

Essence LIVE - Part 4 of 4

Good morning, good afternoon and good evening. Welcome to essence. This is our completion class and what an amazing, amazing 4 weeks it has been and today will be another amazing day, so. Really excited to have you here. Would love to hear about your transformations. Has things been shifting and changing for you. We'll be working with kundalini and we'll also be working with prana today. We have a lot to cover and it's gonna be remarkable.

It just was in kind of deep reflection before we started the broadcast and looking we could go into the blueprint one more time and what it looks like is to most people only have about 3 percent access to their kundalini. So, the kundalini tends to be set really low and it's another one of those tweaks we could do in the blueprint. So we'll see how the class progresses today and if it makes sense, we'll do that and we'll go in and do one more improvement and correction to the blueprint.

So I see lots of enthusiasm and lots of people signing in. So I wanna just welcome each one of you. Let's see. Pamela, and Nancy, and Jamie, and Donald, Nadia. Yay. Trevor, yay. Janet. Oh Janet's got music. Good. And Janice, and -- Oh great. Good. "Great to be with you." And Sharon, and Anne, and Marisha. Hi, Marisha. Thank you so much for the beautiful flowers behind me. And Nancy, and Nila, and Katherine, and Darshaw. I gonna talk to you later, aren't I, Darshaw? Limmy, Cindy, Sharon. Hi, Sharon. Bea, and Sharon, and Abdul Gafa, and Tony, and Rose. So good morning, everyone and I'm sure there are people on the phone line and people [Inaudible 00:01:59] 'cause we have a really good showing this morning of students coming in. So, Servina. Here we go.

So let's begin our slides. Good morning, Margaret. And Margaret drove up to my birthday party. It was so fun to see you here at my home and all of beautiful special things you brought. Thank you, Margaret. And also to Marisha. Thank you for coming. That was so sweet. Okay. So we're into essence and our class too. And Megan. Hi, Megan.

And today, we'll be working on kundalini and prana up leveling. And Kundalini in the Eastern tradition is the additional feature of life force starting on the base of the spine in a double helix rising up the spine. If you have a very healthy Kundalini, this force of energy is often seen as green will rise up your spine fountaining out your crown chakra and spiral around your body. Encompassing you in your own vibrant god energy. This is typically seen in an awakened or enlightened master. We will awaken and clear the path of your kundalini and learn about pranic breathe, prana intimately related to kundalini. Both are considered important spiritual aspects of life force.

I will start the class again, as always, with a blessing. [Sings in Sanskrit from 00:03:33 to 00:04:32]. And we'll quickly review the quantum pump. The very simplest of quantum pumps. So we're just gonna be doing the regular quantum pump today.

Elbow down at your side. Right hand, hand moving forward and it's a reflex. Not squeezing; just a reflex. Like that. Looks like that. Very good and let's go ahead and review also the muscle testing, and that's kinesiology. And you're right hand extended, ring finger held firm, pointer finger firm. The left hand is pushing down. It works because your muscles can tell you what's true and not true. I am Julie Renee will test strong in some way finger will not drop. I'm Bozo the Clown, my finger will become weak and drop because it's not true.

If you have a different way of testing on kinesiology, that's perfectly fine. Muscle testing and if you wanna use multiple hands on your left or right hand or your feet for quantum pumping, that's also perfectly fine. Okay. So we did that really fast today. And well we should because we're in our 4th class. It was also good to do a little quick review.

So we're gonna look at kundalini first. And yogic life force that is held to lie coiled at the base of the spine until it is aroused and sent to the head to trigger enlightenment. So it's that wonderful. And then another definition of kundalini. It is, in Sanskrit, it's the female-- it's the feminine form. The word is actually in the female form. It's a circular or coiled. In yoga, the word applies to life force that lies that lies at the coiled serpent-- like a coiled serpent at the base of the spine. And that can be sent along the spine to the head through prescribed postures and exercises. On the way, the kundalini passes through the 6 chakras or points of physical or spiritual energy in the human body. At the 7th chakra, the yogi is said to experience enlightenment.

