

## 100% Vitality Apprentice Part 1 of 4 Transcript

Good morning and welcome to 100% vitality, and I'm just taking that literally. I've had a very vibrant morning. I meditated and worked out. I did a Kenpo Cardio workout, took out the garbage, prepared the class, wrote copy, watered the garden (*laughs*) and I'm ready for you and it's 9 o'clock. So please do sign in and let me know you're here. We're going to have a great day. We've got some fun things I was planning for you today. We're going to go into a little more detail about perception and the field of perception, so this will be in an exciting morning for really thinking and looking at perception and how that affects your vitality, how it affects you on an overall basis. So, welcome!

Okay, I see Janice here. Welcome Janice. We have an intimate class today. We have about 20 students in the class. It's one of our tiny classes, but I think you're going to really love this class. It's full of energy and vitality and tools to get you feeling really great in your body. Hi Veronica and Nadia, good morning! We're going to jump to our slides. Good morning Darcia and Tony, hi! Welcome! And Victoria, I'm sorry I missed your name. There you are. Okay, here we go.

We'll start with an opening blessing. Margaret, good morning and Marie .Oh, we've got a nice group of people in the Netherlands, and from London, and all over the place. Welcome, welcome, welcome. Okay, so the opening blessing, we'll do that first.

*[Chanting]*

*Vakratunda maha kaya*

*Kyoti surya samapraba*

*Ner vig nam Kuramay devo*

*Sarvakyashesho sarvahda*

*(Chants in Sanskrit)*

It's always wonderful to set the space and the energy with so much light. In that, we were working on also removing the obstacles to us really clearing the way for a more hundred percent vitality for each and every one of you. Good morning to Sharon, and to Lyn. Lyn, you're my neighbour, Morgan Hill. Oh my goodness! Hey, if you are living pretty close to me, send me an email and let me know. I'm having a birthday party and I'd be delighted to have you come. It's on the 23<sup>rd</sup>. So, do send me an email and let me know that you're one of my neighbours and I'll send an invitation.

I thought we'd start the day today just doing a short grounding meditation for clearing exhaustion and restoring vitality, funded by grace and joy. So everyone, just find a comfortable seated position with your spine and erect and your feet on the floor. Taking

a few breaths in and out and as you breathe in, breathe in positive energy and as you breathe out, breathe out negativity, worry and concern, 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 the excess energy in the body. Ground your male and female bodies with a line of energy as wide as your wrist, hollow in the center, from either men, it's testicles and women it's ovaries. Ladies, going through the perineum down to the center of the earth and men, just straight down to the center of the earth, setting the ovaries and the testicles on release. Ladies, you're releasing healing projects and gentlemen, you're releasing control energy from ladies and you're also releasing competition and aggression.

And then, with a line of energy as wide as your wrist, hollow in the center, from each of the adrenals through the perineum, down to the center of the earth. The adrenals sit just above the waistline, on top of the kidneys. They look like little acorns with hats. They're the adorable gland. And hopefully yours are little smooshy, raisin-like adrenals. Hopefully you've got like at least apricots and not plums. They're nice and plump. We're going to set them on release and release any stressed-out energy from the adrenals. And then go ahead and plug your nervous system into the adrenals and let's go ahead and release the nervous system. Let's take a few minutes to just check in with your body and see where you're holding tension. This is the perfect time to release tension down the grounding cord. If there's tightness in your shoulders and neck, and there's tension in your head, this is the time to just let it go down the grounding cord, through your belly, through your feet. Really say hello to the body in a really connected way and really listening to the body, letting go of any pain or aches, letting go of holding, of tightness, of clamping. You should be pretty relaxed in a meditation, in your parasympathetic system. Take a few cleansing breaths to signal relaxation in the body. Let's breathe in through the nose and out through the mouth, breathing in to the count of four slowly. Breathing in, 1, 2, 3, 4 and holding, and breathing it very slowly, 1, 2, 3, 4, 5, 6, 7, 8. Again, breathing in for a count of four, holding, and breathing out. And then coming into a deep breathing, a few more cleaning breaths through the nose and out the mouth.

