

## **Essence Live\_Part 1\_Transcript**

Good morning and welcome to Essence Live. I'm so excited for the batch of you, a whole bunch of you signed up last night so I'm really excited that you're here in the class. It's going to be an amazing four weeks of clearings and renewal and regeneration and really rejuvenation of your spirit, soul, life force, Prana, high-self, and Kundalini. We do this just once a year. I'm very, very excited that you've chosen to be part of this. A lot of times we're working so much in the physical, in the physical realm and then in the field of amplification and this is our opportunity to really go deeply into your essence, your essential nature which is your spirit and make the repairs, the retrievals, restore the vitality to that part of you that inhabits your physical body. We'll also be looking at the realm of embodiment which is a realm that we don't look at very often. So we'll be looking at that and we'll be clearing things from different areas of the blueprint so that you as a spirit can really get deeply and permanently into the relationship with your body until the time that you decide, I'm ready to go on to the spirit world or ready to reincarnate at sometime in the future. So we're going to really establish you in a very strong and powerful way, teach you some tools on how to keep your soul high and your life force high, even as you're aging and maybe for the people around you, they become less and less associated with your body. You're going to be able to really hold your body firmly and maintain that life force, which really feels like vitality and energy, doesn't it? Like force, when you have your life force at 100%, you are strong. And even if your body isn't perfectly healthy, the spirit informing the body of dynamic energy and vitality and life force, that gives you a kind of strength. And so if you're one of those people who has an unstoppable will, that probably is related to your spirit and it informs your body, I'm getting through this. I'm doing this no matter what.

Alright, well I see lots of excited people signing in and it's going to be a super fun class today. I want to give a special welcome to my returning students from Essence and from last year's immersion program. Welcome! I see a few of you have popped in; lots of you from Your Year of Miracles and so a very special warm welcome to you, and to anyone who is joining us for the first time new in class. We'll be going through the basics of everything today – how to use the quantum pump, how to muscle test, why everything works. We'll be covering a lot of territory today. Wow, lots and lots of people signing in. Yay, I love it! Let me see here, Janet from Laguna Beach. Oh, by the way, for those of you who are in California or close enough to me, that you'd consider coming for my birthday party, I'll be sending out an invitation to everybody this afternoon. I'm having a birthday party on April 23<sup>rd</sup> at my home, so if you want to come, I want you here. Nancy from New York City. Trevor, hi from Berlin. Cindy from South Africa, Audrey, hi! It's nice to see you again Audrey and Violeta, nice to see you honey. Tony, you're getting to be a regular. I love to see your name on the chat box here. Good morning Nila, Lemee from Estonia. Nazeen, lovely to have you, all those little happy faces. Anne, good

morning from Wisconsin. Anne, did you know I lived in the Minneapolis area? So, I know all about Wisconians and those cheese lickers. You guys have a store called Cheese Licker and we used to joke around about the Wisconians, the people from Wisconsin being cheese lickers. We had a silly thing going. Okay and Sharon from BC, Canada, and Serena from Slavonia, and Sherry from CTI. Heather, good morning darling Heather. "I'm excited for this special class – Nadia." Those are some of my current immersion students coming in. Abdul, "My first time." Nice to see you Abdul Gafar. And Nancy from California, and Victoria, good morning dear Victoria, also an immersion student. Madonna, Mai, good morning Mai. Mai is a special VIP client, as I've seen other VIP clients here. Sharon... Let's see the phone line, thank you for commenting on the phone line honey. I had it on mute, so it's now on. So if you were having trouble here, I apologize. That's what what was going on but it's on now. And then Mary and Paula from Israel, Megan from Ontario Canada, Tara, and Margaret, and Janice, and Kimberly from Ohio is grateful to be here. Mai is from England and Donald, love to all. It's a party! Yes and Barbara, good morning.

