

Seven Stages of Love

Hi and welcome to the 7 stages of enlightened love and just wanna welcome you back for class 4 and this has been an amazing journey. Lots and lots of changes and shifts and awakenings and awarenesses and a lot of new information coming in about the 7 stages of enlightened love. So I see. Good morning to Shine and Mai and Robin, Donald. Yay. Cindy and Brett. Good morning to all of you. We're gonna go right into our screen share. Excuse me. Achoo. And let us get started with the seven stages of enlightened love or the seven stages of love and we'll do an opening blessing. And hi to Ashley and Paula. And the opening blessing is [Speaks in Sanskrit at 00:01:11] and it really just is clearing all the obstacles in our path and in our way. [Sings in Sanskrit from 00:01:18 to 00:02:16].

And we go into a very quick demonstration of the quantum pump as we always do at the beginning of this class. The quantum pump is a hand movement. It's really a reflex movement. Your elbow is at your side and your moving your hand forward and looks like that. Double pump looks like this or goes like this. So you can do the double pump. Doorknob looks like this. Right hand only. And the side slide goes like that. So it's starting at your right shoulder and cutting across. Very good. And then the muscle testing; fourth finger, right hand held very firmly, press down. If it's true, it'll hold stiff. I'm Julie Renee and that holds stiff. I'm Bozo the Clown and it drops. You wanna look at a short demo video on YouTube, just put Julie Renee kinesiology into the search box in YouTube and you'll see a little demo video on kinesiology. So there we go. Alright. So we're all ready to get started and I saw a few questions come in.

Let's go through some of the stages. Get pumping. We're doing stage 6 and 7. Let's get our self kind of pumping and then we'll go back to questions if that'll be okay with all of you. It's just so we get through the last 2 stages today. So wanna make sure that we cover everything. Okay. And it's a beautiful sunny day here in California. and I have some great news. Yesterday, I was actually formally approved for the adoption that I'm going through. Don't have a baby yet but the formal approval on I have a good home, and good heart and ready for children. So I got a glowing report which is something I've been waiting for. So I'm in a happy, happy mood.

Okay. So here are the seven stages of love. Stage 1 is contract obligation. Stage 2, collaboration obligation morality is the nature. Stage 3, cooperation companionship basic which many people fall into this one; stage 3. Stage 4, companionship, fun context partnership mutual respect. Stage 5, compassionate or compassionate lover, mutual honor and devotion. Stage 6, delight, joy, knowing, awareness. And stage 7, celestial union, celestial harmony and diving compliment.

So we'll start with stage 6 and the stage of love is related not just to the calibration of love but also to the vibrational rate of the lovers meaning that they're in a higher frequency, they're in the unconditional love to enlightened master state energetically them self. So that is part of getting into this stage. The stage 6 is that you need also to be there. You need to energetically, vibrationally be there yourself. The vibratory rates for stage 6: reason, 400, it starts are 480 so we're pretty much out of the lower parts of reason but up into; unconditional love is 500; peace, 600; enlightenment 700 to a thousand and this one again it's from 480 to 720.

In the stage, sixth stage, both people are in a state of unconditional love to enlightened mastery. They both find great joy and value in relating to each other and their love for each other blesses the community around them. They're considered 'Love avatars' and don't we all want that? We all wanna be an inspiration to our community and even more than just an inspiration that our love kind of permeates into the community in a beautiful way.

.01 percent of relationships land in this very elevated state of love, so. You know, a handful of people on the planet really are in this stage of love. We'll be doing clearings. Anything that would prevent you from being able to step into stage 6 once you've reached that state of awakened vibratory frequency. So let's go ahead and start pumping and this is now perfect time to go back and start answering some questions and so we'll be clearing all the things in perception. We'll be clearing all the things in amplification, in emotions, in your DNA, anchors, and spiritual parasites and so we'll just gonna clean house for stage 6 which is delight. Okay. And we'll go back to my face and we'll start looking at some of questions that have come in which a lot of questions I think came in. Okay.