So most people have kundalini just sitting at the base of the spine where it's not moving up and as a yogi is mastering their enlightenment. It moves up higher and higher on the spine. Activating the chakras as well. And understanding if you remember right, the chakras go in through the body to each side of the center connection is the path of kundalini also.

Clearing blocks to awakening kundalini and this is what it looks like except I would say that I've seen it in like a lime green. It's interesting to see the colors that were used as this artist represented it but this is what it looks like. A double helix going up the spine and out the head. And then if it's fully activated, it will also swirl around your body.

Some people talk about the kundalini as a coiled snake and this is a symbol of kundalini, the serpent. That's also the symbol of Shiva. So we'll be clearing the blocks to awakening kundalini and clearing blocks on the passage up the spine through the 7 chakras. We'll do the 2nd part of the clearing in a meditation.

And we'll be pumping to clear the blockages for people experiencing the awakening kundalini. In amplification, it's bloodline, soul contracts, demonic curses, satanic curses, evil spirit curses, alien type 5, alien type 8 and embedding, demons, and there are anchors, permeations, guests are embedding and permeations and trans-mortals are wormholes, so. We'll be clearing those things from amplification. Just a regular pump is fine.

In perception, memes which is group mind, miasm, group mind virus, black magic, things we say about our self to prevent our self from experiencing enlightenment. Curses, things that other people have said to us that, "oh. You'll never awaken." Timelines, karma, shared energy, control energy, agreements, and then emotion, of course, DNA, DNA of others and DNA resets. So these are all things that I saw that would stand in the way of you having your kundalini awakened and moving up up the spine. Okay.

Good morning to Mai and everybody is pumping at this point. Barbara, Good morning. "Would chiropractic care of the spine assist kundalini's passage in any way on the physical plain?" Maybe 4 percent. A very tiny amount. Good morning, Victoria. And Aileen, Good morning. So that was for Marisha. And just a tiny amount, not very much.

Okay. So let's see. Okay. It looks like this'll be about a 12-minute process, so we should be through about 1-- 23 minutes after the hour on this particular clearing. "If we have time to do chakra work from last week." Yes. Please, I think that I asked you to remind me. Isn't that interesting? So I think we can do the chakra in the meditation. Did we not get through all of the chakras? Oh I know. We didn't-- we we're gonna activate them but there wasn't just enough time. Is that correct? Somebody reminded me. A whole week has gone by. It's like a thousand days have gone by in a week.

Right. Activating the chakras. Yeah. I think we can do that as we awaken the kundalini in the spine and the meditation that follows this clearing will activate the chakras again and see if we can move them up to a hundred percent function in both the function and performance.

You're welcome. Oh chakra 7 to 12. Yeah. Looks like we can do that. Yeah. Looks like we can do that. I get a yes. Oh you're welcome. Yay.

So when I was in a class with the Berkeley Psychic Institute, I'd already live in India and been greeted by all the masters. My trips/travels to India and again we're clearing this group. So I'm just gonna leave this one so that you can see what we're clearing. I know it can be confusing.

So I was in India and there were at least 5 other masters there that had recognized me and said, "Where have you been, Veda? We have been looking all over for you." So I was back you know in the U.S. and I was taking some clairvoyant training to get on top

of the crazy amount of clairvoyant skill I had. There's 16 ways to be clairvoyant, clairaudic, clairsentient, telepathic, telekinetic. I had all of them and they were between 80 and a hundred percent. They were all on full blast.

And so I had gone to the Berkeley Psychic Institute to learn how to turn things down a little bit. So that I could actually live a normal life but you have to image coming in as a master but then agreeing to forget that were a master and go through a difficult childhood and a difficult young life, so.

So when I was in the kundalini class, I was sitting in the kundalini class and we had 3 trainings that were 3 different evenings that we came in. And each training it was like fireworks and the teachers are watching me thinking, "Ah the world is going on." The kundalini would rise up my spine and then it would leap out the top of my head and then it would encircle my body which I was also and it was pretty exciting to see this beautiful kind of a lime neon green just you know really awakened fully able to access it and use it.

