

100% Vitality Part 3

Hi and welcome to 100 percent vitality. Today is all about the body, so. It's an exciting day. We're gonna be working on the 15 dynamic energy centers in your body and really it's also an educational day, so. Finding out where everything is and how it all works and why it works and why the body has power when it does. So do sign in. Let me know that you're here and we're gonna start with the opening blessing. So we'll go into our slide here so you can sing along with me. Oops. We opened not to that slide. There we go. And we're gonna be doing the opening blessing first. [Sings in Sanskrit from 00:00:56 to 00:02:14].

And we're gonna do a very quick review of the quantum pump and muscle testing. We should be able to get this done in 2 or 3 minutes. So the quantum pump is a hand movement and you guys have seen it for weeks now, so you should know what it is. Your elbow's at your waist and your arm is pumping and -- your hand is pumping rather and your arm is staying pretty still. Your elbow again at your waist and that's what it looks like. It's not this; it's not the squeezing, it's actually the hand falling forward. You can do the double pump and you can do the right or left hand. I use the right hand because it is the hand that is outer. The left hand is more for reading and inner, receptive, and outer, so. I use the right hand but you can use either. You can pump with your feet. You can pump with your hand down and when you're walking, you can do this thing where you have the hand at your side and you're walking. And you can do your feet but by pumping ankles. Alright.

And then muscle testing. Muscle testing is kinesiology. Defined in 1976. You use your right hand and forefinger, ring finger on the right hand. Keeping the right finger very firm and pressing down. Pressing down. And you're testing because your muscles can test what's truth and a lie. You're testing, is it true? My name is Julie Renee holds true, and my name is yeah. And it's already falling 'cause I always Bozo the Clown. My name is Bozo the Clown and it falls. So you have to keep your finger very stiff to make muscle testing work.

By the way, I saw somebody doing muscle testing by pushing to the side, that isn't gonna work. You have to push down. Straight down. So that also helps. Sometimes the technique, 'cause I'm not seeing what your guys are doing. Someone was doing this to the side and that's not gonna work. Alright, my dears. I think that covers it.

We're using the quantum pump which accesses the quantum field. This is not energy work, this is re-arranging the particles in the field. Quantum field is defined by particles vibrating. We are all part of that field and because we're using our thought, we're directing a thought to the field, we're re-arranging the field. We're actually able to do the re-arranging. Alright, my dears. I think that's a good review. I just do this because

sometimes we have new students or sometimes people who have gone through a week and they go," Now, I really wanna understand it. You've given me so much. This is my first class." So, I get that. So we'll always do a little tiny review at the beginning of every class.

Okay. So we've got Nila, and Anna, and Nadia, and Sharon, and Victoria, and Susan. So our immersion team is here. I see people. Ann, Esther, Janice, Marie, and Mai. And Mai's back in London. I saw her last week here, so. I'm glad you got back safely, Mai. Okay. So let's go on to our training this morning.

And we're talking about dynamic energy in the body today with our 100 percent vitality class. So this is really all about the body. Really it is. So how do we get that energy and vitality from the body, in the body, with the body using what the body has to offer us. So we look at the mitochondria which is the fuel generator of the cell and we've look at that when we've done cell regeneration. It looks little bit like a caterpillar, it's on the inside of the membrane and it provides fuel for the body and for the cell.

The light of the cell is the spirit nature of the cell. Red blood cells deliver oxygen throughout the body which helps with dynamic energy. The survival brain or instinctual brain which is reptilian brain helps with power in the body. The emotional brain and the idea or concept of hope or positive thinking that amplifying-- actually that you know that stimulates. The emotional brain actually stimulates amplification. Let's put that in there.

So if you're really kind of stuck on something negative, you're gonna decrease your power and yet if you were actually there whole heart, you know, I believe or I hope that I can or I think that I can or I know that I can, all of those will help with improving your body power and strength. The reticular activating system which we're gonna talk about in just a little bit is a part of the brain that helps stimulate the motor movement and the activity of the body. Hydration and nourishment; so what we put in the body fuels our power. Testosterone, especially fuels muscle strength. Muscle themselves, adrenals, pancreas, muscles obviously provide power in the body. Adrenals they are glands that provides cortisol and adrenaline, so. We need to have power and strength rapidly. We can pull it from the adrenals.