So I think I said hi to Cindy and Paula and Robin. Mai says, "I feel that I am still with a partner in level 2. How do to deal with this?" Well, you know, some of it is really like you can also set the stage for loving at a higher frequency. So you might wanna be looking at the activities and the conversations that you have. You might do some work together like some clearings together. So it would have to be their goal too, wouldn't it? To be in a higher frequency of love. So that would be something that you would look at. How do we design this to share this experience together to elevate the way that we related to each other in love. And then Nadia says, "Hello." And Sharon and Laurie, Elise and Janice.

Myrna, "Lots of frustration because no improvement. Did class 1 to 3 three times. Use no improvement." I don't know how you could measure an improvement because this is something that's kind of subtle. So are you in a relationship, Myrna, that you are unhappy with? Or are you trying to bring in a relationship or are you looking at your behaviors and saying, "I haven't improved myself in the way I'm behaving."? So this is

more organic that something that you're gonna get. It's something that you're going to emanate so that you'll magnetize into you love and companionship. And that doesn't like happen like, "Boom. I've done a clearing and now I want my hamburger." That's not necessarily the way it goes.

You have your own rhythms, natural rhythms. You might also be online on a dating site or you might be attending events and meeting people or one of my dating strategist from 3 years ago had recommended go to restaurants, nice restaurants, and sit at their bar and order your meal at the bar and just visit the people and for sure you're gonna meet people and that has definitely been the case. I go to the restaurant and instead of being seated at a table, I go to their counter and I have been meeting gentlemen and dating and you know I think if you've been like me, I've been kind of out of the loop of relationships, you need to start where you're at and get in a rhythm and the flow and then you're really looking at the beautiful parts of relationship.

If you're walking around angry saying, "I'm frustrated and angry 'cause it didn't change.", and it's only been like 21 days, I'm thinking that you're not lining up with the higher vibrations. You're probably in frustration is probably stage 1 or 2. Stage 2. So frustration. If you're trying to pound through to a relationship that is a higher level and you're trying to do in frustration-- let's see the energy vibration. Let's see what the frequency is on frustration. Let's see. Anger is 150; pride is 175; desire, 125; fear, 100. So that's kind of that frustration is kind of in the frequency of anger. So you wanna think about the frequency of what you're coming into the experience of welcoming love in and we have some beautiful clearings for you today, so, which will be good. It'll be really good. Okay.

So that was Myrna and then Audrey, "You look one hundred percent rejuvenated. So happy for you." Yeah. I probably about 93 percent better. I still have tiniest little bit of mucus and whatever but I feel just myself again, so. Thank you for that, Audrey. Thank you for loving me. And Brett, "Congratulations." Yes. Thank you. And Janice, Thank you. Yes. Magine, "Congratulations." Yay. "Working on ultimate love connection for soul alignment and unity without duality to truly materialize." Yes, yes. "We are that is."

And that's what you're working on and so each of us are working on that love connection that's the highest frequency that we can draw into us and so we want to practice that wise elder love wisdom and actually I would be surprised if any of you, with the level of homework that I've given, on just improving your love frequency and your sophisticated relationship frequency, I'd be surprised if you've gotten through all the homework because I've given you the outer actions which are big and I've given you the inner actions which are also big. So you are really starting a year of opening to who you are, your best self and magnetizing to you that wonderful experience of your best self with a partner.

Okay. Julie from Oregon. Everybody, by the way, we're clearing on stage 6. So we're clearing on the stage of delight which is experienced from the energy vibration 480 to 720. So everybody's pumping for that. "Please can you check if I'm finished with my homework on clearing suppression, domination, control." And that's from Cindy. Yeah. 98 percent clear. So that looks really good. Roxanne says, "Good morning." "Does it look like I have met my stage 7 partner?", Audrey. Audrey, you'd have to be in over 700. I believe for stage 7 and we haven't-- that would be a very rare thing. I think the goals are 4 and 5 for this class but if you are over 700 then that would be a possibility but let me just look for Audrey on stage 7, 6, 5, 4, 3, 2, 1, 0. And I get a no on that. There's a no. So I don't think so.

And Margaret, "Good morning from New Jersey. Wonderful news." Thank you. Yay. Shine, "Can we clear all secrets and transmute to complete transparency, trust, joyous, sharing of everything between me and my husband? Thanks." So what you want is a relationship that isn't based on secrets and is based on truth and trust and yeah, you can clear-- you'll see that I've written in the right, the ability, so. Let's slip down to some of the homework. So you can see how I worded it 'cause that would be like the right to be in a relationship that's trustworthy and without secrets and things like that. So let's see how I worded that down here. I think that'll be helpful, so. Oops. Sorry. It's in the right and permission.

