

100% Vitality Part 2

Only here for God, I am only here for good. I release and I let go, Let the spirit move my soul. I am only here for God, I am only here for good. Good morning and welcome to day 2 of 100 percent vitality and I'm super excited today. We're going to be doing a process; we did last week in essence on retrieving using parts of spirit. If some of you did not get into that class, we're gonna make sure that all of the students are taking trainings this month. Get that really, really important retrieval. We're gonna be working on connecting spirit with our cells.

So we're gonna do a spirit cell connection. We'll be doing a guided meditation and we'll be working on raising life force. Going into your blueprint. We're gonna tweak some things so that you can maintain a higher life force which of course, always gives you that sense of energy. That feeling of energy. So please sign in to the chat box. Let me know you're here and let me just make sure. Oh. There we go. I see the first person, Nadia. Good morning. Good morning.

And as I was coming on, I had this just strong feeling of singing. I think this is a class of releasing today. I release and I let go, let the spirit soothe my soul, I am only here for God, I am only here for good, I release and I let go, let the spirit move my soul. So I'm very, very excited and that's definitely what we're gonna be doing. Releasing things and letting go.

Actually a little later in the class about half way through, we'll be looking at and doing clearings for clearing out blockage to why our life force goes down and there's some surprising interruptions in life force going down and of course it is in the spiritual realm. So it is in the place between essence and body which is the field of embodiment, so. That'll be really interesting to be looking at that too. Oh my goodness. Lots and lots of signing on and comments coming in. So let's see here.

From Nadia said, "Good morning." And Anna, and Tony, and Maya. Oh wonderful. Great. First. Yes. We're gonna see each other. Maya's stopping by. By the way, I hope you all got my birthday invitation, so. If you happen to be close to California. Wanna pop out and visit me. The birthday invitation does have some little local hotels that you can stay at and have food restaurants and you know all that stuff. So if you wanted to pop out for a few days and just kind of my birthday party, please do. Okay.

And Lyn from Morgan Hill. And Nila. Hi, Nila. And Marie. "Sunny evening in the Netherlands." Okay. We're having a beautiful rainy morning. It's so pretty out. It's kind of more misty rain than strong rain but it's very-- always very welcome. Okay. And Victoria, "Hi from Seattle." And Margaret, and Rasha. Rasha is from Finland. Okay. Esther, and Maria, "Blessings." and Sharon. Alright. It's so nice. And Sharon, you're from British

Columbia. Very good. Oh my Sharon. Sharon from the immersion program. Fantastic. Okay

Well welcome to everyone and whether you're on the phone. I know some of you prefer to do the phone. I know some of you prefer to do the phone, so. Some of you aren't in the chat box but welcome to everyone. We're gonna be having an amazing day and just wanna let you know that the apprentice program, I've been working on it for days now. The pages are being built as we speak and an announcement will be coming out this week and in the formal invitation next week. So if you're one of those people who wants to get in to the online training, it is imminent. It is happening. So okay. Let's just in to the class. Might be a singing morning. Just feel like singing today. Let's see. Okay. Here we go.

Okay. So we're in the hundred percent vitality and we're in class 2 and we'll start with the opening blessing. [Sings in Sanskrit from 00:05:00 to 00:06:16]. Today, we'll be doing an essence attunement. So we'll be aligning your spirit in a powerful attunement of spirit to body and energize the connection that fuels your life force and empowers your cells. We'll also be doing a tune up of life force and setting you for vibrancy. This reset will help you hold a high life force till you decide its' time to move out of the body and not before.

We'll be reviewing now the quantum pump and muscle testing and just a basic little primer on what we're up to with the quantum pump and muscle testing, so. The quantum pump works because we're working with the quantum field. We're thinking a thought towards the quantum field and we're pumping hand and it's accessing the higher vibration of the field. The pump-- your arm down here, elbow at the waist and you're pumping like that and it's a kind of forward dropping forward and pulling back and it's more of a reflex than a muscle movement. Looks like this from the side and this from the side. Double pump. We can do this or you can do this.

