

Happy Chemistry_Part 2_Transcript

Good morning, good afternoon and good evening. Welcome to class! I want to just say welcome back to everyone, after a little two weeks sabbatical from this training. We're back in action. We've got a lot of good stuff to work on today, so do sign in and let me know you're here and we'll get started. I had a wonderful vacation. However, I walked into a spring break in Cabo, so there was a lot of wild shenanigans from the college students, but the resort put their foot down after three or four days and issued some curfews, like quiet and behavior code and all of that stuff, so it got better.

Anyway, hi! Oh there's Nila, hi Nila and Barbara. Good morning. So just go ahead and sign in when you're here. I'll get our PowerPoint up and running and we'll get started. Alright and today, again we're in Happy Chemistry. This is Class 2 and what we're going to be doing today is we're going to be working a little bit on regeneration and actually in a really significant way, we're going to work on the pineal gland, the pituitary gland, the thymus glands and the pancreas. Each of them play a very important role in your chemistry So, we're going to get started on that.

And again, the pineal gland... I'm going to show you in an image. The pineal gland is responsible for releasing melatonin. It's right here. This is the thalamus here and this is the pineal gland. That's responsible for releasing melatonin. And then there's the pituitary gland, so this is the jaw and here's the pituitary gland. They say it's kind of the third eye gland. The third eye is right here, so it's kind of straight back and down from the third eye. So there's the pituitary gland. The thymus is in the upper chest. This is each side, or the lung lobes and the thymus is right here. That's responsible for your immune system. By the way, the pituitary gland releases human growth hormone also the thyroid stimulating hormone and several other things. Each of the glands, except for... The pineal gland, really its job is to get you sleeping and relaxed, so that's what that's about, but the other glands have multiple chemicals that they release in hormones.

And then the pancreas here, the pancreas is kind of mid-body. As you can see, the torso here, that's the liver above it. The pancreas looks a little bit like a corn cob. It's kind of a funny looking gland and it is responsible for your blood sugar levels, so insulin and also digestive hormones. All of these, these four, we're going to be working on today on regeneration are very key players in body chemistry and when these four key players are working, you work a lot better.

Okay, let's see, a few more people said hi. Sharon, and Diana, and Lisa, and Liz. Okay! So we're going to quickly go through the muscle testing and the quantum pump. I know I get questions from people, even when they've been in classes for three months or

something. They're still like, can you show me again or can you explain to me how that works. So let's go through first of all, muscle testing. The reason that muscle testing works is that you're asking your body, and your body is wise, you're asking the muscle in your body what's going on, what's true and what's not true. The body will become weak with something that's not true and will remain strong with something that's true. And so that's why it works. I believe that we gave this out last week, or two weeks ago rather, but if you have a challenge with muscle testing, we have a chart for clearing. Muscle testing needs practice. Sometimes, you have spiritual parasites that are owning your muscular system, so that they're interfering with what's true and what's not true. But you still want to be doing the muscle testing even if you have some interference because you're going to eventually clear that interference. Don't give up on yourself and use the charts and just clear the anchors. Anchors are things like seeds, mechanisms, holographic inserts, implants and that kind of stuff, and the spiritual parasites. Typically, the interfering spiritual parasites for muscle testing are aliens.

So, it works. I know someone was going, but if it's 50/50 or if sometimes it works and sometimes it doesn't work, why would I do it? You want to do it. The more you practice, the more you own this system. So I just want you to get this concept of could you imagine owning an apartment building and then you got busy, you went over to China for a 2-year job and the apartment was vacant, it just sat vacant for two years. While you were gone, a bunch of squatters moved in and now when you came back, your apartment building is filled with people who feel like they have a right, that they own it, that they have their energy in it and they're in there, they're embedded in the apartment building. That's going to take some time to get them all out and to convince them that this is not your place. So essentially, the aliens or whatever, squatters, they're squatters in your body or in your muscular system or in your head and it's going to take some time to kick them out. They've been in there, even though it's your property. They've been in there. They've been living in there, because nobody kicked them out. And so you're going to practice muscle testing, even if only 50% of the time you're right. I'm sure a lot of you have it way higher than that, but you're going to practice it because practicing is I'm owning my muscular system. And then you want to do the clearings too to just clear away the aliens and the anchors. So definitely keep working on your muscle testing and really, you're going to improve. Like I've said, the kind of standard is practice is five times a day for six weeks and do the muscle test clearings, the clearing of muscles from spiritual parasites and anchors. So that should really help.