So I'm excited about helping you begin to awaken your kundalini and this special life force that really has to do again with awakening spiritual power just like-- I was thinking about this. The golden rings which are an affirmation of your awakening. The frequency and vibration that you emanate that's also an affirmation of your awakening state. And some of that really is about wise elder wisdom and love wisdom, isn't it? It's about embodying that love wisdom.

And so what you're able to actually embody is also reflected in these beautiful mechanisms that allow you to have more grace, more ease, more power, and more spiritual power, more fluidity in the world, you know, and in your life, and in manifesting, and manifesting miracles. And I think one of the things that we've forgotten is how miracles are a daily occurrence.

They are what is meant to happen every day and by activating the spiritual graces, these mechanism that are wired into our blueprint to support us, to validate us but really to increase our power and influence. We're able to live more fully expressed as an enlightened awaken human. I'm excited about this.

Okay. Looks like there's been a few questions coming in as I've been chatting, so. Let me scroll down a little bit so I fully get everybody's question here.

Okay. Let's see. Rose is asking, "Best way to reach me regarding things not pertaining to the class." Best way, Rose, is to contact support@ulierenee.com and then if it's something related to technology, they can help you and if it's something that is very specific question to me, they just pass it on. So support@ulierenee.com is the best way to contact me. And Margaret, "I feel like there is some energy that is twisted on back up

my heart chakra. Is it interfering with kundalini? Do you see this interference?" Generally wouldn't-- heart chakra wouldn't interfere with kundalini but let's see. Alien type 4, so an archon. Looks like there's 3 of them there, Margaret, and you would just clear them. And then let's see. Looks like they're attached with implants. So I would just work on clearing these.

And Nina, " I think I may have the same issue as Margaret." Do you have the same? No. But let's see if you've got something on the back of your heart chakra. No. I don't see anything on your heart chakra, Nina. And then Limmy, "And will it also restore divine connection and our energy body?" Well, our energy body is a whole separate training, so. We did a little bit of work on our energy body last week and we have 100 percent energy in a training where that's what we focused on. We're focusing on essence in this particular training and how it relates to spirit embody. So that's our training.

Darshawn, "Will this support me in to open up to access more of my intuition and psychic senses?" I'm not sure about that. Maybe 50 percent improvement maybe. It's not directed directly towards that. Actually kind of the opposite. As you awaken, your inner awareness, your kundalini is able to rise naturally but maybe. And I see I test 50 percent. "Thanks for sharing your story. It really makes me feel better." Ah, you're welcome.

And Rose, "Thank you. I will try again." Good. "Does the lower back pain involve anything to do with awakening kundalini in humans and is it safe for humans to awaken the kundalini if they're not yet fully awake in other areas?" Lower back pain have to do with kundalini. I don't think your lower back pain has to do with kundalini and does it-- is it safe for humans to awaken kundalini if they're not fully awakened in other areas? Yes it is. I mean kundalini is just pure, you know, enlightenment energy.

If you aren't able to really manage that energy then it doesn't really come back on. Like we're gonna wake it up in the class but if you feel like that's more than you are ready to handle then it can also go back down. But I find it really delightful, so. I don't know.

I do understand that what's been given. The name kundalini can be very intense because it's not set properly. So it can scare people and that is the reason that I think I tested to go into the blueprint to correct that. So sometimes people's kundalini can come on without them expecting and it can come out really intensely and can be scary and overwhelming and I doubt that's not what's it meant to me. It's meant to be this wonderful life force that is coming up and you know supporting enlightenment.

"Is the meaning of chi the same as kundalini?" I don't think so. Chi might be more related to prana. Kundalini is actually a mechanism in the spine. I've never heard chi called a mechanism in the spine. And Aileen, "Julie, did I clear the 4th spirit you told me

about?" Yes you did, Aileen. And Mai, "Have I cleared my weak spinal cord issue?" Yes. Yes. I get yes, Mai.

