

Seven Stages of Love Part 1

Good morning, good afternoon and good evening and welcome to the 7 stages of love. First time out on this class and I've been promising to write the book for a number of years. I started mapping out the 7 stages of love when I was writing 'Your Divine Human Blueprint'. So my big project for the last few weeks is to really write the book, write the content. So you're getting really fresh new stuff coming in. You're gonna be getting piece by piece the information about the 7 stages of enlightened love and today we are going to start the training by really working with the first couple levels, which are levels we probably don't feel so fun if we're stuck in those levels. We'll be doing clearings today. We'll be looking at the energetic vibration of the stage. What the stage consist of: stage one and two. And each week, we'll be covering different stages up into the very highest level of enlightened love and we'll be clearing you and really opening you to that possibility of enlightened love and being able to experience that in your body here and now.

So welcome though. Please do sign in. Let me know who's here. Where you're calling in from. We did a fun little thing yesterday to get more people involved. So please if you didn't take advantage of the one dollar family or a sweetheart link please do. The more, the merrier on this class. First time out. It's really wonderful to have lots of people in this class. Alright and I see Cindy and Nadia and Audrey. So welcome. Okay and we're gonna go right to our PowerPoint and get started. Hi, Nancy. Yay.

Okay. The seven stages of love and we'll start with the opening blessing to remove obstacles. [Sings in Sanskrit from 00:02:14 to 00:02:52]. Okay and we're ready to get started. And I'd love for you to take just a moment and rub your hands together in front of your heart chakra. Creating some heat in your hands. Then when your hands are nice and heated up, I'd like you to put your right hand over your heart chakra and your left hand over your right hand. In a universal mudra of self love and self affinity and affirm to yourself, "I love myself. I trust myself. I express my unique self." And breathing in and out. Then opening your hands in a cup-- forming a cup-- the cup of love or miracle mudra and seeing that cup just in front of your heart chakra overflowing with blessings of love and abundance. The blessings of the divine. And as that cup is just bubbling over with love, you take that and tip that cup into your heart and accept the love from the divine. The divine guidance, the divine love wisdom that's gonna be coming through and has already come through and it's just waiting to be enjoyed.

Wonderful. Okay. Welcome to Ashley, Bridget and Heather. Janica, Julie, Sharon, Erin, and Andrea. And Andrea from Sydney. Yay. Did see a bunch of sign ups through the night, so. That's fantastic. Yay. Alright. And from here, we're-- oh yes. We need to just quickly go through the quantum pump technique and the muscle testing technique. If there's anybody new on the call, I wanna just make sure that you know what we're

doing. Yeah. It's a slow response. You probably are seeing a little fun delay. I'm not sure what's going on with our hangout and Gmail today but looks like when we do the shifting, we might see a little 'wa wa' before you see my face. Okay.

So the quantum pump is a hand movement that your elbow is down at your waist and your hand is being thrown forward like a reflex. So it's like that, like that. That's the quantum pump and it, you know, exaggerated is going in and going out like that, that's exaggerated. We're not exaggerating. It's just very simple just kind of a flopping the hand forward and then letting it come back just like a reflex. And the reason the quantum pump works, there are two kinds of physics, they were both defined in 1915. The first kind was Newtonian physics, the apple falling from the tree, the theory of relativity and gravity, all that stuff, Newtonian physics.

Second kind of physics was quantum physics, and quantum physics defined the world and everything in it as particles vibrating and based on how the particles were vibrating. You got a bouquet of flowers or you got Julie Renee or a necklace or a computer screen. And what we're doing with this is with the mind, we're thinking that we're clearing or we're regenerating, and with the hand, we're actually accessing the quantum pleasure field, the field where altering and shifting is possible. And we're re-arranging the particles so that they vibrate in a better situation for you.

Today, we're gonna be really focusing on removing things from your field that don't allow you to step into those higher levels of wealth. So that's how the quantum pump-- and then second thing I wanna just quickly review with you: muscle testing, you're using your right hand and your ring finger; your using your left hand, pointer finger and pointing down. You're keeping your right finger very stiff, very firm, and you're testing to see is this true? So my name is Julie Renee, and I get a very strong yes that that's true. My name is George Lucas and I get a drop. It just becomes weak, the muscle becomes weak.

We do have directions and a chart for clearing muscle testing if that's a problem for you. We will be posing that with the first days of homework and replay. So if that's a challenge for you, if you have trouble with muscle testing, I've got a chart that you can go through to clear blocks to muscle testing. So we'll make that available to you after the call. Okay. So we've covered the quantum pump and muscle testing and now we're going to go into the 7 stages of love.

