

Seven Stages of Love 2

Good morning, good afternoon, good evening and welcome to the 7 stages of enlightened love and I wanna welcome each and every one of you to this beautiful class on really going deeper into your own vibratory rates in the relationship to you, to partners and also just love in general in the world. So welcome-- Oh there we go. Robin, "Good morning. It's evening here in the Netherlands." Roxanne from New Orleans. Nancy from Texas. And we have a very, very special class for you. We'll be going through stages 3 and 4 today and we have some really wonderful homework assignments. Both the pumping assignments and also action assignments. So, do sign in. Let me know how you're doing and let me know if you did go ahead and do the practice of giving and receiving. If you were given a gift this week and if you prepared to or gave a gift this week, let me know how that went. I'd like to hear how the outer action went for you. We learn about generosity, wise elder love, wise elder wisdom in this class. So, okay.

I see Mai from Mexico. Hi. And Cindy from South Africa. Wonderful. And Brett. Good morning. Brett is my neighbor. Laurie from Dallas. Sharon from DC. Brett, "Gave 2 gifts this week and they both went very well." Fantastic. And Janice, "So happy to be here. Wonderful." Yeah. I also did that gift giving experience in that I had my parents and their friends stay for the weekend and so the whole process for me was to really create an environment that was very loving and all about them. So I put images. My mom likes-- my mom loves loons. So I put images of loons around in the cottage and got snacks that she likes. You know kind of junk food snacks that she likes and every step where I was doing something or creating something, I was really thinking about what would they really love for the weekend to give them this really beautiful experience and it was amazing. It was really remarkable. They were so, so happy. It was such a joy for me to give a couple of days of the gift of just meeting their needs and giving them exactly what they needed or wanted or what made them delighted.

Janet, "Happy to be here." Margaret, "Good morning from New Jersey." Suzanne from Australia; and Dianne. Audrey, "You look--So good to be here. You're such a loving being. Thank you for what you do. Love, Audrey." Thank you, Audrey. That's so kind of you to say. Thank you. And Shree from Dallas; and, "Hello from Televy." Robert's from Televy. Wow. Okay. And Shree. Very good. Alright. Well let's get started on our class today.

We have a lot of really good stuff to cover. Lots of good material. Things that maybe you've never heard of before. Someone asked me, "Where did you get this stuff?" And actually my producer, the staff person, said, "Yeah. I really wanna know where you get this stuff." You know, we're-- I'm getting the stages of love are coming from the human blueprint itself. And so those vibratory rates and what's possible for humanity. In many

ways, we haven't gotten up into those higher levels, 5, 6 and 7 very much. Even you'll see stage 4 is not accessed that much. And so by going through this and by beginning to really awaken that part of us that's more wise, more loving, more cherishing, more honoring and maybe a little bit less. You wanna be about yourself but not selfish. So you wanna have self love but not the maybe I need, I need, I need.

And okay. And I see few more people signing in. Laurie, "To get couple of gifts I received. I gave extra love acknowledgement to a couple of gifts I receive and saw how much they delighted in it." And so Laurie that's fantastic because you gave gift by receiving the gift so beautifully. That's fantastic. Bridget, "Excited to be here." Wonderful. And Shree, "Love enhancing the love and joy of being and living." Wonderful. Okay. So yeah. If anybody else did do the homework, it's really a tremendous opportunity for you to take your ability to receive and give gifts to the next level, so. This is really-- it's an extraordinary opportunity.

And we're gonna start with the opening blessings and I'll just do the opening blessing that would be done in a temple before a ceremony or a cure ton. [Sings in Sanskrit from 00:05:35 to 00:06:39]. And we called on the dispeller of obstacles. The protector/mother/goddess and the goddess of wisdom and enlightenment and awakening awareness.

So as we start our class in a blessed and beautiful state, we move into some simple directions on the quantum pump and muscle testing. I do know we have about 15 new students this week that didn't catch the live class last week. So welcome to all the new students and if you're brand new to the class, I want you to just relax and enjoy. You're gonna learn a lot of new words. There's gonna be some new techniques for you. What I recommend for brand new people is to re-watch the replay a couple of times because you begin to start-- it begins to start really permeating you like honey on white bread sinking into you. And the first time you hear it, you might kind of go and you catch a little bit of it but by the third or fourth time you've heard some of these words, it's gonna be part of your natural vocabulary. So no stressing just enjoy the process.