The pancreas, blood sugar, so. If the pancreas is working well, you have a good distribution of insulin and if it's not working well, you're going to be weak and on the floor, so. The pancreas is very important for power. The thyroid. The thyroid fuels our metabolism and power in another way and also keeps our heater going in our body, so. The thyroid is very, very important for feeling strong.

The ability to fully rest, that's getting sleep, so. If you're not getting great sleep, you're not gonna have that dynamic energy or power, so; to fully rest. The pineal gland also the adrenal gland affect sleep. So, those 2 can be tuned up to improve power. The 3rd

chakra which is will and life force which is the strength that comes from spirit. So these are all the aspects of dynamic body energy and vitality.

We're gonna go first into the brain stem, the reptilian and emotional brain which is the mammalian and the role in the body energy. So survival instinct kicks in with adrenals and muscles create a strength and that comes from the brain stem, so that's that. Let's you know we're in danger. And then the emotional brain can strengthen or weaken the body based on what the recurring thoughts are. Let's see and I see more people signed in, so. Let's say hi. Let's see here. Where do we end up? I don't think Anne and Esther, Janice, and Marie and-- Oh yeah. Mai. Okay. So I did do those.

Okay. So it's Katherine, Lin, Audrey, Margaret and Maria, Glory. Golia? Golia? Gloria. Okay. Well, good morning everyone. And okay, so. Let's move on to the reticular activating system and then we'll do a sweet little tune up. We won't, of course, be able to do a full regeneration in the time that we have on all these parts but we can do a little tune up on each.

I copied the definition here because most of us have not heard about the reticular activating system but this system is considered to be the brain's attention center. It's the key for switching on your brain and also considered as a main center of motivation and of course motivation has to do with vitality, right? The reticular activating system is connected to the spinal cord and at its base from where it accepts information which comes from the ascending sensory tracts directly. It travels up to the mid-brain and will go up forms a complex neuron collection that acts as a convergence point for signals from the interior environment as well as the external surroundings.

So reticular activating system is a place where your thoughts, internal feelings, and the outside influences converge. It is very skilled in producing dynamic effects on motor activity centers located in the brain. The cortex activity such as the frontal lobe. Let me think about that. Okay. It's hysterical. The iPhone when I'm teaching and pumping, the iPhone seems to think. Siri seems to think I'm talking to her, not to you guys. It's hysterical.

Okay. And Margaret, hi. Okay. So we're all pumping for a nice little tune up on those brain centers and we're gonna do a little bit of a tune up for about-- let's see. 7 minutes or so. So we're just gonna be doing a clearing and tune up on those. To just show you what kinds of things we'll be clearing as we do each one these little tune ups. Clearing for body, power and strength. Here are the items that we clear and each case, I've bundled a few things together, so. We've got the 3 different parts of the brain : the emotional, reptilian and reticular activating system, and we're doing a little tune up on that. And then we'll go on to the next one which is the endocrine glands that affect power and energy.

Amplification, Lucifer stops, evil spirit curses and bloodline. Perception, group mind, group mind virus, curses, atheist thought forms, timelines, control, control energy. Emotions, emotional body, and emotional brain, and DNA. And then spiritual interferences for body, power and strength. Alien type 4, archons, seeds and implants. Type 8, ashtar breakout command and synthetics portals, demons, subterranean, portals, walk ins, archons, permeations, entities, Orion's LV, and holographic inserts. Oh. Low vibration is LV in case you wondered.

Okay, so. We're pumping for clearings and we're in-- we're just up in the brain right now. You wanna do a full brain regeneration. I really encourage you to come into the brilliant brain class. We're doing all 5 brains and we're going to be doing just amazing, amazing work. Let me just tell you when that is. Also, the VIP program and the Year of Miracles program have brain regeneration, so. All 3 of those areas, we can get brain regeneration. The VIP program, the Year of Miracles, and brilliant brain coming up and the brilliant brain live. One second, I'll just let you know. I'm on the calendar here. Brilliant brain, apprentice level starts June 1st. Yup. So that is going to be an amazing 5-part series and you're gonna learn so much about your brain in that class. It's really remarkable, so.

I've provided them the, tech people, the copy. So they probably will have it in the next day or two. They don't have enough yet but here is the page. There's a video up on the page and the time states and tuition, so. If you wanted to check that out, you can find it there.

