

Designing Your DNA 3

Good morning and welcome to designing your DNA. Today is gonna be a very special class. We'll be talking about the god DNA of our DNA strand which are two elements or two components in the DNA. We'll also be talking about messages and codes that people said they have discovered, the scientist have discovered in the DNA. So, it should be a really exciting class. I'm also open this class to getting some of your questions answered. How do you change your DNA? We've been addressing that now for a couple of weeks and I wanted to have this 3rd week of really talking about the defined nature of DNA. How it was designed? How it was encoded to make our lives spectacular and also the divinity that lives in each cell. In each and every cell that we have. So, please do sign in. Say hello. We have a big class today, I think.

So, Hi to Mary, and Nadia, and Sharon, and Victoria. Well, welcome to class and I'm sure there's many-- Oh yes. I see lots of people signing in, so. Toasted rice tea. So, hope you have a wonderful start to your day if this is the beginning of your day. Might be the end of your day for some of you. Let's see. I see Darshawn and Dorothy, and Sharon. Fantastic.

Good. So we're gonna start with the opening blessing. Please sing along with me if you're getting familiar with this opening blessing. [Sings in Sanskrit from 00:02:00 to 00:02:36] Beautiful. And just let the blessings of that blessing permeate every cell in your body and just allow the removal of obstacles and the awakening of the body and the awakening of your DNA to its divine nature.

Going to start the class now with an opening meditation on DNA, and on really accessing the divine aspects of your DNA, so. Taking a break 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.

Male bodies, grab your male body, your testicles, with the line of energy as wide as your wrist, hallow in the center to the center of the Earth. Set the male body on release. Release female control energy, release aggression and competition. Female bodies with a line of energy as wide as your wrist, hallow in the center from the each of the ovaries through the perineum down to the center of the Earth. Setting the right and left ovary on release and releasing the ovaries of all the healing projects. Coming back to yourself, ladies.

Beautiful. And let's go up to the adrenals that sit at the waist, just above the waistline on top of the kidneys. Right, left adrenal look like little acorns with hats. With the line of energy again as wide as your wrist, hallow in the center through the perineum down to

the center of the Earth. And you're welcome to double to up on the first grounding cord or second grounding cord. So, you now have three grounding cords if you're doing them one by one. Set the right and left adrenal on release, and release the excess nervous energy; stress out energy, worry and concern. Let's release the nervous system.

And going up to the center of the head, and in the center of the head is the golden temple of silence. Opening a trapdoor out the back of the head and let's go ahead and take a spiritual fire hose. You're welcome to use something else if you don't want it that to go that fast but I like a bit 'woosh'. Let's go ahead and wash out the center of the head and just wash out any looping thoughts, worries, concerns out the back of the head and just imagine to be like a dump chute going right down to the big grounding cord at your hips.

Okay. And taking some spiritual window cleaner and just go ahead and squeegee, wash off your view screen. The center of your head, in the front, looking forward towards your forehead in the view screen. That's where we're gonna be looking at the god DNA; at your DNA in general. So let's get that nice and clean. Let's take a few minutes. Maybe have a nice white mint tree towel that you're wiping it off. Maybe a squeegee to this really get it really super clean.

Beautiful. And go ahead and throw the squeegee and the towel down the trapdoor. Out the trapdoor and then close up the trapdoor. Popping out the top of the head. If you'd like, pull the aura into 18 inches around your body. Let's go ahead and smooth out any dings, dents, or holes in the aura.

And if you have some holes in your aura, especially check in the back and behind your hips and behind your legs and under your feet. Those are places that can be missing. We need a complete egg, complete aura, so. It entirely encircles us. We need the legs included and all of the back included. And just go ahead and fill in anything that's missing.

Make sure everything smooth and then you could put a blue, cobalt blue corona like flames on the outside edge of the aura. We're gonna go ahead and burn off any programs that are coming towards your aura, so. Could be alien programs or thought forms from others. We're just gonna let that blaze. Maybe let it leap up maybe 3 or 4 feet off the aura or 6 feet of the aura. Let's burn off other information that's coming towards us that isn't what we're calling to us.