Alright. So we start with the quantum pump. The quantum pump is a hand movement. Get your elbow right down at your waist here. It's right there. And then the hand is pumping. It's moving forward. And we're gonna do this a lot of the class today 'cause this is how we clear. This is how regenerate and so we create a new circumstance for our self. The reason that quantum pump works is-- let me just explain, there are two kinds of physics. There's relativity, Newtonian physics which is the apple dropping from the tree defined in 1915. Same year, 1915, which is actually a hundred years. That's hundred and one years. Okay. And we had quantum physics defined the same year. And quantum physics defines everything is part of a field vibrating and everything that's in the field are particles vibrating and based on how the particles are vibrating, you get

flowers or a globe or Julie Renee and so what we're doing with the quantum pump which came to be in an awakened state was the quantum pump actually re-arranges the particles to a better circumstance. So today, we'll be doing clearings with the quantum pump but the quantum pump can also be used for regeneration. So this is our basic hand movement.

For those of you who've been with me for awhile, you are welcome to use the double pump if you wanna like really go for it. Double pump looks like this and if you're in a playful mood, you're also welcome to pump your feet and essentially that's just your ankles going back up and down and up and down. So your feet are just going 'woop woop woop' like that and you can alternate or you can do them pumping like that. If you can't pump, that's always the question. Somebody who's too weak. Somebody doesn't have a right hand. Somebody doesn't have a left hand; use your mind. Pump in your mind. Just imagine your hand pumping in your mind. That's about 50 percent result and I think that if you work on that overtime, if that's your alternative. You need to pump in your mind then you will get your pump up to a hundred percent efficient if that's where it's gonna be.

The right hand we suggest using because the right is the outer world. The left hand is receptive. But if you have trouble with your right hand, use your left hand. There's no wrongs in this. There's only, "Well this one tends to be a little stronger. This one like a hundred percent. This 97 percent." Doesn't really matter. You can get it up to a hundred percent if you practice with it however you are doing the pump. So that should cover everything about the pump. We'll be doing that during the day.

If you see me doing a funny pump 'cause I do do a funny pump, it's just that I'm doing all of you at one time and my funny pump looks a little bit like a whirly gig and I'll just show it to you. So if you happen to see it, don't try to shift into that. But it's a teacher pump. So I'm doing this little whirly gig to get to all of you. So just that that's what I'm doing and you just stay with this pump 'cause this is your pump. Very good. Alright. And then one more time we'll just review again muscle testing.

What I recommend for people who are brand new with muscle testing to practice 5 times a day for 6 weeks and muscle testing is kinesiology. It was really defined in 1976 by a chiropractor. How we do muscle testing it's just extend the ring finger on the right hand and then with the left hand pointer finger between the two knuckles pushing down. "My name is Julie Renee." will come as true and the finger will actually stiffen more and become hard. "My name is Bozo the Clown." and the finger becomes weak or drops. So you wanna keep it really, really stiff and then statement of fact and the statement will be either true or false.

The body will register-- your muscles will actually register whether that's true or false. Rarely but once in a while people have trouble with muscle testing even after the six weeks of practice. That might be spiritual parasites tapping into your muscular system or into your authority. So if that's a challenge for you, you can send a little message to support. If you've already done the practice and you have a challenge, we do have a chart on what to clear if you have problems with muscle testing and I'm happy to provide to those you who need that. I don't think that everybody needs that. I don't wanna start a cascade of 'oh I need this.' So many of you will already be experts on muscle testing. Okay.

Yay. Okay. Let's see. Audrey, "For the double pump, can we pump hands in unison or must we pump on alternate style." Well let me just test. Can we pump in unison? Yes. Alternate? Yes. So both. Either one. Whatever makes sense to you. If this is fun for you then do this. This seems to be more fun for me. And you know we're in the quantum pleasure field, so, it's really let's have some fun with it. And Merna said, "I love my self was a gift." Okay. Good. Wonderful. Alright.

And so we've done quick little review of the quantum pump and all the variations that we're gonna use in this class and a tiny little intro to muscle testing and where you would be using muscle testing potentially will be with the charts. In this class, we include the charts on the slides so they're not separate from the slides. So you'll be getting the homework on the slides as well as the extra credit outer action homework. Just like this week, we have the extra credit out homework as giving and potentially receiving a gift and so you'll have the outer homework. You're gonna get 2 assignments this week on outer homework and you'll get two assignments on charting on levels 3. You'll get 2 and on level 4 you'll get 2. So there's a good amount of fun activities and pumping to do this week. So yay.