Muscle testing is kinesiology. It was defined in 1976 by a chiropractor. We just do a very simple version. Fourth finger on the right hand, pointer finger on the left hand and pressing down. 'I'm Julie Renee' holds strongly. 'I'm Bozo the Clown' drops. So if it's true, it holds strong. And you're holding it really strong; it's not loosey-goosey. You're

holding it really strong and really tight as you can hold it and then pushing down on it. The muscle will become weak when it's not true. So that's why muscle testing works.

A few years ago when I was designing the first apprentice program, I realized that I wanted this program for everybody and not everybody was going to be clairvoyant, not everybody was going to get accurate information. We go through a lot of detail and just sit in trance and kind of look, is it this, is it that. This is very efficient and very fast and it gets the job done, it gets us the information, and then you keep going. We are doing clearing work, rather than spending a lot of time trying to figure out what's up. So that's muscle testing.

I see a bunch of more people signed in. Sharon, and Diana, and Lisa and Liz. Yes, I said hi to you now twice. Heather, good morning Pat, and Paula, and Janice. Janice said she had a little trouble with the link getting in. Okay, so let's go on. We're going to do the quantum pump. I want to just review a couple of different ways to pump. So it's the right hand and elbow at the waist and then you're pumping with your right hand, like that and like that. And again, it's not this. That will make your hand really tired. It's more of a reflex, so just letting your hand float forward. It's just letting your hand float. Everybody practice that. You can do double quantum pumping. I do it alternately but you can do it this way. For some people, they get a lot more juice and things move faster. And then if you're out in the world, let me just remind you that if you're out to like a dinner, you can have your hand down here. Basically it's down there but it's just moving like that. It's just kind of a flutter like that, down there. You can be walking and you can have a flutter like that. It looks like that. Just a flutter. That's really good. Okay, so that should make life easier. If you're out, you're getting it done while you're walking around. And when you're driving, you could be doing this. Hand on the steering wheel, right hand pumping. You're right there, you can grab the wheel in an instant if you want to. So you're driving and pumping. Actually your hand isn't holding the wheel. It's right next to the wheel, pumping in, so your hand is right there if you need it. You can do that.

You know when I'm walking around the house; my hand is usually up when I'm pumping. I'll run up the stairs and just activities. I was looking at a stack of stuff that I've created for myself to clear. They're so many things I'm clearing but you know, you think about this is lifetime after lifetime after lifetime of building up all these programs, so if we take a lifetime to clear everything, it's probably a good path to be on.

Okay, so we've got the quantum pump figured out. The first step, the pineal, pituitary, thymus and pancreas. We're going to start by clearing. Everybody pumping now, clearing bloodline, demonic curses, evil spirit curses, satanic curses, soul contracts, Lucifer stops, timelines, karma, and demonic or dark energies. We're going to clear

them from all four of the glands and again, we do them one by one. We'll do the pineal gland , the pituitary gland, the thymus, and the pancreas one by one.

And I see Audrey. "Hi, it looks like it hasn't started yet." Oh no, we've started. Audrey, we're on so if you're not getting this, all in. Oh yes, Peter, go ahead and just participate today. That's perfectly fine. We're working on unique and different projects the first class, so you can do the first class this week. Hi Margaret. Lots of helpful hints there. I'm not sure what's going on with technology. It's a funny thing. I noticed that it has been a little bit sketchy here, so I've got everything plugged in. We're not going to spend a lot of time talking about technology but, we have a technology class coming up. It's just around the corner. Let me just see. This is my first day back to work. Okay, let's go back. I'm having a feeling it might be this week. Technology tune up is tomorrow. We'll be doing lots of clearings and teaching you how to handle your technology, how to keep your bodies safe and clear and energized, how to not manage machine energy, how to remove spiritual parasites. We're going through a lot of material tomorrow, so it should be an amazing, amazing class. I've never taught the class before. It's a 2-hour class and it's a bargain, \$89 American dollars, so please sign up if you haven't. It should be a really fantastic class.