And Jennete, "Hello everyone." And Darshawn, "Thanks." And Nadia, "Many years ago, I felt my kundalini rising but did know what it was so I got scared and pushed it down. Since then, I have never made it there. Can you check me on what is going on? I would-- Nadia, I want to actually clear things for people. Go into the blueprint, correct the response and then awaken the kundalini rather than taking the time to check everybody on what's happened in their kundalini.

If you don't though have a good response now today then please let me know later in the call 'cause we're gonna be just have one more minute on this clearing and then I'm gonna do the blueprint clearing and then we'll do the awakening in the meditation, so. Just hang in there.

Tony, it's probably a wiring. Let me see about the blueprint correction. Okay. I'm needing to pop into the blueprint to stay on schedule. We are at the place of completion on-- let's see. Clearing. You could pump for another couple minutes. So why don't you keep pumping to hold the space while I go in now and correct the problem with kundalini. How it's set to come on and scare people and that it's not well functioning in most people.

So I'm gonna do that now. I'm gonna go into a quiet state. I'm going into the blueprint. Please hold a beautiful place. Looks like there is another minute or two of clearing on this process that we have in front of us, so. Here we go.

Alright. I'm back and we had the same 3 bugaboo archons that were there. The last time I did a clearing were there saying, "uh oh." So I removed them from the blueprint and then I made the corrections in the blueprint on kundalini. I get that it will hold. Good. 3 thousand years at least. So hopefully, the correction I made 3 thousand years from now that humanity is involved. That would be really wonderful. Alright.

I do see some questions coming in. Please come on to the class on time. This is a request I make 'cause I don't wanna keep answering the same question over and over again, so. There's some questions that have come up where people clearly came on 10 minutes into the class and-- so, I love you. I appreciate you. I understand that things can be challenging sometimes but I don't wanna keep answering the same questions. So please come on on time.

Okay. We're going to be going onto the next process. By the way, let me know how that was for you. How that felt? Sorry. I saw this message and I thought, "Oh goodness. We've answered this like 8 other people have asked this question and now we're getting it again." "Thank you I feel much gratitude for you." Wonderful. "Wow. I was laughing

through that." That's great. "Had the same experience as Nadia." Excellent. Okay, my dears. Alright. So we're going on to the next process and I believe that is-- the next process is the meditation. Oops. Sorry here. I jumped. We're on prana now but we've gotta do meditation. Okay.

So now that we've corrected things in the blueprint and we've cleared the blocks in programs and spiritual parasites, we're going to go next to a meditation for clearing the kundalini channel. And while we're doing that, we'll activate the 7 body chakras and the chakras over the body, so. That will be what we do next and just-- let's see. Gosh. I'm gonna need maybe 2 minutes before I take you into the guided meditation, so. I'll look at some of the things coming in but this'll be the next step. We'll be going in and cleaning the kundalini channel that goes all the way up the spine so that double helix and then activating all the chakras.

And Janice said she saw a green and golden zigzag lines of line going through. "I felt like I--I felt like it could see figures like angels above us watching or witnessing the transformation. Felt really cold waves through my body." That's beautiful, Janice. Beautiful description. Wonderful.

Okay. Since I have to take 2 minutes before I do the next kind of trance thing. I'll just -- probably one more minute here to see what else came in. Rattling things. I don't think so, Nila. I think that's maybe a blockage in the kundalini. So it could be but it's not a normal thing. Cindy. "Are there emotions that arise when we awake kundalini?" Could be. Could be. "Yay." from Aileen. And Limmy, I've answered the question. And Anne, "I had the same experience as Nadia." Beautiful. "I felt something in my neck frame. Thank you." And Victoria said, "Wow." And Nadia, "So grateful for what you did." You're welcome, Nadia. And Sharon, "Thank you, Julie Renee. Beautiful. Felt got cold enough to have a wrap. Wrapped up in a blanket." Good. Yes, I had a nice birthday; from Aileen.

And, "Feeling lots of releasing." From Margaret. And Rose, "Sounded like spiritual warfare while you were working on the clearing the blueprints." Exactly. Been that way a little bit. What I like to think of it more like just inviting them to leave rather than warfare but yeah I spent about half of the time moving out the archons that have been really the trouble makers in the blueprint and eventually they're not gonna be there. Megan said, "I felt chronic neck tension. Let go with a spasm. Now my neck feels free." Wonderful.

