well, the adrenal regeneration, we do it in Golden Age Year of Miracles, so. If you wanted to go through the regeneration of the whole body, that's in Golden Age. And actually, we don't call it golden age anymore, we just call it Your Year of Miracles. So we changed the title just a little bit.

Okay. Yay. Yeah. And otherwise though, you can use the same technique. I mean we-- in many of the classes, I'm teaching about regeneration, so. We're using the same technique, you're doing cellular neogenesis. We do cellular neogenesis in the diamond training and the ruby level and then the emerald level and actually if you're in the yearlong program, you learn how to regenerate your brain and the brain of your loved ones and if you're a health practitioner, you'll know how to do the brain regeneration, so. Some of my graduates are now doing regenerations of brain and body very successfully. So we had our first year graduates complete in end of December and now successfully on their own growing back glands and organs for people. So this is something you can learn to do. Okay.

Seraphim. Okay. Well, the one thing I would say, not so long ago, you've been in class maybe last year when you were in class, right? So you know when you have outer stresses, that can also affect how the bladder is working or how the adrenals are working. You wanna get into your happiness and your peace and your serenity and then stay really owning your body. So in internal being pissed off, being upset or having your environment messed with or, you know, not the best. You know, when you have other people in your space.

I know that that's a stressor. So you've gotta make time whether it's early morning meditations and then going for a walk in the woods and remembering how grateful you are for everything that is working. So you have a water leak in the house but the electric is working and the refrigerator is working and the washer is working, whatever. You

know, I just think you have to stay with there's a lot of things working. There's something that isn't working and life is like that. Sometimes life isn't perfect. So you gotta work with me on keeping your stress levels down and I'm doing the same thing, so.

I had a construction in here for a couple of weeks and they're, you know in and out and got bunch of stuff fixed and it's a little nerve racking to have people underfoot, so to speak. And then you've gotta look at how grateful you are that you have this beautiful home that you live in or whatever it is. Just stay with the goodies. Stay with what you're appreciative of. Water leak during bladder class. Yeah. That's pretty funny. It does look kind of metaphysical, doesn't it? Yeah.

Okay. Shantel, "I'm feeling very relaxed right now and it feels pretty good. I like that." Wonderful. That's great. Let's go back to our slide. We'll just kind of pop back and forth and it's a big, big clearing for a lot of you, so. I'm hoping that we're gonna get all the clearing done but when we get to a point where we need at least half an hour to get the regeneration started, so. We'll keep pumping for awhile yet on the clearing because the more of the clearing we can get, the better our result we can get. But you might end up, after the class, having some of additional homework of pumping to do. So we'll see and that would be if we don't get through all the clearing for all of you. But we will do the regeneration for all of you a hundred person, so. Not to worry about that. That will happen in the class. Like I said, if we get to half past the hour and we haven't finished the clearings, we'll go to regeneration and then you'll have some clearing homework still to do.

Okay. So let's see. So we've gotten bloodline? Yes. A hundred percent clear. Lucifer stops, 100 percent clear. Soul contracts; not a hundred percent clear. 70 percent clear. Evil spirit curses, not clear. Satanic curses, demonic. Okay. This is interesting 'cause we're not as far as I would have anticipated us being. Let's see here. I wonder. Soul contracts. 83 percent clear. Completely different. Night and day. Marcia. Let me just explain this to you. Oh, well actually I could explain it this way. Here we go.

This is-- we're clearing all of these stuff. So we're clearing programs and thought forms and spiritual parasites. So that's the clearing. And then Cell regeneration where your pumping for to re-initiate 100 percent function of the entire cell, the master cell. And then you're doing a mirroring to the surrounding cells. This is actually what a bladder cell looks like. Isn't that cool? And then you start a cascade of new cell growth. So you're not clearing when you're regenerating.

So the clearing is what we're doing now which is removing the programs and then the regeneration is when we get the master cell to 100 percent and then we mirror it to the surrounding cells. So all the cells got a big up boost and then we start a cascade of new cell growth. So the master cell will be at a hundred percent and it'll grow new cells at

100 percent and it'll grow new cells 100 percent. And so that's what we're talking about when talking about growing an adrenal from the little raisin sized to big plum size by this cascade of new cell growth.