Beautiful and then opening your feet to Earth energy and you as a spirit can pop back into the top of your head. Opening your feet to Earth energy. Bringing Earth energy up through your feet, through your ankles, through your shins and calves, through your knees, through your thighs, out the hips and down the grounding cord. Bringing cosmic energy in to the back of your head. One inch above where the spine meets the skull.

Into the back of your neck and down your shoulders, your arms, your elbows, your forearms, through the wrists, through the palms, fingers and out the fingertips. And bringing more of that energy down through your back channels.

Down into your hips, looping up through the pelvic cradle, through the belly, through the chest and under the rib cage, through the neck, through the head. Washing out the brain one more time, and then out the top of the head. We're gonna fountain that energy out like a beautiful Italian fountain and it's going to bathe and cleanse your aura. So, any dust bunnies or fuzz balls are gonna be washed away and everything being washed away is going down the grounding cord at your hips.

And just allow this for a minute. Just breathing in and out. And allow this to just restore peace and good vitality and health in your body. Just let the energy run both in your legs and in torso, and your arms, and your head. So, it just continues to fountain out the top of the head and run out through the hips from the legs. So we just continuing to let that energy flow.

And when you're ready, go ahead and find a comfortable position in your throne room, on your throne, so. Sitting in the center of your head. Looking at your view screen. And taking a DNA strand and just opening it up. So, you're just kind of unwinding the spiral. So, all the DNA is in front of you now. And looking at the DNA. It's actually a double helix. So, it's a double spiral and we're gonna kind of unwind the spiral and straightened it out. So, we could take a look at it. You actually got two strands there or two lines of information with streamers hanging down.

And you might notice how those streamers look like perhaps Sanskrit or Arabic. How they're tied together and how this code informs your body. It speaks the truth, so. As each strand is hanging there, it's informing thousands, if not, millions of information and function in the body. And each one has its own little unique sets of signals. And notice that there are 22 strands from your mother and 22 strands from your father and there are two strands that are unique to you that are called god strands.

And as we look at this DNA, this beautiful DNA, we're gonna have everything light up that is preventing you from moving into the next phase or the next dimension. So anything that's holding you back. Any behaviors, any bodily functions, any direction on lower functioning. We're gonna have that light up as black dots, so. Really looking now for the information that allows us to move into our next phase of existence in that higher dimension. And so the lower program that's come down from family members that is no longer relevant to you, we're having light up as black dots.

We're gonna take a spiritual vacuum cleaner. Maybe big shock vac, a golden shock vac. We're gonna vacuum off the DNA strand and we're gonna be removing all the black dots. So, everything that's symbolic has now changed so that we can see it and it's

black dots. Let's go ahead and vacuum that. So anything that takes away your vitality, yes, but more than that it takes away your ability to move to higher levels of function. And so just let that shock vac do its thing. You can be running the shock vac or it could be automated and just see the black dots being vacuumed away.

Beautiful and this is a beginning, so. You may want to revisit this meditation more than once. I wanna like you now to see is a great light coming into the strand, into this DNA. A great light of the ability to shift into higher levels and higher vibrations and higher energy. Seeing the strand roll back up in its spiral form. And then seeing that strand going up into a master cell. Seeing it mirror to all the cells. Maybe you start with the brain. So you're putting it back into the head and then just have a cascade of mirroring go through all the cells of the body as if the body is a light. A light of the cell is awakening and allowing this very process. This upgrade of DNA. This upgrading of your extraordinary self.

And taking a few breathes in and out, and breathing in and out as you feel perhaps tingly as you breathe in and out and allow that mirroring to take place. So that every cell in the body now has the new DNA information.