Alright, so I do have the phone lines open. I know some of you wanted the phone lines open and I apologize I just had us dialled in but on mute. We're off mute and you can hear on the phone line if you'd like to go that version. Welcome to the call. I know there's a lot we're going to covering today, but if you like to share with me what you're looking for in this class, I'm also interested in seeing what it is that triggers a response and why you pop in. What is it that you see for yourself that's possible? So what you're looking forward from the class, that would be awesome. Please just go ahead and comment on the chat box. What is it that you came to the class for? Heather I think I've taken me off of mute, so it should be working now. "I'm not sure, connected to my own true self." Oh good Paula, connected to my own true self, wonderful. Will somebody just confirm that you can hear me on the phone line now. I have un-muted the phone. It's working? Thank you support. Okay, wonderful! Yes, that was just my error. I usually put myself on mute and then take both off at the same time and I just didn't this morning.

Let's see, Nina, "I have signed up in order to move into the fifth dimension." Victoria, "I would like to get my passion back for living a creative, abundant life." Beautiful! Nancy, I want to connect with my higher self." Darshan< "I like the idea of coming back into my body/" Beautiful! Marie, "I came on to speed up the other clearings I'm working on." Yes and this would definitely do that Marie. Anne, "To be whole and connected again." And then Kimberly, "Soul embodiment, connection with high self, physical improvement and help with disassociation." Heather, I'm going to recommend that you contact support and they're going to help you. It looks like you've got a couple things that you can probably do. I'm just going to also write it in the chat box in case you can't hear me.

Okay, let's see here. Oops, we keep moving, that's wonderful. Kimberly, "Soul embodiment, connection with higher self, physical improvement with health with disassociation." Okay, that's really good. Rose, "To bring all of my splinter parts home." Fantastic! Tony, "I got interested when you wrote about soul lost in past life because I had some soul retrieval for me would be beneficial." Okay and definitely for everyone, I'm going to say. Nazeen, "I wish for a deeper connection with my authentic self and to express fully from my truth." Beautiful! Janet, "This topic is super interesting to me. I love more knowledge and empowerment. With kisses..." Megan, "Clearing any blocks to connection to spirit being fully embodied." Donald, "To improve imprint for the beloved." Beautiful! Audrey, "I'm in this class to create and maintain my authentic, pristine blueprint." Beautiful! Marcia, "I want to move into my essence and to improve my ability to communicate with my animal clients." Cindy, "To reconnect with my passion and clear disease from my body." Margaret, "After being really in-tune spiritually, I felt disconnect happen, I think from the outside sources and I am wanting to reconnect and connect with my intuition and manifest more." Beautiful! And Nancy, "Having all of me in one place, past lives and now." Beautiful. Yes, we're going to do that for sure. Janice, "To really clear out limiting beliefs, blocks to being able to integrate with my true inner self." Heather, "I want all of me in my body. I know the spirit is beautiful. I do not feel I have been able to live from my spirit. I often feel that my spirit was high jacked or that my spirit was afraid to be in my body." Nadia. "Be part of a unified field fully while being present." Beautiful! Nila, "To restore my life force completely and fully connected to my divine." I'm going to say divine self. And Aileen wrote unconditional love, beautiful! Sue, "I want to get my essence back from a group." Okay and "To restore my spirit..." this is from Abdul. "...soul which is spread all over the world." Aida, "Clear all from my body that doesn't belong to me." Sharon, "To be completely aware of my connection to divine source and live life full on all levels."

Wow! Wow! Well, we have some really great intentions, some very high intentions and that also sets the energy for the class. It's super exciting you guys. I'm really, really happy to see these statements of commitment and declarations of this is what I claim for myself. Severina, "I love life so much that I'm doing everything that gives me hope for my physical body that seem to last, blocked to be loved and truth that I feel I came here to be. I am stubbornly trying everything for many years." Well, I think this is your answer. I think you're going to get everything that you hope for, everything that you're really looking for in the quantum activations programs and Essence is a wonderful place to start.

Now today in Essence Day 1, we're working with restoring spirit. We'll do a retrieval of 100% of your spirit. We'll do a spiritual surgery to restore the reassembled spirit and get it fully operational in your body, all the spirit parts back to one part. Restore spirit 100%

in the body, so that's the embodiment part and most folks have never actually even felt this experience, so this is going to be a beautiful experience. We'll start with an opening blessing.