Going up to the center of the head and in the center of your head is your golden temple of silence. Let's open a trap door out the back of the head and let's wash out the center of the head. You're washing out looping thoughts, worries, concerns, and washing out stress. You're washing out anything that would take away from your vitality. You can wash out exhaustion. I'd like the center of the head to feel really clear, so let's let a minute or so go by and just wash, dust and in any way that you can, let's get that center of the head feeling soft and very clear.

Remember that you're part of the quantum pleasure field, especially when you're in a meditation; that your particles are vibrating in a much higher frequency and that includes your brain. I see some of you have some tension, kind of at the top of the head, at the skull, so let's just keep releasing. If you'd like to pump as you're releasing... We're letting it all go down the grounding cord is what we're letting it do. We're not doing any battle. We're just releasing that tension down the grounding cord. It's very easy. Oh, you guys are doing it. Yay! Just keep releasing. It's not you; that tension is not you. Just let it down the grounding cord, sending it away, finding your peace, finding your center, finding your joy and vitality in this grace and ease and just allowing the word grace, the word serenity, the word ease to come into this part of the head. Grace, ease, and serenity and feeling so wonderful and so grateful. Anything that doesn't align with grace, serenity and ease just is going down the grounding cord.

Alright, we'll continue to allow that to release, popping out the top of the head and pulling your aura into 18 inches around your body. I'd like you to imagine taking your spiritual hands and then just going around the aura and just smoothing out any dings, dents or holes in the aura. We're just making the aura smooth, filling any holes. Beautiful! And you as a spirit can then return to the center of your head, putting in a golden Roomba, a vacuum cleaner at the top of your head and let's vacuum out of the aura. So it's going to spiral around your head to vacuum out all the dust bunnies and fuzz balls in the Aura. It's going around your neck and shoulders, arms and elbows, forearms, wrists, hands, around the waist, and around the chest and waist and hips, around the thighs, around the knees, and the calves, and shins, and the ankles and feet and under the feet, vacuuming up and just spiralling, spiralling. And once the inside of the aura is really vacuumed out, go ahead and throw that little Roomba, that vacuum cleaner down the grounding cord. Opening your feet to earth energy bringing earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord. Opening your soul understanding, your vibrant ability to move forward in life, to honor yourself. Bringing a line of energy into the back of the head, one inch above where the spine meets the skull, bringing it down into your neck and shoulders, this energy, this cosmic energy down into your arms, elbows, forearms, through the wrists, hands, and out the fingertips. And bringing more of this energy down through your back channels and then looping up through the belly, through the chest, through the neck, through the head, fountaining out the top of the head like a beautiful, Italian fountain, bathing and cleansing your aura.

Sitting in your center of head, on your throne, in your golden temple of silence, and now understanding that the body is part of the quantum pleasure field. Imagine that the whole body is particles vibrating in joy, in vitality, in ease and grace and begin to see the

light of the cell activated. This is activated when the body is regenerating, bringing more vitality into every cell of the body and to all aspects of the body – perception, essence, matter, energy and even your realms.

Kirsten, yes, exactly. You're doing great. Just feel that joy as the cells are vibrating and there's such a light, such a vibrancy coming through. And taking a few more breaths in and out, breathing in and out. And then rubbing your hands together in front of your heart chakra, creating some heat in the hands, some Tapas, some spiritual energy in the palms of your hands, and putting your right hand over your heart chakra and your left hand over your right hand in a universal Mudra of self-love and self-affinity. Affirm to yourself, I love myself. I trust myself. I express my unique self. Beautiful! And just coming back into the room, may it be with the blessings of the Supreme Being that this healing meditation is complete. May the entire world be filled with radiant health, vitality, abundance, joy and peace. Tathaastu. So be it. Welcome back everyone!