No. Maybe. It does seem like it's going a little slow. There we go. We got it. So we did the quantum pump and muscle testing. And I apologize, this is a little it small but you'll be getting this in charts. So you'll be getting this mapped out but stage one is contract. The designation is contract. The nature is obligation. The frequency is zero to 130 and the chakras involved-- and I'm actually adding new information on the chakras. We

won't be doing a lot with the chakras in class but you will be reading about it in your homework, in your material that you'll be getting with the class. Okay.

And then stage 2, the designation is collaboration and the nature is obligation morality. The frequency is 110 to 190. Stage 3: cooperation, the nature is companionship basic. The frequency 170 to 255 and as you can see the frequencies are your shifting up. So the frequencies are kind of melding a little bit where you have 170. It's not just a very definitive. So you can see they cross over each other a little bit. Stage 4 is companionship and the context is fun and-- let's see. Rather the nature is fun and partnership and mutual respect, and the frequency is 230 to 450. And then stage 5 is compassionate and it's compassionate union. And mutual honor and devotion are the nature and the frequency, 370 to 480. Stage 6 is delight. Joy. The nature is joy, knowing and awareness and the frequency is 470 to 720. And finally, stage 7 celestial union. Cellular harmony and divine compliment and that's 630 to 1000.

We'll start with stage one which is contract obligation. And in stage one, what we've found is the contract or the relationship is formed out of an agreement to cohabitate, have children, and comply with family mindset to create this lowest form of collaboration. The vibratory rate is 0 to 130. And then understanding the vibratory rate for stage one, these are between zero and one-- whatever we were at-- 130. Is that what we said? Let's see. Yeah. Zero and 130. And so here we have shame, guilt, apathy, grief, fear, and desire. So those are the frequencies of those emotions and so the frequencies of the relationship will be pretty low. Survival is the restructure of this level and would have been foundational for a caveman and a cavewoman as they came together to keep the species going and for protection and substance.

5.5 of all relationships fall into this very low first stage of love. It's a difficult stage filled with challenges and struggles. There are many conflicts are the heart of one to another is not aligned or connected in this stage. Okay. And we're gonna start clearing for level 1 and we'll be clearing all of the things that are listed here. You will be getting charts for each of these, so you'll get more details but this first list is perception. We have-- excuse me. The first list is amplification and then it goes into starting right here on group mind. Goes into perception and then emotions on DNA and then we've got spiritual interferences that starts here at implants and then we've got spiritual parasites and pests down here that starts with aliens. So I just put it all on one page so we can just start pumping and we're gonna be clearing level one.

Stage one of the layers of enlightened love and just to check and see if anybody's stuck with some of the structure of level one. In the class, I think we have about 35 students in this class and let's just see. 5. 5 of you are stuck in level one. So it's good that we cleared. And for all of you there is some impact with level. So we're gonna clear level one. I'm gonna drop down here, as we're clearing, we're just gonna slide down a little

bit. The homework that you'll be getting for level one is the freedom and the right to experience a relationship beyond contract obligation and so that is actually what we're gonna get started on today. Recommended hours of clearing is about 19 hours and the second clearing is suppression, domination, and control and the recommended clearing hours, 60 to 400 hours depending on how much of a problem it is in your space. So you'll be getting this. We are actually working on freedom and right to experience a relationship beyond contract obligation. So that's what we're working on right now.

Okay. Oh I see some questions here. So I'll answer some questions and then I've got more stuff that I wanna go over with you while we're pumping. So we're pumping to clear that the freedom and right to experience more than contract obligation.

Okay. So let's see. Robin and Paula. Good morning. Let's see. I'm gonna drop down a little bit if I can get the-- Wow. Webinar jam doesn't wanna work today. Okay. Robin says, "Good morning." Paula, "Good morning from Israel." Good morning, Paula. "Delightful to be here. Thanks." from Shine. Roxanne. Hi, Roxanne. There you are again. And Laurie-- actually Jamie from Dallas. Bridget, "Tone is not so well." Bridget, if you have problems with the tone that's probably the speed of your internet and you could also listen in on the phone line. Margaret, "Good morning from New Jersey." Cindy, "Are we pumping?" Yes. We are definitely pumping, Cindy. Margaret says, "Hi." And Shine, "What if spouse seems to be stuck in level one?" You could for your spouse. As long as you have permission, you can definitely clear for your spouse too.