Sometimes people will do the double pump because it's fun. They might have the sensation or feeling like things are going faster. You can muscle test and see if things are actually going faster. Sometimes when people are pumping, they like to listen to music and do a double pump. Sometimes you just intuitively hold the double pump. So the double pump looks like that. You can pump with your left hand. There's no problem pumping with your left hand or your right hand.

You use the right hand because the right hand tends to be the outer. Even if you're a lefty. The right-- the energy of the right hand and the right side of the body is outer. It's the assertive side. It's the action side or the-- that's the right hand rather and the left hand is the side that tends to be the side that's receptive. It takes in information. So I often will be reading with my hands so I can keep thinking and talking with my mouth

and I'll read the energy from the palm of the hand, so. That's why I always say use your right hand. You can use your left hand just as well and then you can test. Your left hand may be 90 percent or 80 percent effective or might be 100 percent effective, so. You just check and see.

There's a couple other things that you can do. [Inaudible 00:08:56] over like I have. So one thing you can do is when you're walking, you can do the quantum pump on the side here and that's just your hand down and you're just see how it goes. Just doing like that. So when I'm hiking on a trail, my hand is just like that. It's just actually relaxed at the side so but it looks like that. So I'm doing a pump as I'm hiking or walking or around the house. And then if you're sitting on a restaurant, so just imagine that you're sitting now and your hand can be down at the side under the table pumping.

Actually I have heard people, I think it was in London, there was a lady pumping and somebody knew what she was doing and was pumping. Said, "Oh. I know what you're doing." So, just understand that this is starting to catch on, so. You might be on a subway and somebody knows what you're doing and that they might be, "Oh cool." and they might start pumping with you, so. Understand that we're creating a new way of being and a way of self empowerment and it's a club. It's fun to do. So don't worry about looking weird; you don't. Okay. Let's see.

Darshawn says, "Good morning." Heather's here and Janice is here. And KC from Histon is on the phone line. Wonderful. Okay, so just send me a little message there. That's great. Okay. So, those are the quantum pumps. There are other hand movements we do. We might get to some other hand movements when we're doing some clearing. There is-- doorknob is a traditional one when we're clearing tough spiritual parasites. That usually is the doorknob. And that just literally your elbow again at your side and your hand looking like it's wrapping around the doorknob. So just the fingers are coming in and your twisting. So that's the doorknob.

And we're just re-arranging the particles in the quantum field. Two types of physics: Newtonian physics which is relativity, the apple dropping from the tree; what you see is what you get. It's quantitative. And quantum physics which is particle-based, so. We're all part of a field of particles vibrating. Based on how the particles are vibrating; you get a Julie Renee, you get a necklace, you get hope, you get a globe and we can arrange the particles by thinking powerfully with our mind and then pumping with your hand. That hand pump is the gift that was given to me in a vision 7 years ago. It's for everyone to be able to access the quantum pleasure field and shift their field regardless of whether they were enlighten master not may get into the pleasure field and shift. So the vibration we're looking for is over 500 over unconditional love and that's what you get when you're doing the pump. Yay.

Alright. The muscle testing is what should we measure with and I had years ago when I was starting to define the blueprint, I wanted a way for everyone, not just clairvoyance and intuitive healers to be able to figure it out. So I decided on muscle testing as a really good way for everyone to just make it every across the board. The reason is that your muscles can tell you what's true and not true. So you can just learn how to ask your body is this true or not true. My name is Julie Renee will always hold strong and true. My name is Bozo the Clown will drop because it's not true. It's a lie. The muscles become weak when it's a lie.

You're using the right hand ring finger, left hand. You're making your finger very stiff and then you're pushing down really hard and if it drops, it's not true because it becomes weak. So the muscle doesn't hold when you're telling a lie.

For muscle testing, if this is your first class, you wanna be practicing 5 times a day. So you could practice on, "The salt is good for me. The salt is good for me." The salt is not good for me. This chocolate brownie that I just ate is good for me. No. Just had a bite of gluten-free brownie and I got- -I was feeling kind of sniffy and I was like, "Oh I don't think that was good for me." And then the body will say, "Nope. That wasn't good for you." So you can go round all day long testing 'is this good for me'. Is the rain good for me? I get a yes. The rain is good for me; it makes me happy, so. So you can just ask questions with body or you can make a statement. Those are the two ways you can ask. Yes or no questions or you make a statement. Okay. So I think that covers that for muscle testing and the quantum pump and we'll move on to the next process.