Good morning. I think a couple more people have signed in here. Nila and Anne, wonderful. Okay, fantastic. So we're going to be working on, like I said we'll be working on perception. I'm really happy to have all of you in this wonderful class and I'm excited to get my vitality even more than it is already. One of the things you want to be thinking about with vitality is inner and outer actions. So we'll be doing a lot of clearing today and we'll be clearings throughout the class and some regeneration. And at the same time, you'll want to be maybe energizing more activity in your life. You know the last week has been really active for me. I've been walking four or five miles in most days and when I don't walk, I'm doing weight lifting and the Kenpo this morning. I'm doing ab crunches and workouts. So I'm definitely like working on physical vitality and I'd love to see that with each one of you too.

What's promised in class 1 is to work on perception and having the right mindset that makes a world of difference, removing the hidden stops lurking in your fields, programming you for a less than awesome, vibrant energized results, and then working a little in the emotional brain for you, the right and ability to be happy, energised and vibrant consistently.

We'll just do a really quick review in case some of you are new to the class, on quantum pump and muscle testing. The quantum pump is your hand pumping like this. It's not this. It's not efforting. It's actually really kind of a reflex. And then like that, and like that. That's the quantum pump and that's the only technique I think we'll be using today. If we'll use another technique, there are several other hand movements but I believe that we'll be doing just the quantum pump. Let me show you the doorknob too. This is the doorknob. You're just making your hand as if it's grasping the doorknob and you're

turning. Elbow is at your waist here and you're just turning. Yup! Okay, so that's the doorknob and that's the pump.

And then just a quick review of muscle testing. If you have a technique for muscle testing that works and it is different than what I'm teaching, it's perfectly fine to continue to use your muscle testing technique. I'm using my right hand and the fourth finger on my right hand. I'm using my left hand to push down on my fourth finger, the ring finger. I'm keeping my finger very stiff and very firm and if it's true, it will hold and if it's false, it will drop. My name is Julie Renee is holding. My name is Bozo the Clown, no. It essentially works because your muscles register true and wise, so your muscles become weak when a lie is said. If you have challenges with muscle testing, we'll be posting with today's homework the muscle testing clearing chart. You will be getting that and that will help you refine your muscle testing. Muscle testing was defined by a chiropractor in 1976. It's called also Kinesiology. So if you heard Kinesiology, muscle testing is the same thing. The quantum pump works because we're all part of a quantum field. There are two kinds of physics; there's relativity and the Newtonian physics which is the apple falling from the tree and there's quantum physics which defines that everything is part of one field, that oneness that we all want. We're part of one field vibrating and based on how the particles are vibrating, you get a Julie Renee, you get a globe. So we're rearranging the particles, we think a thought, and then we pump. We're rearranging the particles to a better rate, to a better arrangement for you and that's basically why the quantum pump works. We're not technically doing energy work. Sometimes people say they're really into energy work. But we're not really moving energy, we're rearranging how particles are vibrating. It's a very clean way. We're working with the human blueprint which is perception, essence, matter, energy, realms.

And just to give you a little basic on that too, since it's the first day of class, perception are thought forms essentially. When we clear perception, we're clearing the negative stuff but there's a whole lot of good stuff in perception. In the beginning was the word and so even before there was spirit or essence, there was thought forms in the ethers and those thought forms eventually took form and became essence, spirit, soul, life force and high self. I hope all of you are in that class too. Essence, we do a training on Thursday for essence. It's one time during the year that we really focus on spirit and that's a very, very important, or probably the most important part of your blueprint. I know we all think maybe the body is because we're walking round in the body, but if we got no spirit, there is no body and there is no life.

Okay so we have perception, essence and matter. Matter is everything physical. The cells, glands, organs, muscles, ligaments, fluid – everything in the body is matter. And energy are our energy systems including the field around us which is our aura, our halo

above us, our golden rings we call them. And then we have chakras, and the Nadis, and meridians, the human spirit access portal, so all the energetic systems that make up the body and support the body and protect the body. And then we have realms and there are four realms – the realm of Genesis, which is something out of nothing or new life. We do that when we regenerate. For example you might have heard or seen a video on Caroline Stevens who grew back a colon. She had it surgically removed and we grew her back a new colon. She had her colostomy bag removed. So that's Genesis, the growing something out of nothing. That's Genesis. And it could be Genesis like a new baby starting life. And then the next one is embodiment, and a lot of times we'll see interruption in embodiment. Once the problem's in embodiment with a spiritual parasite, so they get in between the ability for our spirit to fully inhabit our body. We want to always be investigating embodiment. That's a really important place to look for anchors and spiritual parasites. And then we have quantum which is what we're working with. Quantum allows us to both regenerate and to clear. It's the magnificent field. In the lower vibrations of the quantum field, you're not really able to move things, so we want to be in the pleasure field or higher vibrations. We'll talk about vibrations quite a bit.