And while we're doing this, let's see, if we do all three glands, it's going to take us about 30 minutes to clear and then we'll go into regeneration, so obviously you're going to have some regeneration. You'll be pumping after the class. While we're pumping for clearing, let's take a look at the possible interferences when you're looking at either a permanent clearing or regeneration. I think this would be really helpful and we'll be providing this with the class today. So if you haven't seen this chart before, I think it's really helpful.

Sometimes when you're clearing, for example the area you're clearing is a cycle, it could get kind of stuck. If you test that you're not getting through, not really getting a whole clearing or it looks like you got a whole clearing and then the next day, it seems to be back, I want you to just check of anchors or possible invading or dominating spirits. I'm showing the areas where cycle is affected in the blueprint – perception or essence and realms might be affected also. We have four realms. We have the realm of genesis, embodiment, quantum and amplification. Let's see, some of them have one, two, three, or even four realms affected. Like bloodline you see, that really permeates a lot of areas. I just want you to have the tools that you need and the information that you need to really understand, hey, what's going on here. I've taken where I have seen blocks in a full regeneration or a full clearing and I've just added what I've seen, like where does it get stuck and what you might need to do some extra work on if you're stuck and you're not seeing the improvement that you want to. These would be very

helpful I think. We'll provide that with the class training. You'll have this today. And if you haven't figured it out already, which I'm sure you have, when we send the replay link out, that's where the homework goes. It goes on to a delivery page for you and then you're able to access your class indefinitely. The 2016 Happy Chemistry 3-part class, you'll always have access to.

"I'm excited for the tech class tomorrow. I can really use it." That's Heather. Fantastic, Heather. I'm glad you're going to be there. "I'm in the tech class tomorrow..." Sharon. Yay! "Text is very blurry for me." That would be the speed of your computer. Liz, "Can one clear for things without knowing the full extent of what the list of items are?" You can. You might miss something but you definitely can. Diana, "Do the other hand movements like the doorknob help with specific blocks? When is that taught?" It does. You know where we really do the biggest training in the hand movement, the other hand movements like the doorknob is in the 7-hour training and then in the Immersion training, we go through every hand movement. If you're in the DNA class, you've already been learning some like the side swipe is part of the DNA class. Actually, you can pump with your feet too. Yes, there are some good hand movement. But the quantum pump, just the basic pump works for everything and then we've got specialized stuff. I think for anchors and some of the spiritual parasites... Why don't I pull up the spiritual parasite chart because we're pumping right now and then you can at least see what different kind of hand movements are used, because that is where we really see the unique hand movements is with spiritual parasites, pests, guides and guests. Sometimes there will be a specific movement for that. For regeneration, you're always doing the pump, so that doesn't change. And when we're doing a sweep like we are right now, when we're doing a clearing and DNA is included in it, we're just pumping through that. But when you're really looking at altering something in your DNA and not just doing a clearing of programs and patterns, but you want to really like go in there and change a pattern for illness sort something like that, then you would do the side swipe and that's what we're working on in the DNA class.

Okay, let's see. Oh and Violeta is here and she's in it. Good. Wonderful. Just enjoy the clearing. Send a grounding cord down Margaret and just enjoy the pumping. Just really see yourself as separate from your friend. I would be surprised if in five minutes of pumping, you wouldn't just feel completely yourself. The quantum pump takes us into the quantum pleasure field, so that should help quite a bit. Sharon, "What 7-hour training are you talking about?" Well in the fall, we do the Freedom from Spiritual Parasites and Pests Class. The last training that we did, we had 450 people in it. Typically I'm doing it once a year because it's such an extensive training. I'm just going to show you though, but I don't have it up, so I'm just going to have it up here. I was going to show you the chart that shows the hand movements. This one is not for this

class, so we won't be handing this chart out, but let me just see. Just because we had a question on the hand movements, I wanted to show you. So you see alien type 1 is parasitical. It shows up like a negative thought form, dwells in perception, can leave seeds, implants, mechanisms, embedding, auditory scions and is cleared by chopping. That's two hands and it kind of looks like a double pump, but except it's a little more assertive. And see, here are the places where you're going to see a little more of the hand movement information also. This is part of the Spiritual Parasite and Pests training. Clearing by doorknob, can be removed with a person, so here, see. The quantum pump and chopping down here with spirits, cleared with quantum pump, with spiders and snakes, doorknob. See, that's where most of the doorknob stuff comes in. Chopping. Anyway, it just gives you a little idea.