So here are the-- this is the wise elder wisdom, permission and rights, and you might come up with 50 of them but haven't been in your field that you really like to have. So self love issues and allowing love to come in from core programs anchored in the body sending out a signal. Is that you do not have permission or the right to experience love. Here are the top 5 in my book clearing these. We'll create a space from which to love and be loved in expanse.

So the first one: the right and permission to be cherished, respected, honored and protected. This also means your lover has your back, you can count on them to stand for you and, you know, recommendation is 60 hours but yours might be more or less. The second one: to be loved as you are, imperfect and wonderful. To be loved and accepted at your worst and your best just because you are you. You are only the best version of yourself a small percentage of the time, but you have permission and the rite to be love as-- loved as you are in the here and now, and then this one I suggested 40 hours of pumping. The rite to have unconditional love, free from domination suppression, control and other limiting programs preventing full self-expression and joy, and this one still 'cause some people had not done it look like a hundred and thirty hours for the group.

Permission and the right to belong. To have a beloved partner and family if you choose. To be part of something wonderful, the right to be cherished for who you are in the

belonging, free from isolation and aloneness; pump 113 hours. And the fifth one: freedom to enjoy a grace filled fun enjoyable relationship. The right to be in a good, solid, great relationship, free from struggle and endless hard work and I-- just for the group, I came up with 40 hours. Yours might be more or less. So that's the beginning. Like I said, you might have-- you might come up with 30 rights and permissions that you haven't experienced yet that you'd like to and that would be where we would begin to look at, you know, shifting for you. So that would be-- those would be good clearings.

Okay. Let's see where we're at here. Okay. So Shine that would be-- so I would think that you would want to the right to have a truthful beautiful relationship filled with trust because that's something you would want the right to have. That would be something that wouldn't occur to me. So it's something unique to you meaning many people probably already do have them self at a loving, trust relationship. It might not be honoring or something else. So that would be one that you wanna take on and clear.

And then Myrna is saying, "No relationship yet. Magnetized into me sounds great. I'm 77 years old. Not doing that young stuff but thanks about monetizing that one in me." Okay. Magnetizing, I think is what you meant and that's, you know, that's where you come. You actually are the vibration and frequency of what you're bringing in to you. "I would love to join relationship course. Will it enhance the effect of this course?" A relationship's course. I think that might be the home study course that you're talking about and it would definitely enhance this course 'cause it's more done on meditation. There's like ten or eleven meditations in there and so it's primarily done with meditation and yes, it will help.

"Do we each have a vibrational frequency and different vibration for each relationship?" Well the relationship has a frequency and you have a frequency. So it's a good question. Most of my students are between 330 and 500. So you're, you know, you're in the range where you could be in 4 or 5, level 3, 4 or 5 without a lot of difficulty. Brett, "Can you please check if I've cleared my low set point from birth?" It looks like a yes, then that would be-- it's interesting 'cause set point, you're not saying what it is but I do get a yes on the question so much with that is directing to.

Shri, "Hello." Shri from Washington, DC. Nice to see you. And Myrna, "You look youthful at any age but really going into a bar and picking up a guy been there, done that. Not going there but you do lots good memories to access.", Myrna. Thanks. I don't think you're understanding me, Myrna. Let me come on and talk to you because I don't think that it's making sense what I've said. You go into a nice restaurant and there's like a bar or a counter where they serve food, not drinks; where they serve food. And you order meal there at the counter and people visit with you and you dress nice and you smile and you talk to people. So that is not picking people up in a bar. I don't go to bars and I don't drink alcohol, so.

It's not my thing then I had thought that when the relationship coach said, "Go to nice restaurant and sit at the bar.", I said, "Well I don't sit at bars. I don't drink alcohol." And she was, "Oh. I'm not talking about a bar like you're gonna sit and drink. I'm talking about go and order your meal where other single people are sitting." And it's been great strategy. I've met fellas and had dates and it just get the ball going. So you go to place where people age appropriate are sitting at the counter and it could be a place where you visit with them. That's a nice place to start a conversation.