The first person who defined it in that frequency where he really clearly spelled it out was David Hawkins and I continue to refine his work. Actually, it's my own work now, but he was the first person to introduce that. 500 being unconditional love and 1000 being enlightened mastery, like Christ consciousness. So the lower ranges, we might be talking about that during the class. Anyway, you want to be over 500 to rearrange the quantum field.

And then finally, we're looking at amplification and that is the law of attraction field. What you're really thinking about is what you're generating on-goingly. The field of amplification when we clear it, there's a bunch of gnarly stuff in the field of amplification but there's also a bunch of wonderful stuff. And so when you are walking around praising God and thanking God and even if you're in a low moment, if you're really energizing something really happy and some kind of a transition and just understanding, oh I'm going through something that's important for me to master, I'll do it with grace, that's how it's going to show up for you because the field of amplification, law of attraction will give you the frequency that you're putting out. So even if things are coming negatively towards you, you can turn that around using the field of amplification.

Alright my dears, I see a couple of questions have come in. Let's see. Heather, oh good. Yay! I was looking for you Heather. I was like, where is Heather? I haven't seen her sign in. Katherine, "Good morning. For the first time in one of your webinars. I got bumped off a couple of times." Oh, well, welcome Katherine. That might have to do with the speed of your computer. Be sure to use the test that we send you to, to make sure

that your computer is fast enough. Being bumped off, that's what that usually means. Esther, hello! "Esther here. I made it just in time." Fantastic! And Maria Goila, "I'm happy to be here." Wonderful!

Let's move on to our next slide. Perception and having the right mindset makes a world of difference, especially with vitality. I want to talk to you right now about really feeling emotionally well and right. You know, sometimes we get a little out of balance. I know I had been working so hard and striving so hard and kind of getting ready for adoption; whenever that happens. It could be in a year or it could be tomorrow. And then really we added probably 70 new classes now and we're adding a new apprentice program, I'm been working on a book, and I just hit a wall. I got really overwhelmed. So I headed down to Cabo a couple of weeks ago and really just had a time where I unplugged from all the goals and I took time to reflect. I hope that you each also make special times for yourself where you can just stare at the ocean, or out at the beautiful mountains, or up at the sky, and that you can allow yourself the joy and the privilege of just being a guest and a tourist on mother earth. We don't always have to be so driven. That was one of the things I really got. When I came home, I've been really working on balance. Doing activities with friends, and I joined the Monterey Bay Aquarium, and I went to a jazz concert, and I'm going to the symphony, and I'm in dance lessons again. I think one of the things we notice is that vitality really drops off when we're just striving; when we're just working, working, working towards our goals. I may be the only one on the call that does that but I'm Type A and I'm guessing there are a few more Type A's on the call.

Okay, clearing perception. We're going to be doing the inner cleaning, pumping the rights and the clearing list. The outer is really transforming your actions and behaviors. And so that would be really looking at who you are, and what you're up to, and what you need to shift so that vitality is there every minute of the day. Now we're going to go into a rights list and we can pump for a few minutes on these rights list. You'll be getting this in a PDF. We'll also be giving you the slides. But really, these rights really help you to be more vibrant when you clear these. If you muscle test how many people have the right to be happy in the class, about 1% of the students in the class right now have the right to be happy. To live a joyful, vibrant life, 14% of the students in the class have the right to live a joyful, vibrant life. To have your own experience, 40%. To exist, 30%. To feel feelings, 7% of you have the right to feel feelings.