We're not really in this class too much working with spiritual parasites, and pests, and anchors and things like that. We're really actually working on the glands and organs and chemistry. And sometimes there are problems with spiritual parasites and pests with chemistry, but what we're really looking at is tuning up the glands and organs that provide the chemistry for the body to be happy and feel great.

And by the way, you can muscle test. How many of you took the charts and went through them and like really looked at where am I at with all of these and you did a muscle test? I mean, that was a ton of information. I went through the charts and I found, wow, some of my chemistry was really off and some of my chemistry was doing really good. To me it looked like I definitely got a path now of working on things. Like with the neurotransmitters and the hormones can really dramatically improve things. I think the other thing I encourage you to do is be a researcher. You can do a Google search on any hormone or neurotransmitter you can find out, where in the body it has been produced, you can do a little bit of research if you don't know where the hormone is coming from or you don't know where the chemistry is coming from.

Good, Violeta. That's great and it's helped you tremendously, that's fantastic. "I have the 7-hour training." Oh, okay. You'd have to sign up. We provide sometimes as a bonus the No Ghost Class, which is a 2-hour training. But if you signed up for the 7-hour training, then you have it. But you would have to sign up, it would have to be one of those where you enrolled and maybe you didn't get on. We had a huge number of people in the class live. It was awesome. Very good. I know I've really been thinking about a follow-up class to that 7-hour because there's guests and guides and all the anchors and I think we can do a second, like an advanced class, really getting much more deeply into where things come from, and why they land there, and how to permanently removed them. Anyway, I've been thinking about it.

Okay, let's see where we're at. We're about 60% through on the clearing. We're back to our chart, our slide for just a minute here. I missed you guys. I actually didn't do any work. I wasn't on the computer for a whole week. I walked on the beach every day and the least amount I walked was 6 miles and the most I walked was 8 miles in a day. It was that soft sand, so you really had to chug along to do a significant... I mean you had to kind of push yourself to do it. It was fun. I meditated in the morning, went for a big walk on the beach, had an hour and a half massage, read some amazing books. One of the books I really love, if you have children, 'Raising Emotionally Intelligent Children.' Oh my God, that was an incredible book. I learned so much about myself and my own upbringing and how to do emotion coaching with children to build confidence and help validate them as an individual. It was really good. So that was my vacation and I'm happy to be back.

Diane, the 7-hour training part of the apprentice program, ask me that next week. I've got the apprentice program pretty well mapped out and we're going to announce it next week. I don't think I had it wired into the apprentice program, but I may put it in one of the upper levels. We have three levels in the apprentice program. It's very exciting. Actually, I might just do a special free training just to take people through what's in the apprentice program so you guys can ask all your questions. Maybe we'll throw that in to the calendar in a week or so. Yeah, let me get that sorted out. I literally just got back yesterday. There's a ton in the apprentice program. You know it depends on how much time you have to devote to things. The level 3 is really actually in some ways more than the immersion program, although the immersion program is so amazing because you do the one to one stuff with me. The level 3 of the apprentice program, you also get Your Year of Miracles and you get the apprentice training and you get the special courses. It's really action-packed. There's lots and lots of it.

Oh good Diana. Fantastic. Yay! Okay, we're not completely clear. Let me see, because I'd like to get the regeneration started. We're halfway through the class. How much more clearing would we have to do? On your own, about four hours of clearing more. What we were doing was amplification, perception, emotions, and DNA for the regeneration. So for hours of clearing, and I'll send that out with the homework, to complete the clearing part. Let's get started now on the regeneration.