And bringing your spirit back in to your body. Going out your fingers and toes, arms and legs, torso, neck and head. Breathing in and out. Breathing in and out. Rubbing your hands together in front of you heart chakra. Creating some topos, some energy, some life force, some heat in the hands. So, when the palms are nice and heated up. Take your right hand and place it over your heart and your left hand place it over your right hand in a universal mudra of self love and self affinity. Affirming to yourself, "I love myself. I trust myself. I give myself permission to express my unique self." And energize that with some breathes in to the nose and out through the mouth. Maybe two or three breathes now.

Then I'd like you to put your hands together and then 'Nameste' and then open them to the lotus and I'd love for you to just breathing in and lifting your hands over your head and then out down. We're gonna do 'Sat nam'. And what we're doing is we're integrating the body with the spirit, so. The aspirations apart with the aspirations of your spiritual path. And we're saying, "sat" as we go up and "num" as we go down. Breathing into the nose up and out through the mouth down. Sat. Num. Sat. Num. Sat. Num. Sat. Num.

Finally move to bear grip. Strengthening your voice in the world. Both elbows out and palms gripping. Your right hand is face-- the back of the right hand is facing your neck and the left hand is the outer. And let's just energize bear grip. Strengthening your voice in the world. Dropping your hands. Your elbows down again at your sides. Namaste. I honor the god and the god DNA within you. And welcome back. Alright, my dears. Well,

we have a lot to cover today but we did wanna do some of what we are working on in the meditation, so.

Trevor was saying, "Felt the brightening up and the activation of our youth template. Looking forward to." Wow. Exactly. "Super cool meditation." Fantastic. Alright, my dears. Back we go. We'll be talking a little bit more about the role of the god DNA. You know if you come into the diamond class, especially the diamond live, we'll spend an hour activating your DNA, your mother's and father's DNA. So, the 22 strands from mother and 22 from father. We begin to transform that into god DNA and you can start working on that also in this class as homework. So we won't have actually the hours. You know, we're in the live programs. It's so leisurely because we have hours to pump and work on things. Okay. I highly recommend it. We'll be talking about that in a little bit.

How to start raising the vibration of your DNA so that it can go to its god state rather than functioning in the lower programming of your mother and father. So we'll review the quantum pump, the slide and the muscle testing. The hand movements for the DNA, so. Again, and I know you all had this right now, so. Quantum pump. Hand falling forward. Quantum pump. So that's just that quantum pump. That's what that looks like. So, you're not doing this, you're not gripping; you are-- the muscle, just letting the hand fall forward. Pump.

Quantum slide, right hand pumping and across this over the chest. Slide. And we're gonna be learning a new quantum hand movement today for the god DNA process, so. That's good. Muscle testing. Right hand, right ring forefinger pressing down. I am Julie Renee. Holding the finger firm. Pressing down. I'll get a yes. You'll get a no because you're not Julie Renee. And then, "I'm Bozo the Clown." And I get a no. So the muscle becomes weak.

Muscle testing was defined in 1976 by a chiropractor. There is a video online; Julie Renee kinesiology. So you can see that a little more and understand that little bit. There's a 3-minute demo online. Great. And then again, why this works, why it's making a transformation or shift and we're doing any quantum hand movement. We're putting a thought on transforming this, I'm clearing this, I'm rebooting this, I'm restoring this, I'm rejuvenating this. We're putting this thought and then we're activating the quantum pleasure field. A little bit higher vibrational field that most of you were in. So we're able to actually transform the particles vibrating.

So it's a little bit different than relativity where what you see is what you see. We're actually working in a field of particles vibrating and we're all part of that field and then getting up to the higher vibrational rates, that's the pleasure field that I talked about. That's where transformation happens. Very good. Alright. So I just done a very quick review. I know you guys have get to the experts on this but it's always nice to just go

through it. I know there's a few people that are-- this is separate class they're taking with me. Okay.

So, as I mentioned, we have two what are called god strands and they are unique to us and they have our sacred programming, our divine programming. What is unique to our spirit and they are part of a strand of information that our parents that passed down to us, so. Surrounded by the 22 strands from mother and father.

