

Happy Chemistry

Good morning, good afternoon and good evening. Welcome to Happy Chemistry! I'm Julie Renee and I'm so happy to see you. Sign-in, let me know you're here; tell me where you're calling in from. It's a smaller class. We have just under 30 students, so it's going to be a wonderful, wonderful breakthrough class for you.

I have some big list of chemicals in the body that we're going to be looking at. We're going to be doing some clearings today since today is Day 1. We'll be working on hormone and neurotransmitter clearings and we'll be doing regeneration in the next class. Yes, I would love to see you sign in and let me know you're here and we're going to get started.

Why don't we start with a beautiful Mudra? Rubbing your hands together in front of your heart chakra, creating some spiritual energy, some tapas, and then putting 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, affirm to yourself, "I love myself. I trust myself. I give myself permission to express my unique self." And just breathing in and out and feeling that permission to be yourself, to yourself, to care for yourself, to nurture yourself, and to really be present to express your magnificent gifts. And you are very special to me and I'm so glad you're here today.

We are going to do the impossible and we're going to do a lot of clearing for getting your chemistry to higher levels. You're going to see these lists are huge, so I'd like you all to start pumping pretty quickly. In other words, let's go ahead and get that quantum pump going. Just to review at the beginning of the class here what a quantum pump looks like, if this is your first class, I'm guessing none of you are first timers in Happy Chemistry, but your elbow is down at your side here, right down there and your hand is just falling forward with the quantum pump. Now, I do promise in this class, I will be touching you some other hand movements which some of you have already learned because there's a finite amount of hand movements. But this is the one that we'll start out with today, the quantum pump, which is very basic. It's not this and it's not that. That's exaggerated. It's this. It's just the hand falling forward and coming back. It's really very much a reflex almost. Just hand forward, hand back, hand forward, hand back. It's just throwing the hand forward and back. We may pull out some chanting Sanskrit mantras. My songs, they raise the energy vibration and things go faster; so we may be doing some chanting during the class.

For muscle testing, and this you're going to want to learn for this class, because we do already know how to do muscle testing, the right hand, hand you're extending the ring finger of the right hand and pushing down with the pointer finger of the left hand. You're

holding this ring finger very, very strong, as strong as you can possibly hold it, and then you're making a statement, a statement of fact. My name is Julie Renee, and see how it just stiffens and stays strong. My name is Bozo the Clown, and it drops. It becomes weak if it's not true. Muscle testing was defined in 1976 by a chiropractor. Your body will actually validate what's true and what's not true by holding firm, if the muscle holds firm, the body is saying that's a true statement and if it becomes weak and it drops, then the body is saying that's not a true statement. So the body, the muscles are actually giving you information on what's true and what's not true. And in this class where you're going to have lists of hormones and neurotransmitters to look at, you're going to want to be able to measure for yourself because there are many, many, many of these and you're going to want to be able to test and say... I mean, I'll give you overall numbers of pumping, but just understand that this class has a lot. It has a lot involved.

Now, the quantum pump works because we're thinking with our mind. We're looking at a clearing chart and we're saying I'm rearranging the particles in the quantum field to be in a better alignment for me. In other words, we're rearranging the particles to give information to the body to have the hormones and the neurotransmitters, the chemistry in the body to function better and we'll go step by step looking at that. There are two kinds of physics; there's Newtonian Physics which is the apple falling from the tree. It's the theory of relativity. Everything is related to each other. In quantum physics, they were both defined in 1915, quantum physics says that we're all part of a field and that the field is made up of particles vibrating. And based on how the particles are vibrating, you get a globe, you get a bouquet of flowers, you get Julie Renee. And so we are with the quantum pump, we are rearranging the particles, and then with the higher elevation, chanting, rejoicing, you're getting your energy and vibration high, you can do it even faster. And understanding that the reason that the quantum pump works is because we're up in the pleasure field. Most people aren't in the place where they can rearrange the particles just on their own by thinking. However, if you practice, I have one of my students, she's a psychotherapist, she can't use her pumping when she's doing psychotherapy so she is seeing her hand pumping in her mind and she's pumping with her mind, and she's getting about a 50% result with pumping in her mind.