It's a good week and especially with valentine's day. I don't know if all of you celebrate valentine's day. I know it's big in the United States but this is the day-- let's see-- Sunday where we really acknowledge sweethearts and love for one another. Saturday, by the way, if you have missed it so far, we have a free class called unlimited love and we'll be doing little karma clearing and meditation. It's 17 hundred people on that class last year. So please, please sign up quickly. We already have I think over 12 hundred students over all as of this morning. So if you wanna get it on that class, it's our super fun class and we'll send you out the link if you haven't seen it yet. We'll send it in the replays. So do sign up for that on Saturday morning, the 13th, and get you all ready to go into valentine's day with your heart expanded and open. Okay.

And Paula from Israel. Oh so nice to see you. I know you've been coming to classes for awhile now and I just want to honor your process and your journey with me. Thank you for joining us and for each one of you. I see all these names and all of you have been

on other classes, I think. I'm not seeing a lot of new names and I just am thrilled. I'm thrilled that our community is growing and that we're able to go on this journey together.

Alright and in the seven stages of love, we're going to be moving through stage 1 and 2 which we did last week. Stage one was contract obligation and stage 2 was collaboration and its obligation morality is the nature of it. Stage 3 is the stage that we'll be in today. Cooperation, companionship basic. And stage 4, companionship is the designation and fun, context for partnership and mutual respect is stage 4. Stage 5, compassionate, mutual, honor, devotion. Stage 5 is the stage we think of as soul mate. Stage 6, delight, joy, knowing, awareness. And stage 7, celestial union, cellular harmony and divine complement. So we'll be doing stages 3 and 4 today.

Stage 3, cooperation - basic. And in the third stage of love and relationship, cooperation is formed out of basic companionship is the agreement cohabitate, have children, and comply with family mindset. The vibratory rate is 170 to 255. Vibratory rates for stage 3; 150 is anger; 175, pride; courage, 200; neutrality, 250; and willingness, 310 which doesn't get all the way up there but, you know, it's a little bit into that region. So we'd look at a full gambit of emotions in stage 3. This basic companionship has the aspect of friendship and camaraderie to it and as if two individuals are in more agreement to be together from the heart or spiritual place and are seeking to experience a love connection.

37 percent. 37.7 percent of relationships fall into the 3rd stage of love and it's the second largest group of embodied companionship. Remember stage 2 was the largest group of embodied companionship. This level is moving towards a desirable relationship and is a functional level of loving meaning that there's a period of the relationship or a percentage of the relationship that's really experiencing love. Not just partnership, not just kind of shlogging it out in the trenches but there's real love showing up in stage 3. So here we have like 30 percent of the time. In the 1 to 1 dynamics, the couple if living. They're really experiencing a level of loving each other and enjoying each other.

We're going to clear anything that locks you or prevents you from moving out of stage 3 into the higher stages and so that we're gonna start doing right now is we're going to do the quantum pump and we're gonna be clearing all of the things that are listed above here on this page for really being able to move up from stage 3 to higher levels.

And Maria from Village. Nice to see you here; and Anne, Welcome from the UK. Wonderful. And so right now what we're doing is we're pumping. We're doing the quantum pump clearing for basic stage 3. We're gonna pump for about 11 minutes and while we do that I'm gonna take you into one of the extra credit assignments. Just have to jump down here a little bit. Let's see if I can do it. I think I'm gonna have to scroll. Okay. And so one of the extra assignments is getting handle on cords, contracts and

agreements. So everybody is pumping to clear stage 3. Anything that would prevent you from going beyond stage 3.

So what we're going to be talking about now is cords and control energy and this is something that really causes big challenges in this emotional and divine connection with your partner. So your-- many people. As a matter of fact, most people send cords to their partners and this is kind of control energy and then also people send control energy to their partners. And you might wonder, "Well why in the world do I send a cord?" or "Why did they send a cord to me?" and it's both ways. And we started out really with the idea that mother and an infant would bond and there would be cords between the mother and the infant and that would allow them to stay connected. Would allow the mother to know what was going on with the baby in any given time. So that mechanism that is really there to allow a beautiful connection between mother and child and then we start cording everybody.