"Shall we chant?", Roxanne. Yeah I think. I think that might be fun. "Does having surgery affect your bladder function and urine output? I had 2 surgeries in the past seven months for broken bone hardware removal not fun. Many thanks." Unless it's down in that area, it shouldn't, but sometimes drugs can affect you in a negative way. So it could, it could but I wouldn't say matter of fact yes, I wouldn't. Okay. Let's see here.

Yeah, and chanting actually will help move this along a little faster since we're definitely hitting up against some stuff. So let's go ahead and-- this is the opening mantra. And let's see, "Can we regen our self after completion of the Year of Miracles class?" Potentially, you can. Where you really learning how to do regeneration is in the immersion program. So that is where we really take it to the highest level. [Sings in Sanskrit from 00:58:37 to 00:59:05]. Let's do that again. [Sings in Sanskrit from 00:59:07 to 00:59:41]. And the Tryambakam mantra, let's do this 10 times through. This should really speed up the clearing. [Sings in Sanskrit from 00:59:55 to 01:04:13].

I can feel some shifts in the body and in your being, your presence. This is the light, the creation of new life. The destruction of that which does not serve you. In a good way, it's permeating your field. In a wonderful way, its uplifting you and helping you to be more of who you were meant to be. [Sings in Sanskrit from 01:05:23 to 01:09:10]. Excuse me. [Sings in Sanskrit from 01:09:11 to 01:09:21]. That was nice. Let's take a look and see where we're at now. So we'll go back to our PowerPoint on our clearing.

Okay. So we've cleared soul contracts, evil spirit curses, Satanic curses, demonic curses or on memes. So we're down to memes. So [Inaudible 01:10:03]. That's great. Looks like a little more chanting is in order if we wanna get this done in the next 20 minutes. So let's see. I hope you guys are all chanting and pumping right with me. Oh, the Gayatri. This is a good one. This is for enlightenment. Let's bring enlightenment to our bladder. [Sings in Sanskrit from 01:10:40 to 01:14:06].

Okay. Let's see where we're at. And close out this is. Okay. So we cleared memes and miasms in that group of chanting, so that's good. We're down to curses and black magic. So that's the next. Curses, black magic, trauma, atheist thought forms. See if we can get all of those in one false swoop.

Oh. I see. Okay. So some comments and then, "Do we point our hand to the bladder when we're pump--" No. No you don't need to. You're welcome. "Much calmer." And yes and we are making good progress, too. I think the chanting is helping shift some of the really stuck energy in the bladder. So let's sing in the stillness. Oops. Oh that was

interesting. Oh my goodness. What did I do? Okay. Well, let's just leave it the way it is. Go back to in the stillness which is-- there we go. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am.

"Be my guide in dark times, Be my guide in light times. Be my light in dark times, Be my light in light times. Be my love in dark times, Be my love in light times. Be my hope in dark times, Be my hope in light times. Be my help in dark times, Be my help in light times. Be my wealth in dark times, Be my wealth in light times."

"Lakshmi goddess, beauty grace and heart; abundant love shining through; You the light of a loving graceful maker; Lakshmi goddess of my heart. Saraswati goddess of my passion; Song and art and wisdom shining through; Guide my thoughts in the music of the ethers; And calm the waters of my soul. Durgama, Mother fierce protector; Protect me from my woos; Break the bonds of egos earthy enchantment; Restore me to my whole."

Okay. You're welcome, and Pam, "Can you share these beautiful songs with us so we can sing them later?" Yeah. Those are-- those songs are my songs, my compositions. I've got a few more. Let's see. Songs in my heart. I think there's a little book on a song in my heart.

Here we go. This is the one. And how are we doing and we're about 70 percent through with the page that we've been working on. Let's see. So memes and miasms and curses and black magic and trauma and atheist thought forms, we're working on the DNA right now. The cycles are cleared. So we're working on the DNA right now. For those of you who know how to do it, you can do the side slide. Let me show you how that's done, so. This is the side slide. It's just when we're working on the DNA, we're now removing all the poor programming for bladder, urethra, ureter, and kidneys but we're very specifically the bladder itself and the urethra, so. It's a side slide. Just your hand is going and it's going across your chest. That's the side slide. If it's too complicated, don't worry about just do the pump, so. But for those of you who have started really working on the DNA process. By the way, the DNA class is coming up, so. If you are interested in really learning how to rewrite your DNA, I have a 3-part class coming up in March. I hope a lot of you will be in that class. That's a gonna be a very powerful class. Yes. Okay. Let's go back to-- oops. Back to our song book.