And by the way, you're going to be getting hours of homework on this class, so if you're out walking, you can do the quantum pump on the side here. You can do this kind of a flutter or you can do this. When you're sitting at a restaurant and your hand is just dropped down, you can pump when you're out at the restaurant. You can pump in the movie theatre. So when you're pumping in class, I want you to do it this way, but when you're just out walking in the world, I want you to just keep pumping because this class here, we're going to change your world.

Okay, so that's all of the foundational stuff I needed to talk to you about before the class starts. Let's see, Lisa, Rebecca, Irina, Pat, Sharon, Nila, Janice, Margaret, Liz, and Paula. Good morning everyone and good morning to those of you on the phone. Let's take a look, let's see, let's do this one first. Actually, what we're looking at, let's see, so we've got hormones and neurotransmitters up here on my screen .I know you guys are looking at the list of significant hormones. You're going to get this, so don't worry about memorizing or trying to take notes on this. I'm going to send this to you.

When we look at the list of significant hormones, you're going to see melatonin, serotonin, thyroxin, and it goes on and on. Norepinephrine, dopamine... So just take a look, these are all the significant hormones in body. They're quite a few, and there are more. This is an example of hormones in the body. There are more than this. And then let me show you the other list, the list of neurotransmitters so you'll get a sense of what we're looking at with that also. Let's see here. Here's a list of neurotransmitters. This I got from Wikipedia. This one is a complete list. You might be able to find a complete list of hormones. I know the list that I grabbed from the internet was a pretty thorough list of the hormones that most people are familiar with. And so this is a list of neurotransmitters. That's primarily brain chemistry. Normally people know about 10 or 12 of them. That's what's usually tested for. But, here they all are. You're going to have both of these lists to work off of when you're doing your homework.

Good morning. I see I think Paula and Diana. Good! Very good! Alright, we're going to get started with some pumping for clearings. As you could see, we're going to be covering a lot. I put some of the hormones here and then I decided, you know what, it's much easier not to have them in the slides and to have the just be sheets that you can print out and work off of. You don't necessarily have to print out the slides. So we've got just to start here some of the important hormones we'll be looking at clearing. Everybody is pumping at this point. We're clearing in amplification bloodline, demonic curses, evil spirit curses, satanic curses, soul contracts, Lucifer stops, timelines and karma. And then we will be also clearing dark or demonic energies that would stop our hormones, our neurotransmitters, our chemistry from working properly. And then we'll be going into perception, memes, miasms, curses, black magic, trauma, and cycles. Emotions have a huge role in how chemistry works in the body. We'll be clearing emotional programs, the emotional body, emotional brain, and then stored emotions in the cellular body; for example, in the glands or in the organs. And then we'll be going to DNA and there are programs in DNA that might be malfunctioning and telling the body to produce improper chemicals, so we'll be doing that too.

I want you to be thinking about what throw body chemistry off. Obviously emotions are a big thing that throws our body chemistry off. But you air, the air that you breathe, the

land, the actual environment – the land, your home, toxins in the home, your car, your office, your corporation, your staff, and that could be emotions or difficult interactions, clients, family, food, water, the computer, the phone, electrical devices, sounds can throw your body chemistry off... The list is probably endless. There are probably thousands of things on the list if you're thinking about what throws your chemistry off. And of course we always want to be remembering drinking water. Water is really important for keeping the body chemistry functioning well.

Let's go back here and we're at the list of amplification and we're clearing for both lists. The two big lists that I showed you, the hormonal list and the neurotransmitter list, we'll be clearing on both of them. Yay! Sharon says, "This is excellent. Thank you!" You're welcome. This is going to be a class like no other. I don't think any other time in the year, we teach anything like this. We do have a class on rebooting the chemistry in Your Year of Miracles, but this is really kind of an extraordinary class where we're going to be looking at a lot of the chemicals in the body and we're going to be bringing them to a much higher function, and you will know how to progress. We probably won't get to 300 parts of chemistry in three weeks, but we might. But you will have the tools and the skills to bring your chemistry up one by one. You might use that list and each week work on one or two of the chemicals in the body. For example, let's see here, I'm going to stop this one. This is good. This is really good. Everybody is pumping.