Okay. Oh, it's Heather's birthday today. Oh my goodness. Happy birthday, Heather. How wonderful. Yay, Heather. Okay. So some of you have gone through this process last week and some of you it will be new. We're gonna jump right into the retrieval of spirit and what I'd like for you to do is to be pumping to clear any blocks to having the spirit embody connection. So that's what we're gonna do right now. I am going to be out kind of in the astral grabbing all the pieces of your spirit that have been scattered since the beginning of time. We're gonna retrieve them all. Gonna purify them and then I'm going to kind of surgically re-instate them into your body.

I won't be talking while we're going through this process, so. Just hang in there with me. It does usually feel really wonderful and many of you went through the process last week, so. I'm gonna give you the next step. If you've gone through the process, you can start with the life force clearing. As a matter of fact, everyone can be pumping for clearing. I think we'll get into the heavy duty stuff, the spiritual interferences once I'm back. So you don't need to start. If you feel like you've cleared this side: amplification, perception, emotions, and the cellular body then-- oops. Jump down in the wrong place. Oh that's funny. What's going on here. Go back.

Yeah. Anyway, bloodline, [Inaudible 00:15:47] and amplification. How that jump down there. So let's just put that up here. There we go. Okay. So for those of you who have gone through the spirit retrieval process, you're welcome to either sit and meditate, you're welcome to pump, you're welcome to do this side of the clearing and everyone who has not gone through that process yet just hang in there with me and sit relaxed. You can be pumping to clear anything that would block full connection of spirit to body. Okay, so. I'm not gonna speak for a few minutes. There's gonna be some silence and nothing's wrong, you haven't lost sound. I'm just doing the retrieval of spirit.

Alright. It looks like I've got everybody to 100 percent on the spirit retrieval. So please do let me know how that feels especially for those of you that this is a new experience for. It should feel very bright in the body and you should feel fuller like you are more connected to your spirit and we'll go through several other processes today. I've got some wonderful things lined up. So we have a lot to cover but please let me know how that felt. And Janice, on the spirit retrieval process, I go into a mild trance and I go out and work with each one of your spirits.

I retrieve the parts that have been hacked off over time and I bring them all back and then before I put them into your being/spirit before I reconnect them, I purify them. And then it's almost like psychic surgery. It's kind of like re-melding them or re-- I mean it's pretty instantaneous. Once you're purified and they're right next kind of magnetic. Like your spirit wants all of its pieces that it's not natural or normal for them to be separate. Fantastic. Okay. So I hope that's helpful explanation.

In the essence class, we go into quite a bit of detail about it. In this class though, I wanted to just give this in this class also. It felt like perfect timing not to just renew the connection of spirit to body but let's get your spirit 100 percent before we--. Mai, yeah, that's true. The emotional part is very true. There's a level of grief and a level of relief that comes from the spirit being returned. And so when I look at you, Mai-- let's see. 32 percent of your spirit was missing, so. You had 68 percent of your spirit and you know now you have a 100 percent of your spirit. And so that can be profound and very emotional and many of the students in the essence training said that they were weeping as the spirit was coming back and they are being restored. Okay.

And Darshawn said that she felt warm and charged up. Wonderful. And Ana had a change in body posture like a chiropractic experience. And Lin said, "Delightful." Good. You're welcome, Janice and thank you so much for those kind words. I appreciate them so much. Audrey. Okay. And then Ester said she has chills. And Lia, "It made me feel very anxious and panicky." That wasn't you actually, Lia. That would have been a spiritual parasites that were getting kicked out because as you-- as a spirit own your spirit and then your spirit can own your body in a bigger way, so. Lia, let me just look and see. Alien type 3 and that is-- let me just look at what that was that caused the

anxiety for you. Alien type 3 is an archon and so it was getting moved out and it was wanting to make you feel uncomfortable.