You can magnetize somebody in a coffee shop or anywhere but it's kind of easy. People are looking to visit with each other at the counter. They're coming off of me end of their day or whatever it is. You might have other strategies but not everybody has the strategy of online dating and so I was just giving an example of something that is working for me just going to a local place, sitting at the counter, ordering a salad and a couple of iced tea and chatting with people around me. So that's what I'm suggesting, Myrna. Not a bar and not picking anybody up. You should go to bar and pick somebody up if you wanted to. I know Myrna doesn't want to but there isn't in a wrong in this, there's a what makes sense to you and if you feel good about going in, putting yourself out at the senior citizen center and going where, you know, there's a social-- do that. Do what gets you where the people, the men are, that you wanna be around. Okay.

"Could you please tell me about how far I am with clearing suppression, domination and control?" and that's Carrie. You're about 70 percent through; and Brett," Last time you said I had a low set point as far as being able to be cherished and love, and I was wondering if I've cleared that yet." Cherished and love. Has she cleared her low set point? I don't think so Brett. Looks like another 50 hours of pumping. You know, cherished and love is big picture. And so it's not just-- it's not as simple as just simple but keep going 'cause you're well on your way. You've got it started and just keep going.

So I'm just addressing for those of you, there are people in relationships on the call. There are people who wanna be in relationships. There are people who are dating and not sure if they'e with the right person. There are people who are married and are in a long term relationship and they're not certain if they're with the right person. And you know, I think the one thing is not to get too caught up with the levels. Even though we're going through all the levels and we're clearing them all is to really work on if you're in a relationship, enhancing it to the best it could possibly be and doing all the clearings on yourself that you can to make yourself better more able to enjoy the relationship at the highest level you can.

For those of you who are magnetizing in a relationship, there's also outer action. So you don't just sit in your room and pump and think that he's gonna knock on your door. It may happen, but that would be a very, very rare circumstance. You wanna actually

have some strategies on getting out in the world and I've tried things that worked and I've tried things that haven't worked like I like the ballet so I go to the ballet. There aren't a lot of single men going to the ballet or to the opening of the ballet. You know, it's couples or single women.

So that was a strategy that didn't work that I tried. I thought, "Oh just." And fund raisers and charity events and balls and things like that. In general, men don't go by them self. Women do, men don't. So you wanna, you know, you think, "Maybe that would be a place where I could meet someone." But you know, the unstoppable gala, there were single men and single women because it was all on raising money for villages and it made sense. And so there were single men and single women and I know there are people that partnered up at that gala, the unstoppable gala down in LA.

However, something just simple just going out to lunch. And so I'm going out to lunch a couple times a week, sitting out a counter, making myself available, wearing nice clothes and a little make up. I've been definitely being asked out just by going to different restaurants in the area. So that's a very simple; doesn't get you online dating; it doesn't, you know--Also, I'm taking dance lessons. I'm taking west coast swing dance lessons and I'm not having the chance to sit down. The men are lined up waiting to dance with me and I think when you go to a place where people are saying, "Yeah. We wanna. I wanna do this activity." Especially like couples dancing and there's a lot of single men. There's more. There is 23 men and 20 women. So the men were anxious to have a partner to dance with and they danced with everybody. So that's a really great place to meet.

So I'm just encouraging you. You have to actually put yourself out in the world enough to be seen and if it's not online dating, which is the younger generation, Myrna does. Myrna is not part of the younger generation, so it's probably not your thing then senior citizen center or dance class or something. Something. Or you meeting him. Okay.

And let's see where we're at 'cause we're about half way through with the class. Let's just see if we've cleared stage six. Yeah. We have cleared stage 6. Okay. Let's go into stage 7, celestial union and this one actually you do need to be at the highest vibration. This stage is known as divine compliment or celestial union and it's the apex of embodies. It takes 2 enlightened beings to form this magical union. Also referred to as cellular harmony. Its frequency is 630 to 1000. The vibratory meaning in stage 7 is peace and enlightenment. And so when you're looking at what you'd be working on together, it would probably be in mastery levels. I mean your projects would probably be more global than one to one but it would be-- you know, you would have a pretty high frequency to be able to be in stage 7 and we are clearing everybody. So if you do get into that frequency in this lifetime, it's possible that you could bring in a stage 7 relationship.