For example, maybe we start here with melatonin. It's responsible for your alertness during the day and then feeling sleep, when you need to feel sleepy, so it helps you go to sleep. But if you're feeling sleepy during the day, this might be the melatonin releasing at the wrong time. Serotonin is a mood regulator and also if your serotonin is off, you might be more hungry. You might eat more and your sleep cycles might be affected negatively. Thyroxin is a form of the thyroid hormone. It increases your rate of metabolism and also affects protein synthesis which is the process that cells go through to build protein.

So you can see that you can do maybe one or two a week, or we're going to see how much we're going to get through in this class. I mapped out a few that I thought would be important but as you look at this list, you wouldn't want to skip any of them, would you? I mean it's just really, really important. And then when we look at the neurotransmitters even though... And I might be able to find a list that's more resembling this one, where somebody has taken the time to explain, but still you might want to go through it one by one and get each of those chemical functions up to 100%. I know I'm looking at neurotransmitters and one of the things I'm thinking about with neurotransmitters is histamine. I got some cookie virus and then it seems like I've had an extreme allergy response because my body was really down from the virus. Let's'

take a look here at neurotransmitter sand you can see that I could work on histamine which is part of neurotransmitters. Well, getting my histamine levels balanced would help tremendously with like the itchy eyes and the sneezing and the stuff that I've been experiencing, maybe more inflammation because the immune system has been weakened. So I could take that out of the list and I will today and I'll be working on the histamine situation. I'll be clearing any blocks, any programs that allow the histamine reaction to be extreme.

You know it's really interesting when you look at the immune system and how the immune system functions. Look at this too, on this list we've got some of the same things that are called hormones are also called neurotransmitters. You've got serotonin, and melatonin, and dopamine, these are also on the hormone list. You can cross reference and look at the lists and cross reference them. I'm just noticing that many of them are on both lists. These would be really fantastic to go through one by one and clear them and then reboot them to 100%.

Okay, I think I see some comments here. Sharon, "There is a lot of talk about pink and white noise. Are they actually good for us?" I don't actually know what pink and white noise is. Are you thinking that it's part of chemistry? I don't know what it is. Heather says, "Good afternoon Julie Renee. I'm grateful to make the choice to be here today." Yay, Heather! Yeah, I think this is going to be an amazing three weeks. You know there's one thing about taking this on and learning this and also having 21 days to be doing clearings. Virtually, you're going to have the whole month because these classes are every other week. There's a lot of homework with both the chemistry class especially and also the designing your DNA class that is on Thursday. And so there's a break; there's every other week you have this class. It's three classes, but they're spread out, so you actually have more like 40 days to do the training. It's going to be good. It's going to be really good. Rebecca says, "I'm pumping like crazy with hands and feet." Yay, Rebecca! Some of you might recognize Rebecca. She's one of her staff and we love Rebecca and she's amazing. She's been jumping in to some of these classes and getting some training, so she's right there with you guys, learning right along as you go. I love you Rebecca. I'm always happy when staff wants to jump in and take some classes. It helps I think, because you understand what the students are going through and you're learning it yourself too, which is great. Marlene today is running the Webinar. Marlene went through the whole Immersion program last year. She's an expert. She's now a Master Quantum Health Activator. She's officially been certified this week. Congratulations to Marlene and we're just so proud of you Marlene. It's wonderful. That is one of the benefits of working on staff is being close to the teacher so to speak and getting in on the best of the best classes. Thanks Rebecca and the support is from Marlene Yeah, we got a good team of people. A really good staff.

So what we're doing right now is we're pumping to clear. We're clearing amplification right now - bloodline, demonic curses, evil spirit curses, satanic curses, soul contracts, Lucifer stops, timelines, and karma, and we're working on neurotransmitters and hormones. Let's see, let's get you the screen for that. There we go. This is where we are right now. I think to be straightforward, I'm pumping with you, so it's going to go faster, but it's going to take hours to clear the blockages. So we're probably just going to be pumping the whole class to clear amplification, demonic energy, perception, emotions and DNA. That's what we're going to do the whole time. We're just going to pump, and pump, and pump.