*[Chanting]*

*Vakratunda maha kaya  
Kyoti surya samaprabha  
Ner vig nam kuramay devo  
Sarvakaesho sarvahda*  
(Chants in Sanskrit)

Alright and we're going to start directions on the quantum pump. Katherine, "I see connection to parts of self." That's wonderful. So we'll start directions on the quantum pump. For those of you who are brand new, we'll go through a little, tiny, short primer but you'll be able to understand what we're up to and why it works. The quantum pump is a hand movement and essentially what you're doing is you're getting your elbow down at your waist here and your hand is moving forward. Now this is an exaggerated look of what it might look like, but we're not going all the way into the palm. We're not actually using that kind of muscle on squeezing. Actually, it's more of a reflex, so it's moving forward. It's more of a reflex and that's how it looks, like that. Very good. That's the quantum pump.

Why the quantum works, there are two kinds of relativity. Please practice this while we're talking about quantum physics. There are two types of physics. There's the Newtonian physics which is relativity, the apple falling from the tree, what you see is what you get. And then there's quantum physics and quantum physics defines everything is part of a field and the field has particles vibrating. And based on how the particles are vibrating, you have a globe, you have Julie Renee, you have a necklace. And so we see that this field, when you are in the high elevations of the fields, you could rearrange the particles for a better result. So what we're working on is getting into the higher vibrations of the field and rearranging the particles, and so that's what we're doing with the quantum pump. It came to me in a divine, ecstatic experience where I felt very blessed and I received this hand pumping in my garden eight years ago. And so this allows you, no matter where your vibration is, this allows you to get into the quantum pleasure field and to really transform whatever it is that you're focused on. So whatever the mind is directing, you can accomplish. What the mind can conceive and belief, it will accomplish. So we're setting an intention which is very powerful, thoughts become things and then we're using the hand pump to access the quantum pleasure field, the higher fields where transformation happens. In the lower fields which we often

exist in our daily life, we don't have that access to transformation. In the higher fields, we have access to transformation. That's the quantum pump.

We may be doing a little bit of clearing with spiritual parasites. I did discover there are interruptions in embodiment with spiritual parasites. One of the hand movements we use is the doorknob. It just looks like you're holding on and you are just gripping on a doorknob and your elbow again is on your side and you're just doing a kind of twisting motion. Let me show you the whole arm so you can see. This is really effective for spiritual parasites, especially the bugaboos that are really holding or gripping you. And then the other one that we sometimes use for clearing spiritual parasites and anchors is the chopping. You probably have seen me do the double pump. The double pump is two hands, like a reflex. You can do them at the same time. My rhythm is to do them alternately, but you can do them equally effectively if you do them at the same time. I just do them alternately. The chopping is the fingers are more like chopping, so they're not loose and flailing all over. They are more held together. That's chopping. So chopping and doorknob, we use for spiritual interferences. The quantum pump, we use for clearings and regeneration.

Very good! Alright and then the other thing I want to cover with you is muscle testing and we're going to do this really quickly because we need to get in to the spirit retrieval. If you have a different way to muscle test, that's perfectly fine. Right hand, fore finger, left hand, pointer finger, pushing down on the ring finger of the right hand. You're holding very firm, so you're holding it as firm as you can. The muscle becomes weak if you tell a lie. It just drops if you tell a lie. I am Bozo the clown, it drops. It just becomes weak, so the body has an intelligence in the muscles and it becomes weak if it's not true. I'm Julie Renee... It stays strong if you're telling the truth. If this is your first time being introduced to muscle testing, you'll be wanting to practice muscle testing five times a day for about six weeks. We will be putting up a chart for you on clearing muscle testing, so it will give you some other information if you seem to have problems and your muscle testing isn't accurate. But I'd like you to first really practice because you're learning how to own that system and so the practice is really important, more than pumping clearing. It's just starting to practice being able to access the truth that comes from your body.

I had decided years ago that I didn't want this to just be a program for people who were clairvoyant and could see. I wanted it to be for everybody and muscle testing really allows every single person to have access to this knowledge and to be able to clear themselves. Muscle testing is also Kinesiology. It was defined in 1976 by a chiropractor. It's been around forever. Coincidentally, the quantum field and the Newtonian physics,

so quantum and Newtonian physics were both defined in 1915. Isn't that amazing? So a lot of this stuff has come through in the last 100 years.