And we cord, you know, our friends and our parents and our-- people we're afraid of and people we love. So that's one of the things and honestly in a higher level of relationship, you wouldn't be cording the person. So just to know that cords really aren't a good thing in higher levels of relationship except with your infant or your child and by the time your child is 16 or 18, unless there's special needs, they should now be unplugged. They shouldn't be corded to you.

So I'm giving you the process here of how to remove cords. So this is the first process that you'll have the opportunity this week for homework. To go through and maybe look at your beloved or your family members and really take the cords out. And so here's the step by step. Allow your eyes to close and imagine where the cords have gone from your body to your partner's body or vice versa. Where do you feel it? Often felt in the head, heart, belly and low back. Imagine unplugging each cord from your body as if you were unplugging an electric cord from a socket. Make sure the cord is removed to the outside of your aura (the energy field surrounding your body) and imagine filling in the hole in the aura if there is one with magic aura filler. So when your cord is removed, it's been there a long time, there might actually be a hole in your aura. And then imagine anything left of the cord dissolving away. If you are good at muscle testing, you can test to see how many cords and where you are and if you are entirely successful in removing them. So this would be the process for removing cords. Now let's suggest you remove all cords from your body with the exception of, like I said, if you have any infant or small child.

Okay, so. Maria is in Austria. Very good. But she's originally from Florence. "I'm one of your followers. This is-- all these clearings to have children. Have been doing sessions for 5 years but only the last year, I have had major shifts after getting on tele-summits and doing many packages." Okay. Great. Maria, I'm thinking to do a class to help

women get pregnant because there are tune ups we can do that really help. Gonna help quite a few women get pregnant. It won't be in this class, the seven stages of enlightened love but keep your eye out 'cause I'm definitely thinking to put that on the schedule soon and so thank you for letting me know that that's a desire of yours and it helps me.

Okay. And then the second process with this homework is to remove control energy and control energy is send to a partner when you feel a need to rule over their actions or their thinking. It lands in the body or field and just sits there until you remove it. Very similar similar to this is medical control energy that sits in the body say after you've had surgery and is often why folks are slower to recover. And here are the 7 steps for removing control energy and, again, you wouldn't wanna be sending control energy to your partner in the higher stages of love. So this is just a really good tool to kind of clean up you know what's happened to date. So step 1 would be to imagine a pink and blue magnetic rose in front of you at eye level with stems grounded to the center of the Earth. Select the pink one for you and the blue one for you partner. Imagine your partner our 4 feet in front of you. Turn the magnets on and that would be roses are magnet roses and seeing the control energy you've left in your partner's body and aura magnetized into your pink rose.

So you pulling your control energy out of their body into your pink rose and the rose is actually doing it. See all their control energy leave your body and be magnetized into their blue rose. You can muscle test for completion or feel into it as all energy has left. It will feel lighter and stress or tension feelings will leave. Reach out with your imaginary hands and take your pink rose into your heart and return your energy to your body. Reach out for the blue rose and imagine giving the rose filled with your partner's energy to them. Say in your mind-- oops. Here is your energy back, thanks for sharing. I no longer need it and I'm returning it you. And see them take their rose and energy back.

So this is very, very good. You might be thinking about maybe 5 or 7 or even 10 minutes to clearing energy the first time that you do it and then you might do it on a weekly basis. Just do it for a minute or two to actually process. So it doesn't take very long once you've done it once and both of these are incredibly helpful removing the cords and removing the control energy. Okay. And then Laurie is asking a question, "Do you need to know what each cord is for in order to remove it?" Definitely, not. No. Just remove the cords. You know, who knows why we send things when we send them when we're upset or concerned or scared or you know anything like that could stimulate sending cords and vising for the partner. So just removed the cords and let it go.

And then Maria, "Am I suppose to be crying at this part?" If control energy and cords had been a problem for you and your soul is starting to realize, "Oh my gosh. This is something that's gonna really change me." I think, yes, you could be crying. It could be

an awakening of the emotions and really an opportunity to be more of yourself. And Cindy, "Do you use the same project for surgeries? I have just had major surgery." Yes. For sending back medical control energy, you can send it back to the medical facility or the doctor and you can definitely do the same thing. I found medical control energy particularly troublesome. So I've removed a tremendous amount of medical control energy. Having had some new surgeries and it's made a world of difference in my authority in my body. So yes. That would be good.