So let's go ahead and get some pumping going here for clearing the rights and then I'll just read through them as we're pumping. To have pleasure, to have power, to be intelligent, to have relationships at my level to create for myself, to create on multiple levels, to have a voice and be heard, to be seen, to be loved, cherished, nurtured,

supported, to be received, to be given to, to heal well and be well, to learn for fun and be happy, to create my own wealth, to paint and to create to sing and dance, to belong, to have spiritual freedom, to speak and be heard, to be welcomed with joy, to express all my feelings, to learn because it's fun, the ability to have full expression, to have wealth, to have relationships at my level, to be successful, to feel myself, to be protected and safe in any space, to be visible. Oh, we got 'to belong' twice there. That's good. We need to belong. Oh, let's see, it might be a double up here. Yes, that's a double up. Good. Alright, so this is just extra. Sorry. I think we need all of these. That's probably why I doubled it up without really realizing I was doing it.

Alright my dears, so we're clearing for basic rights. We're just doing some pumping for basic rights. Okay, so Esther, welcome and Maria. Oh I said hi, okay. "Thanks for clarifying the fields. Very useful." Wonderful! And Esther, "Can you please go over the fields again briefly? My process is very slow?" Yes, I'm happy to. Darcia, "Thanks for the explanation. A lot of things fell into place." Great! I'll go back on the screen while we're pumping for rights. We're going to pump for about 10 minutes and then we're going to move on to the next thing and you'll have homework. You obviously will be pumping.

Alright, so the question was fields. The first field again is the field of Genesis. That's where we create something out of nothing. Genesis as I was sharing with you, there's a lady, Caroline Stevens, who had her colon removed and I was able to help her grow her colon back over time. She was able to have the colostomy bag removed and have a normal life with a functioning colon. And for myself too, I've grown back, medically documented, my tonsils and adenoids. I wore glasses until I was 46 and since then, I've had excellent vision. I'm working on growing back my thyroid and my uterus. Uterus and ovaries, those are two projects I'm working on. That's Genesis. Genesis is something out of nothing and then we also have cellular neogenesis that we do and that's in that field of Genesis, the cellular neogenesis, when we're creating something fresh and something new from nothing or from something that has failed.

And then the second field is the field of embodiment. Embodiment is the field that allows the spirit to embody the physical body, so spirit in body and the field that allows that to happen is embodiment. Embodiment is often disrupted when we look at it from spiritual parasites and anchors. You always want to check, if you're having trouble something, check that field of embodiment and make sure that there aren't spiritual parasites or anchors that are getting in the way of your ability to really be fully expressed or to have that 100% experience of yourself.



Alright and then the next field which is the third field, or we call them realms, but you can call it a field or a realm is quantum. Quantum is the particles vibrating and based on the vibration, we're in the field but if you're vibrating at a lower vibration, you can't really changed the field. Over 500 or unconditional love to enlightened mastery and Christ consciousness, those fields in the higher realms are where transformation happens. However, we have a little gift from the divine which is the quantum pump, which allows you all regardless of where you are, it allows you to get into the field and transform yourself. And so we are particles vibrating, I am particles vibrating, you're particles vibrating. And so by thinking the thought and then pumping, it allows you to transform that experience or your experience in the quantum field and it's why I can do the activations. I know I see some of my VIP clients on this call and it allows me to do transformations, where I'm sitting here in my home in Carmel Valley, California and you might be in London or in Australia and I can be pumping and it's as if we are sitting together and there's no distance between is, because we are part of this field. Good!