"Do we need to completely focus on the issue we're pumping on or is it equally effective to pump regardless of what we're doing? I spend a lot of time on the phone in my business." You could check but usually pumping if you've set an intention and started, that's usually enough. It's usually enough. Let's see, hours to clear on the two charts... Well, I test on the two charts and I decided to do this, not to overwhelm anybody but that we were just going to go through it one by one and maybe this should be a yearlong course or a once a month kind of a course on body chemistry, and I'll look at that. If you're really going to clean house, it's going to be about 800 hours to get everything in your chemistry really at 100%. But when you think about it, 800 hours might be six months to a year of pumping. It might be. Say you pump 20 hours a week and there's 50 weeks in a year, so that would be a thousand hours. But, if you could alter your chemistry so that it was all serving you, so that your chemistry is all serving you, it would totally be worth it, right?

Diana, I do see you. "How to know if it's cleared?" With muscle testing Liz. That was why I was saying you're going to really want to know the muscle testing... Let's go back to melatonin. You could just say, my melatonin is now at 100%. My melatonin actually is at 99%. So right now, I just muscle tested. My estrogen is at 100%. My estrogen right now is at 77% and I would like it at 100%. My melatonin is always really good. I sleep really well, so that's at 99%. I definitely want it at 100%. But my estrogen is at 77% and I know actually being depleted and being sick for a couple of weeks will lower the hormones too, so I'm doing some super charging with nutrition. I've just gotten back to my juicing and so I'm drinking green juice, and carrot juice, and apple juice, and grapefruit juice. I'm having juices all day long and then I'm also taking these super supplements, all kinds of really good stuff to reboot and restore my system. Hormone chemistry can go down from being sick and I took some medications, over the counter medications that weren't particularly easy on my body so I'm getting all of that cleaned out. I'm flushing that with water. And then I went out and really looked, since I was not prepared for being sick, and so now I have some homeopathic good stuff in my

cupboard. So if I ever get sick again, which I hope not, I'm hoping that this... You know every time you have a breakdown, it's really an opportunity to say, what's missing? And for me I looked at the level of stress that I was going through with the adoption stuff and it was just way stressful. I was so stressed and I think it's really a good lesson for me, my immune system went down when I was exposed to some gnarly virus that's going around here in California and I had trouble fighting it off because I had so much stress in my body. So that was a good lesson – stress down and then strengthen the immune system. Those are the two things that I'm working on.

Let's see. Okay, so nothing new is coming. We are pumping to clear perception, amplification, emotions, and DNA. Why don't we do a little bit of chanting while we're pumping. I am watching for questions, so feel free to ask questions, but I think the chanting for sure would speed us up. Let's get some chanting going here. I'm just looking for The Sound of Truth. There it is. We'll do a little bit of chanting to speed up the pumping. This is wonderful. I just need to see what you guys are seeing too. One second here. Okay, good. "Om Gum Ganapatya Namaha" and that removes all obstacles. We'll do this 10 times

[Chanting]

Om Gum Ganapatya Namaha
(10X)

Okay and the Opening Mantra

[Chanting]

Vakratunda Maha Kaya
Kyoti Surya Samaprabha
Ner Vig Nam Kuramay Devo
Sarvakyaesho Sarvahda

Let's do that two more times.

[Chanting]

Vakratunda Maha Kaya
Kyoti Surya Samaprabha
Ner Vig Nam Kuramay Devo
Sarvakyaesho Sarvahda
(2X)

Okay, the Tryambakam Mantra We'll do 10 times through. Keep pumping. You're welcome to pump with two hands, two feet. Whatever you feel you want to put your energy into, we have a lot of hours of pumping for this clearing, so just really pump with your heart and sing with your soul. Okay, 10 times through on the Tryambakam Mantra.

[Chanting]

*Om Tryambakam Yajamahe
Sugandhim Pushtivardhanam*

*Urva Rukamiva Bandanna
Mrityor Muksheeya Mamritat
(10X)*

*Om Namah Shivaya
Om Namah Shivaya
Om Namah Shivaya*

There we go. Alright, we'll do the Lakshmi Mantra 10 times through.