Okay. We have about 3 maybe 4-- 3 minutes. 4 minutes. Something around 3 or 4 minutes left of pumping for our stage 3 clearing. Let's see. Oh. This is just good to know, ladies. Ladies, unfortunately you put control energy into men's testicles and the expression, "She's got me by the balls." becomes a literal fact. This exercise helps us to be emotionally and spiritually respectful to our partners and gives freedom back where constraint and control used to live. So please just understand that this is where we are a little notorious for this. So apologize to the gentlemen in the class and we promise to do better. So we love you and we don't mean to, you know, torment you. So okay. Let's see.

Audrey, "If you are involved in etheric love affair, does that cause cords?" You have to test. I don't think it causes cords but you might just check. So I don't see that it would be a natural or an automatic that causes cords. Okay and let's get back up to where we are here. Okay. We're about 99 percent clear. Maybe another minute. Good. So just keep pumping and we'll start into stage 4.

And stage 4 is companionship. This is a beautiful stage to experience. Though not quite soul mate, this stage is working towards love in an enlightened levels and if you are in this stage, it is promising you can move up to higher stages as the foundations for enlightened love-- as the foundations for enlightened love are present. Fun, context, partnership, mutual respect are really the foundation of this stage. The vibratory rate is 230 to 450 which is getting higher. It's definitely a much more beautiful level to be experiencing.

Some of you have been in the lower levels and stages 1 or 2 even though your vibratory rate might be more on the 3 or 4 hundred, this is because this was your set point with your parents, your family of origin. So just understand that you had some set points you came in with and we're clearing this now. The vibratory meaning for stage 4. In stage 4: courage, 200; neutrality, 205; willingness, 310; acceptance, 350; reason, 400; and we're not quite at love yet but love is at 500. Unconditional love is as right as there at 500. And so you can see at this level, there's less striving. There's less strife. You can see that-- so we usually pop back to maybe one of the lower stages and look at anger, pride, courage, neutrality, willingness. If we had our other slide, it slides up from last week, there were a lot of lower emotions that would have been felt in the lower

relationship levels. So stage 4 starts to really become a joy to be in. It doesn't mean that you won't have to work things out and you won't have cultural differences or emotional differences but you know it becomes a more joyful experience.

Okay. Stage four is moving back into we think as of desires or special. You know, only 2.4 percent of relationships are in this category. So we begin to see much smaller numbers and part of that is we're looking both-- you can't really be in this stage if your vibratory numbers aren't in this stage. In other words, much of humanity is in a lower vibratory rate. I would say for our group however this is a beautiful stage. Stage 4 and stage 5 are very doable for everyone in this class. So the relationships in this category are very close to on the higher ranges unconditional love. We see thoughtfulness, acts of love, and service for each other being really a natural part of this love experience.

And then we'll be starting now our clearings for companionship stage 4 and we'll be doing the same group of clearings. Anything blocking you from really experiencing that higher vibratory rate of love and then next week we'll be going into the next level which is soul mate. So we're just pumping again for clearings. "How can you reach stage 4 if your partner is stage 1 or 2?" Well that would be an interesting process, wouldn't it? So you would have possibly an agreement to do clearings together and to awaken together. I-- let's see here. Let me come back on the screen. So this is a question from Mai but I'm sure some of you are also wondering. I'm planning to finish this book. I've been really working on it for a few weeks now and have it out as an e-book potentially in the next 3 or 4 weeks. So I'm working real hard on it. But you might sit down and use anything.

I know the-- for agreements was something that years ago, I had client who was a movie producer and he's energy wasn't perfect and his girlfriend, he was like 5 feet tall and his girlfriend was like 6 feet tall. And they were cute couple and he was so committed to moving up and I'd say he was probably in level 2 'cause he just was a little bit deceitful. You know he's a producer. I don't know. But anyway, he was a nice guy and he had a lot of insight and I got through some challenges and--- but he was very committed to his sweetheart who's more like level 4. She was higher. And so what they did is they read books on love together and they would daily dialogue with each other and open to each other and you know really heal each other and the-- obviously the woman was the light bearer for the relationship and because he was so committed and loved her so much, he was making his steps also. So I think that that's a really good place to start.