This one I wrote-- I helped with a 140 high risk births and infant massage instruction and, you know, lots of love going towards mothers and children. It has a Celtic feel to it.

"Gather your children, oh mommies today and bind them close to you and love them I pray. And give them your heart your time and your ways. Singing oh bonnie mommies I love you this way. Give them the confidence the care and the play, Talk to them daily about their new world, And share with them light from the mystical plains. Singing oh bonnie mommies I love you this way!" That's right, we are removing it from the mom's DNA programming.

Let's see what else we have here to sing. Okay. We have a couple of minutes before we start on the regeneration. We could do at least some of the stone song. I know there's a few people who really love the stones, so. Let's go ahead and do a little bit of it at least. "The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. At dawn I walked in a circle of stones, A soar temple to me yet unknown, 'Till the strength of the first morning light, Shown the power of the Stonehenge stones. They grounded the energy of this place, And held us together in a loving embrace, While beings of light danced above the space, Bestowing on us their wisdom and grace. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. The Avebury stones were laughing at me, Taunting me tempting me dancing with glee, Playful stones make love to me, In the circle of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. The heavenly chambers from days of old, New Grange stones were a circle to behold, I knelt in prayerful reverence, For the power of the basin stone. I touched my forehead to the rock, It filled me with bright light and talk, Of the ancient people and their ways, and the spirals of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones." That was fun. Yay.

There you go. Alright. So we've gotten 10:30. We're gonna look at where we're at and then you'll have homework on more clearing. So and then we're gonna start the regeneration now, so. I got this-- Oh. And let's see how far we've gotten. We've gotten the DNA cleared; we've gotten cycles, holographic inserts; we did not get through seeds, okay. And then to get from seeds, so you're gonna be starting here. So everything below this you're gonna be needing to work on and let's see. That will take about 8 hours more of pumping.

Okay. And now we're gonna start on the regeneration. Just keep pumping and we're doing the regeneration of the master cell in the bladder and the urethra, in the ureter, and in the kidneys. And so if you're wanting to work on the musculature around the urethra, that's part of the process that we'll be doing. You wanna work on the internal part like the lining of the bladder, that's part of this clearing-- regeneration rather also. We're working with that master cell. Getting the membrane, nucleus, absorption organelle, elimination organelle, DNA, Mitochondria, all the little parts of the bladder

cell, the urethra cell, the cell to 100 percent and then we'll start a cascade of new cell growth for you before the end, before we get to the end of the class. Yeah.

Clearing kidney stones and bladders stones that would be an additional clearing. Let me tell you how many hours you would wanna do clearings on that, 30 minutes. 30 minutes for 30 days. I think every day for a month, you might wanna just do chopping, so that for stones. You wanna do chopping, 30 minutes for 30 days. Good. Okay. Good. So we're pumping for regeneration now and we could sing while we're regenerating, too. So maybe we'll do another song or two.

Let's see here. Okay. So we did the stones. That one's a little too complex. These are little more ballady. Let's see. Oh. Most of them are ballads. This one is probably doable. "Speak softly gentle knight, Your kindness to reveal, Hold me in your strong arms, And warm my frozen heart. Tell me of legends old, Of Arthur and his bride, Bring stories back to life, Your gentleness exposed. Speak softly gentle knight, Of honor code and rule, The ways of chivalry, Bring to this century. And when I smile at you, Your eyes alight with mine, Your costume and your ways, Speak true of Gelfad days."

"Do we need to repeat the regeneration after the additional clearing?" No, you don't. And, "How do we do the 8 more hours of pumping on the bladder clearing? Do we break up into an hour a day for 8 days?" It's really up to you. Doesn't really matter if you can have a Saturday and pump it all out in one day. Good. And if you pump for an hour a day that's also good. The sooner you get the clearings done, the better for the regeneration. So that, you know, if you can do the clearings pretty intently for the next 4 days and get the 8 hours done, I encourage you do it sooner than later. Don't let it last and wait a long time.

Generally, we don't go in to the regeneration until we've done the clearing but I need to actually do the regeneration for you, so. We're stopping the clearings so that we can get the regeneration started. So that all of you will have all the cells, the cascade of new cell growth, by the end of the class. So I feel like this has to be the priority and then you'll just keep pumping. Just keep pumping for the clearing. So that's it and just in general, we generally are doing the clearing completely before we do the regeneration but as long as you get the clearing done in the next week. For some of you who don't have a chance but for most of you I like to see you get the pumping done today, tomorrow, Saturday, you know. Just gonna get it done.