Okay. And as we're pumping and clearing for level one, I had prepared something really fun that I think you're gonna really enjoy, how to give and how to receive a gift and I was thinking, "Well, Valentine's day is just around the corner. We've just gone through the holidays." and very likely no one has ever taught you how to give a gift and how to receive a gift. So I thought as we were pumping, this'll be an ideal time to go through the process of gift giving and gift receiving. So if you're the gift giver, select a gift that's about the other. Something they are interested in. Something you've seen or heard them talk about. Or something that validates who they are or the life that they are working to create. And it doesn't have to be big but, you know, the thoughtfulness of just giving it a little thought of what would be important to this person will make a world of difference. Sometimes we give gifts like candles or, you know, some standard gift cards or something and it's so sweet to really have someone get you and gift you a gift that's really about you.

And then the second part, presentation. A card attached with a gift, with a thoughtful sentence or two about why the person is so precious to you. Why you love or care about them or why you respect them. So adding that little extra, you know, "I really care about you. I love the way you do this. I love this quality about you." Something, again, that says you get them. And think about a gift, you're giving a gift, maybe it's for a

birthday or a celebration like Valentine's day, so, you're giving a gift for an occasion. Maybe you're giving a gift for an occasion. Maybe you're just choosing to surprise somebody with a gift. And the purpose of the gift is to have somebody feel loved and cherished. To have somebody feel seen. So remember that as you're giving the gift.

And then wrappings, a simple gift bag or a finely wrapped gift box. Whatever is your style. But remember how much you relay that you care about the other can show up in the loving way your gift is embraced or held in the gift wrap. If the occasion merits a gift, let it merit a lovely presentation also. And then present the gift at a relaxed time, not at the door when the receiver might be dealing with coats and welcomes. Wait till the receiver is sitting or at least in somewhat at ease to present the gift. Have a smile of mischief in your eyes and says, "I've got a gift for you. Go ahead and open it." Stay with them with your eyes and enjoy the delight of giving.

And can you see how if you were giving a gift in this way, how empowering it would be for both will be like a real gift for you because you took the time to really honor the person that you cherish and it would also be a wonderful experience for the person who's receiving gift because they're being really seen and honored for who they are. And then if you're the receiver of the gift which we, of course, always are. You know when we give a party or a birthday or Christmas or whatever, there are gifts coming. So when you receive a gift, reach out and take the gift and say, "Oh goodie. Thank you so much." And so many people deflect and go, "Oh gosh." and they're not-- they don't really handle the accepting the gift well. So I want you to really be willing to receive and receive with real grace and joy and happiness and just, you know, really, "Oh goodie. Yay. I'm so excited about this."

Okay. And then either open it immediately or if it's presented to you as your opening the door say, "Oh I'm so excited to see what you got me. Let's go into the living room or wherever and I'm gonna open this." Or you could say, "Oh fantastic." or "Oh goodie. I'm so excited. Give me a couple of minutes to get the coats put away and get settled and then I'm gonna come back and open this with you." So you wanna acknowledge that you're excited about it and then you're either gonna open it right away or you're gonna tell them, "I'm so excited and give me just a couple minutes to get everybody settled and then I wanna open this. I wanna see what you've gotten." And even if they say, "Oh no. You can open it whenever." Go, "Oh no. I wanna open this with you." So you wanna really share the experience with them so that you can gift back to them.

A lot of times when people give a gift, they never see the reaction on someone's face. Did I get it right? And you wanna give that to them as a gift. You wanna smile and even if they didn't get it right, you can be excited that they gave you a gift and that they were doing something that they thought might make you happy. So looking at the wrapping if it's a special presentation, you can say, "Wow. The packaging itself is a gift to my eyes.

Thank you. It's so beautiful." And you could even hug the gift. You know, you could put it up to your heart and say, "It's so wonderful. Thank you. I just feel this in my heart." And then take the gift out of packaging and gaze at it.

Imagine why they got this. What is something they love themselves or something they thought you might enjoy. Comment, "Oh I love this and I can see you were thinking about me and my love of painting. I'm gonna really enjoy this paint brush." or "I'm going to put this to good use." And whether it's something that they got because it was something that they liked and you could say, "Oh I know you really like this. It'll be fun to try it." You know so find something. Find some kind of understanding about why they gave you the gift or just that they wanted to make you happy or they wanted to just acknowledge you somehow and just honor them back; use some words that say, "I get it and I accept it." and you can hug the gift itself and put it to your heart, too.