And then that last field is the field of amplification. Amplification again is like the law of attraction. And so you got to be really careful about what you're amplifying. I know one of my students pointed out, Nadia who is on the call, that I had said three times in one of my classes, "Oh it just broke my heart, it broke my heart..." It's much better to say, "I felt sad when that happened." When you say it broke my heart, you're actually putting black magic on your body. I felt sad when that happened is really clearly saying that's exactly what happened, or I felt grief, or it was really emotionally painful for me during that time I went through something really deep. When you can say what it is much more accurate than saying the description that our culture has, and we're so good at having all these descriptive sayings rather than saying exactly what the feeling was. And if you report the feeling, that vibrates as true so it's like putting black magic on you. When you say the description, it puts black magic on you. So in the law of attraction where we are really working on amplifying the law of attraction class, the classes are all success classes. We have 100% success, we have quantum success activation, we have 21-day accelerate program – that is so powerful and we're working with the quantum field and with amplification in really big ways to transform reality. We have people that bring in 100,000 in three weeks. We have huge, huge miracles in the physical, in love, in wealth, in creating new jobs and new opportunities. That's where we do it in the 1-day program, but that's the field of amplification. When we clear something in the field of amplification, you're looking at some pretty gnarly stuff like demonic curses, and satanic curses, soul contracts, evil spirit curses, bloodline. Bloodline is clan. Those are the negative aspects of amplification, but amplification is there to really empower us. So as long as we stay on a positive track and we keep our thoughts, because thought becomes things, and our words, and our actions moving in a positive direction, moving forward moving, we can really harness the power of the field of amplification. And

amplification has a lot to do with vitality. Actually all of these, really if you understand them and you use them in the best light possible, you're going to see that vitality just improves automatically.

Yay! I hope that was helpful to just review that. That was for Esther. Big hugs Esther. Okay, so we have about six or seven minutes left on rights. Now, you'll get this homework on rights and we're going to go next into clearing perception for vitality and then I want to show you some things that we haven't really talked about before in clearing vitality. I was to just have this flash on the screen for like 30 seconds so you can see; these are upcoming classes and just wanted you to be aware. We've got some really cool stuff. We'll just leave this up for just a short time. But the weekly classes, Essence Live, is on Thursday. 100% You, Quantum Mind, these are all classes coming up in the next three months. We have free Earth Day, Mother's Day – Healing the mother wounds, Fathers Day – the good man clearing and emotional freedom, Your Year of Miracles and April is Success and Money. So that one again, we'd be working with the field of amplification. Body chemistry and balancing in May, and June is regeneration of bladder, kidneys, spleen and gallbladder. We're doing Freedom From Spiritual Parasites and Pests, the 7-hour, and then we're doing an advanced 4-hour training. That's I believe in July. And special classes, I am Loved, Your Light Body, Ending Addiction, Hearing Restored, Quantum Baby Connection... I've asked it all the time when I do a class to help women who want to conceive and I do one to ones with women and help them get pregnant. We'd be doing a class for everybody who wants to try and get pregnant. We'll be doing brain regeneration this summer, Bliss – the Happiness Factor, 100% Success, Grow Younger, Every Day Magnetism, and Quantum Emotional Balance. So those are the things coming up and oh, this is what I wanted to mention... If any of you are interested in the Diamond Immersion, we have the online, this summer in August and I made a decision to open my house on November 27<sup>th</sup> for a week. So if you wanted to come in to the live Diamond Class, that's the details. You can go on the Website for more details or contact support.

Okay and we're continuing to clear the rights. Esther is asking, can you feel the particles actually vibrating. Yes, it depends on your sensitivity but if you feel a tingling, that might be feeling the particles vibrating. If you're feeling kind of bright, like your body feels light, that might also be feeling the particles vibrating. I mean they're vibrating at a sub-atomic level, right? So you can't really even see the vibration in a regular microscope, so I think you have to be thinking about it more on a.... But yes, I think so, yes. When you feel that light in the body, that's the particles.

Alright, let's move on from the basic rights. I want to have a few minutes to talk to you about what robs your vitality, which are additional clearings in perception. And these are

actually in perception, so in that place before spirit, before essence exists; spiritual interference that block or reduce vitality. So alien type 3, it's called a Synthetic and it is embedded believe it or not, into perception. Alien type 4 is Zeta and it puts implants into perception. Alien type 7, Draconian and it puts holographic inserts in perception. And then guests, those are with permission, they're there but you don't really want them there, holographic inserts. And guests are an alien type that I haven't defined yet. So just so you know, but we've defined them right now as guests. There are things that we've allowed in our space. Okay and then in addition, things that rob vitality, one in matter is alien type 8, the Ashtar Breakout Command. That's not the Ashtar themselves, but the Ashtar Breakout Command is a low negative group and embedding. They embed in matter. And then in essence are demons and they put portals into the spirit. So there was a couple more things that I wanted to just call attention to. It's alright if you don't really get into alienography or whatever. I certainly don't. But, it is important to clear this stuff. Know what it is and pump to clear.