If you're committed to staying in the relationship which is great, then you're committed to helping uplift and you know bring more light, more love, more happiness, more joy into the relationship. So thank you so much for asking me that question. I'm very grateful that you did because I can just really say I've seen it, I witnessed it myself. I

witnessed people who really like, "Oh my god. She's everything I ever wanted and now I gotta be a better man." Or "Oh my god. He's everything I've dreamed of and I need to, you know, get it together. I need to stop this jealousy or whatever it is." and people will make their steps when their-- when there's that kind of love present. And you know it's really about remember who we are because honestly we are all stage 7 lovers who have had many, many controls and blocks and programs put on us. So I'm gonna say that we awaken to our divine love rather than we strive to move in to that category. And so someone who's in a level 1 or 2 does have the potential to be in level 7 because that's part of the blueprint. The blueprint is whole, perfect and complete in itself and then it's a matter of, you know, peeling the layers of the onion off which we do with the pumping, we do with the outer actions.

So you know I think one of the things I also wanna express is when I witnessed over the weekend 'cause I think my parents are probably in a between a one or a two in relationship. And so how they relate in their outer world is kind of the same way in a one or a two. And to be given a level 7 of love and honoring for 2 days really they were kind of happy in a euphoric way and both of them were, although they really speak the language of love, that's not their tradition, that's not who they are, in the way that they could speak love, they really-- they really made attempts to speak love. They really did. They were-- I was just couldn't believe it. My mother asked me to teach her how to do the quantum pump and every time she's had it and she see looks straight at my face and goes, "You can't help me. Doctors can help me." And she asked me to help her learn how to heal herself. So for half an hour in the living room, the last night, we sat together. The two men, my dad and his friend, and the two women, my mom and her friend, and I sat in the living room and taught for half an hour and that was like a miracle.

And I think when you really offer that higher level of love and don't get involved in the lower activities or actions which are, you know, the strife and the struggling but you hold to on this higher vibration and it might be that you have someone who's in your vibration supporting you and in, you know, just really being a sounding board. Not a place to call and complain to but somebody who's like on your side helping you listen to, "Well, this didn't work but this worked." And this was a surprise to me but I felt sad when this happened and just have someone that maybe can hold the space for you while in your in the journey of helping uplift and I think the other thing is they have to-- they have to want to shift. They have to see the win in going to a higher level and it's not done by pounding out or iron this out or we're gonna nail it or whatever. It's not done by that. It's actually done by generosity and love and kindness and you know. That's where that response of by want more of this.

And I think also you know they'll really feel. When you pull out the cords and you pull out the control energy and you are really landing with more love and respect more honoring

in their space, they feel it. And things start shifting for them too. They're not in the battleground, they're in the, "Oh yeah. I like this. I'm responding to this. I like what's changing." So I hope that helps. Okay.

Okay and we're gonna review the second-- as I said ,there was outer actions, there's another assignment which is a gift of honoring. Oops. And here's a question. Yaeshva, "So Julie can you please tell me my vibratory rate? Can you tell me how to attract a partner with the same or better vibes. Or at least ready to grow and work towards higher vibrations. Thanks so much with infinite love and light and gratitude. Doctor Yaeshva from India." Well, that's a wonderful question. I think one of the things you wanna be mapping out and we'll be talking about this next week. So this isn't actually part of today's class but next week I am planning to address this. Is mapping out the kinds of feelings you wanna feel when your partnered with someone. And so if you could take maybe 20 minutes or half an hour or longer and just start writing out: I imagine myself feeling very cherished or very respected or very loved. I imagine myself happy, laughing a lot. I imagine our conversations being deep and profound and you know really kind of take it a level of it's more of the feeling rather than I want to have someone who's six feet tall and full head of hair and green eyes and I want them to have a million dollars or a zillion dollars in their bank account and you know. I want you to start thinking about the feeling of what it feels like to be with that partner.

So then as people are coming in to your space, which they do, they're naturally attracted to you, then you can kind of see, 'Is this matching? Oh yeah. I feel cherished and honored. Okay. Yeah that vibration really does work with me." So you can start seeing and kind of testing is this really what I wanna be feeling when I'm relating to somebody. Okay.