Offer them a hug and so if it's appropriate, go ahead and grab them, give them a hug, let them know how much you appreciate them. The love, the light, the joy they bring into your life. So that's about gift giving. Yay. And I see. Let's see. Diane has signed in. Good morning. And Margaret, "Well the last time I had a V day it was in the 80s and I was abused." Okay. Well, hopefully we're gonna change that energy vibration for you Margaret. You know one of the things about-- it says present to everyone. I sure hope you're seeing this. Yeah. Google hangouts acting a little weird today.

So one of the things about giving gifts and receiving gifts is that it's, you know, the more that you are in gratitude and appreciation to the universe and to God and you're saying, "Thank you, God. Thank you so much for the love flowing my way. Thank you for all the gifts and presents that are coming my way." And really acknowledging the things that you do get more will come to you and also setting the tone for gift giving. There are special people in your life. Take the time to acknowledge them and to really bring the presence of gifting to them if it's a little bar of pretty smelly bar of soap or it's some wonderful smelling hand lotion.

The idea of generosity and appreciation and gratitude which is what gifts are all about validating people, that is really amplified in our field of amplification in a really good way. When we're present to that, we take the time and honestly there's such a wonderful experience of good will and of happiness in your field when you're giving gifts. So it's not so much about receiving but when you do receive a gift, really receive it. And so gift giving can be-- I wanna say that gift giving can be equally as rewarding as receiving or maybe even better in terms of giving, so, that's your road map.

Okay. Maria, "Hello, Julie. This is Maria from Austria." Hi. "I did a session with you last month in January and you checked to see if I was free of curses and you said that I was taken genetically and to do blueprint session. So I hope this is the right one." I think that

would be great. I don't quite understand everything you've say but I'm sure that you're in the right place. If you've felt it in your heart then you're right here where you need to be. Heather, "Thank you for the gift giving and receiving tips. I enjoyed your detail. Who tells you this?" I know, I know. Each week, I've got something very special planned for you like gift giving. So I've got some extra directions on wise elder love wisdom that will make your life even more wonderful and beautiful and really enhance the love that you experience in your life. Yup.

Okay. And we're pumping to clear. We're gonna go another 4 minutes on level one and, obviously, you'll have work to do. The second-- when I gave you, you saw that there was homework, so. The second ones: suppression, domination, control that's really extra credit but if you haven't done it, some of my classes I have had that in as homework, the beautiful class got it as homework and the wealth class got it as homework. Possibly even really grow younger class because I kind of discovered it and I thought, "Gosh. This is one of those things that really prevents you from experiencing anything. So if you haven't gone through the exercise of clearing suppression, domination and control, please do. Please do the clearings. Yeah. And what I wanna say is since this is a small enough class, if you haven't done it and you want the number of hours that you'd need to clear 'cause it says 16 to 400 hours. If you wanna just ask me in the chat box today, I'm happy to quickly do a quick read for those of you who haven't done it.

I think the one I started working on last night was being the scapegoat and I happen to be the family scapegoat and it prevents a deeper level of love and appreciation coming from the family which then put something funny in the field and so it's like a conspiracy going on. And so I'm clearing scapegoat and pariah and can't be loved and cherish for who I am, jealousy that kind of stuff. So I've just kind of created a new bundle of things that I started clearing last night.

Okay and Cindy for the domination, suppression and control. I think about 90 hours for you, Cindy. So a lot of pumping but it's so worth it. I mean life really, really shifts and people relate really differently when you do it. Also understand that there might be a period of time of ratification where you've been in the flow of suppression, domination, and control for quite a while and so things might be kind of rocky for about 90 days where things are breaking loose and there's a bunch of cookie things that are going on. Just stay in your center, keep praising, and thanking the universe, God, for your beautiful life, and just allow like water off a deck's back to just whatever that goofy stuff that comes up as your rectifying up to the higher level. You're going to have this bumpity-bumpity-bumpity-bump and then it's gonna smooth out and you're gonna be at that higher level. So not to think that there's something wrong or " Oh no. What did I do?"

just know that the stuff that's been in agreement or put in place for maybe lifetimes is now having to shift up. And some of stuff will be holding on and it'll be out in the outer world and it'll be with relationships and people and you just need the patience. It doesn't take more than 90 days to rectify up to the higher level. So have courage and breathe, you know, relax, take a little bit of extra time if you're going through a little 'err'. And let, you know, let yourself feel your feelings but not make it mean anything. Don't get stuck on it. Okay.