I've often, in my mind, heard about this, so. Spirit guides around me keep pointing me to the reticular activating system, so. I listened this morning and said, "Okay. I'm listening to you. I hear you." So the reticular activating system is obviously playing a very key role in your dynamic body vibrancy. Think one of the things also when you're using your emotion brain is to create like a vision board of yourself and what you imagine to really accomplish with your dynamic vitality and energy. I know I've been having a lot of fun.

For whatever reason, I'm very active with hiking and running and I'm outdoorsy kind of person and I got a really fun catalog for-- I don't know. It looks like more 20-ish girls who are runners and sailing and surfing but the clothes are so cute like the little scrops. They have little running skirts and the tops and the you know all the different fun athletic clothes these days, so. It's not so boring. So I was looking at all the images of girls running and on surf boards and underwater and it really stimulated my 'yes summer is coming and these are the fun things to do', so.

First of all, I was gonna buy some of those clothes because I think that they remind me of my fun youthful body and the other thing is to create a new vision board for myself on

you know a very toned, very athletic woman that I am. And it's funny because two weeks go I have this idea-- or ten days ago-- I wanna get back into sailing and I was out with friends the other night and one of my girlfriends, I didn't know she's a sailor and she invited me to sailing on Wednesdays here on the Monterey bay, so. Got invited to go sailing on a 50-foot boat which will be athletic. The 50-foot boats are really yachts, but it's a start. It's a leg back into sailing which I love to do.

So you wanna be thinking about when you think about dynamic energy, understand that you source a lot of it and how happy and excited you are. If you're bored with your life, you're not gonna be sourcing a lot of dynamic energy in the body. And I think the other thing to know, I know I'm a bit slow with the hiking stuff and that was probably from years ago. I set myself at a slower pace for a variety of reasons. I think because I was in a wheelchair and I didn't wanna push it and also lung and heart issue that I had. And I realized, you know, sometimes the old people past me and that's really not so cool for me.

So I've been like asking my life force to come in and you know push me through whatever that wall of my pace, my slow pace is. And I've been pacing at much faster pace and it's been super fun to see a shift with me. I'm on a mountain and I'm going straight up this mountain side and I'm doing it rapidly. I'm like pumping. And I'm keeping it up. I was, you know, you sleep really, really well when you go straight up the mountain and straight down the mountain. The mountain. Going down the mountain is just tiring as going up the mountain. It's just a different thing you're doing but managing. You think, "Oh. That'll be the easy part but it's navigating that down too is so exciting, so.

So what are you guys doing athletically to bring this dynamic vitality in. What are you doing that's really fun in your body and that I mean really movement kind of thing, so. We're looking at vitality. I also was doing some research on dancing and I do take West Coast swing classes but I was realizing the kind of people I wanna be around are high vibration people. Not that West Coast swing is not really a super fun dance. And I could see that the free dance stuff that's going on. I asked my massage therapist and he goes, "Oh there's the others. Free dance going on Pebble beach." and you know he just what you like, so.

You know moving the body but moving it in ways that you enjoy. So what are you guys doing? What are you doing for that vitality? What are you doing to really outer action bring that vitality into your world. We're about 80 percent clear on the clearing and tune up we're doing in the brain, so. We have another few minutes we'll be working on the brain and then we'll be going to the endocrine. Contributions to power and vitality.

"Learning to tap dance." oh my gosh., "And Zumba." That's fantastic, Anne. I love it. My housekeeper came in. I hadn't seen her in 8 weeks 'cause she has a team and she

sends her team sometimes and I hadn't seen her in 8 weeks and she's doing zumba and she just 'woosh'. Went from very curvy beautiful mexican lady to very, very trim. I was like, "Oh my god. What did you do?" And she goes, "I'm doing Zumba every day." She looked so much happier.

You know when you're exercising like that where you really moving your body, you're releasing the right chemistry in the body too for that hundred percent vitality. "Love it too." And Audrey, "Yoga. Swimming. Walking. Ecstatic dancing, and Chi gong." Audrey, "That sounds amazing. I was just swimming on Sunday. How wonderful. Ecstatic dance. Yeah. I like that.