Now on wise elder love wisdom, the gift of honoring, I'd like to give you a second homework assignment and this is actually a writing assignment. And if you've ever gone to a funeral and listen to wonderful things about a person who just passed away and wondered, "Gosh. I wonder if they ever heard this in their life." This is an opportunity for us to honor our elders, our grandparents, great grandparents, our parents and even our children. So I'm gonna give you instructions on writing a love letter which is really a tribute to the person that you're writing to and I did this for my grandma, Adelia, and she had been depressed for 30 years. She was very quiet and very much in herself and maybe it had been a lifetime. I don't know. She lost my grandfather 30 years prior to my writing this letter and she was very unwell and she just read her bible and did her needle point and occasionally watched a show on TV. She wasn't a big TV watcher but a little bit of shows and that was her life. She was very quiet. People would come visit her and they would tell her what was going on and she would say very few words.

I wrote her a beautiful 10-page letter. All the things I loved about her. What I loved from my childhood. What I remembered about her wonderful gathers and bringing the whole family together and there'll be 45 people laughing and shouting and you know she put all the food together and she wasn't an outspoken woman but she really made the environment beautiful for everybody. And this made much difference in her life. She called. She had one of my aunt's dial up my number for me and she talked with me for like 20 minutes and she was so happy. She said, "I didn't know I was such a good person. I'm so happy." But then over the weeks, all of my aunt's and uncle's each gave me a call and thanked me because I did something no one else could do. I woke up grandma. I got her to come back and be there for, you know, for everyone and for herself and to enjoy her life again. So this is power that we hold.

So step one: think of this as a tribute, take some time to ponder the person's contributions to family, friends. How they inspired and loved. Sketch out an outline of the main validation points you feel are poignant and will resonate as pure truth so they can experience the joy of being seen. And then step 2 is write a first draft of your love letter and read it out loud to yourself. What did you miss, how could you phrase it better and then make a second draft with the improvements. And then step 3, at this point, the love letter may be good to go or you may find it more you want to add and if that's the case, you would just read it out loud again and think what else would I like to add. If you are letting it percolate (meaning you want a little bit of time to go by so you capture everything you want to share with them) make a date when you will send the final version. In other words, for me, I took 4 months to do this.

You certainly don't need to take 4 months to do it but over the 4 months, I ended up writing such an amazing tribute to grandma that it awoke her. So if that-- time helps you then do that but absolutely put some time in your calendar when it is going to be mailed if you're not mailing it immediately. And then put it together and send or deliver it person. And then this is an exercise of generosity, how many stories can you share with them that will reflect their individual greatness. How much genuine love and appreciation can you imbue in this love letter? And then step 8, once one is done, start on the next letter to the next person you can validate. A good practice is to create and send one of these love letters every 3 months.

So could you imagine getting a letter like this? A letter of you know the honoring of your life and all of the good that you have brought into your life. All that you've contributed. Could you imagine what that would feel like for you and how happy it would make you feel to be really seen and really heard and really appreciated for what you did do? And letting go of what didn't work or what didn't go perfectly and just imbuing the letter with I love and appreciate you. You are amazing. And really going into some detail on how the person is amazing to you.

So it doesn't have to be perfect but I really encourage you to get started on this process today. It changes you and it changes them. Again, it's also an exercise in letting go and saying I'm putting the past in the past meaning whatever didn't go perfectly is over and gone. And whatever is cherish-able and treasured and lives in my memory as joy, as love, as something beautiful, I'm bringing that to the surface that's what I'm keeping as my memory of this person or these are the memories I'm keeping in the forefront. And you know when you really let go, when you put the past in the past we say, "Enough's enough. Over and done. Letting go of what didn't work and moving into a new level in a my life." You were actually more receptive to bringing in those higher stages of enlightened love because holding on of course only hurts you.

A dear friend of mine, a nurse practitioner from years ago she said, "You know, the conversations are looping thoughts about this person didn't do this or this person didn't get it right." All those looping thoughts and concerns and even the conversations you've had. Let's say this person didn't do it for me. They didn't do it right. All of that winds back to you holding a hot potato and that hot potato is burning you hand and it's not doing a lot of damage to them and their life. They're on with their life doing whatever they need to do but it's doing a lot to hold you back from your enlightened love and enlightened companionship. So I want you to just put the past in the past. Let the past go and really welcome this new level. This new face of being and yeah. So I think, we've covered the gift giving and receiving. We've covered cords and control energy and now we're talking about really honoring and that love wisdom on this deep level would be honor the people who cherish us and nurtured us, who guided us, who mentored us, who brought us along to help us be who we are now. So this gonna be a magical week if you take on the homework, so. Okay.