Alright, I will take more questions but I want to get us started on some of the clearing and retrieval stuff. Let me just move forward a little bit and then I will come back to questions. Retrieval of spirit, the process for permanently restoring. A majority of human beings living spirit in body have ownership and access to only 63 to 83% of their spirit and discovering where the missing parts of spirit are and why they are not with me. Severed from violence in past lives - this is one major thing that I see pretty consistently is when you went through something really traumatic in a past life and people, beings who had wizards and witches and whatever, and I'm not saying everybody is bad, demons or whatever, people who were evil had the ability to hack off parts of your spirit. So, we're going to be retrieving all of that now. Irresponsibility, sometimes we just didn't take good care of our spirit. Evil spirit curses, demonic, black magic, spiritual parasite attack, demonic attack, that would have to be very, very severe to affect spirit, but it can. Lost parts of spirit prior to soul being developed, that also can happen. We have parts of scripture that talk about why the soul is developed.

There's a beautiful legend... Let's get started though on the soul retrieval and then I might come back to that legend. Sorry, I just feel like there's a thousand things I want to do with you today, because I added more to the class. Okay and what do you feel when spirit is less than? It could be that you feel nothing much because you don't know what it feels like to be whole. You can feel thin or weak as a spirit. You can be really affected, overly affected by elements, feeling exhausted when the mind blows or having a response to the physical environment that fatigues your body and functioning with less. You may just feel like you're functioning with less, that you're not all there. I hear it quite a bit, I'm not all here. Clearing causes both for missing spirit and reduction of light in body, we'll be going through these clearings now so everybody will start pumping. In amplification, we'll be clearing Lucifer stops, demonic curses, satanic curses, soul contracts and demons, and then demons and anchor is a permeation. Then we'll be clearing perception, group mind, group mind virus, black magic, curses and traumatic episodes. We'll also be clearing alien type 3 which is a burrower, so it's kind of snake-like and connect sin through portals in perception, so that's in one of our fields. And then alien type 7 which is Draconian and has implanted holographic inserts and then entities and they're from the Orion sector and they put in holographic inserts. In the emotions, we'll be clearing the emotional body and brain and then the cellular body, we'll be clearing DNA, bloodline and walk-in permeations. Let me just double check on this. We're going to take bloodline out. It didn't take really strong before the class and I'm testing it again. So, clearing DNA and walk-ins with permeations.

Okay, so everybody is pumping and I'll come back on the screen so you can see my face and you can see my hand pumping, for those of you who are new and then we'll go through some questions. We're going to be clearing for 16 minutes. We'll be through this... Oh, we've got a little bit clearing to do. Okay, so everybody pumping. You can do double pump if you want to. I want everybody full steam ahead on the pumping. I'm coming back on the screen so you can see me. Okay, I'm just going to scroll down. Let's see... For those of you who are having technical glitches, understand that we are working in a spiritual field and so you may have some spiritual parasites – we're pumping, we're pumping – that you will need to clear from your computer and your technology. If this is a problem occasionally with you, I would recommend, we just recently did a class. It's now available as home study, called technology tune-up. I hear from the students who attended that class that that was one of the very best classes they had ever taken. It teaches you everything you need to know about where parasites are, how they anchor into, how they cause problems, and you'll have a really complete and fast, rapid ability to clear your technology so that you'd get a clear, strong connection. Yes and I'm addressing Kimberly because I did pickup that it was spiritual parasites and not the speed of your computer. That is what I could tell.

Bee says she's done Essence twice, "Have I got 100% of my spirit now?" You have Bee. Yes you have. You're going to be delighted; I've added some additional things related to spirit today into the class, but you are 100%. Victoria, "Thank you for pumping with us. I know that makes it faster." You're welcome and I'm doing my whirly thing Victoria so my hand is going (*makes whooshing sounds*) so you might be feeling, ooh! And Nila, "I love the opening chant. Maybe we can do more." Possibly Nila. This particular class, I have so much to cover and I do want to answer all the questions but I would love to, if we get through everything. I would love to bring more chanting. That would be wonderful. Darshan, "When we lose our spirit, is it possible that we lose all of it and if so, how do we live?" No, you can't lose all of your spirit because you wouldn't be able to embody. The actual act of embodiment is spirit in the body. You'd become some kind of a synthetic alien or something if you lost all of your spirit. Your spirit is you. So no but you can lose pieces of it though. Kimberly, "Yes, I had spiritual interference and attack." Okay and just to coach everybody, even if it feels like attack, you'll say, "Oh, my computer experienced some spiritual interference..." and you clear it. You don't use the word attack because it gives them something to hook into it. That word itself is an anchor. The word attack is an anchor. So you want to be fighting back and you just want to be clearing. It's just a level of consciousness around a word that's an anchor that is also black magic that we do and it helps them stay, get a hold. Remember when you're pushing against something, how something could push against you. But when you're not pushing against something, you're just clearing, there's nothing pushing back.