And then Nadia's asking, "Is my spirit portal fully open?" And I think you're-- the human spirit access portal in the back of your head. It's 99 percent open. So maybe just a tiny bit more to work on their Nadia but very wonderful. Very, very good. Okay, my dears. We're going next into life force clearings. So for some of you, you've already been working on the life force clearings and-- oops. Maybe I-- there might be a few more comments that I missed. Let's see.

Maria, "I feel a bit of nausea but also very relaxed." Yeah. That can also be spiritual parasite. Let's see. Is it? No. It's just re-adjusting your body to spirit and we'll be-- the last 10 minutes or 12 minutes or so, we'll be doing a reconnect with spirit in body and the cellular body using that shift. Marie, you're 100 percent back; not 77 percent back. You're a hundred percent back. And Rasha, "Didn't feel anything special." And you are a hundred percent. Completely a hundred percent. So your spirit is a hundred percent. I don't know if much of your spirit was missing. That I think that's why you didn't feel a lot of shifting in that particular process.

Ana is asking about the rights being cleared that we worked on last week. So I can proceed to the other clearings. And yes, I think so. I get 98 percent true on that, Ana. So might be tiny bit, but yes. "Can you tell me why I have chills?" And that would have been an acknowledgement of spiritual truth. So that would be, Ester, usually that's why we have chills is when something true is happening. So returning your spirit to body is a truth for you.

"Even if we have spiritual parasites, we can be a hundred percent back." Oh absolutely. A hundred percent. All of you are a hundred percent. I promise I didn't stop until I got every piece of you. So there is nobody in this call, in this class that isn't a hundred percent. Absolutely all of you are a hundred percent. We're gonna be working with now is the what the spirit does to the body. So essence is those essence and basically your spirit informs your body of life force, right? So that's where life forces comes. Life force comes from spirit. And so now we're clearing a way things that would block you from maintaining a high life force till the end of your days.

And amplification is cleared. We're in perception right now. I thought it was really interesting to look at the alien and spiritual interferences, so. Alien type 3, we're not at that yet but we're just gonna through it. So the synthetic puts in holographic inserts. Alien type 6, satyrs do embedding. Alient type 8, Astar-- there's something command. Break off command that's what that is. Break off command. And then the demons that are subterranean. Risen demons are also subterranean. Fallen angels from the 9th dimension. Walk ins are, in this case, walk ins are archons. Transmortals are moth men.

And Entities, Orion's low vibration. And then you can see the things the things that we'll be clearing. So we'll be doing doorknob on clearing the spiritual parasites and the holographic insert, embedding, portal, portal, permeation, holographic insert, permeation, wormhole, holographic insert.

Isn't that interesting? There's a lot of the same kind of theme on blockages to your life force. So holographic insert is 3 times. We've got portals. We've got 2 portals and a wormhole. Embedding and permeations. Permeations, twice. Embedding those are kind of similar. So it's kind of a similar theme of how they anchor in to prevent life force from maintaining 100 percent.

Okay. And Ana said, "Thank you." And Luka. Leuka? "I feel warm and a little chilly." Wonderful. And Susan, "Hello. Is it essential to have feet on the floor? Thanks so much. Feeling sort of light fuzzy headache. We should continue to pump." Yes. Everybody should be pumping .Absolutely. And the light fuzzy headache, yeah. Get your feet on the floor. I think that would be good. Light fuzzy headache. You know sometimes-- I'm gonna come back on the screen for a minute and talk to you.

So it's pretty exciting, right? To be around somebody like me who can go like whiz out and find your spirit pieces and put them back and you know that's exciting right? And sometimes my students they think, "Oh my god that's so cool." And they whiz out of their body and they're flying around kind of following me around and watching me do stuff. And that's all cool if you don't however get back in your body which is and I'm seeing that it's exactly what you did. You wanna get back spirit in body. So just imagine, Susan, that your spirit is coming in to your body and just filling out your body and your filling out your head and breathing. Breathing down into your pelvis and then breathing out a few times. That should get rid of that fuzzy feeling. That feeling of kind of lightheaded fuzziness is from leaving your body. So you're not really connected. So that'll be good to just come pull yourself back in.