[Chanting]

*Om Maha Lakshmyai Namaha
(10X)*

Okay we'll do the feminine blessings of the Mother Goddess. That's true. The chemicals in the water can interfere. You can use water filters. You can bless the waters. You know I think it's kind of interesting because the list; obviously water was one of them. Water toxicity can really affect adversely your body chemistry. That was from Margaret. And Janis, "How long do chemicals stay in our body if they aren't cleared?" They can stay indefinitely. They don't necessarily clear from the body. You know, liver flushes, and colon cleanses, and kidney flushes, and gallbladder flushes and all of that, all the things that kind of help move toxins out of the body are very, very helpful. I know that the liver and the kidneys, the lymph and the blood are the main way for toxicity to get out of the body. So whether the toxicity is being pulled out through the blood system or the lymph system, it's being dumped into the liver and kidney for elimination. So you want your liver and your kidneys to be at optimal functioning so that they can really escort out all the toxicity. Chelation, whether you do it intravenously or you take oral chelation floods the body with high levels of vitamins and nutrients that help flush out toxicity. There's also a product, I think it's called metal magnet that helps if you've had mercury fillings and you have mercury in your system, there's a product called metal

magnet that helps pull free floating mercury from the body. And sometimes people are on that for like six months.

So lots of things to think about. I think one of the things to think about... It's really funny because I'm really a purist when it comes to household cleaners and yet I have a team of four wonderful Hispanic women who come in and clean and they brought their cleaners in saying their cleaners worked better and as we're thinking about this, and I'm not using their cleaners but they're using them in my house which means there's some level of toxicity in my house that I didn't approve of, so I probably have to look and see if I can find high quality products that don't have the nasties in them that cleaning products do.

"Wanted to go up to my ear. I was wondering if there's something there that needs clearing or work today. Thank you for doing this." You're welcome Margaret. Let's see, anything up your ear or anything in your hand? Yes, I think it's just somebody messing with your hand and nothing in your ear. I think clear your hand and you'll be good. It's an interesting conversation by the way on how long do chemicals stay in the body, right? We're working actually not on clearing toxic chemicals from the body, we're working on improving our own body chemistry. That's what we're working on. There's two aspects. Gosh, I'm really thinking about this class, maybe we'll make this once a month, Happy Chemistry and we'll do it for a whole year. I'm going to think about that because it's a whole process. But talking with a medical doctor, I had some blood test drawn last week and I hadn't seen a doctor in like nine years and we were talking about the effect of the atomic radiation and I know when I had all those surgeries, the doctors were really freaked out at the level of damage, the level of scar tissue on the inside of my body from radiation and they believed that... the doctors, Western medicine believes that there is no way to get the radiation poisoning out of your body; so you live with it and you die with it. And I've really been thinking that that is not a circumstance that I want and so then, looking at first of all this juice diet but also then looking at what takes radiation like different kinds of algae pull radiation out of the body and prevent more radiation poisoning from happening. I've cut my down my flying because we are a radiation culture. I hadn't seen a doctor in nine years and he wanted me to like go have a mammogram and have a special kind of colonoscopy where they do radiation. I told him, that's not going to happen. I'm just not doing it. I'm not telling you not to do that but I'm just saying... And he goes, what? Look, I'm not going to do it. I don't want any more radiation. My breasts are fine. My colon is wonderful. I'm not doing it. And I think it just shocked him that someone would say no. I don't want any more radiation in my body and I know that I'm good.

So we got to really be thinking about that, like how do you clear. So today, this class, this 3-part class is on improving your chemistry and we weren't actually going to even touch on detoxification. That would be another aspect. That's why I'm thinking maybe it's a 12-part class and we'd do it over the course of a year. In any case, I'll think about it but that might be really the way to go because then we can touch on everything related to chemistry. What do you guys think? Would you do a Happy Chemistry class if it were once a month and that you had 12 classes instead of 3 classes and we dealt with all of the hormones and neurotransmitters but we also dealt with chemical toxicity? Just let me know.