I'm not digging Google Hangout this morning. Okay. Let's see here. Our webinar jam that might be. Alright, so. I think I started with Cindy. Laurie, "Would you help with suppression, domination, control?" Okay. And, "Love some help." And so I'm just gonna give you the hours, Laurie. 126 hours for Laurie. And Elise, I would be delighted to check you, Elise. Nice to see your name. 185 hours of Elise. Nancy. 82 hours of Nancy. And Margaret, and Margaret's asking a different question. "How many hours of pumping for me to clear so I can have love?" That, you know, just the experience of being love, I think is what you're saying, and that's about 4 hours. So I think that you're not far from the experience of being loved but there's levels and that what we're working on in this class entirely for 4 weeks. We're working on expanding, so, that love comes to you naturally and easily and that you're also the beacon or the apex for love.

Okay. And then Diane, "I am new to homework. Can you check for me?" Definitely, Diane. So you'd be pumping for domination, suppression and control, a hundred and ten hours. And Andrea, 65 hours; and Anne, 154 hours. Erin, wonderful. Let's see. "I would like to know numbers of hours of this." Okay. 133 hours, Erin. And Nadia, "How far have I done. Please check how far I have done." Nadia, what I'll do is-- or I can give you the percentage of how far you are clear. You're 98 percent clear, Nadia. And Nadia's been some of the classes where it's been homework, so. Almost there. Ashley, "I have a number of hours needed as soon as you begin to talk about this." Okay. 84 hours, Shine. 72 hours, Erin. You're more than 99 percent clear, Erin. So you're good. I mean you could pump a little bit if you want to but you're good. Okay. Let's see.

Julie, 110 hours; and Ashley. Ashley. Okay. I think I answered you, Ashley. And then Audrey, "I have already had several classes with you within the past month or so. Does all the pumping accumulate or must we pump requested hours for each specific course? If so, how much pumping for this class? Thank you." Audrey, have you cleared suppression, domination, control? Oh. I think you have. Yeah. You're 97 percent clear on that one. So I think you've already done that one and then we're finding things like that but maybe like scapegoat or other things that would allow you to go up to a hundred percent. So this class is about investigating that too. So yeah. So if you've had the homework before then you're in good shape and as Audrey is at 97 percent. And Margaret, "Hours?" 27 hours. And Ashley, "Also will there be chart to follow?" There will. And then Bridget, "Can you do it for me too, please?" And that's domination,

suppression, and control that we're clearing. 55 hours. And Heather, "Am I through? I've been clearing." Yeah. You're at a hundred percent through. And Erin, "Thank you." You're welcome. Okay. Great. Wonderful.

Hey. Let's get started on stage 2. So we're gonna pop back up here and stage 2 is collaboration: obligation morality. So-- and then I'll come back. I realized there'll be questions coming in but I wanna go through stage 2 and get us to starting to pump at stage 2 also. And collaboration implies an agreement of acceptable parts coming together to accomplish a common goal. Moral obligation is the foundation of this level. I think about the role of couple in fundamental religion, how partners come together to grow the group. Keep the species going for protection and survival. There are clearly defined roles in this level, a woman will be expected to be submissive and supportive, while a man will be expected to provide and rule. The vibratory is 110 to 190. What that means in the vibratory rate in stage 2: fear, desires, anger, pride, and courage are kind of all the vibratory settings. So it's not set real high but it's certainly set higher than the first one.

And interestingly enough, stage 2, 52.3 percent of relationships land in this level. So majority of relationships, human relationships, are in stage 2 and there are 7 stages of relationships. So it's interesting and that probably reflects the vibratory level of the general population. Now, when we test for our group of 35 students, we're looking at 11 students that are stuck in this stage and 19 students total that are in this stage or below. So you might be stage 1, stage 2 or stage 2. So we're gonna be clearing for stage 2 next and we'll be doing the same basic clearing. We'll be doing the Lucifer stops, bloodline and all of that. So we're gonna go back to pumping now and just continue on with pumping clearing for stage 2 which is collaboration, obligation, and morality. And so many of you, more than half of the class, is set at this set point. Which means it's very difficult to go beyond this set point if you're set there.

And Janice, "Am I through? I've been clearing." Yeah,. 99 percent through, Janice. And I think that is hours with a one hand pump from Angie she asked me. Shine, "You said 72 hours. I have worked on your classes and many other modalities. What do I do?" Just do the quantum pump, that's all. It's good. We're, you know-- this is very specific clearings to love and relationships. So each class, you're gonna get very different and very specific clearings. "Will this webinar have a replay or recording?" Definitely will. You'll get both the video recording and you'll get an audio recording. A week after the class, the transcripts will be up and there'll also be charts included and homework included. So you'll get everything and it's-- it'll be on a delivery page. So when you get, "Did you miss the class?" or "Here's the replay." in this subject line, just open it. It comes within a couple of hours of the class and then just click on and you'll see where all the charts and the homework are put.