In the DNA, there's a code or message. It is an ancient language very similar to the root languages, the original languages on planet Earth, Aramaic or Sanskrit or Tibetan. Those ancient languages that are all tied together where the strings are aligned. One of the scientist said that he found a greeting from Yahweh. You have found the secret of creation now, share it peacefully, so. That author I think is Braxton and he has written a book called "The God Code." And that was about 11 years ago that was released. And so just to know that there are possibly messages in the DNA from the designers of the DNA.

We can do a clearing on you having the experience of god dna. And so upgrading all of your DNA. And so we can go-- we can start pumping now for that clearing, and then I wanted to teach you what the-- so you can go ahead and start pumping for shifting up to more than just those two god strands, so. In other words, some of your parents' information will go to a state, a god state. And I'm gonna teach you when you're done with that clearing, the ability to have all of your DNA be god DNA then you'll be doing a quantum slide-- oops. Quantum slide using your left hand. Sorry. Let me see here. Oh. I think I just might have skipped one. There we go.

So we're gonna do this frequency DNA up-leveling shifting with the quantum pump using the left hand as suppose to the right hand and an upward rocking with the palm facing upwards. Let me show you how that looks.

So the purpose of the class today is really to start up-leveling your DNA. The information that you have in your DNA is largely-- and it's wonderful-- but it's largely your mother's and father's information. That's kinda really what's there. And what we've discovered over the last couple of years is that I've been working with students and working on myself is that you can shift your DNA frequency to a god frequency and then over time, you can remove the lower programs from your father and your mother and have your DNA be authentically all god DNA over time. It's not gonna happen instantly and it's not gonna happen in the first year you're working on it. But understand that this shift is very possible.

And if you think about the DNA is being marinated in a frequency and the DNA isn't just physical. [Inaudible 00:31:07] the physical strands but what I see is there's two double helix strands of DNA. So there's two strands of DNA that are wound around together

and there's 46 pieces, strands so to speak. So there's two streamers and then they're wound around together and then 46 pieces of information, 22 from mother; 22 from father; 2 from god.

By doing this process, we're able to start shifting the vibratory rate to a higher rate, a higher frequency in the DNA. Now, I know I mentioned that we're being-- the DNA has been marinated in lower frequencies and lower vibration, so. You would wanna also be up-leveling your inner and outer actions to higher frequency vibration, so. Meditation and walking in nature and staying positive and maybe, maybe not watching a lot of movies and things that would influence you negatively. So you wanna like keep marinating your body, your essence, your frequency in higher vibrational things.

That's kind of an interesting way of looking at things. But the body marinates in hormones and chemistry. We learn that in the happy chemistry class. That you know, we're being flooded with chemicals and if you're thinking negatively, of course, being flooded with chemicals that support that process of negativity. There's something going on where you're thinking lower frequency stuff. You have chemicals in your body that are splitting at the same way. The outer actions and your thoughts can keep you at higher frequencies or lower frequencies.

So what you're putting in your mind and in your body having beautiful message treatments and you know the swimming in the ocean and all these things where you're putting yourself in a beautiful higher frequency if that's what it does for you, which does for me. Dancing, singing at the top of your lungs throughout your house, dance in full out. Those higher frequencies of joy, of happiness and bliss will help the transition.

So we have two physical god strands that we're working on or two physical loop-de-loop DNA strands that are wound around. I'm sorry. I'm using strand for both. Let me show you so that you know that I'm talking about. I'm sure you do know what I'm talking about but--. Okay. Let's see. There we go. This is what I wanna show you. Okay.

So if you can look at this little image here. You see that there's two of them. There's a pink one and green one. Now, of course they are pink and green but you see that there's two and they're intertwined with each other. That's what we're looking at. Most humans have these double helix wrapping around and as we're doing this left handed kind of rock motion, we're gonna be clearing-- let's see. You can do the pump for the clearing and then we'll do the rock for the up-level.