Since there are a handful of these on the planet any given time, the idea of knowing about this as possible, allows for forward movement of elevating our personal vibration through this lifetime and through our future lives. In this era, you can move into enlightened master in one lifetime. So all of you can get into enlightened mastery in this lifetime. You would need to dedicate yourself to becoming the best version of yourself and be willing to clear the blocks that hold you back, along with helping humanity. As you get into that higher frequency, that's a lot of-- what that frequency is about, is about being a stand for others and uplifting others. So we're gonna clear for-- oops. Stage 7 which actually is-- sorry about that-- celestial union or divine compliment. There we go. Okay.

And we have talked about the wise elder love wisdom project. So as we're pumping, let's go down to some of the homework that we've got coming up, too. So we can talk about that a little bit. Some of the things that you'll be pumping for. Clearing homework for stage 6 is resetting your core nature to joy and removing the tendency to match lower frequencies when introduced into your field or body. So when somebody comes around you that's particularly negative, do you go down and match the low frequency with them or do you hold your own? This is an opportunity to go through and really clean that up so that you can stay in the joy frequency which would be really awesome.

Okay. Let's see. Nancy, "Can you tell me what stage I am at? Thanks." Nancy, just let me know are you in a relationship? No. You're not in a relationship, so. You're just wondering what frequency you're in or-- 'cause everybody's cleared through stage 5 already today and actually we just have cleared stage 6. So you're all capable of being in all of those stages 'cause we've done the clearings for that. And, "Would you have to stage partners in order to reach stage 7?" If you were where I am for example, you would. Either have your partner change partners or you would take on the project both of you of elevating to the vibrational frequency of enlightened mastery and that would be a project you could do together or you could change partners. But I'm not recommending that you change partners for stage 7. I'm recommending that you work on the best version of you and the best version of you in relationship.

If you're with somebody who's in a very low frequency then they may not be a partner you wanna do the rest of your life with but there's a lot of opportunity when love is present to go to higher levels, so. You know. A bird in a hand is worth two in the bush. No. If you've already are in a loving relationship and you wanna improve it and you can see that over time that's gonna happen with your partner by presencing love rather than saying, "No. You're not love and I'm waiting." So you'll just have to weight that for yourself.

The second set of homework here is on stage 7. I can receive the love in the way that is it offered from my lover and from others. And sometimes we have a block and we're sitting the way love is given and so we end up being unhappy or in an angst but this would be a good clearing for that. And I love myself and find it easy to enjoy my favorite activities. I am easily able to give to myself and fuel my emotional tanks when needed. And this is really about self love and being able to be self sustaining love being that brings-- fully brings love into the relationship. So you're fully fueled. It's natural for you to love yourself and get to yourself.

And that's one of the things I find very loving people have a hard time fueling their own tanks that they have no problem giving to others. And then when it really comes down to doing the things that they really love, they're very stingy with them self. So this would be a really great one to clear.

So you wanna really be looking at what's possible now and I think bloom where you're planted and rather than striving for something that maybe isn't your frequency. Put an intention that your frequency and vibratory rate continue to expand and that you draw in someone that will expand their frequency with you and you'll grow together. And like I said, desirable levels 4 and 5 are wonderful and those are levels that are very attainable for everybody. All of the clearings that will be done is really partnering with the person who also has the frequency and intention of, you know, creating that level of love. Maybe attending meditation groups and spiritual groups or altruistic groups would be a place where you might meet someone like that.

"My hands still gets really sore during pumping. I think I've cleared all the issues: ghosts and seeds that caused this, so. What would be the problem?" It might just be the actual hand movement. Are you just gently letting your hand drop forward or are you using your muscle 'cause if you're actually using the muscle like this, my hand will get tired after a while, too. I mean, I wouldn't do this very long. I would just-- this is too much. It's hand dropping forward so it's really effortless. You don't really feel it. So that's what we're looking for with the pump.