Nadia, "Is cycling? I've that that for years. I just received a bike as a gift. So now it is the time." Absolutely. Now is the time, Nadia. Fantastic. And Margaret, "I contra dance. I love it. You dance with a partner and get hugs from about 20 men by the end of a single dance. As different people hold you and swing you. All of these to wonderful live music." Oh my gosh. Margaret, that sounds so much fun. That really sounds like a great time. And Anna, "I am part of a Tai Chi rather training for the last two months." Beautiful. And Esther, "I love exercise Yoga. Play tennis. But every time I start, I get sick. Some part of my body gives me trouble. So I have to stop. I don't do much. Starts slow but it's like a curse that I can't do what I love." Let's look at that, Esther. Because sometimes people do have that. Something pops up that every time they try. So let's look. Is that curse? It's an evil spirit curse and emotion is tied in to that and DNA.

So what I recommend for you is to clear the evil spirit curse, emotion, and DNA around being able to really live the life you love especially the physical life that you love. And I would say about 4 hours of clearing will get that cleared. And then the second thing that you can do to kind of double up on ensuring that you really feel like you maintain your dynamic power is you might do something like take higher doses of vitamin C or there's sometimes recovery during some things like that where you're really fortifying the body even more that you would. So some extra even more than you normally would. That's what I would recommend when you're getting back into your groove, so.

I wanna validate that. I had-- always had like I felt like was allergic to the forest which was bizarre 'cause there wasn't things in the forest that I should be allergic to. So my breathing would get labored when I be in the forest. And I worked on clearing that and I did. I was able to clear it. So now when I'm in the forest ,the opposite happens. Even if I do have hay fever or something going on where I'm a little sneezey, it just all shuts off and I just breath really well, so. It's worth taking the time to sort it out and clear it very much so. Okay.

Victoria, "Yoga and small weight and bar class." Good. And Victoria, I'd encourage you also to-- 'cause yours are all kind of that stilling thing. I didn't-- I encourage you to also

do something that's aerobic and dynamic but you do what you like. And Janice, "Pace 3 times a week. Swimming. Meridian therapy. Exercise and stretching." Okay. And Janice, "Oh yes. Total gym 3 times a week also." Okay. So we have some vibrant women on this training. Do we have any men in the 100 percent vitality? Are there any fellas? I wonder. Well very good.

So if you weren't signing in and saying, "I'm doing something. It might meet that you're not doing anything right now." If you've you know, thought about doing something, now is the time. While you're in this class, we're working on dynamic energy, 100 percent vitality and getting you feeling awesome in your body, right? So that's what we're going for.

Nila, "Julie. I have had something similar to Esther. When I start exercising, something happens to throw a wrench into an injury or whatever." Okay. Let me check and see what that is. Evil spirit curse, emotions and DNA. That's it. Yours is even bigger, Nila. So do 7 hours of clearing for that. Yes. I can imagine it's frustrating. So I would pump for 7 hours on those 3 things just like Esther. But yours is a little bit longer. So it's maybe a little more-- runs a little deeper. And Marie, "The Chinese medicine, meridian that lowers blood energy can be draining especially for women. Why would my blood energy be that low that I can't walk more than 30 minutes?" I'm almost wondering if that's in relationship to your life force. And so if your life force which is tuned up and then you have a shift spiritually. I've seen that you'll be to walk longer. Let me just see if there's anything. Emotions. Yeah, I think emotions.

So what you wanna be doing is seeing the life force kicking in that strength and think about life force not as kind of this floaty thing but that there's a real power coming from spirit into the body to help you get over that and then clearing the emotions around that too. Let's see. That's good, Maria. I've bet you started walk. That's very, very good news and you know we've been doing tune ups and we're doing tune ups this week and next week, too. So I really encourage you to get into your body.

"The acupuncturor tells me I have weak spinal cord. Is this low life force?" I don't know about little life force but the kundalini could definitely be strengthened on that because that kundalini is the dynamic energy. Kind of circuit-like energy that comes up the spine. It actually goes in a double helix around the spine but that could definitely help with the spinal cord energy. Satanic curses involved with that, Mai. Black magic, so something you're saying to yourself. So those couple of things. 4 hours of clearing on that would strengthen your spinal cord energy.

Let me just check and see if we're done with the ring, reticular activating center. Yes. we are. So we're gonna-- I'll keep answering questions. We're gonna go on to the next area and do a little tune up on the next area. We've just finished the reticular activating

center. The next area that we're gonna tune up is the endocrine influence on dynamic energy and the key players are the pancreas, adrenals, thyroid, and then testosterone. That comes from the adrenals and sometimes also from the ovaries. And then good sleep, and good sleep comes from the pineal and the pineal gland and adrenals.