"How many hours of clearing for stage 2?" Yeah. We'll do homework, by the way, for everybody, so. Right now, it's 3 hours, Erin. But I'm pumping with you so I think it's kind of premature. I pump so much faster. I mean my pumping clears people so I'm hoping you might get fairly through stage one and two. So let's not ask that question, you guys, right now because I'm helping you, so, you're not left to your own devices. I'm here pumping with you and I had tested kind of not so long ago, a few weeks ago, and was looking at, "Gosh. I'm about a hundred and 30 times faster than my advanced students, my immersion students." So I might be even 200 times faster than you. So if I'm pumping with you, we should be able to make some real headway and clear levels one and two today in class and that is my wish and intention. Okay.

And Brett. Okay. Yup. Brett, we've already gone through the pumping but it's this and then just watch the replay and you're gonna see the quantum pump. Just looks like that. Your elbow is at your side and your hand is going like that and you guys please, please if you can show up on time to class and it's just 'cause I'm repeating this. I took the time to explain at the beginning. So if you can, get in the class on time. And then hours-- what we were doing Brett was hours for control, domination, and suppression and for you, a hundred and 53 hours. Just a lot of hours and by the way, it's bonus, it's extra credit homework, so. You don't have to do it but you can walk around the house and pump and by the way I think I showed this in some of my class. I showed it everywhere.

So if you're walking, you're in the house and you're walking, you can do this or you can do this. So walking you can have your hand moving and get it done that way too. So you can take a hike or whatever and have your hand moving the whole time. You can pump in the car. You can pump everywhere. Just set an intention that you're clearing and you don't have to think about it the whole time. Just keep your hand pumping. So yeah. It's a lot of hours. 150 hours or 400 hours, you know, the maximum is 400 hours. So it's a lot of time but the results are phenomenal, right? Okay.

Erin, you're welcome. And Margaret, "I'm working on everything. How much is doable amount of pumping for day for me?" Probably like 4 hours is doable for you. Erin, "Does using both hands speed up the process?" Maybe about 20 percent more. It doesn't double it. Robin, "I started out a bit noxious. At the moment, I feel more relaxed in my head." Yay. You know there's been a lot of resistance with this class. It's a funny thing. I started writing the book and it would just-- the computer ate it and 18 pages just disappear and there was no retrieving it, so I had to rewrite it. And I've noticed that, you know, there's been just this push pull to get this information out this morning. I went on always.

I mean I've been teaching classes for over a year and I couldn't get on to webinar jams so I had to open up a different browser and I'm using a different browser which might be the little bit of the delay to get into the webinar jam to teach the class. So there's been

some resistance to having people. Maybe some dark powers having these identity of stages of love and how love can be experienced in an enlightened way. Now we can clear.

So I wanna say that this is the time of great light and great expansion and it's a time when light is coming in and love is coming in and, of course, just like I said if you clear domination, suppression, control. You might have some 'er er er er' stuff going on until you're at that level even though you've cleared, it takes a little bit of time in the physical world maybe 90 days or you have some fits and starts and then you're secure up the next frequency. Then I want you to encourage you to do is just stay in joy, stay in celebration, stay in appreciation and if you're, you know, if you're kind of off track like you're like, "What the heck was that?" and you're a little weepy, go to have a massage, go to the spa, go for a hike, you know, in the wood or go to the ocean, go surfing, go snorkeling. Do something that breaks the energy and just gets you back into the flow of joy, happiness, appreciation, fun and just stay in that fun energy.

This is an energy, this is a time of love expansion especially this month where we have it dedicated to, you know, our sweethearts and loving. And for me, I'm not really currently in a relationship and I'm updated like 4-5 gentlemen down here. They're all wonderful gentlemen and they're-- which is not much spiritual match. So one of the things I'll be doing with you, right along with you, is clearing so that I'm magnetic to my spiritual match. It's one of the things I saw last night is being the family scapegoat doesn't really-- it interrupts who I get to bring in who can really cherish me on my vibratory level. So definitely something I'm clearing big time.