We're going to do some cell regeneration. I'm sure most of you have some of that with me already. We're going to start with the pineal gland. A master cell looks a little bit like this or like this. It's kind of a simple nucleus, absorption, elimination organelle, mitochondria. The mitochondria is where the regeneration program is. That's this little thing-a-ma-jiggy right down here and yeah, all this stuff inside the master cell. We're going to be regenerating that, so we're going to be pumping. Pineal, pituitary, thymus,

and pancreas and we go one by one. Pineal is the first one, so we'll work on that. We're pumping those master cells. Pineal, pituitary, thymus, and pancreas, we're pumping those master cells up to 100%. And like I said, you'll want to schedule in four hours of clearing to finish the clearing for perception, amplification, emotions, and DNA on the regeneration so you make sure that you're in good shape. I used to do the regeneration without doing the clearings. You can; it's just do that now that we know that you can do the clearings and it's a whole lot better, it holds better, you'll want to do the clearings in the next few days.

Oh good, okay so Sharon did sign up and also did the No Ghosts class. Wonderful Sharon. That's fantastic. Well, you're going to love that class. I always recommend that class but if you can make it to the live training, it's the most powerful. "Is the seminar part of the apprentice program?" I think that was already asked. "I'm excited about that." Excellent. "The apprentice program sounds great." Yeah, it's going to be awesome. And with the apprentice program of course, we're going to be certifying people. Levels 1, 2 and 3 get different certifications but they're year long programs and you're actually going to come out really well-trained and really well aware and able to effect changes in your blueprint and in the field and effect changes for humanity, and for yourself, and for your clients, and your loved ones, and your pets (*laughs*) so it should be incredible. It's an incredible year to go through.

By the way, if some of you missed out on doing the VIP Program, because I closed that program out the first of the year, I don't have word yet on the baby coming, so I going to open the VIP Program up this week, tomorrow, just for like three days and we'll let a few more people into the VIP Program, to be done the next three months. So just to put a little tickle in your ear that if you had really wanted to do the VIP Program, the brain regeneration and then having me work with you one to one for three months, I'm going to open the doors tomorrow. It would just be Wednesday, Thursday, and Friday it will be open and then we'll close it down again. The reason I am doing that is I'm adopting and when the babies come, I would be wanting to put lots of energy and attention on them. I'm on the twins list. I may get one at a time; that's entirely likely but I'm talking about it as two because I want to adopt two children. And so once they arrived, I won't be doing the one to one stuff for a few years. At least that's what I see for now. I want to have kind of a light schedule so that I can enjoy being a mommy. So really the classes would be the stronghold and it will be wonderful.

We're not actually regenerating the glands at all Diana right now. We're regenerating the master cell. Let me go back to that. I thought I showed you... Anyway, maybe that wasn't clear and I'm willing to shift to it. So we talked about the master cell a little bit and we're looking at regenerating the master cell. I said that we'll do them one by one. So

when we start with the pumping, we're working on the first one which is the pineal gland, and then the second one which is the pituitary gland, and then the third one, so we're working on the master cell and not the gland yet, the master cell. The master cell, a lot of times when you're working on the master cell, you're also working on the stem cells, so it's possible that you're also working on all the stem cells in that gland. That's possible. So we're getting the pineal gland up to 100% and then the pituitary gland up to 100%. It's not the gland, so here it is. I'm going to write this because that's what's confusing. Master cell. Thank you. Thank you for helping be clear. So master cell for pineal pituitary, thymus and pancreas. That should do it.

The pineal gland master cell is about 80% right now, so you could see how it's moving right along and we're getting that master cell up. Most of you I think have been in one of the cell regeneration classes, but if you haven't, let's go through that. So we start with the master cell and once we get the master cell to 100%, we mirror the master cell to the surrounding cells. And then the second part of that, once the mirroring process is done, we start the cascade of new cell growth. We do that by pushing on a program in the mitochondria and that program is set for regeneration. It's really interesting. That program in the mitochondria... Let's go back up here. So this is the mitochondria right here and that program for regeneration is really for this time in our life, so it's regeneration and not generation. So when we're growing our bodies as an infant, we don't use the mitochondria for generation. Our cells are dividing and we're using the field of genesis. It's completely different when we're regenerating and that's what we're doing now. We're growing something new that's worn out or tired or not working as well and we're using the mitochondria. Isn't that amazing? It's really for this time. And that mitochondria which is the fuel generator, I talk about in my book, 'Your Divine Human Blueprint' the light of the cell. By activating the mitochondria, you can imagine just pushing on the belly button of the little caterpillar and it giggles and out starts the cascade of new cell growth. I just am amazed and really like in awe of how incredible the design of our body is and how everything works so beautifully together. And what an incredible opportunity it is to be a spirit in a physical body and enjoy the earth.