So adrenals-- adrenals are super, super, super important for a dynamic energy and power. Again, remember we talked about the pancreas providing insulin or blood sugar. So you want that steady and the thyroid providing your metabolism and the thyroid for your body, so. You want that in good shape.

Okay and we're gonna do a little clearing tune up on that and for about 7 minutes. So we'll just be pumping on clearing and we've looked at the clearing chart but let me just drop you down to the clearing chart to remind you again. This is what we're going to be clearing on the endocrine influences on dynamic power and energy, I'll leave that up for a little bit so you can look at it and I'll answer the next question. Okay.

"Same as Nila and Esther." That's Lia. "After I started the class, I desired to begin running again and was getting more motivated in my body but then all sorts of stuff was coming up and blocking it." Okay. Let me check and see what that is for you. So just being blocked on enjoying physically being in your body. That's Lia. Demonic curse, satanic curse, evil spirit. Oh. That looks pretty intense. Some kind of control energy. Yeah. I'd say about 6 hours of clearing pumping would really help with that, Lia.

Okay. And Anna, "When I walk even for a short time, sometimes I getting so tired that I have to have a shot of espresso when I come up. Like my polarization would become reversed. Could you suggest something for this. I experience this problem for several years. Thank you." I'm wondering one thing that I get is that you need to be more hydrated especially when you're doing exercise 'cause when you're dehydrated it does release toxins into the body and so you, you know, you're not having a way to move them out. So I think hydration would be the first thing and then I'll test also for you. Bloodline is a factor for you on this. Black magic is the things you say to yourself. Control energy. Yeah. Those are the players for you. That's Anna or Anne rather.

About 6 hours of clearing would really help significantly with that and get your hydration up. Definitely. You can walk with, you know, I've got a little waist--- I don't know. It's a carrier and I have 2 8 ounce of bottles of water that I take out on the trail with me, so. I'm out for 2 or 3 hours and I continue drinking water the whole time I'm out. So you can do that. You can take a little energy bar with you, too. So you don't necessarily have to become depleted.

Esther, "Can you please tell me what to do? I have 4 hours to clear this problem. Everyone tells me it's me but I know it's not." Esther, could you be more specific? I'm afraid I don't understand what you're specifically asking me now. Okay. Lin, "I haven't

exercised for about 3 years as I have been recovering from Lime. Is there any I should work on specifically to improve my energy?" Well, I start with walking like 15 minutes a day. You can do-- I test that you can do like 4 pound weights. You can do lightweight workouts.

Let's see. Is there anything that you could clear? Let's see. Evil spirit curses, black magic, about 3 hours. I think just start pacing yourself. Just really slowly, gently in and then do that clearing also. I think that would really help for Lin. And Lin, I'd love to see you in-- we have a class coming up on clearing infections and I think the page is up but like I said, I don't think the-- I've been giving them copy. I don't think-- 'cause that's a few months away. I don't think they have a copy in yet but I'd love to see you in that one 'cause that is something that we deal with. We deal with all types of infections including parasitical infections, viral and yeast, and bacterial. We do mycoplasmas.

So we really covered them it that really amazing programming. I think that might be in August. Let me just double check for you. August, yeah. Starts August 4th. Yup. Yup. They got the video, and the date, the time, and the tuition up. So there's a little bit in there. That's good. I've overwhelmed my tech team. They're so-- They're doing a good job. I'm happy. But they've got a lot to work on. Okay.

Let's see here. My last one was on Lime. And by the way, I've definitely had really, really good results from moving lime from the body. So it's definitely-- you can totally permanently remove it and that might be something that you pump for also. Let's see. Pumping for a total complete healing on removing all lime from your body. Probably 12 hours of pumping would be really helpful for that on for Lin. And then-- and that might be Limmy.

And then Katherine, "I was doing a core body conditioning class. A muscle tore in my leg so a long recuperation. I also feel like I run into a wall. My whole body feels so tired and uncomfortable. Thank you." This is one of the things I think that we don't realize is that hydration, muscles tear when weren't hydrated and then nutrition is super, super important, so. They make you know like what do they call it endurance formulas and they make recovery formulas. So that you wanna keep feeding the muscles so that they get all the nutrients.