Okay. And Brett, "You are--" "Are you saying that we don't need to finish the homework before we start a new relationship?" No you don't. What I'm saying is life is happening all around you and your heart is open and you're ready for love and you keep clearing. You clear every day. You do some clearings everyday and don't wait for things to be perfect just go for it. And maybe make a plan. Maybe you're gonna be clearing the seven stages of love and all the homework over the next 3 months or 90 day. And during that time, you're gonna go to a lunch counter twice a week or you're gonna go to a senior event or you're gonna go to, you know, where are party where there are singles. So you'll make your strategy and you'll keep working on yourself. I think you're

getting a momentum going which is a beautiful momentum. So don't wait for things to be perfect. They never are.

Okay. Nancy, "I think what I'm asking is what is my frequency." Okay. So Nancy's frequency looks like about 390, somewhere in there, Nancy. And then Cindy, "Yes. Thank you. This could be the issue. Will be more aware about it." Okay. Good. Good then. I'm glad we got that figured out. Yay. "That makes more sense. Thank you." from Brett. Fantastic. And Brett, you know you live in my area, so if there's some kind of an event, you wanna go as girlfriends, I know you probably got plenty of people but I'm definitely putting myself out in the world. I went to-- I volunteered at the AT&T golf event at pebble beach and it's super fun. I'm definitely gonna volunteer again and they give the volunteers ample time to just go hang out and visit and you know, be with people, so. Yeah. I'm taking dancing lessons at the Carmel muse center on Thursday nights and definitely doing things where you would meet people. I know other people have said, "Well, go to the gold course at lunch time." And I haven't done that yet but they say a lot of single gentlemen. They've done there, you know, their golf game and they're sitting having a meal before they go back to work or whatever their activity is, so. That would be another place. Anyway.

Perfect, Brett. Yeah. Let me know. I'm-- yeah. I'm looking for a wonderful miracle in every aspect of my life. A partner who's excited about family and helping the world, so. Yay. Okay. Laurie, "Can we clear many different things at one time while pumping?" No. You're clearing one thing at a time and then you're clearing the next thing. So I'm still glad you asked that and that seems that people get this a little bit confused but when we go through a list, you guys know that we're clearing Lucifer stops and when the Lucifer stops are gone, we're clearing bloodline and when the bloodline is clear, we're clearing soul contracts. So we're going down the list and we're clearing everything on the list in the order of the list.

But you could have like different projects 'cause you're in 4 classes of mine and you can have them printed out and they could-- you could work an hour a day on each of the projects, you know, so. Or you could work 10 minutes a day on each of the projects, so. For example, I think I showed this as an example yesterday. I've got these 3 projects that I've mapped out for myself and so I'm keeping track and some days I'm working on like I've been working on my hands and knees. I've got 3 crooked fingers and my knees sometimes swell. And so I had a hundred and 50 hours and I now have, as of 2:24, I have a hundred and ten hours of pumping to clear all the programs that are informing my body to cause that issue.

This is a bigger project that I'm working on and this has over 15 hundred hours of pumping on it. This is all the full self-expression living in full happiness and joy. This one clearing being the scapegoat of the family. This came up when, you know-- and it's so

great to just look at that when it comes up. My mom took a stand against me adopting and called my brothers and sisters and said, "Don't support her. We don't wanna give her a character reference and we don't want you too either." So I had my family decide not to give me character references for the adoption because I was the scapegoat of the family and everybody listen what my mother, the matriarch of the family, said.

So clearing, for me, I was clearing being the scapegoat, having a borderline mother or/and not being loved and protected, fully nurtured and cherished. I mean I just looked at and said, "Okay. Well, that's something I gotta clear because I wanna be a fantastic mother to the new children coming in." And also I want that to influence my life or my happiness and my joy or get in the way of anything, so. Okay. Let's see.

"Can--" Okay. So that one is answered. "My son is getting married to a lovely girl. I would like to invisibly give them the blessing of clearing at the 7 stages, how can I do this?" You can't really unless you have permission. You can say, "I took a class on the seven stages of enlightened love and I'd love you to give you the gift of clearing you." You have to have permission because they may not want that clearing. So you wanna make sure that they say yes. Okay.