And each week, we'll be giving you different homework. So during the class, we'll be clearing the stages. We should be able to clear the stages them self during the class. The extra credit homework will be the stuff that you're gonna work on your own. There'll be inner and outer homework. So there'll be things that you'll be pumping that's in your homework. There'll be outer things or the action steps. They'll also be asked to take and those action steps just like the gift giving, maybe this week it's a good time to create, you know, think about who do I wanna give a gift to. Maybe Valentines is the excuse or maybe it's just you wanna honor or cherish somebody. And so going through the exercise of picking out, selecting the gift, dealing with the wrapping, you know, really thinking about the person maybe making the card with a few nice sentences about the person. So this will be a good week to just be an action about one honoring gift that you can give someone. Yes.

Yeah. Ashley, it won't be this week but it probably be next week with the scapegoat. It just actually, of course, I mapped out your homework a few days back and it came in actually last night. the scapegoat thing. So I will definitely add it in to the homework, so. But not this week. Domination, suppression, control is big, so. But if some of you are

already though suppression, domination and control and you go, "Oh that feels like scapegoat, pariah, you know, can't be cherished by my family." And it kind of echoes out then go ahead. You'll be welcome to get started on that. There won't be a chart for it this week. Okay.

Ashley saying that she's single. Yeah. Whether you're single or you're in a relationship, you have a setting for what stage of relationship you can actually be at and that's part of the reason we're dedicating a whole month to really clearing the decks for you. And I have done these clearings with my immersion students. We spend an hour or two just clearing the levels but I really believe that there are additional things that allow you to be magnetic to love and probably outer actions also. So you know, what are you actively doing to engage and to meet your sweetheart but also I think you know let's take the time to get you clear so that you can magnetize that soul mate or divine union, you know, so. Levels 4 through 7, all of those levels, 4 through 7 are wonderful levels to be in. So we can get most of you cleared up and I'm sure we'll get all of you cleared up to level seven because that's what we're dedicated to doing here. And Ashley, your setting point, your set point, Ashley, is 2. Level 2.

Audrey is asking will it clear our lineage too. If you're meaning will it clear your children and your parents and grandparents, no. You're working on yourself. If you mean will it clear your lineage as it relates to you like your DNA and your bloodline, definitely will. That's a yes. Okay. And Shine, "I adore my husband, kids, mom, siblings. Possible to get divine union with all in one's lifetime." Well, I get a yes. I muscle test, I get a yes. And Shine--Gosh. And so I get you at level 3 which is a wonderful level to be at but I think you can even get much higher if, you know, we do this clearings and you understand those steps.

It's funny 'cause we-- I was talking to a dear friend of mine who is a theology professor and he's now a relationship coach and I was talking to him last night about my parents coming for a visit and how it was always kind of stressful and, you know, done a lot of preparing and he was saying, "Well, you know think--" This is like an extension of gift giving is I have a little cottage that I've prepared for one of my-- I need three rooms because my parents are bringing guests and my parents don't sleep together. So they need separate places to sleep.

So I've prepared my little cottage and he said, "Well, give it a name like the serenity suite." And then he said, "What does your mom like? If you're putting out in the serenity suite." And I thought, "Well, she likes chicken and biscuit crackers and she likes dates and figs." And I was starting to think, "Oh she likes bottle water and she likes loons. She likes pictures of loons." He started like, "Well, what would make it a serenity suite for her." So that she came in to the little cottage and she felt like, "Oh my god. You made this for me." And I feel so happy. I feel safe. I feel at home here.

And it made so much sense to me to like, you know, when you have company, it just like we think about with gift giving is when you have company, you could make the room wonderful for the company that you could make it special for them. I probably wouldn't be a big investment to make it particularly different or better for them. Like I was thinking, "OH I could certainly just find some loon photographs online." Just put loon image in the search box and then print out a couple of pictures of loons. Sticks it in a frame and hang them on the wall and there she's crazy about loons. So she's be happy.

Anyway, so we think about you know the inner steps and the meditation and the pumping and then the outer steps of really actively how much can we love. How much can we give. And then how much can we receive. And so you're clearing a space for when you can really honor someone even somebody who maybe isn't, you know, rock solid. You can really honor them. They can have the experience of being loved and cherished which is a gift that you give to yourself. So even if they can't love you back, they can experience the gift and you've given them something that's really wonderful for them. Okay.

Let's see. Nancy, did I? I think I answered you, Nancy. Cindy, Level 3. And Audrey, level 2. These are just set points, guys. So if you're level 1, 2, 3 which probably all of you are in one of those levels, know that your set point will be level 7 on class 4. So once we finish class 4, you're gonna be set at level 7 and then you can experience anything. You can experience level 3, 4, 5, 6 or 7. You can experience any of them 'cause your set points is at there. Now, with level 6 and 7, they also require that your energy vibration be higher than most people's are. But we're gonna clear you so that when you're energy vibration goes up, there's no something in your way of going into those higher stages. Okay. Alright.