So that would be one thing. Although you can speed up muscle healing by doing the regeneration. Actually the muscle healing goes really quickly, so. I would highly recommend that you-- if you haven't taken any cell regeneration class, we have one coming up instantly. Grow younger cell regeneration made easy and we're working on muscles and bones and the heart and you know bunch of stuff that would be relevant, so. It's just something to think about. The regeneration class so that you could know how to regenerate your muscles. That would be really good.

And by the way, Katherine, that was a satanic curse that muscle tore from the satanic curse. So you wanna clear that curse. And then, "I also feel like I run into a wall. My whole body feels so tired and uncomfortable." And tired and uncomfortable can be spiritual parasites and you not really getting into your body. With the 100 percent full body ownership, so. That could really, really help. I will teach 100 percent full body ownership, that's funny. I'm sorry you guys. I sound like I'm selling programs but when you have a specific thing I'm thinking, "Oh. Well this class would be good for you." So for Katherine, 100 percent full body ownership I think would be really good probably for all of you all in the vitality class. 100 percent full body ownership would be awesome. Okay.

And Anne says, "Thank you, Julie. Very much. I know what to do now." Beautiful. And Anne, "Is there anything I need to clear to improve my fitness?" Well, when you come to-- yours clear. When you come to clearing fitness like you wanna just clear fitness and this would be for everybody. We could do-- let's see. Group mind virus, curses, atheist thought forms, emotional brain and DNA. And then you could also clear aliens, type 3, and entities-- 1, 2, 3, 4. And let's see. Permeations and mechanisms. So that would be good. If you just like clearing, I just wanna clear fitness so that I'm even more fit than ever.

By the way you guys, I did kind of a 100 percent life plan. Just gonna come back on the screen for a minute. So I did like if I had everything. If I really just like everything. My wealth where I really wanted it. My health and my body and all of body function where I really wanted it. My love life. My family life and I just went through and made this big list of where, you know, ultimate would be. And it was something like 17 hundred hours of clearing and I have it up on my kitchen counter and I'm actually working on it, so.

And I am noticing is that there's just more gumption just in general. So I know some of you here. 17 hundred hours and I'm a fast pumper and go, "Oh my god, She's clearing for 17 hundred hours." But what if we accomplished our dreams in this lifetime. What if we really got to live the quality life, the life that we really wanted in this life? Not in some dream life or some fantasy or another you know, in another time. Maybe when I'm younger in another lifetime. But what if we did it now? And so I just wanna encourage you. I'm giving you small hours. Everybody's getting hours of less than 10 hours. So understand that the big projects are worth it. They're so, so worth it and they take a little time to clear.

Understand that maybe our children or our children's children won't have to take hundreds of hours because group mind will have changed and we won't be fighting this huge kind of 'ugh' from the last eon, the patriarchal age of domination and control. So we're the, you know-- we're the forerunners, we're the midwives. We're birthing the ability to live fully expressed, so. Congratulations and because you're the early

implementers. It's taking the time it takes and like I said it gets easier and easier, so. Okay.

Margaret, "I feel in general under motivated. I was wondering if I need special clearing on my reticular activating center and if this is the main issue for me. " Under motivated. Margaret. Margaret, sometimes it comes to passion and joy. Having passion in your life and being excited about what you're gonna accomplish. Why it's so important to you. I did-- years ago, I did Tony Robin's course and he is such a really like a key motivator and I do my running and I, you know, have this-- he has a little meditation exercise thing going and you're everyday and every way, I'm getting better and better and every day and every way, I'm getting stronger and stronger.

And you know for an hour and half, you have some music and then you'd have him saying something or another and then you chant along with him and it was fun to create kind of momentum but you've got to and part of that course was what it is costing you. So you had to write down what you're not gonna experience if you don't make changes in your life and what you're excited about. Why are you so excited about getting healthier and more vibrant and what is it gonna add to your life. And so I think going through and really looking at what's happening in your life and what you're so excited about and why would you want to change?

Do you remember the princess bride? And the prince was kind of pretty much dead and there's this magician going, "Well, why do you wanna live?" Billy Cristal I think and to blade and you know, to blade he was making up. And then his wife, the witch, was saying, "No. He didn't say to blade, he said to love. True love. True love." And he came back to life because of true love. But you have to have some kind of reason to motivate you . To live full on. I mean i don't think that it's always organic in us. We see, well, we've lived the life we've lived but what gets you excited. That's what I wanna ask you. What gets you excited.