Come back on so you can see me. So, we're gonna pump for awhile. I'm clearing everything that prevents you from going into your god DNA and then we're going to do this up-leveling. So that's this and it's-- using your left hand, and I'm not that use to it either, so. It's basically a rock. So you're not crossing over. So it's left hand and it's gonna go rock. And this is gonna help shift your DNA up to a higher frequency. What

I've discovered is-- I worked on this several times because I've done the diamond tutoring now four times and I'm just literally was just testing. "Wonder how effect I've been?" And as I test, I have 100 percent got DNA. Wow. That's amazing.

I still have the influence of programs about 50 percent from my mother and the influence of programs about 40 percent from my father, so. I'm still working on clearing out lower frequency programs but I've already started setting the bar in a higher bar for my DNA. So my DNA is now in the frequency of all god DNA as if I'm the author of my DNA and then I'm designing it, so. This is probably the most important class you'll ever take into life now. I know but it's very significant and that you understand that you are gonna be able to create a lot DNA. You'll be able to move those lower frequencies off of your parents-- from your parents. So just go ahead and start pumping this way and then we'll pump for awhile. Maybe we'll pump for 10 minutes this way. This is pumping, not chopping. But we're just moving out the negative programming.

If you're serious about this, you'll probably be pumping for 5 hours. You really wanna like transform your DNA to that up-leveling god DNA. Pump to clear. And what we're clearing again is amplification, perception, emotions, and DNA. On the programs that would prevent you from having all of your DNA up to god DNA and then the next thing that you'll be doing is you'll be doing this side rocking motion with the left hand about 8 hours to get that god DNA frequency into your DNA. Pretty exciting. So go ahead and double pump for awhile. I think if we all double pump, it like move it faster on the clearing everything that would prevent you from being able to be successful.

There's more I wanna tell you. It's kind of -- It's the first time I'm teaching this in this way, so. If you're noticing me kind of backtracking and wanting to tell you things in a different way. I haven't articulated god DNA. We've pumped for god DNA. I haven't articulated as well. So just keep pumping. Yeah.

What i see for most humans, in addition to the two double helix spirals that we have for the DNA, there's 3 spiritual strands that exist. And you know it's kind of funny because you think about well our halo that we-- for most people can't see it until they get to a frequency of 700. Most people have about 3 halos that are maybe sitting dormant and in the same way, we have 3 additional spiritual strands that exist with those two strands that are really waiting to be awakened.

Now, just with-- just as-- just like the halo or the golden rings, there can be even more strands in the spiritual realm for us to awaken. What I'm seeing right now is for myself, I have the normal to human physical strands and then I have 5 additional awakened spiritual strands, so. I'm right now looking at 2 physical strands and then 5 spiritual strands and these spiritual strands assist us in moving up into the-- from the 4th

dimension which we've been in as a race to the 5th dimension. So, a little bit higher vibratory frequency, so.

That's what we're working on. I know there's a lot of questions. I wanted to get everything out before I started answering questions. So let me just make sure that I've said everything I wanna say before I start answering your questions which are probably gonna be wonderful, too. Let's see.

So well you're gonna do the clearings for 5 hours and we'll do some of that now and then you're doing to do the pumping of-- the rocking rather for 8 hours. The end result will be that you'll have moved the physical DNA, the two strands of physical DNA into god DNA. They might not be at a hundred percent yet but they will have moved up. So that we're gonna be looking at that and then you would do more pumping to awaken the strands that are in spiritual form and then understand that your positive uplifting spiritual process will also-- so meditation, a walk in nature and all the things that we've been talking about.

Singing and playing, listening to beautiful music and playing music, and making art and dancing, and the things that uplift you and keeping that pleasure and joy and connection with the divine; those will also help awaken both your halo and the dormant spiritual strands. Okay. I know tons of questions will come in. Thank you for letting me get all of that out. I wanted to make sure I said everything I needed to. So, let's see here.