And then Anne, "You said in the one of the programs that you pump while driving. How do you do this?" You just hold onto the wheel and you're pumping. So you're driving on a freeway and you're going for a long time or when you stop at the light, you're pumping, you know. Parked, pumping for awhile, so. That's how you do it. And I am not too strict. I've shown you guys like hiking. I have my little nine month old friend is coming over to visit me and we're going on a stroll ride, I'm giving her a stroll ride, so. Pumping while walking. If you're walking or hiking, you're moving your hand like that. Just like that on the side. So that works really good.

So you're just moving your hand as you're moving about your life and you can do it just virtually everywhere with people really don't see it. They really don't see it especially when it's down at your side like that. And when you're at home, you're pumping this way and when you're walking, you're pumping with your hand way down and you're just pumping and you're pumping at the restaurant. I order my food and then my hand is under the table. I'll just show you how that looks. So I'm sitting at a restaurant and my hand is down here and it's just basically hanging straight down, so it's down kind of on my calf and I'm pumping while I'm waiting for my food to come. So nobody sees this. It's under the table and you can accomplish a tremendous amount of clearing with that pumping. You can pump everywhere you are. Everywhere you go, you can pump. Okay.

"If they do, how do I do it?" You would go through the-- probably just go through the audios and just imagine that you're doing it for them as suppose for yourself. So either

the audios or the videos just go through the 4 hours of training that we've done and just pump for them. I just encourage you for people don't take on clearing people unless they've said that they really want it because you might push them into levels where they're or stripped away down a higher level. I doubt that that would happen but it could happen and they break apart because they're not really able to sustain that higher level 'cause they didn't intend for it them self. So when you're intending it, you're-- Do you know when you've gone through a clearing and things have changed and then maybe even for awhile it's kind of like, "Woah. What did I just do?" and you've got all this muck kind of come in to the surface and all this, you know, like I clear domination, suppression, and control and then I got the whiplash of my mom who said, "Oh. We're not gonna support. The whole family's not gonna support you."

Well that was kind of whiplash from clearing out domination, suppression, and control. So she didn't have an effect in the long run because I got this beautiful glowing report from a social worker but what it looked like very stressful for awhile for me because he said, "All we need-- we need family letters." So I got, instead of family letters, I got 10 of my friends to write character references and letters. Really nice, you know, qualified people. Baby nurse and a psychologist and attachment specialist and, you know, got everybody who knows me, who loves me to write me a letter. So it didn't actually do any damage to me but there was like this muck that came out because I did that clearing.

So understand when you do clearings, sometimes, there's stuff, right? That, "Oh. Well that 's coming out because I've lived with domination, suppression, and control." I've lived with being the scapegoat my whole life and now I'm saying, "I'm changing the rules and I'm saying no that's not gonna be my field anymore." But things are in motion that are in your field and in related field that need to work them self out and I was in agreement to it working out, so. I was, like it wasn't pleasure but I just was like, "Okay. This is part of that removing the domination, suppression, control." This is part of what's happening if you didn't deliberately choose to have that happen, it could be really like, "What in the world does this mean?" So I could see how it could be kind of distressing.

If you weren't choosing it yourself and saying, "Okay. I've got the fortitude and the gumption to go through whatever it takes." And I have the time to give myself enough love and peacefulness to get through if something kind of mucky comes to the surface because it finally all clears."

Okay. Robert has-- "How much more clearing do I have for this class?" Well, Robert for the 7 stages, you'll be a hundred percent clear in the next few minutes and then if you wanna do the homework then you-- that's hours of homework and it really depends on how fast and eager you are. You're doing the wise elder wisdom homework. Are you doing the pumping working? I've given you a lot of to do. I gave you things that would elevate your energy vibration is you were able to accomplish them. So like writing the

letter honoring letters and gift giving and the calling all of your relatives telling them you love them, apologizing if you were out of sequence with them. The clearings, the pumping clearings are very profound, so. As a result of doing this class, that was I was saying you might wanna plan like make a 90-day plan of clearing.

So if I were to look at everything just include all the clearings and all the phone calls and honoring letters and everything 'cause that would be the full scope. If you did the full scope of this class probably about 800 hours because there's many pieces that you could take on doing. So 800 hours for Robert.