I know I have friends in their 60's and 70's and they're saying they're in the later part of their life and they wouldn't mind leaving. I am thinking I'm in the very young part of my life because our body is meant to live 700 or 800 years. We don't have that reality right now, but one of my students, Ramana, she's not in this class but she's been in a lot of classes, she sent a Facebook post, a fellow who's 169 years old and he was smiling and going, "I think God forgot me." (*Laughs*) And over in Japan, there are over 5000 residents in Japan that are between 100 and 150 years old. So when you think about regeneration, we're just not accessing as a human race, we're not accessing our regenerative qualities. And once that becomes a group mind where it's like, of course

we're regenerating, of course we're staying young, of course we're staying happy and vibrant, that's going to be a remarkable shift on the planet. And by you being here in class, you are fortifying that group mind that says we can live for much longer, and much healthier, and much more vibrant.

Diana is asking are there four separate master cells? There definitely are. Each gland or organ has a master cell and so one by one, we're doing the master cell for each gland or organ. And if you could look under a microscope, each master cell will be a little bit different. I'm showing you one that's kind of a generic master cell. I've actually shown you two. Let me show them to you again. But if you looked under a microscope, the master cell for the pancreas would be a little different than the master cell for the pineal gland. The pineal gland would be a little different than the pituitary gland and the pituitary gland of course would be a little bit different than the thymus. So the cells look a little different. If you looked at an image of the cell like under the microscope for each of those, you would see a slightly different master cell because they have different information. So that's one little cartoon image and here's one that's a generic that's got most of what's in master cells but master cells are not all the same.

Let's see, I might have the image page up. Let's see if I can find it. Okay, I'm just going to show you, this is under the microscope. This is what a stem cell looks like in the pancreas. Isn't that interesting? It's under a microscope. Obviously it's not all tidy and sketched out. This one is a little more tidy. It's more isolated. This is a stem cell for a pancreas. Let's look at one for a thymus. Good question. I'm really glad you asked this. Let's see if there's more room to put one on. And then a stem cell for a thymus... So this is the stem cell for the thymus. Well, in any case you get a chance to look at how that's very different than the pancreas, right? It feels a little similar, like you're looking at something that's related but it has a different feel to it. Let's see, I think I could get you... Just keep pumping. This one is under the pineal gland. And let's look at the pituitary gland. Oh, that's interesting. Okay, let's see here. So this is the pituitary gland. There might be too many images. Sometimes that happens, too many images get pulled on. Okay well, we did good. That's as many as we can get pulled over. It stopped letting me pull images over, but you can look them up. You can just Google search them or go into Yahoo or whatever and look for stem cells and you'll get some wonderful images.

Oh good, Liz says she feels energy surges so she's feeling optimistic. Diana, the way I've got the class setup is that once we finish with one stem cell, we're automatically going to the next stem cell. So we've defined it and when you're working, you define what you're doing. What I had said was that we would go from the pineal, and once that was 100% we'd go to the pituitary, and once that was 100% we'd go the thymus, and

once that was 100% we'd go to the pancreas. So one by one by one we defined what we were doing. It wouldn't automatically do that unless you defined it. If we said today, we're just going to work with the pineal gland, you're going to know how to do it and you're going to take this as homework. That would be another way to approach this. That now that you've gone through one process, then you can do the exact same process for each of them, which is ultimately what we're going to end up doing because I don't think it's possible to finish in 7 minutes. It might be, but probably not.

Alright, so let me come back on the screen. That was kind of fun looking at stem cell images, right? Okay, good. I had a really wonderful surprise coming back. I went out to hiking at Garland Park yesterday and the river is overflowing. This area has been in a drought for 7 years, so having the river overflowing and some tress underwater was really a happy site. Meaning California's water restrictions may be lifted soon. I don't know. It's good that we've gotten a lot of rain.