I see a lots and lots of greetings, so. I'm gonna skip over saying hello to everybody except hello everybody. I love you and thank you for signing in. I also love when you do. Let's go ahead and look some of the questions. Sharon said, "The meditation was fantastic." Cristie, "Beautiful." Janice, "Love the meditation. Cried so hard during the vacuuming the block dots and all the way after feeling so much heat in my legs and chilling in my body. Thank you so much. Thank you so much special. Love you." and that's from Janice. Love you too, Janice. Erica says, "Hello." And Cynthia, "I'm still having trouble with the muscle testing. I'm not sure what to do with the missent about this and to pump on this topics." Exactly, Cynthia. Yes. Definitely pump on those topics.

By the way, if that's still a problem in the fall, I have put a class on muscle testing. Let me just grab the link for those of you. Well, actually it would be-- grab the link there isn't a-- the sales paid yet, so. I've added a muscle testing class that I'll take your through and I'll help you. Also, we do muscle testing in the diamond. We really clear that. In the ruby, we clear it, so. If you're in the immersion program, it's another place that we do muscle testing clearing. Okay.

But take the chart and clear the top stuff. First done the muscle testing chart and then there's other items and you'll go through the chart the same way. So you just take the item that's on there and we clear it to zero and however you get your information. If you

currently get your information by reading or by feeling intuitively. Just keep at it. It's gonna happen. And muscle testing remember, I'd like you to practice 5 times a day for 6 weeks. You're really-- you're transforming. I am owning my muscles. I'm owning my field. I'm owning my body, so. You know, you wanna keep just practicing that's gonna help.

Anna, "If I upgrade my mother's DNA and my body, will her DNA be upgraded automatically?" Definitely not. We don't do anything to other people. If your mother is around you and she likes the shift, she may get some shift with the mirror to mirror familial communication. But we only change our self. And then you're looking at, "Well, I really love my children to be shifted." They will shift. Your children will shift if they're around you. So it's mirroring process.

We're not changing other people because it changes their path and what they came to do and we don't mess with changing what they came to do because-- just because we have the skill doesn't mean they aren't resolving and working on things that are very important to their spirit and that they wanna work on, so. By taking them to a different level, they're now thrown into a whole set of circumstances that they may have not set up for them self this life time.

I appreciate though the question, Anna. It's really good. So all we're doing in our body, the information that's maternal and the information that's paternal, not our parents. So that would be all the generations. You know, you look at the DNA is influenced and developed out of 16 to 20 generations before us, so. Understanding that it's not just mother and father, it's like many, many generations that influence how the DNA information is coming to us. I love that question. It's actually wonderful question.

Penny, "I have done the parasite class. I have continued clearing intermittently my-- The more clear I clear it seems to differ. Muscles are sore. Please check." Okay. So this is not a DNA question, Penny. But I do appreciate you asking it and I really like you guys to ask questions about the class, so. Penny, you're asking about toxicity and we're-- I'm trying to teach you some concepts about god DNA and this is not scolding at all but it really does help move the class forward when we stay on the topic that we're working on. So if you have questions on god DNA, that would be amazing. I'd love that.

And then she does. So, Penny, "A second question. Does the upgrade automatically stop. Maybe returning to its default without having to do any extra." Well, it's a different thing, the default, because we're not actually changing. Technically, we're not changing the programs yet in the DNA; we're changing the frequency of the DNA. And so will it drop down into a lower frequency, it could if your lifestyle didn't support the presence of god DNA. So, like I said, I've probably done this process 4 times and it's holding very

firm. But my life is really about contribution, meditate every morning, I walk in nature, you know I sing and I help people. And so I'm able to maintain my god DNA.

So it might take a few times. It might take a little bit of shifting your life style because we're working on frequency now, right? We're working on frequency and awakening those spiritual god strands too or the spiritual strands that have been dormant. So that's the class today. So you're going a little bit deeper. We're not working on a specific program like Parkinson's or heart disease or cancer. We're not working on that right now, we're working on the frequency of the DNA. And then you can go back in when the frequency's higher and it's much easier to remove programs and patterns from your maternal and paternal DNA that is supporting and serving you. Yay.