Okay. And I'm ready to take you into the meditation. So finding a comfortable seated position with your spine erect and your feet on the floor. Send a grounding cord down from the base of your spine to the center of the Earth. Make it nice and wide. Set the grounding cord on release and begin to release excess energy from the body.

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. And we want this beautiful meditation to be very grounded so this big wide grounding cord and Earth energy running in our legs will be very important through the whole meditation.

Finding a place in the universe that's in harmony with you. Bringing cosmic energy into the back of your head, one inch above where the spine meets the skull. Bringing cosmic energy down through your back and back channels. All the way down into the pelvic cradle. Looping up the belly, up the chest, up the neck, up the head. Fountaining out the top of the head like a beautiful Italian fountain bathing and cleansing your aura.

Pulling your aura into 18 inches around your body. Let's go ahead and take a little golden vacuum cleaner. A little golden Rhoomba and just from the top of your head, spiral around and clean up your aura. And just throw it down the big grounding cord once it's done. And now we're going to awaken the chakras and as we do, we're going to also start clearing the kundalini channel.

So there are 3 chakras below the body and we're going to just assert them coming on. So you can just imagine 3 chakras below the body. They're actually below your feet. So they're each cones and they're facing down and they're single. 3 feet below your feet. 8 feet below your feet. 11 feet below your feet. So you can just see them. They're about 3 feet apart. We're gonna activate those chakras and just see them on and they help us stay grounded and connected with the Earth. Really accessing the resources of the Earth.

And then we're waking up our feet chakras, their discs, at the bottom of our feet. And awakening them up and feel the awakening in the feet chakras and knee chakras. And the knee chakras sometimes look like golden crowns. If you've spent a lot of time in prayer on your knees. Some Christian traditions, they pray on their knees and the golden crowns can be one. So the knees, the ability to honor yourself with the knee chakras and really your divine self.

And then we're activating chakra 1 and this is at the perineum. And then at the base of the spine is chakra 2, and chakra 2 goes out the back. It's a little cone. It's about 6 inches narrow at the base of the spine and then wider as it goes out about 6 inches out and then also at the pubic bone, chakra 2. And kundalini is starting at the base of the spine, so we're really accessing both chakra one and chakra two.

And how the kundalini awakens is it first starts with one. So it's not necessarily seen as a double helix. It first starts as one kind of serpent like energy. It's not a snake, it's just an energy that comes up you know about looking like a spiral it's going around the spine. And we're gonna clear the spine and the relationship that the spine and the kundalini have as we approach the upper regions, so.

Just seeing the spine again being activated with the kundalini and we're bringing the kundalini up a few inches and we're just beginning to clear. It should feel wonderful. It should feel light. It should feel interesting. Intriguing. There shouldn't be any feeling of trauma. There should be no sound with this. We're clearing out the path. A lot of times, there's lumpy bumpy stuff like clumpy oatmeal or clumps of ookie tar and that's what we're clearing out the blockages.

Blockages can come from past lives. We've done a lot of clearing already on kundalini prior to this, so. The clearing of the programs and curses and things like that will really help just with the gentle move and especially the clearing we just did in the blueprint where we reset the blueprint.

And as we're spiraling having the kundalini spiral up just above the waist line is the 3rd chakra in front and back and we're activating the 3rd chakra to 100 percent. So chakra 1, 2 and 3 are being activated to 100 percent and as the kundalini is touching the ends of the chakras. And so we're, you know, part of the same system really. The kundalini and chakras are part of the same system.

And you are welcome in trance as you're sitting in meditation to also use your hand in a quantum pump movement if you'd like to help even more amplify the shifting energy especially if you feel something is stuck. So you can use your right hand and do some quantum pumping but leave your eyes closed and stay focused on the process.