Everybody having their water? "Side swipe know should--" No. Just regular pump. The only side swipe was for the DNA. It was the only thing that-- yup. "Can we pump the right hand when our left hand is tired?" Yeah. You should be pumping with your right hand to begin with. That's the hand that we always are using and if you're right hand is tired, you can use your left hand. You can use your feet and you can also take a little

few minute break, so. But the right hand is the hand that we generally are pumping with. And then like I said you can switch over, you can do the double fisted, you can do one hand at a time, so there's lots of choices.

Let's see if there's any more songs in this book that we haven't done yet. This is a nice. Since the singing has sped things up for us, I think let's go ahead and sing as we pump. "Surely goodness and mercy shall follow me all the days of life, And I shall dwell in the house of the Lord, Forever and ever amen. All that I can and all that I can be is expanding from this mystery. Surely goodness and mercy shall follow me all the days of life. And I shall dwell in the house of the Lord, Forever and ever amen. All that I want and all I'll ever need is flowing from this loving seed. Surely goodness and mercy shall follow me all the days of life, and I shall dwell in the house of the Lord, forever and ever amen."

"Soft the night and sweet the spirit, gentle voices call our song, We are magic we are wonder, when we live beyond the veil. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play." Okay. I'm keeping track with many hours. I'm not giving you a lot of hours, I'm giving you 8 hours to keep track of. But if you wanted to make lists like I do, this is a clearing list of mine and I type in everything that I'm clearing and then I keep it up in my kitchen counter and I'll test like on this list here let's just see how many hours. So this list has more than a thousand. This list has more than a thousand hours on it and as I'm going about my day, I'm pumping every day. I'm pumping when I'm driving; I'm pumping when I'm hiking, so.

So this one is really odd. For this huge off a list, this is like on full self expression on everything. I'm having my dream life. Let's see. This one is on the hands, the crooked fingers that I have and this one it says on it, when I tested it, when I first made it up, I had about a hundred twenty hours to clear and it'll be 80 percent better after hundred and twenty hours and then I still had things to find like I was fighting suppression, domination, control, those kinds of things. And so 30 additional hours so that would a hundred and fifty hours. Now if we're looking at where am I at with that right, I'm at a hundred and ten hours left of the hundred and fifty hours. And so then what I do is I write like today's date which is 2-24 and then I put I met a hundred and ten hours and then maybe tomorrow I'll be at 96 hours or whatever.

So that is a way to keep track of your projects and if you're taking multiple classes from me, I think it's a really great idea. And then you just, as you go about your day, you just start pumping. You're just clearing and pumping. And you know the truth is that we can all have, you know, our ideal life and it has to do with how much we love our self and can give to our self and keeping things in balanced. So you're walking around, you might not be thinking a lot about what you're clearing. You might be doing other fun

things or reading a book or making music or cooking or whatever but that hand is just pumping and clearing for you. So you're just getting it done. Oh. Okay. And looks like the phone line. So I'm gonna dial in. Keep pumping. And I'm just gonna redial back in to the phone line which seems to have-- Hopefully we didn't lose it.

Good. "All guest, press 9-9. So help of those options, press star zero. You'll now be connected with the conference." Okay. So we're back in. So if anybody's on the phone line, they just missed 30 seconds. Okay. Oh. Lots of questions came in. Okay.

"Any suggestions?" So that's a suggestion I'm keeping track and when you look at this, you can see how committed I am to really having the shifts and changes that I'm creating for you guys too, right? And so I live and breathe this and it's so important to me and I map out like for the hands and feet that says bloodline, Lucifer stops, evil spirit, trauma, emotions, DNA; I map out what it is that's affecting this particular problem. The hours and then how much better I would be. Like this one says 80 percent better and then finding things like domination, suppression, control when I can find them, I can get to a hundred percent with more hours.

So I hope that really inspires you to just take on your life and honestly we have the chemistry class and the DNA class coming up. So I think those are very profound classes, both of them. One really helping you if menopause and hormones and neurotransmitters has been problematic for you, get on that call and let's get your chemistry working better for you and the DNA, I mean when you think about how you're set up with your DNA. My family is all really overweight. Seriously overweight. And I'm a hundred and 30 pounds and on the age I am and that is kind of unheard of in my family but it's because I rewrote my DNA. So understand that you can rewrite your DNA, you can remove the cancer DNA, you can remove the weight DNA and life can be different. Life can be very different.