"So excited about the transformation." and that's from Nila. Wonderful, Nila. Yay. Brenda, "All the time tables for the levels will be on the sheet for homework." Time tables for levels. Are you asking about the 5 hours and the 8 hours? Yes, definitely I'll put that in. Yes. And we'll do that. So, I think that's what you're asking for. "Just got on." Okay. Audrey, you missed a bunch. So please watch the replay and then. "Autism?", Jean. I don't see it. No, so. You might have it in your brain but not-- I don't see it with you. [Inaudible 00:49:03 to 00:49:06] No. I don't see it.

Cristy, "How am I doing in degree of body ownership?" Okay. Just really wanna encourage you to ask questions that are about DNA and god DNA but if you don't have any then it looks we're gonna answer questions that don't have to do with god DNA. Cristy, I don't know if you've taken the 100 percent full body ownership with some of the other classes that are the hundred percent classes. It's a really good. Looks like you're owning your body about 30 percent. So keep going. Good job.

And Katrina, "Why are we not born with more god DNA? Are we not evolved enough as a species?" No. I don't think that has anything to do with it. I think we're leading an era where this was how information was passed along from parents to children or grandparents to grandchildren is that it was a survival mechanism. We're going into a new vibratory frequency and moving up from the fourth dimension which was kind of more heavy and we're moving into a lighter maybe more crystal--chrysalis state or more refined state and in that higher dimension, in the fifth dimension, we're able to have that god DNA. Why can I maintain my god DNA now? Because I'm kind of between the 4th and 5th dimension, so. So that I can exist in both dimensions, dimensionally.

A few years back, my frequency was quite-- I would work for 12 hours doing activations, quantum activations. And my frequency would elevate to the point where people actually could only see my shadow. Which meant I was going into a higher dimension. So that I was still there but I wasn't really as visible and I made a real commitment to keep my physical body in form, visible. So I don't disappear on anybody anymore, so.

But we're-- actually this is the birthing or mid-wifing of this higher frequency. The new era started in 1976. It takes about 90 years to walk through the door into the new era, so. We're about half way through walking through the door. So just understand that we're actually just stepping up.

And yes, the frequencies were lower in the Piscean age. Remember that was an age of patriarchal war and domination, suppression and control. So that was that era in that age. It's why we do quite a bit of clearing on suppression, domination, control. Many of my classes, that's an extra assignment to clear 'cause that's a remnant from the old era, Piscean era. We're moving into the age of androgyny and god information or god equality. And so we're able to now step up to higher frequencies and higher vibrations.

So, as the-- our spiraling progression happens, that's when you're moving up on this spiral timeline. We're moving into higher frequencies and we're ready. I think that we as a race and maybe not all people are ready. But there's a great deal of people in the planet, billions of people, ready to lift that frequency to the next dimension.

So thank you, Katrina. Good question. Brenda, yeah. Thank you .Good. Darshawn, "For other DNA, we pump for new components and resetting. Is that not case for god DAN?" God DNA. When you-- okay. So yes. For the last two classes, we've done clearings and up-leveling for our DNA, so. You pump. Let's see. You pump or pump to clear the DNA itself. So you would do the amplification, perceptions, emotions, DNA; anything preventing it and then you pump the DNA and then you could also take another minute and pump for the resets and you can intent, put a thought in, of the highest vibration of whatever that information is, also.

So if you need that information like you're removing something on muscle illness, you might put in the highest information on muscle health. So you could do that with your slide. Your slide. So that you could do with your slide. So you could move, one by one, you could move programs that are degenerative out of your DNA like that, and then you can also intent the highest program. If it's not just that you're clearing something out but you want information on that but not that darker information, you can intent the new information and you just do-- keep doing the slide to put it in.

We're doing the god DNA. We're actually elevating the frequency of the DNA so that we can activate the-- both the strands that are in spiritual form and we can lift, uplift, the physical strands to their god state. I hope that answers that. Okay.

We definitely are, Katrina. "Steward for opening up this new door." Exactly. And by the way, I want all of you, each one of you, on the Earth day free community call. We need 2 thousand people to remove all of the curses that humans have put into the Earth. We have 2 thousand people for 2 hours. It's a one hour program but I may run it longer than an hour. We have 2 thousand people, the Earth will be cleared after 2 hours, so.