Let's see. "I'd like to ask if congestion and short term memory can be fixed by me." Congestion and short term memory, I think so, yeah. Short term memory is part of brain regeneration. By the way, we're doing a Brilliant Brain Class. I believe it's in June and we're doing the whole brain regeneration as a group. It might be a nice opportunity. Rebecca, "There are many environmental assaults in our body that it's difficult to keep your personal chemistry in balance. We need all the help we can get." That's true. "A year program would be excellent." That's from Sharon. Great! "The same happened to me with my first visit after eight years. Yes, would like a 12 month. I would love 12 months, once a month getting rid of toxicity." Okay, good. I'll see how I can map that and work that in. It might not start until summer because I know we have a pretty full schedule, but I'll see if I can work that in. And then we'll have to kind of educate our community on this, that it's an important thing, so that people understand. Let's see, it would be an hour long class. Let me figure this out. So if it would be over the course of a year, it would be like around \$600 and if you paid for it all at once, it would be \$500. Yeah, that would be good. It would be like \$49 a month, if you wanted to do a monthly payment plan. So, it's happening. It would be an amazing, amazing transformational program. Yay!

"Great Idea..." from Rebecca. Good! "I'm not sure how I could separate the two. Facebook Group perhaps." Well I think what I would do then is I would map out the different areas of what we were doing in each training. So we had 12 months and some of them would be very focused on detoxification and some of them would be very focused on or most of them probably... maybe like three or four of them would be on detoxification and eight of them would be on restoring hormonal chemistry and neurotransmitter chemistry to the body. And in a 12-month program, we could take special requests. I know sometimes people have a specific hormone or a specific chemical in their DNA was programmed off so that always have a challenge with their digestion or something. "With the year long, I think it would be powerful." That's from Heather. Great! Nila, "I'm laughing because so many times doctors have tried to talk me into tests with radiation and I say now. I live near 3 Mile Island. They really are shocked

when I say no." I know! Dr Rubies was dumbfounded. He was like, "Wh-wh-what? Well, it's your choice but wh-wh-what?" It was just like he hasn't ever heard somebody say no, not's going to happen. It came out of my mouth, well, that's not going to happen. He's like, what? So, go team! It is actually time for us to say no to things that harm our body. A blood test is one thing where they take a little blood out that actually is potentially good for your body because your body wants to make new blood when it loses some blood. But the radiation tests that prove that you don't have breast cancer or prove that you don't have colon cancer when you already know you don't, then that's just to me, you're harming your body for what? To make them happy? So they can have a report on file that says, she's clear?

It was really funny because my parents had both had skin cancer. They were also exposed t the radiation and that's one of the thing that happened. Well I took the cancer gene out of my body, so I will never have anymore cancer. But the doctor was so convinced that I should have skin cancer that he had me take my clothes off, I'm sitting in my shorts and my bra and he is looking, he was on the lookout and he said, you definitely are going to have skin cancer. I'm like, cancel, cancel, cancel. He was shocked. You don't have anything on your skin. I'm like, yeah, I take care of my skin. It was very funny. I'm sure you all have funny stories like that, don't we? I mean Western medicine is so convinced that they know and they're off quite a bit of the time. They have an amazing diagnostic system and they've mapped out the body which is amazing, but a lot of how they approach things, the group mind, the control energy, the medical control energy, I had to clear his idea that I'm going to have skin cancer. It's just silly and ridiculous.

Yes, Exactly Sharon. Okay, so Diana does some when she does fly. "(Inaudible 00:51:56) I go through the TSA machine." Oh you get a pat down instead of... That's good, yes. So we've all got our own strategies. Virtually, I'm doing very little flying. I think what my goal is just three times a year. I was doing six times a month which can also just cumulatively add up. Yup, we're doing good. We're doing really good.

Okay, well let's go back to our list and see where we're at because I see we're in the home stretch of the hour long class and then you'll have homework. This class definitely has homework and I know all of you realize that, that it's going to be lots of pumping. And before our next class in two weeks, I will have mapped out a 12-part class. We'll discount you. So if you come in to the 12 part class, you'll get the discount of what you paid for in this class. It will be taken off of the tuition for the 12 part class. So, not to worry. Because I think honestly, when I'm looking at this, we're going to make some good progress in this 3-part class but if really balancing human chemistry, your

chemistry is important to you, it makes so much more sense to do it over the course of a year. You'll have a choice. You can do as you wish.