Let's see here. "Why do we have to do it right away?" Because if you don't do it right way, those programs will undermine the regeneration. You don't wanna forget to do it. So if you've still got some programs running and spiritual parasites running, they could stop the regeneration. So you do it relatively quickly. You don't wanna let months go by and what I found is that if people put it off, they don't do it, so. Use your enthusiasm. Okay.

"Do you have a class on self love so that we can learn to give to our self?" The 7 stages of love does touch on that, the self love. I don't have a specific class on self love. So that might be-- Oh. I do. I do have a specific class on self love and it's coming up. Let's see. Let's see if I can find it quickly for you. I do. It's the 'I love myself' class and it's a little bit later. Let's see. I am loved. It's on the 20th of April which is my birthday week. How fun. Yay. So I am loved is on the 20th of April and that is the love yourself, the self

love class. Yeah. Thank you for asking. Seems like I might another class. Seems like emotional freedom, we have. That's really nice, too. But 'I'm loved' that's a good one. Okay. Alright. Good. So, April 20th, I am loved.

Let's see. Susan, "How do we figure out how many hours we need to do?" Well I'm gonna give you the hours to pump in your homework. So I think I've already said 8 hours. If I can take more of that off while I'm working with you and while you guys are watching the movies afterwards. If you stay on for 10 minutes and watch the videos, I stay and pump with you. So we should be able to take the time down but muscle testing is how you would test on minutes or hours or hundreds of hours, so whatever. I use muscle testing. So I test like this says bloodline, Lucifer stops, evil spirit, trauma, so I've listed what are the ones. I've muscle tested them and I've seen what are the problem areas and then I test after I've tested what I am clearing, how long it's gonna take me about a hundred and twenty hours to clear. So that's how I do it. I do it with muscle testing. Okay.

Yay. Sharon says, "Thanks. Thank you for sharing, Julie. Brilliant." Yay. "So I'm pumping during the day and night. Use our intention and focus for an area of clearing or regeneration of our body and think working on multiple areas of the body. Thanks." Well you're gonna be working on one chart whatever you're saying I'm gonna work on this right now and then put it on your kitchen counter and then when you're done pumping at the end of the day, you can go back and see how far you got on that chart. I wouldn't pump for all kinds of different things at the same time.

You really do go through one thing at a time that is how the clearing happens. So it doesn't clear like 20 things at once that would take it really long time to get through. So you're doing one thing and it's clearing and then you're doing the next thing and it's clearing. Just like we're doing the lists. We're just going down the list when we're clearing. So but you could have 3 lists. I think sometimes I have 6 or 7 lists and I-- because I have an awareness or awakening I'll go, "Oh my god." And there's this big list to made itself and then that's under meme. So that would be the list that I'd go to once I got this list cleared, so. But I'm not doing 3 lists at the same time. I'm doing one list.

Okay. "When pumping during--" Okay. So I think I answered that. "I noticed I am tired after clearing." Yeah. It could be that you're tired after clearing. Could be that your energized after clearing. So for you, you're tired after clearing. Might mean that you need more water, you know, there might be a number of factors; spiritual parasites. They're kind of fighting against you when you're clearing, that could be another reason that you get tired.

"I think it helps to watch the replay and do it so you stay focused." That is wonderful I can't encourage you enough to watch the replay at least once if not, 2 or 3 times. You

will learn so much by watching the replay. It's amazing how much I do cover and how much I do talk about during any given class and things that totally didn't hear the first time through, you'll hear the second or third time through. I've had students come through the diamond class and it's like a totally new class for them at the second or third round when they come in and they're doing room support or something like, "Oh my god. I never heard that." And I'm like, "But it's the same material." But you can only hear what you can hear until you've cleared enough that you can hear more. So just get in as many classes as you can. Do the replays and things are gonna make sense on a deeper and deeper level and things are gonna shift for you at a deeper and deeper level. Okay. Let's see.

The bladder regeneration is a hundred percent. So everybody's bladder is regenerating. And how many days do we have for the bladder regeneration? A hundred and 12 days for bladder regeneration. What that means now is that cascade of new cell growth is gonna be growing for-- you're gonna be continuing to grow new cells for a hundred and 12 days. That is awesome. Okay.