Laurie, "Can you tell me how many hours I have left on domination, oppression--" It was domination, suppression, and control, Laurie. Let's see. About 18 hours looks like. And Sharon, "Wow. Congratulations." Not sure what that was for but thank you. That's great. Okay.

So this class is meant to open doors for you. It's meant to help you to experience deeper levels of love for yourself. It's meant to help you magnetize in love frequencies, so. Just as a reminder, it's so helpful to have one of our students say I'm frustrated because you have to look at the frequency of what you're putting out, so. When you're looking at a frequency that's joy-based that's happy, it's peaceful, it's love-based, it's in that enlightened state but still interactive. You're looking at even reason, you know, that's in a frequency that's pretty nice. You're thinking about, "I'm wanting to emanate this so that it attracts. It's in my field much of the time and I can bring in what I really wanting to bring in." And then clearing old patterns.

So this is one thing that we didn't necessarily take on, clearing lots of old patterns. If you're in a pattern of getting in a relationship where few months in, you have to get into couple therapy because you're in a battle. Those are probably lower frequencies, right? And so if those were lower frequencies, you wanna look at you know infidelity issues or personality conflicts or whatever that is and then look at the frequency and shift that. So that's not a pattern. You adopted it from your family members like you parents or your grandparents taught you how to do that and your aunts and uncles taught you how to do that and then look at what are the behaviors, what are the interactions I wanna experience with my partner.

Last week, we got into the feeling, what does it feel like and got out of the mental-- it has to be this, this and this and we got into the 'how do I feel when I'm with this person?' I feel cherished, I feel adored, I feel really heard, you know, those kinds of things where you start really feeling those feelings and you'll be able to recognize when a person is with you who actually can provide those feelings that you wanna feel. So that would be the knowing yourself and then being magnetic to that which is really what you're after. Okay.

Okay. Good. Alright. Well, let's see. Let's take a look and see where we're at with the clearing. Let's see here. We're about 70 percent on stage 7. So we have a little bit to do yet. Just keep pumping.

And why don't we-- let me see. Might be able to pull up one of the song books so we can chant or sing for the last few minutes. Let's see. Beautiful. Let's chant. I bet that'll get us through stage 7. And so as we complete, we'll be completing all the clearing that were necessary to get us through all the 7 stages of enlightened love and then it's about working on yourself and working on making you the very best version of you.

"As our vibrations increase, are we able to clear at a faster rate?" Yes. That is true, Laurie. And that's why we do the chanting. The chanting is at a-- the songs and the frequencies are at a higher vibrational rate. Both the vadic mantras that we do, the chanting Sanskrit mantras and some of these songs had come from my song book. "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."

Beautiful. Wow. That was very sweet. Let's see. 97 percent clear on the 7th stage, so. Sixth stage, a hundred percent clear and 7th stage will be clear as we complete our pumping. Hey, we've got a bunch of classes coming up next week. Hundred percent-- let's see. Human chemistry, happy chemistry. We've got designing your DNA coming up next week. The sexier me: healing the orgasm for women is coming up. It's a good class if you're, you know, a woman who would like to improve your sexual responsiveness.

We're really actually going in and clearing everything out and regenerating everything and it's not a problem for everyone, so. But it is for some people and it's a tremendous amount of joy to your sexual experience, so. I think that's coming up next week and I think the technology tune up is coming up in a couple of weeks. So if you're on the computer a lot and you like to learn how to keep yourself clear and vibrant and not matching machine energy so your body feels great, I'd recommend that class.

So I love you. Believe in you. I trust you. You're amazing and just keep working. Keep doing the pumping and open your heart love. Find ways to magnetize that love into you and be sure to fuel your own emotional tanks. Do the homework. Do all of the homework, so. Like I said, if you need to do a 90-day plan to get all of the homework done, your frequency will definitely raise as a result of doing the homework. Alright. Love you.

Okay, and I'll be pumping-- let's see. Actually, we're clear. The 7th stage is clear. So if you wanting, you're welcome to stay on and watch some videos. I'll be here pumping on the homework with you. We'll start on the pumping on homework. So if you wanna stay

on for extra 10 minutes, I'll be here pumping. Okay. We'll see you soon. Love you. God bless. Buh-Bye.

[End of Transcription at 01:11:31]