So I think I-- Okay. Margaret is asking what her level is today, 2. And Brett. Brett, you know what it's really low. It's like you're set kind of very low like around 1, so. "How many hours do I pump for stage 2?" No. We're gonna finish. I don't know if I've been clear enough. We're gonna finish stage 1 and 2 in class today. So let's see. Stage one is 99 percent clear and stage 2 is about 80 percent clear. I'm pumping with you. So before the class is over or I might tell you 'cause we got 6 more minutes, I might tell you to stay on and watch the videos and I'll keep pumping with you for another 10 minutes. We'll get you cleared of stage one and two today. So that is absolute. Those are gonna be done and then the extra credit homework today is submission, domination, control clearings and then the gift. The giving the gift. The good gift. So that's what we're gonna do today. And then next week, we'll go into the next level.

We may spend a little bit more time on level 3. Level 2 is the most-- where people are mostly stuck. We may do level 3 is also-- it's where people get kind of stuck and don't go into soul mate is level 3 and 4. Level 5 is soul mate and it's very few people actually

they look-- they think they're with their soul mate and they probably are but they're experiencing it at level 3 or 4. So I really wanna clean house with you guys so that you can actually get to the higher experience. And some of that might even be like you might have been set on safe as a baby and your emotional brain doesn't allow you to feel good feelings for a long time or to feel cherished or loved for a long time. So we'll be really looking at some of those, you know, unusual circumstances that aren't that unusual but would prevent you from, you know, maybe in a stage 3 relationship. I'm in a stage 4 relationship but what would it be-- you know it feels pretty good but what would it be like to be in a stage 5 relationship?

The hours that I gave everybody were not about stages. They were about suppression, domination, and control. So stage 1 and stage 2 are getting cleared today in class. That's it. They'll be cleared today in class. Domination, suppression and control will be extra credit homework that you'll be working on. So I'm pumping with you and it's not a problem but stage one and two will be cleared. Next week, definitely stage 3. I'm gonna just weigh whether we do 3 and 4 in the same class or if we just do one next week but each class, at the end of each class, that stage will be clear and then you'll have extra homework like the scapegoat, like the domination. Like feeling your feelings and being able to receive and those kinds of things. So just know that we've really set this up for you. We've thought about it very carefully and I've set it up for you so that we're gonna get all the stage cleared no matter what. It's not-- you're not left to your own devices. On the stages, I'm gonna make sure that you're cleared in class. Okay.

It could be, Ashley. "Is your set point affected by your birth parents or their relationship during pregnancy?" Definitely could be influenced by that. So I-- good. Cindy's clear. Okay. Good. "Julie, will there be clearing included around love divine within?" Definitely, yes. So self love absolutely.

Alright, my dears. So we're kind of coming up towards the end of the class. We've got another minute and a half or so to pump. Let's just review the homework while we're pumping. Just keep pumping and do-- what I would like you to do is stay on for the extra like at least 7 more minutes after the class ends. I'll be pumping with you. I'm just gonna sit here and watch the videos with you. Just stay on and keep pumping. 7 minutes after the class, we'll be completely done so let's just kind of review things again. So we've removed the obstacles, we've gone through muscle testing. I will include the clearing chart.

If you're having challenges with muscle testing, that will be included with today's homework. On the delivery page, the page where your video and your audio will be. And just remember the transcript will come a week after the class. And then those are the levels. You're gonna get this PowerPoint, too. So you can print this out and then stage 1, we've cleared; and stage 2, we're just about through with stage 2.

Homework is to go do the exercise. Maybe print this out. Go through the exercise of preparing a beautiful gift for someone and really honoring them. So do the gift experience. And then the core issue on homework stage 1, you'll have the first part of the homework will be done and the second part: suppression, domination, control will be the homework that you'll do. So this part up here is done and this part is the part that you're doing.

And then, again, the first part of stage 2 is done and the second part, freedom, right and ability to exist, to feel and to enjoy the full pallet of emotions. So that was another one that I found was really an important aspect of the ability to feel your emotions. The right to feel your emotions, to exist, to take up space. So that would be also homework for stage 2.

Alright. Okay. We're at the end here. I will be in the chat box. If you had a specific question-- just keep pumping. Pump till seven minutes after the hour. Stage 1 is entirely clear for people. Stage 2 is at 92 percent clear. So go ahead and keep pumping and I'll see you next week. Love you, guys. Love you. Okay. Keep pumping.

[End of Transcription at 01:19:57]