And I'd like to show you the charts so that you can see. We'll be posting the chart, the spiritual parasite chart for you and the homework. Everybody gets the homework and you just want to open the link that says here's your replay or here's your class and then go to the delivery page. Oops! Sorry about that. I want to get the chart up. There we go. So that you could take a look at the chart that we're talking about and get a better sense of what's happening here. When we look at this, we really have been filling out the chart. I'm hoping many of you would get in to the spiritual parasite trainings in July. The 7-hour, if you have taken it, you'll get it at a returning student price which should be very low and then the advanced training, the next week is the 4-hour training. I think you're going to find this really interesting. And so you can see how to clear doorknob and chopping. I guess I can teach you the chopping now too. This will be posted in your homework so yes, you will get the chart, if some of you are like, wow, that's amazing. We have defined it. It will continue to be defined. By the time the July class comes, there will be much more on this chart, I'm sure. That's what we're looking at there.

Okay, let's close this one out and I'll take some questions here, Margaret, "The doorknob move, I could feel helping me. I had never seen that before. Is there a special time we use that one?" Yes, the doorknob is typically for spiritual parasites and implants, or anchors rather. That's what that's for and you could see on the chart, the farthest column said when to use the doorknob. Chopping is actually holding your hands firm and chopping. The double pump looks like this. You're pumping, pumping, pumping is the double pump. The chopping, is a double, is hand movement and the hands are together. You're chopping away. That's chopping. Very good!

Okay, "I have cleared alien stuff. Thanks to the computer class. What an amazing change since that. Thanks!" That's fantastic. "I highly recommend the spiritual parasite class too. Is there anything left for me to clear? Email still gets lost in cyber space." Yes, sometimes you can clear the connection between you and the person who is sending the email and sometimes that's where the interference is. It's between you and the person sending the email. You could also clear that. That's great. I'm really happy, Marie. And Tony, "I experience a lot of attacks from alien type 3 related to vitality problems. Do you know what to do apart from pumping?" Well, first of all I wouldn't ever use the word attack. I would say interference. Attack gives them more power. And then pumping, the doorknob is much more effective than pumping with the alien type 3. SO be careful about your language. Attack, it's saying that you're in a battle; .Can you see how using spiritual interference... It's just like, oh I've had some interference and I'm clearing it. It's a much less charged word and then using the doorknob, I think that's going to be really, really helpful. Understand that the word attack goes into amplification and it echoes out and so it allows more attack to show up, so you're validating attack. When you say interference... When you're talking to me, you'd say I have a lot of spiritual interference with alien type 3, or I have in the past, or I'm still going through it. But I want you to be really careful because they anchor in on your words too. That's another thing to just remember. Oh gosh, they anchor in on my words and I'm amplifying attack which means more attack keeps coming. So we're not using those words; we're using words that help us to get to the other side.

"I can well highly recommend the spiritual parasites class and the technology class too." Thank you Tony. Wonderful! That's wonderful. SO doorknob, like I said, I'm hoping that all of the people who have done the 7-hour class will come back in because I have defined things and I'm continuing to refine and define things. So a lot of things that we taught last year, we have even more. So it would be a firm foundation. We're really nailing it on which alien has which kind of anchor and how to get rid of it. It's much more than just pumping, pumping, pumping. Very good. "How do these hand movements work?" The hand movements work because we are working with the quantum field. We're thinking a thought and then we're clearing with our hand. And as I explained, this is a little gift from the divine that allows everybody to get in to the higher vibratory rates of the quantum field, so the quantum pleasure field and rearrange the particles by your thought and the hand movement. We're rearranging the particles to a better situation. It's not energy work but actually just rearranging how the particles are vibrating to a better result for you.