On the first day, you'd only have a couple of cells, right? And then a hundred and 12 days from now, you're gonna have a lot. Thousands in your cells, right? So just like an adrenal that starts out as a raisin-sized, little tiny and it gets-- 4 months later, it's like the size of a plum. So understand that you'll have a few new cells growing today and that'll be fantastic and then as cumulatively go, you'll be growing more and more cells so that's that. The muscles and urethra and surrounding muscles, we're at 98 percent on the cell regeneration. So that'll be completed in the next couple of minutes. And let's see. How many days of regeneration on the urethra and the muscles surrounding the urethra? 98 days of cell regeneration on the urethra itself and on the muscles surrounding the urethra. Kidneys, a hundred and 30 days on kidneys. And the uretr, the connection between the kidneys and the bladder; and that's about 60 days of regeneration. Okay. Fantastic. Okay. So few more questions.

That would be a great idea. The replay is gonna be two hours, so that would get 2 hours of focused time in doing the clearing. So that would be a great idea and actually, if you're watching the replay, you only probably have 4 hours of clearing because there's this the chanting and there's-- it's not just you pumping, there's the chanting and there's me and there's whatever. So I-- if you wanna shorten it from 8 hours to 4 hours, watch the replay twice and you'll have the pumping that you need to have finished the clearing. Let's see.

Pumping and-- "When I pump for one thing say soul contracts, can it cover soul contracts for all parts and issues of the body, too?" No. It's really covering what you're clearing. You could do-- that's a good question, Rodany. You could do. I'm gonna clear all soul contracts that I've ever made and so let me just ask 'cause I've done a ton of

clearing but I'll bet there's zillions of hours. So let me just see. If I cleared all soul contracts I've ever made-- and some of those soul contracts probably are working for you, but if I cleared all soul contracts I've ever made or that are affecting me, how many hours would I clear? 30 thousand hours for all soul contracts. So understand that there are soul contracts that are actually working for you. You're not gonna be able to clear every soul contract for everything. I mean you can pump very consistently but what you wanna do is you wanna go for the problem stuff not just everything. Okay. And there's some stuff that probably is helping you be a better person. Okay.

"I think I'm confused about the pumping for different areas in the body because I'm also pumping for my eyes last two weeks of your class." Okay. Well, that's okay. So, you right now have been pumping for you bladder and if you've finish up those 4 hours like you watch the replay twice then you'll be done and you won't have any more pumping to do for the bladder. So that'll be complete. I don't know. The vision class has been over a while so that pumping should of, hopefully, been done but if you're still pumping for it then you just do this. You make a list and you check it off when you finish. So that's what you're gonna do. There's nothing confusing about it. You just do one thing and then you do the next thing.

You could also pump for an hour on this list and then pump for an hour on this list and then pump an hour on this list every day. So you could do-- you could break it up that way, too. But understand that you're working on one list and then you can stop and you can work on another list if you want to, so. It's entirely up to you what you wanna do. I tend to just go for it unless there's something really an urgent problem like I'm sick or something and I have to pump to get out of being sick. I tend to try and finish a project and then go on to the next project.

"Show us the proper way of pumping." Oh, you're kidding, right? That's so funny. I've actually showed you the proper way of pumping at the beginning of the class and in the middle of the class. That is hysterical. Pump. That's it. The proper way of pumping. What happened? See, that is why you wanna watch the replay, right? If you're at the end of the class, it's 2 hours and 1 minute into the class and you're asking for pumping, you need to watch the replay. Okay? Alright, my dear. I love you. You're not in trouble. It's just funny.

"Thank you. Looking forward to sharing my great results." Yay. And Rosie got it. Yay. Alright, sweethearts. I love you. I believe in you. We're in great shape. Like I said, if you wanted to shorten up the pumping, you can pump for 4 hours, watch the replay twice and you'll have gotten through all the clearings and you'll be finished with the bladder per se. Sometimes, people's bladders are in really bad shape after the regeneration's done, you might come back and do another regeneration but you're not gonna do that for at least 3 and a half months. So right now, you're good to go. Alright. Stay with me.

You can pump. I'll be pumping with you and we'll see you in the next class, so. I hope some of you are joining me in the DNA and the chemistry classes. Those are gonna be awesome. Okay. Love you. Buh-bye.

[End of Transcription at 02:14:06]