And sometimes it's hormones and neurotransmitters too. So you can be doing a tune up on the hormones and the neurotransmitters which might really affect your ability to feel more motivated. But you know, you've gotta have kind of a little twinkle in your eye and sparkle in your step and we're the opposite or whatever. You gotta have bring that excitement for life. Like, what are you doing next? Maybe it's an adventure. Maybe it's you know preparing yourself for a new kind of love or you know creating some new system or writing something amazing or painting something amazing or travelling around the world or you know. What are your dreams and what does motivate you?

"Is there anything I should know about my pancreas?" and Audrey. Well, Audrey, your pancreas is about 40 percent function. So it's really great. Exercise for toning arms. You can clear a specific area like your arms and you can-- let's see. Demonic curses, cycles,

emotions, DNA. So you could clear those things around tightening and toning the arms and then you could, you know, lift weights and do pushups and things like that. So the inner and outer. On the clearing, the things that I told you. 11. 11 hours.

Oh fantastic, Anne. Is that Anna? That is Anna. Yup. Very good. Wonderful. Yes. Pumping really, really helps. Every day and every way, we're getting better and better. Yes. Every day and every way. Okay. Let's go back to the clearing chart. I'm showing you to move on. It's been good. It's been fun. It's really kind of a vitality coaching call almost, right? Okay. Let's go on to what we're doing. The next slide. We got a lot to get through here.

Okay. So we did a little tune up on the endocrine. And now we're going into spirit and body power and life force and light of cell and we've done some tuning on life force already. We can do a couple of minutes right now. 2 minutes of pumping on life force and light of cell. And then why don't we do it all at the same time down to the cell. So the mitochondria and red blood cells and we'll add-- we'll do 6 minutes here. So we'll go till 9:54 on this. So we'll do a tune up on these two. The light of cell, the mitochondria and the red blood cells.

And while we're doing that, just pop down here 'cause we don't have to do any clearing on this other than if you blocked and you don't like water. But when you're a long distance runner, which I was a long distance runner for years and years and years, you know one of the saying they say is you know when you're doing a big run, hydrate or die. For the long distance runner, this is a key element going the distance. Without hydration, all muscle-- all the muscle and mind over matter strength you have means nothing. Proper fueling and nutrition is part of body power and energy.

So you wanna be drinking water 2 to 4 ounces every half hour all day long and you wanna drink half your body weight in pounds, so. If you're 130 pounds, you wanna drink 65 ounces of water during the day but hydrate.

And you know, if you're not real excited about water and you aren't into water bottles, get a pretty big wine glass and you that as your water glass. Do something elegant or make it special somehow so that you are making sure that you are hydrated and you have enough.

I know with summer coming on, I am much more active. I've been getting out a lot more and out in the wind and the sun and the heat and you need to be hydrated to keep your skin nice. To keep your brain working, to keep your vision going well, to keep your hormones flowing in your body. If you're dehydrated, the hormones stop moving. The neurotransmitters don't work properly, so your brain get sluggish.

So especially when it's summer and it's warm, you wanna even drink more water. But at a slower pace, so. What I'm thinking about here is you know 2 to 4 ounces every half an hour. If you guzzle, you'll lose the benefit of water meaning that you can only absorb a certain amount of water and the rest you just pee it out.

So if you're waiting 2 hours or 3 hours and then you're drinking 16-- slamming 16 ounces down, you're not gonna absorb all of that and you know there's no bladder up by your brain to hold the water up there in your brain. So your brain is getting really dehydrated and it's one of the problems with senior citizens is that they're afraid of wetting or leaking accidents. So they hardly drink any water and then their brain stops working, so. Better to tune up the bladder and urethra. So that's working well and drink water so the brain works well, so. Oh. Lots of comments. Let's see.

Victoria is asking, "Can you speak to relationships with psychic vampires and how they or they affect the life force? Abusive relationships if it relates to the class. I've not know where is." Well, spiritual vampires can definitely drain you and I do think that they're going for your life force and they get there through emotions. So your emotions they cord into your emotional responses and then they feed off of your life force through your emotions. Looks like it's also leaving the life force and energy sleeping through the heart area.