Okay, let's look and see where we're at with the clearings. We're about 80% through on amplification. We're about 20% through on perception, 7% through on emotions and maybe 1% on DNA. Okay, let's see on hours for clearing. If you guys want to stay on for the 10 minutes worth of videos they're planning and we'll pump together, I'll pump with you so that will give you an extra 10 minutes with me. Since I make things go faster, I think that that would really help. Let's stay on for another 10 minutes from my time 10 o'clock to 10:10. Let's all stay and keep pumping for another 10 minutes. And then I'm recommending that there would be 43 hours of pumping over two weeks. That would be about 21 and a half hours this week and 21 and a half hours next week. So you would just write down... Let's see, if you did 21 and a half hours in a week, that would be about 3 hours a day. I know some of you aren't going to be able to do that, so just do your best. It's like 3 hours and 15 minutes or something a day. Just your best and whatever you get done will be good. Don't stress about it. We're just trying to clear as much as we can clear.

I'm thinking in this class, we can kind of do bundles and do things that are all related to each other and divide it into 12 segments. That will be good. That will be really good. "How do we set an intention? What order do you suggest?" I'm just thinking because really literally, what we're going through right now is clearing blocks to 100% chemistry in amplification, the demonic energy, perception, emotions and DNA. We haven't cleared any of the demonic energy by the way. The little picture of the baby crying, we haven't cleared that at all. So I think you're just setting an intention to clear blocks to 100% chemistry and you have the 43-hour assignment which is 21 and a half hours two weeks in a row. "Is it simply hormones and neurotransmitters for one and a half hours per day for example?" No. You're actually clearing amplification, demonic energy, perception, emotions, and DNA related to 100% body chemistry with the neurotransmitters and hormones with the charts or the lists that we've shown you. So it's not an hour and a half a day. It would be if you were doing the 21 and a half hours, 43 hours total. 21 and a half hour. Yeah, it's 3 hours and like 5 minutes a day. Or you could do like two long days on the weekend, you could pump some longer amounts of time and less during the week.

I think next class, we're going to start restoring the hormones. You have to understand that there are massive amounts of blockages to the hormones and the neurotransmitters and the body chemistry, a massive amount of programs and blocks, especially emotions around them not functioning at 100%. So this is the first step. You

can't do the regeneration first. You have to take the first step which is clearing the programs. So this is going to be really, really important.

And I see something from Nila, "When we reset individually, might it be different from the group numbers?" Its defiantly going to be different and this is going to be a good start. Here's what I'm thinking and this is what I had said, it may be 800 total hours if you were going through each one clearing and regenerating. You have to reset the chemistry more than once is what I've seen, but I'm feeling like if we really do a big cleanout on amplification, perception, emotions, DNA, that it's possible that it would hold more strongly. I reset my chemistry, like the pineal gland, when I moved a year ago, I was really having difficulty sleeping. My body had a lot of stress in it and I reset my pineal gland and I sleep like a baby. It's at 99%, meaning it's really functioning very well. I'll clear that 1% or whatever that is that might have been leftover from being a little under the weather. I'll reset that. You can reset it, but sometimes I'll reset it two or three times for it to hold. And then the other thing is like with a gland or an organ, sometimes the glands or organs need to be regenerated. So throughout the year and especially in Your Year of Miracles, we're going through and regenerating the glands and organs in the body and the systems So that's a very powerful course where... You know sometimes, what's producing the energy needs to be regenerated because it's just not functioning at a high enough level.

Oh my goodness, how did this go. Okay, let's see... Amazing from Liz and Margaret. "Would it make sense for those of us who did the Spiritual Parasite class to run through it again to help with this?" Yes, it would definitely make sense. Sharon. "Thanks! See you tomorrow." Fantastic!

Okay my dears, it's 10:01. Keep pumping for another 9 minutes. I'm going to be right here. We'll be watching the videos together. Please keep pumping. I'm going to stop this screen share. I've got to do something here a little different. Please keep pumping and I will see some of you tomorrow and we'll see you in two weeks. The homework will come out right after the class. I love you. Bye!

[END OF TRANSCRIPT 01:01:10]