Dana, "I always feel like I need to muscle test before moving on. I get it now. Thank you." You are so welcome. I'm happy to share that with you and get it clear. "You've mentioned adding more classes on this subject. Is that still a possibility?" It is. I think what I want to do is map out the apprentice program and this program also which is we were thinking about doing chemistry over the course of a year and having it be modestly priced so people could just get in and keep going. And I want to look at whether I want to put that into the Year of Miracles as part of the Year of Miracles training. It would be separate. It would be like a one hour each month on some areas. It is still possible.

You know I am happy to hear that you want to muscle test Diana after each thing. That's really great, because that's what I do. But when we're doing like a little bundle of things and they're all related to each other, which these are all related to each other, they're all part of the endocrine system, they're all producing hormones, they're all intimately related to each other, I put them in a bundle, but still we're doing one by one by one.

Liz, the apprentice program will be announced next week. It will be on the website and you'll just have to wait until next week. What we did is we added more than 50 new programs this year. I write all the copy for all of our live programs and you just have to understand the volume for any class, like for the DNA class, there will be at least 17 unique pages of copy and video, if not more than one video and I actually do all of that and then have a project manager, or two project managers, one that is coordinating all the efforts of writing and the other one is setting things into the website and setting up all the pages. So it's a big process, but I had this vision to grow the company larger and meant to offer a lot more classes in areas that were really important for people to learn

so that we can be a one-stop shop so to speak and you could have really all of your human blueprint needs and quantum field needs met right here. So, that's what we've been working on. It's a big project and a lot of writing. I so appreciate all your enthusiasm and next week, I promise we are announcing the apprentice programs and all the details would be included. We just have a few more things to decide on. It's getting there. I love your questions. I know you want it and I know there are lots of people that are like, when is it coming? It's coming.

Thank you Heather. Yes, I really did need that break. I tell you between the adoption and running the company, it's funny because you think adoption, you just fill out a form and wait for a baby or a child or whatever, but it's not like that at all. You fill out hundreds of forms and you have social workers coming to evaluate you and you have social services, you have the FBA, and you have civic whatever and get certified in CPR, and infant trainings. It's a lot. It's like a full time job. It's like 6 months of getting everything. It's funny there's no licensing for parents. You'd think there are some parents who probably shouldn't be parents and then for parents who really want to be parents they put you through a whole lot of stuff. So I needed that break and that break was just perfect. The hiking, and the massage, and the meditation, and the reading, and just letting my mind not think on anything but just kind of refill my own emotional tanks is good.

Okay, well let's check where we are because we're getting closer to the end. Great class today. Thanks Julie. Thanks for reminding us that we need to take care of ourselves, including breaks. Yes, you're welcome. Okay, so let's go back here and take a look. The master cell is at 100%. The pituitary gland, 80%. The thymus is at 30%, meaning we haven't really touched it yet. The pancreas is at 30%. Well, we've got the pineal gland up to 100%. Let's pump for mirroring and a cascade of new cell growth before we end the class. Let's see, it's 2 minutes until the end of class. We can get this done in about 6 minutes. We've got videos loaded up, so if you can stay and keep pumping, please do. We'll be done with the pineal gland regeneration. And that doesn't mean we're done; it means that we've started the cascade of new cell growth and new cells are going to grow for 51 days. So the new cell growth started, the first one the pineal gland, so we're just going to drop down and take you all the way through that. That should be done at 6 minutes after and then if you want to keep pumping for the 10 minutes of videos, we'll be just returning to our process which we'll be finishing up the pituitary gland.

For the regeneration pumping, so we'll have the pineal gland done today. Pituitary gland won't be done today. So then for hours on regeneration, it looks like about 22 hours. If

you were to regenerate the pituitary, thymus and pancreas glands you'd do another 22 hours of pumping on the regeneration part.

Oh Diana is thinking all parents should get a manual. I agree. And Sharon, "Great class today." And Barbara says thank you. Alright, well I'm going to keep pumping with you. I'm going to be in the chat box and pumping with you and we'll finish up the pineal gland at 6 minutes after, so if you can stay please keep pumping. I'll see you in a couple weeks. I love you. Bye everyone. Big hugs!

[END OF TRANSCRIPT 01:00:30]