Yeah. So we're working on the life force pump clearing. The life force blockages and then the next step we'll be doing once we get through this. We'll making really great progress. I've got a lot I wanna cover in today's class on 100 percent vitality, so. Let's pop down to the next page. So that is good. That's the next thing that we're gonna do is reset spirit connection to the cells and then life force will be reset also by activating the connection powerfully from spirit to body. So that'll be the next step after we do this clearing. We'll be doing the clearing for 11 minutes and let's see. That'll take us to 44. We'll need about 6 minutes on that. Yup. We should get it all in as long as we just stay really on track. "I'm yawning. I guess I'm letting go of stuff." Yeah. That's always good. Yawning is good. It's making room for more.

I was thinking 'cause I'm feeling singing. I don't know. It's a really simple chant. I don't have the words written down. It's not my chant. It's someone else's, but maybe I can just do a call and response and you can sing along with me. We all come from God and unto her we shall return. So we do it together. We all come from God and unto her we shall return. We all come from God and unto her we shall return. Like a ship floating by on the ocean of life. Like a ship floating by on the ocean of life. Like a rainbow of light returning to the sun. Like a rainbow of light returning to the sun. And then back to the main chorus. We all come from God and unto her we shall return. We all come from God and unto her we shall return. Like a ship floating by on the ocean of life. Like a rainbow of life returning to the sun.

And there's another one that popped in my head; come on be happy. Come on be happy, the mother loves us all. Come on be happy, the mother loves us all. Illusions are many and underneath them all. Illusions are many and underneath them all. There is one reality that you and I are one. There is one reality that you and I are one. That god is love and love is god and god and we are one. That love is god and god is love and love and we are one. Come on be happy, the mother loves us all. Illusions are many and underneath them all. There is one reality that you and I are one. That god is love and love is god and god and we are one. That love is god and god is love and love and we are one.

"Sometimes can you tell us more about your time in India. Write a blog about it. Thanks." Sure. Yeah. Yeah. That was a very magical time in this lifetime and my other lives when I was in India. So definitely. It will be a fun conversation. Let's see. We have about 5 minutes left. I had one more song. I thought it would be fun if we wanna sing the stones. I think that would be a great song to move things forward also. It does feel very - like a feminine day today. I don't know. I'm getting a lot of goddess songs. The stones feel very feminine to me in many ways also. Really honoring mother Earth is part of her.

"Do we need to clear all rights for the vitality?" We've cleared that rights that we send last week. So that was part of the homework. "Thank you for singing with your beautiful voice again." You're welcome, Heather. Alright. Well let's do the stones.

The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. At dawn I walked in a circle of stones, A soar temple to me yet unknown, 'Till the strength of the first morning light, Shown the power of the Stonehenge stones. They grounded the energy of this place, And held us together in a loving embrace, While beings of light danced above the space, Bestowing on us their wisdom and grace. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. The Avebury stones were laughing at me, Taunting me tempting me dancing with glee, Playful stones make love to me, In the circle of the stones. The stones they are calling me, Echoing through an eternity, Calling

out to set us free, The power of the stones. The heavenly chambers from days of old, New Grange stones were a circle to behold, I knelt in prayerful reverence, For the power of the basin stone. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. I touched my forehead to the rock, It filled me with bright light and talk, Of the ancient people and their ways, and the spirals of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. Stones are everywhere we look, Medicine wheels and monolithic books, The wisdom of the circle flows, In the temple of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones.

"How would I know if my spirit is living and wondering around or not at 100 percent?" Esther, your spirit is living 'cause your body couldn't live without your spirit and, "Is it wandering around not at a hundred percent?" It is not. It's a hundred percent and in the next process, we're gonna really work on restoring that 100 percent connection of spirit in body and then actually it's cell to cell communication. You could muscle test to see if that were true and if your muscle testing is accurate, you would see that it is 100 percent and its present. You're welcome, Darshawn.