And we're moving up through around the spine. Up through the heart chakra area and ladies, for you, that's the bra line in the back and the bottom of the sternum; and for men, bottom of the sternum and of course between the wings lower bottom part of the wings. And the 4th chakra is activating, that's the heart chakra. The will chakra was the 3rd chakra. The belly; just above the belly button and just at the waist line in the back. So we've got chakras 1 through 4. We're activating as we move the kundalini, the single coil up the spine.

We should be gentle. It should be easy. Sometimes, kundalini is associated with birth and with death. So sometimes there's some intense charge in there. We're taking that off. The intensity of it and we're experiencing the joy of it. You know, the joy of having the kundalini and the awakening experience. The enlightened experience. What it feels like.

Sometimes I felt like there was a hallow blue tube that went through center of my body related to how the kundalini is so active in my body. And it just feels like amazing when I get in touch with that sensation. It just feels so blissful and so peaceful in the body and so divine. And we can continue to raise the kundalini up through the neck and now we're at the bottom of the neck, the chakra 5 again at the hallow of the neck in front and the little bump on the spine in back.

Activating the 5th chakra to 100 percent. The kundalini is touching both back and front of the chakra 5. Continuing to raise the single coil up. Single coil is continuing to go up and then into the 6th chakra, the eyebrow center. In back, it's about 3 and a half inches up from the base of the spine on the back of the head where the chakra comes out and then in the brow region. So, between the two eyebrows is where it comes out in front on the 6th chakra and we're bringing the single coil up through the 6th chakra and then it's meeting at the 7th chakra.

7th chakra is your crown chakra. We're activating the crown chakra also to 100 percent. So, as we touch the chakras, we're activating them to 100 percent including the 6th and the 5th. Just getting them on and spinning to 100 percent. It's feeling very wonderful and glorious and just see a lot of light coming in and a lot of really the nutrients that the chakras and the kundalini can feed the body.

And we go up to the 8th chakra about 2 feet above the body. It's typically in the aura and this is where the kundalini starts dispersing and spiraling around the body. So it's a beautiful experience where it gets to the 8th chakra. Activates the 8th chakra and begins to you know , do it's spiral dance around the physical body.

And we're gonna just enjoy the experience now of being bathe in kundalini energy. For those of you who are ready, you can awaken the 2nd coil and let's bring that 2nd coil up through the first and second chakra, base of the spine is where it starts. And through the 3rd and 4th, 5th, 6th, and 7th. So now you have the double helix and it is matching the beautiful ride that we did with the first, the first coil.

And then it's going up through the eight and spiraling around the body. It's really in a dance of energy around the body inside the aura. Inside your auric field. And we're just enjoying the fullness of kundalini in its awakened state knowing that we can return to this when we sit in meditation and we can return to this joy and this incredible feeling of awakened enlightened connection.

And we'll continue to allow the kundalini to do it's wonder inside the aura and inside the body and as we now are going to move up just to finish last week's process also; we'll go up through the chakras above the body. So, we'll be waking up the 13 additional chakras. We've already been working with chakra 8 and so we're going to work with those additional chakras. And we're just move up. Oops. Okay.

12 chakras above the body, so. We'll just continue to move up through the 9th, 10th, 11th, 12th, 13, 14, 15, 16, 17, and 18, 19. So interesting to look at these chakras that are related also to your golden rings and your high self and how we're experiencing an incredible activation. You-- in these regions, you will see divine beings. You will see angels will help.

We will activate the golden rings at the same time. So we just have our golden rings. 3 or 10 of them. Let the golden rings come on now. See the integrating of high self with the spirit in body. See the soul really capable of doing its job of protecting. Seeing the life force setting again at 100 percent and the strength and power that comes into the body from the spirit. It's now reset at 100 percent and holding at 100 percent.

Continuing to run Earth energy through the feet so you don't float away. So you want that Earth energy up grounding your body. Up through the feet, ankles, shins, calves, knees, thighs, out the hips. Continuing to feel the presence of mother Earth. You're in a joy and bliss state. And I'd like you to, if you are dancing out with the angels right now and up in the higher regions of the chakras and the golden rings, I'd like you to imagine your spirit settling back into the center of your head.