“I’m getting cataract surgery. Should I do something special to make sure I don’t lose spirit?” You won’t lose spirit with cataract surgery. Do the meditations once or twice a day. Mary, if you have Dynamism, that’s an excellent meditation for really connecting into spirit. If you’ve done the Simply Beautiful, Beautiful from the Inside Out, or beautiful Lighten Up Program, the prep and clear meditation is so powerful for before and after surgery and for any kind of difficulties or traumas, but that is only sold in that one program. So, Dynamism is wonderful also. “When I muscle test how much I’m connected to my spirit, it tests 30%. Is that true? That’s frightening.” Well, let’s test it a different way. Let’s look at how much of your spirit you have. You have 84% of your spirit, so you’re actually on the higher side for our range. So 16% of your spirit is missing. And then you’re looking at how much spirit can live in body and that actually might be a lower 51%, so that is a little bit lower, how much spirit can live in the body. But as you’ll see in my numbers, that’s not unusual.

“Can you test to see how much I’m connected to my spirit please?” Why don’t we do instead, why don’t we look at... the real thing that we’re looking at is how much of your spirit is missing rather than how much am I connected. Right now, what we’re looking at is what we’re going to be retrieving in a few minutes. So I want you all working on the clearing – pump, pump, pump and then we’re going to retrieve all the missing parts which is a very, very big deal. So we’re going to gather the parts that have been scattered through the eons and we’re going to pull everything back together and you’re going to be different. Your spirit is going to be 100% intact. And so that question, I think it was from Cindy, 63% Cindy on how much spirit you have. Marcia, “What type of pumping are we doing now to move us quickly forward?” If you want to do the double pump, that seems to help people go a little faster. You can do the single pump with a strong intention on clearing or you can do the double pump with a strong intention on clearing. Okay, that was Marcia.

And Tony, “I somehow lost what we are pumping about.” Let me just show you again. We’re pumping for 16 minutes and we’ve already done 6 of those minutes. Here we are, this is what we’re clearing, first of all to prepare our body and to prepare for spirit retrieval. We’ll be doing both. We’re retrieving all the pieces of spirit and then we’ll be making the connection between body and spirit. And so we’re clearing all of the interferences and this is the list... By the way, you’ll get this in a PDF after the class. So if this is of interest to you and you’d like to keep track of what we’ve been doing and what we’ve been working on, what really does actually interfere with your spirit and your spirit in your body or what keeps you separate from those pieces of spirit which we’re going to fix today, but this is the list. So I went through and really checked on what is it that interferes and in what field. We’ll look at the aspects of the blueprint. I’d love to give

you some details about the blueprint while we're doing this pumping. We'll stop in 8 minutes and we'll do the spirit retrieval. That will be the next step.

Let me talk a little bit about... You're seeing these words – amplification, perception, emotions, cellular body which is matter, so these subheadings are in red. I'd like to talk to you about the human blueprint just on a very basic level. We have a wonderful and very reasonable... The tuition is really low for the 100% You class and we'll be doing that class, I believe it's next month and I encourage you all to come into that class, if you're wanting to have really the foundational information on the human blueprint. But essentially the blueprint is made up of four parts: Perception which are thought forms, in the beginning was the word and the word was God and the word was with God, so thought forms. Essence, our essential nature, spirit, soul, life force, and high self, which we're working on now. Matter, everything physical and in physical form – the cells, the glands, the organs, the fluid, the bones, the muscles, the ligaments, everything, hair, the nails, everything that's in physical form, including the DNA. And then energy, and energy includes the chakras, the meridians, the aura, the halo, the human spirit access portal, the Nadis, the meridians and everything that energetically either protects, or supports, or surrounds, or energizes the body, that's part of the energetic body. So that's P-E-M-E. P-E-M-E is the blueprint. Perception, essence, matter, energy, and realms. And realms rather are the supporting realms that support the blueprint ad so the blueprint is P-E-M-E. Perception, essence, matter, and energy.