"People have been telling me that my throat chakra seems to have interference. I do feel I'm being blocked from expressing myself at times. I was feeling blocks in my vitality and self-expression. Do you see a source of this? Thank you." Well, let's look. Let's see,

we'll just pull this up because there are some spiritual parasites that go into the energy body. Let's just take a look. Alien type 4 goes into the chakras and into perception and I believe that alien type 4 is one of our alien types, right? Yes it is. It's the Zeta. Okay, so chakra, there we see already. Let's see alien type 2 says it also goes into the chakra. We don't have alien type 2 here, no. But alien type 4, let's see, yup These two alien types, type 2 and type 4, since we're looking at vitality, it's type 4 and then it looks like implants for you Margaret. 3 alien type 4 and implants and cleared by chopping. Oh, Zeta and also Archons. Let's just double check, are these Archons? No, they're the Zeta. They're the Zeta. Okay. This alien type 4, this is really interesting because we've been talking about mindset too with vitality and when you look at it, it's the reptilians damaging humanity and they can cause mental illness, physical illness, anxiety, psychiatric anomalies, as well as physical illness. Interesting. They're bugaboos and if you feel like some of your wellness or your mental health is being affected, you want to really be looking at the alien type 4 which is parasitical. They can also appear as your own thoughts. Very helpful!

Oh my gosh, oh gosh! I just looked at the time. I'm on vacation with you guys. I love it! I am feeling this really sweet energy. It's a beautiful class. Let's see, do we have anything else? Oh no, we're doing good. Okay, so we were working on this and then the next step is clearing blocks to vitality and we just go through our normal clearing. This would have been the spiritual parasites, spiritual interferences and then this is just are regular clearing blocks to vitality. We'll pump a few minutes on this too. I will give you homework on the numbers and how long you'll need to pump for each of these sections. This would be wonderful. This would be really great. So we'll just pump and when we clear bloodline, we're clearing our clan and often times, it's kind of negative clan energy. So if you came from a family that had some lower element or some lower spin to it, that's what bloodline is. It's clan energy. We're also clearing Lucifer stops, soul contracts... Soul contracts and satanic curses are very similar. They are more like Saturn energy, that disruptive, stop energy. Demonic curses and evil spirit curses typically are coming from a person accessing demonic energy or a person accessing evil energy. And then those are in amplification. Group mind, group mind virus, a meme and a miasm, black magic, curses, Atheist thought forms, trauma, cycles and contracts. Those are in perception, emotions and DNA. So we're working on clearing blocks to vitality in all and we actually really want to look at DNA too because sometimes you're programmed to slow down and to lose your vitality and your joy.

But I do have to say that vitality is really funded, just like an apple tree... I don't know I you've read, I've written a story about an apple tree. It's kind of the supply of law and demand. The law of supply and demand. There we go! I had the words mixed up. I moved as young wife into a farm. I was a teenager. And I saw this apple tree and I

thought, oh this poor, old apple tree. I found out that it was over 100 years old and that it just gave wormy apples every other year. And I thought, no, I think the apple tree wants to give us more. So I went out and I picked every single apple and I harvested all the apples from under the tree and I thanked the tree. The whole time I was singing and I was loving up the tree and I picked all these really wormy apples. A quarter of the apple I could save and so I made apple sauce and pie apples from the little pieces of apples that weren't wormy. Unbelievable to my relatives, my ex-husbands family. The next year, we had an apple tree that bloomed with thousands of healthy apples. There were a couple of worms but mostly, it was all apples – beautiful, red apples. And what I knew to be true back then and K now to be true now is that we bloom when we ask our body to bloom. And so when you're more active, when you're using your mind positively, you can really transform your vitality quickly. So it's what you think and it's what you feel and it's how you act and it's the regeneration, so we'll be regenerating the body too.

Alright my dears, we have come to the end of our class. I will be in the chat box a few minutes if you have some questions for me. We do have some videos lined up for you. I love you. Thank you so much for joining me in this wonderful, 100% Vitality. Together, we'll be energized and having the most amazing month ever. God bless. Bye-bye everyone!