A tremendous amount of light and gold energy just sit lying into the center of the head. And then filling out your body as a spirit and taking some nice breaths in and out, cleansing breaths into the nose and out through the mouth.

And coming back into the room. Feeling really Present in your body and enjoying the kundalini in whatever state it's now currently in. It may be going back down now. It may be going to a quiet state. Just like water draining out of the bath tab. It's just 'woosh' going back down into its peaceful state or coming into your body feeling very energized and recharged. Feeling very present.

May 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. Welcome back, everyone. And how was that for you? That was pretty amazing.

"I was laughing when you went through the 5th chakra." Very funny. Okay. Wonderful. So I'm guessing some of you had some very profound experiences. That gentle awakening of the kundalini. First with one coil and then with the other coil or-- yeah. Spiral really does make enjoying the process of awakening kundalini, so. I encourage you, if you want to be practicing that, you can use this replay and just forward into this part. I've never done a meditation on this but I could see that would be a beautiful meditation.

"I felt a great deal of pain in my upper back around my heart chakra. Kept yawning and felt awful. Was that just me?" Nina, that probably was just you 'cause that's a little bit unusual. I hope you were pumping to clear that because that would be like punishment energy from maybe a couple spiritual parasites. It's what I get when I test. So that goes. "Feel floaty in my body." And Cindy says, "Amazing." And Marisha says, "Thank you, Julie. That was amazing experience." And Aileen, "Amazing. Feeling like very peaceful. Thank you." Welcome. And Janet, "Thank you. Just felt wonderful nice energy. Happy

and joyful." And Bea, "Amazing. Feeling light. Very peaceful. Thank you." You're welcome.

And Aileen, "Amazing--" Let's see. "Do I need to clear something in my-- Do I need to clear something in my neck at the back of my neck?" Alien type 4 and archon. 3 of them. So, yes. That would be good. "Wonderful." Nice. "Great meditation." You're welcome. "I cried and cried. So very grateful. I felt enveloped in the arms of love and enlightenment and peace. Shaking." Beautiful, Janice. If you're shaky, a few more cleansing breaths and really fill yourself you know firm in your body that would be really helpful.

Paula, "It was out of this world experience. I was aware of the higher plane of existence." It was going very faster. Beautiful. I also was really seeing the higher planes of existence on a tremendous amount of gold light. I was having visions like it's amazing to take you guys through this process, so.

"Lots of colors. Really bright light. At some point, I was dropping in the pump. Thank you." Wonderful. "Presence of light beings around us. Feeling renewed." Exactly. Paula, "It was out of this world. I was aware of higher plane experience. Felt the presence of light beings around." Beautiful. Okay. Wonderful.

I am gonna read everyone of these and we'll share the chat box comments when we send out our follow up. I feel like I'd to get into a tiny bit of prana before the class is over and we really are almost at the end of our class already. Unbelievable. So let's go ahead and move right into the next one, prana and breath and breathing, so.

Prana is the life force or vital energy which permeates the body especially concentrated along the midline in the chakras. So again, we're activating-- these are also intimately related. The chakras, the prana, the kundalini are all very intimately related. Prana is said to be the nutrient in our breath and is health promoting. So it's like there's prana in the air. We breath it into our body. So some traditions say that it's the nutrient we breathe in.

Breath establishes spirit in the body at birth and defines the end of life, last breath. So it is intimately related to the quality and relationship of spirit to body for the duration of one's life.

To clear the challenges to having great prana, we're gonna pump to clear these. So, amplification, bloodline, soul contracts, evil spirits, alien type 6, implants, guests, holographic inserts for the guests and DNA issues can cause problems in the prana, where would having great prana. And then additional issues, control, suppression, held back, and the right to exist. So you will clear all of these.

And while we're clearing this, I'll read some more comments. Let's see. Yeah. Yes. I think we're gonna do great. Just so-- this is gonna clear and then there's a breathing exercise, the right and left nostril. So why don't you be pumping. Let's see. Yeah. I'll read a couple more comments. We'll pump and then we'll do a breath exercise to complete. We'll do one pranic exercise to complete the class.