You know sometimes you just gotta sing. It moves the energy so well and actually we progress through our processes even faster. We're gonna jump right into now the next process. We-- everything kind of timed out. So we gotta just jump into being the next process. Let's just see here. We did clear about 70 percent of this, so. There's a little more clearing to do but if I'm gonna get this done, which I wanna do this. This we have to do right now. So there will be homework this week on-- you'll be doing the doorknob to complete the spiritual interference clearing. And we're gonna go unto now the reset of spirit connection to cells.

And I'll just have you pump while I'm working on the blueprint itself. I'm going into the human blueprint again. I'll be quiet for a little bit while I'm working on the blueprint and restoring the ability for the spirit to connect in to the cells them self and not just inhabit the body as like an imprint but we're actually gonna be able to reconnect with the cells and then we'll also be, while I'm in the blueprint, the big blueprint in the astral for humanity, I'll be working on resetting the life force ability for everyone in the class and actually in the blueprint, so. I'll beings that they'll be able to stay with their life force set at high until they leave. They don't have to walk around depleted and exhausted because they're aging.

So again, I'm going into a mild trance to do this and I won't be speaking for a few minutes. Just keep pumping and see this process happening easily. You can close your eyes if you're one of those people who has visions, you might see some of what the

blueprint looks like as I'm working in-- but they in your body. Don't follow me into the blueprint. That'll be a little bit too crowded in there.

Okay. Everyone has this 100 percent. Both the reset of the spirit connection to cells and life force resets. So there were 2 resets that I did and there were two different parts of the blueprint. So when I was in the blueprint, I discovered that the reset from the-- to the spirit connection to cells was in the spiritual DNA. So that's where that reset happened and then I transferred it into your bodies also. So we've changed the blueprint and actually just re-activated this ability that we have to connected to ourselves.

And then the second thing that we did was life force reset by the activating the connection powerfully from spirit to body and that was really interesting. I was looking around in the brain. In the brain of the blueprint, and I was thinking I had gone down into where I thought it might be the brain stem but I was brought up into the left frontal lobe kind of above and behind the left eye but higher than the left eye, so. But the frontal lobe, the genius brain kind of area, is where that life force connection is. Isn't that fascinating.

So I reset that also, so. And then both of them had to be worked on in your bodies in the DNA. So we had to make sure that the reset was going to set at this new level and not reset back down to the old level tomorrow. So that was an extra couple of minutes to make sure that each one of you got reset at that higher level for life force, so. Yay. So that was excellent. More progress in the blueprint, which is always good.

What we discovered a couple of years ago was that archons and several other alien races have messed with and taken some of the good things out of the blueprint or at least put a cap on them. I would say not take them out but just limited them so that they don't function. And as we find them, I'm turning things back on in the main blueprint which then the body can respond to, so. Good. Alright. I see some questions came in. What I'd like to do-- Oh fantastic and please do give me your experiences. I love seeing that.

I need to take you through a guided meditation. I think I can do it in 6 minutes. I'll stay in the chat box for 10 minutes and I promise I'll respond to every question and comment, so I know that it's important to you to get your answers and I want you to get them. And if we were to complete today's class, there's one more thing we need to do which is make that connection spirit to body in a meditation. So that's the next thing that we're doing. I love you, guys. And I'm so excited for you for your breakthroughs and your questions, so. Please keep them coming. I'm just-- to get through the curriculum, we've got to jump in here. And like I said, I'll be staying the chat box for 10 minutes. I will be typing answers in, so. There's something that didn't get answered in the last few minutes, please I will address that. Okay.

Alright. So we're going on to the meditation for reconnection spirit to body and full life force and this is really the completion of what we did-- what I just did in the blueprint and what you've felt in your body as it started shifting. It should've felt really tingly and light. So we'll just jump in here. Finding a comfortable seated position with your spine erect. Your feet on the floor. Breathing in and out. Send a grounding cord down from the base of your spine to the center of the Earth. Make the grounding cord nice and wide. Set the grounding cord on release and begin to release any excess energy in the body.

Grounding your right and left ovary with a line of energy as wide as your wrist hallow in the center. From the ovaries to the perineum down to the center of the Earth. For those with male bodies, a line of energy wide as your wrist, hallow in the center from the testicles down to the center of the Earth. And we're just gonna set the female and male bodies on release.