So, you would clear your emotions with that person and you do the karma clearing with that person. So you remove cords, contracts, agreements and karma. And let's see. Evil spirit curses, control energy, emotions, emotional brain. So I would work on those things also. Let's see if there's any anchors. Maybe they can anchor. No. I don't see it. So cord, that's what humans do to other humans, they cord each other. Okay.

Esther, "Can you please tell why I can't remember anything I read or study or I head. It's frustrating. I always want to learn new things but I don't often remember anything." Well one thing is maybe you only listen once and so I always recommend you know reviewing material 3 times so you really have it like you're the master of it. But let's see if there's some kind of block for you. Evil spirit curse, something in bloodline, not a lot but something in bloodline. Atheist thought forms, control energy, and DNA. 17 hours of clearing on that. Wow. That's a big one. That is for Esther.

And Audrey, "Thank you. I believe this is the foundation of all interaction with the world outside of us-- the US. Thank you for providing this valuable much needed information." You're welcome, Audrey. Oops., "Just wanted to thank you with all the rest came out." It's fine. You're welcome, Victoria. And, "Can you give more background of light in cell. Are there foods we can eat to enhance that?" No. The light of cell is part of the blueprint and is activated for mirroring and also for when we do cell regeneration when we're regenerating, not when we're generating. So the light of cell is a mechanism that allows

us to regenerate . When we're early, when we're an infant, we're generating. So we actually are in Genesis as an infant. And then in-- once we've matured, we're in regeneration. So the light of the cell is what allows us to grow cells at a higher vibratory frequency and at a higher function. So that's part of the blueprint.

And I have already, just so you know, on the light of cell, I have gone into the blueprint and tuned that up, so. That-- you can activate the higher function of the light of cell now because the blueprint is informing you of the higher vibratory frequency. Yay. Okay. Let's go on and we might not get through everything. If we don't, I'll send you homework. So that you can continue on with the tune ups.

Okay. Muscle strength and the body. Let's-- you could do a shorter tune up like 3-hour tune up if you'd to on that. Chakra 3, Willpower, so that's motivation. The pancreas, adrenals and chakra 3. So we've already done a little tune up on willpower. I mean, excuse me, pancreas and adrenal. So let's do the chakra 3 and let's see. Chakra 3 and muscles. Let's do the last few minutes on chakra 3 and muscles. And the only thing-- oops. That one didn't belong there. Sorry about that.

The only thing we didn't get to was the meditation. So I will send you a meditation and then I will go through each one of these and make some recommendations. I think all of you got homework though, didn't you? Everybody asked specifically for what they could do for clearings. So you probably all got that. So here's what's coming up. Tomorrow, if you have issues with self-love, self confidence or bringing in love, we have a special, I am Loved class. It's part of our special trainings. It's a onetime training and it should be really beautiful. And I know some of you who are in the Thursday class, essence, that's no longer open for people coming in. So we've taken that off. But on Friday is Earth day. Please, please we don't have people signed up yet. We only have 1.050 people signed up but we need over 2 thousand people life on the call. So please, please come in to the Friday call. If you, at all, can. We're removing all the curses and darkness from the Earth.

Just got a message from Jennifer McClain that she's gonna be promoting it and Darius is sending out an announcement today for me, too. So we've got a couple partners that are very enthusiastically said, "Oh my gosh. You're doing that? Yes. I'm gonna support that.", so. Please come in to that class. Okay.

And the other just comment, "Is the apprentice online program is up?" We're just filling in the classes so that you have the details of the classes and I got my tech team kind of working around the clock. It may be a few more days. They're-- they're doing a great job. It's amazing how much they're putting in, so. I added. Like I said, I added another 12 classes about a week and a half ago, so. That online apprentice program is coming soon. Your year of miracles is here and it's a monthly training that is so incredible. 36

hours of regeneration over the course of a year at a very modest tuition, so. Very wonderful program. Okay.

Okay, my dears. We're at the end of our class. I will send you some class notes. Let me just check and see where we're at with everything. Let's see. Did we get through with everyone we wanna do today? Probably gonna have about 4 hours more of homework. I'll send it out to you with the follow up email and then you can access the slides and understand this class, the transcripts are added about 7 days after. So if you like to see things also in writing, we've got the audio, the video, the slides, and the transcripts, so. So we've got it all for you.

Alright you guys, I love you. God bless you. Have an amazing day. Hope to see many of you tomorrow in I am loved and everyone. Everyone please on Earth day. Have a fabulous day and I'll see you soon. Bye love you.