Nancy says, "So grateful for the class." Jamie, "Do I need to clear something causing lots of mucus." Alien type 4 and implants for Jamie. And Aileen says, "Thank you." And Limmy, "Thank you so much. So beautiful. I almost burning with warmth and love inside me and around me." Beautiful. And Nadia, "Did want to come back. So powerful." And Nila, "I was shaking, laughing. So expanded. Happy. Beautiful beyond words. I'm so grateful. Thank you so much." And Trevor, "Met up pins and needles. Pleasant creeping up my legs." Interesting.

Sherry, "With my eyes closed, I saw a green and violet. Beautiful meditation. Thank you." Wonderful. Yeshwant, "Very energetic experience. Can't we keep our kundalini raised permanently?" You can. Yes. "Are my-- all my chakras open now? Own kundalini [Inaudible 00:57:21]. "I get that it's a 50 percent true for you on keeping the kundalini up. And are all your chakras all on open? And the answer is yes. And Sharon, "Thank you, Julie Renee. Wow." And Nancy, "Chills and many yawns." Wonderful. And Abdul Gafa, "Sorry to say, I feel nothing." That's alright. Sometimes that happens the first time you go through the experience of awakening the kundalini. There's nothing wrong with you. It's there. The process did happen, so. It's interesting that you didn't feel it but sometimes you need to clear the ability to feel spiritual energy moving.

Nina, "I did manage to open all my chakras despite the punishment energy." Yes, you did. Very good, Nina. Margaret, "Feel expanded, light and floaty. Peaceful with a bit of sadness." And Audrey, "Feeling-- felt lots of releasing and deep breath. "And by the Margaret, sometimes sadness can be-- like I said, it does carry the memory of birth and death, so. There might be something in there that you might wanna clear.

Audrey, "Really ,really seam. Deep breaths." Yeshwant, "Julie, is sitting erect necessary during meditation? Lying down in savasana is okay?" It is okay. For the kundalini, I think it's better to sit up because of what we're doing with the spine erect but in meditation, laying down is perfectly fine. I usually lay down in meditation and savasana. Barbara, "Thank you so much. Love and blessing." Limmy, "Essence class has been life changing. Uplifting for me is deep in my self confidence. My optimism, my faith, my possibility of miracles, a sense of presence in my life and my physical body. Makes me feel bliss and joy. Thank you so much." Oh, that's a beautiful, beautiful comment. Thank you so much.

Jimmy, "Do we chop, doorknob or pump alien 4 and implants?" Just-- we're just doing pumping today. And Margaret, "Feeling a ton of releasing. I'm not getting the bliss that others are feeling. Is there a block for me?" No, I don't think so. I think just keep clearing, Margaret. When you repeat this class, when you go through the replay a couple of times, you will get to the bliss. It's just stuff that had been built up. That's clearing out and it is definitely on its way out. And then for alien type 4, implants for the person I answered for implants.

Okay, my dears. We'll go out with some breath and I hope to see you all in class next week. We have 100 percent You, 100 percent bliss starting off next week and we have a couple really amazing things. We have the second round of Earth clearing on Monday and we have the announcement for the apprentice program on Wednesday. It's the same time as today. It's from 9 to 10. So we're making an apprentice training for apprentices who wanna consider going into the apprentice training Wednesday morning. We'll be sending you out a link probably today for that class and of course it's free. It's just gonna introduce you to the program.

Prana, this way and this way. Breathing in through your nose, your right nostril. Holding for 16 counts. Breathing out for 8. Breathing in through the nose, 4 counts. So you're breathing in fast. Holding. And breathing out. So, we will do prana some more. I promise you. But we're out of time today. I love you. God bless you. Thank you for being in this class and continue, continue on.

I just urge you all to keep going. We're just at the beginning and my commitment is to make every single training that you participate in; amazing for you. I love you. God bless you. We'll see you soon. Hey, by the way. We've got some videos coming up on the classes for next month, so. Please stay on and watch the videos and I'll be on in the chat box for 10 minutes. Love you. Bye.