Let's go back where we're pumping and let's see how far we've got to go and then we'll also be going through the charts for the week. We got a couple charts that we're gonna be going through. So we'll go back to the pumping here. We've got about 5 minutes left to get completely clear on blocks for stage 4 and then we're gonna come down now and look at-- so just everybody keep pumping. And the homework-- and so your charts, again, your charts are gonna be in the PowerPoint itself. So in the slides them self. You're not gonna get a separate chart. The core issue freedom to experience relationship beyond companionship basic which is what we've been doing and you can muscle test to make sure that you're entirely clear and but you should be clear on the first issue. The second issue, freedom, right, and ability to exist and feel, to enjoy the full pallet of emotion.

And those are-- that is the list of clearings that you will be doing for stage 3 and so for all of you who are live in the class, you'll be going right on to this. If you're doing the replay, you wanna muscle test to make sure that you got the first clearing done. And then on stage 4, core issue the right to be loved, to be loved experienced unconditional

love and then the ability to experience balance and satisfaction. So in this case, you'll have you'll clear everyone will do homework one and homework two in stage 4. Right to be loved. Be loved experienced and unconditional love. Good stuff. We're doing so good. Yay.

Okay. So we're just coming to the last few minutes of the class and everybody's pumping. We will be complete about a minute or two before the class is ending. "Energy from past partner who was abusive. Would you recommend-- what do you recommend when you want to clear energy from past partner?" Exactly what we did. You would-- the homework assignment is the cords and the energy. So Brett, I would take that homework to heart and then just really work on imagining all the energy leaving your body.

I think in unlimited love on Saturday morning, if you are able to jump in, I think we're doing a quick karma clearing. So that might be also nice phase of-- there's a process of cords, contracts, agreements and karma. And so that might be a nice thing for you to also jump into is the free class on Saturday but exactly what I gave you is what you need. The removing the energy and removing cords.

Okay. Let's see. What do I wanna remind you of? That. A little tickle here. Okay. There we go. So unlimited love is Saturday morning from 9 to 10 and it's a free class. You can share that with all your friends and family if you'd like to. Like I said, we have a huge turn out on that one so please do sign up now and get your link. Get yourself all set up. "Will there be a replay for Saturday's class?" Yes, but you have to sign up to get it. We don't just automatically set it to the list. So enroll and we send it out to everybody on the same day. Okay.

Oh. Also there is a replay from 2015 unlimited love if you wanna go into the events. Let's see. You would go into programs on juliereenee.com programs. Forward slash programs. And then you would look for unlimited love 2015 and you could see the replay from last year. The class will be different this year obviously where I'm teaching some different materials but it might be fun to have another hour of love trainings. So that's on the website free for you, too. We also have a new program coming out. So I think you might be starting to get some emails on love and relationships program, that's a home study program and is completely different than this. So this is one stages of enlightened love and that's got 5 half hour meditations in it and it's set up wonderfully, you know, just really keep working on expanding your heart and opening to your relationships and love. In that-- in the way-- In that program by the way, are all the karma clearing techniques. So that one is it really maps out everything about karma clearing and really ending poor relationships. We really, really map that out well 'cause it's 6 modules, so. So you might like to be looking into that one. Okay.

I think that's it for today. God bless you. Let's just check. Is everybody clear on stage 3 and stage 4? I get a yes. So you're all clear on stage 3 and stage 4. I love you. God bless you. Have an amazing Valentine's. I hope to see you on Saturday and just know that you are cherished and you are so dear to me and I am really looking for big breakthroughs for all of us in this class. So God bless and I'll see you soon. And by the way, there are some videos. If you wanna watch the upcoming, what's coming up right now. If you didn't get in to the vision class and you still want to do enroll, you'll get the replay of this week's class and you can join us with the live next week. Next week, we're actually doing the regeneration. This week, we did clearings. So if you're interested in growing new cells in your eyeballs, your optic nerve, your visual cortex in making the lens in your eyes younger and you aren't in that class. Go ahead and jump in. Just go ahead and sign up. It's a very modestly priced class. So vision is still open to you. Okay. See you soon. Love you. Buh-Bye everyone.

[End of Transcription 01:07:12]