Please, please get all of your friends on that activation. We wanna remove all curses from mother Earth. Imagine.

We did that here with my emerald students in November and we did an 80-mile radius remove the curses and we had two dozen dolphins come in right really close the first wave of the shore and swim the whole beach with us in, really, celebration. Like the beach felt so different and then I had people commenting that they knew that a changed had happen in the Carmel Monterey area that they have felt an uplifting energetically of the Earth and understand that we can do so much more when we're at harmony with our environment and mother Earth, so. Please get on that call. Let's see here. More questions.

So, Katrina, yes we are the stewards."Did Christ carry all god DNA? Can channeling Christ energy serve as another method for raising frequency of our DNA?" That's a good question, Laurie. Let's just muscle test. Did Christ carry all? Was-- did Christ have all god DNA in his body? No. Did he have 22 mother, 22 father and 2 god? He did. And did he through his prayer elevate his DNA? No. I think-- so the answer is no. It can with the-- because that was in another era, so. He was needing the way the body was set up to function so that he could function with the human race at that time.

And then, "Can channeling Christ energy raise the frequency of DNA?" I don't know. I mean Christ energy is very high but I get a no on specifically on uplifting DNA, so. I think it's about you owning, you know, your ownership rather than channeling Christ energy which is so beautiful but I think it's about you owning your transformation up. Really good question.

Nila, "We have already entered the 5th dimension consciously. Will some of our DNA have already made the shift?" I get that that's 7 percent true, Nila. So maybe a tiny bit. Nadia, "Will it require more than 5 hours of pumping with just one hand?" Nope. Nadia, not for you. And Darshawn, "Thank you. That's good." Well, you're welcome. And Brenda, yes. And, "What is Earth day?" Earth day is April 24th and it's an internationally celebrated day to honor the Earth and we're doing a free community call. A free quantum activation call that day and I just want all of you on there. Every single person who's every taken a class from me, I want you all there because we're gonna remove the curses from mother Earth. And so she'll-- all the darkness, all the satanic, demonic stuff that's been in her, we're removing, so. A lot of the shifts that have been going on with the Earth and the earthquakes and the green effect and all that stuff, we can slow that or stop by healing the Earth. And certainly just by removing all the darkness.

Katrina, "Makes sense why sometimes my energy feels so heavy and other times I feel so light. I feel like I could fly. It's like having a foot in each matching. Thank you for the clarity. Struggled with this up and down." You're welcome. And, "Is bloodline now in

amplification chart permanently?" It is definitely, Penny. Bloodline is always in amplification now. So that's where it went.

Oh my goodness. So we have come to the end of the DNA class. I will send you out the chart. Rather the slides and I'll give you the homework. So you'll know how to work with your god DNA. Again, remember the first two classes. We worked on really how to design your DNA, how to clear it and how to put in new DNA. So those are the first two classes. Today, we were looking at the frequency of the DNA. So the first part we were working on: energy and vitality and restoring, you know, that freshness to the DNA. And then second part of the class, we were working on the frequency and vibratory rate. Getting from the 4th dimension to the 5th dimension and then activating the strands, the spiritual strands that are already there that are still dormant.

So, fantastic class, everyone. I love you. I believe in you. I'll be on in the chat box answering some questions for you. We do have a few videos for you. Watch of the upcoming classes. I'd love to see you in the hundred percent vitality class. For many of you, this is gonna be really just a life changer and then the essence class and both of them start next week. For gentlemen, we have a prostate reducer class, so. If you have a challenge with enlarge prostate or any other prostate health issue, my dear friend Joe Taisman had been an outspoken advocate for that and he encourage me to do this work also, so. His-- he was like the light. He's like, you know, standing out for it. Joe's a football player who won the Heisman trophy.

So, anyway, long story short, we got a class for men on shrinking the prostate. Love you guys. Hope to see you all next week in the chat box. Keep pumping and I see you. I see your divine self. God bless.