We're going to also go up and release the adrenals just above the waistline. On top of the kidneys are the little adrenals. They look little bit like acorns with hats. They're somewhere between the size of an apricot and a plum. Ground them with a line of energy as wide as your wrist, hallow in the center through the perineum down to the center of the Earth. Set the adrenals on release and release the adrenals.

Going up to the center of the head and in the center of head is your golden temple of silence. Let's go ahead and wash out the center of the head. Opening a trapdoor. Washing out any looping thoughts, worries, or concerns and just letting go. You can keep that washing sense going. Pop out the top of the head. Pull the aura in to 18 inches around your body. Smooth out any dings, dents or holes in the aura. And just know that your spirit is very capable. I know we're moving through this guided imagery very quickly, but that your spirit is capable. It's able even if your mind isn't sure if you're doing everything right. Just know that it's very capable and it can do this.

Opening your feet to Earth energy. Bringing Earth energy up through your feet, ankle, shins, calves, knees, thighs, out the hips and down the grounding cord. Bringing cosmic energy into the back of your head one inch above where spine meets the skull. Bring it down into your neck and shoulders, arms, elbows, forearms, through the wrist, hands and out the fingertips. Bringing more of that energy down through your back channels and all the way down into your hips. Looping up through the belly, through the chest, through the neck, through the head.

Fountainizing out the top of the head like a beautiful Italian fountain. Bathing and cleansing your aura. And then bringing your spirit that was out fixing your aura. Let's bring that spirit to the top of your head into your crown chakra and your divine

connection. You're sitting in your halo, your golden rings and your crown chakra there as a handsome yoki or beautiful yokinie. Cross-legged at the top of your head.

And there's this beautiful lotus of energy right there at the top of your head and your crown. And you're gonna slide down into the body now. Spirit into body. And that lotus energy, that golden lotus is opening up and also sliding down into the body. So it's resetting the physical body at divine setting and you're bringing your spirit into your toes and your feet and your hands, and your fingers, your arms and your legs, your torso, neck and head, and now you're seeing a spirit connection to the cells and the light of the cell, the light that's in every cell, is being activated as your spirit greets each and every cell.

And you're seeing that connection in the DNA, that joyful connection with spirit cellular connection. So there you go. It's lighting up. All the cells are lighting up. You're not connected spirit to cells. And while we're connecting spirit to cells, if your trap door is still open out the back of the head, go ahead and close that up. And let's go ahead and look behind the left eye and a little bit up. So little bit higher towards the forehead and there's that connection that we have to life force.

And we're fortifying that life force now with spirit and we're just strengthening that connection in that part of the brain and in all aspects of our body but that lever that turns life force down is now set at high and we'll only need to drop down when you're ready to leave your body. And it drops down, of course, when you're sleeping 'cause your body doesn't need your life force fueling it while you're sleeping and it just comes right back on in the morning when your reboot and reset. There you are with your strong hundred percent life force.

Alright. And I'd like you to gently come out of meditation. Breathing in and out a couple of times. Breathing in and out. Breathing in and out. And opening your eyes and coming back in to the room. May be with the blessings of the Supreme being that this healing meditation is complete. May the entire world be filled with radiance, joy, and vitality. To task to; so be it.

And just a quick few announcements. We have the online apprentice program will be announced this week. Your year of miracles is Friday and here are the additional classes that are coming up in the next month or two. And for Heather and for anybody who's birthday it is this month, I wanna wish you a happy birthday. Hey, Honey. It's your birthday. I'm in charge of the stars and I'm here to say. Hey, Honey. It's your birthday today. My name is Sue and I live on the moon and I came down to Earth to just sing you this tune. Singing honey happy birthday. Heather, Happy birthday. Honey, Happy birthday to you. Happy birthday, everyone.

Okay. We'll see you soon. We'll see you next week or in the essence class. Have a wonderful week. I'll be sending you the homework and I'll be in the chat box for another 10 minutes. Okay. Love you all. Buh-bye everyone.