And then the realms, we're going to go through them right now. Genesis, the realm of creating out of nothing or new life. And so we a technique in the quantum activations program of cellular neogenesis. So you can either restore a very damaged system or organ or gland or cell using this technique, cellular neogenesis or you can out of nothing. I grew back my tonsils that were surgically removed at age 3. I grew them back at age 46. You can also grow out of nothing. I grew a colon back for a woman that had had her colon surgically removed. That's the realm of Genesis. The realm of embodiment, we'll be working with today and throughout the class. The realm of embodiment is the ability of spirit to live in body and to be connected to the body and that's part of what you guys have been asking, how much am I connected with my body. We're going to be clearing the realm of embodiment so that you're going to be able to really have that relationship much stronger. Unfortunately, some of what happens, when we get disconnected from our body, spiritual parasites and interferences inhabit the body so we would really be working on that. And then the quantum and the quantum field or realm is where transformation happens. We do transformation really in the field vibratory rate, higher than unconditional love. That's where it starts, that unconditional love and higher. And then finally the field of amplification and amplification is wonderful and good and it's like the law of attraction. So that field is really, really helpful for so

many things. However, it's also the field where if you're ruminating on something negative, it's going to manifest in your life. And so a word that we'd say like I'm under attack, that would amplify and ripple out into the world and would become a thing that is in your field. So we have to be careful about what we say. Speak the truth.

One of my students who is on the call here was noticing, I was talking about, like I said three times it broke my heart and she pointed out to me that I actually was saying it broke my heart and I realized that I could say... Which I hadn't been catching. I've been just working with really feeling my feelings. I could say very truthfully that I became very sad during that time and was in grief. That would be a really accurate description and I wouldn't put black magic on myself. The 'it broke my heart' would put black magic on myself. And it's really interesting too because I was born with a heart condition. And I run and I hike and I do all kinds of things but if I wanted to really strengthen my heart, I would say all kinds of positives about how strong my heart was and how resilient I am. So you can use your words and put them into the field of amplification in a really positive way. So that in a nutshell is the human blueprint. Essence is the second part of the blueprint. Perception, and thought forms, and words are the first part and essence, spirit, soul, life force, high self is the second part. And without essence you don't have a blueprint. You have to have essence. Essence continues to live in and out of body so whether you're incarnated, meaning you're living in your body, your spirit is living in your body or you're in an in-between time, you're in a healing temple, you're in a heavenly realm, or some folks go on and stay on the planet, that's called a ghost, but that you have spirit to have a body and incarnate and have a human experience.

Okay, we covered a lot here. I see more questions have come in. I want to just see where we're at here. We're just about ready to do the spirit retrieval process. Just keep pumping. Oh and that's where we are. Wonderful! "Can anything affect the spirit after today's class again?" Likely not but I mean if you tangled with a nasty being, it's possible, but likely not. Once the spirit is restored, it typically stays restored. I haven't seen anybody's spirit be hacked off after we've done the repair. I've never seen it, so I don't think so. And that reads at 98% true, that it just isn't likely to happen.

Let's see here, a couple questions and then one more minute and then I'm going to do the spirit retrieval. Megan, "Do I have a spirit deadness in the upper right quadrant of my body? I have had lots of problems for years. Will this help?" It looks like Megan, spiritual parasites, alien type 3. Alien type 3 is attached in with anchors and mechanisms. It might help though because we're working on the field of embodiment. Let's see, what type of pumping are we doing now? Oh, we answered that. "How much spirit have missing..." We're going to do the spirit retrieval Aida, so everyone will be 100% when we're done. "What's the difference between spirit and soul?" A spirit is your light. It's

your information and your wisdom and knowledge. Soul is the protective chalice. We'll be actually doing a class on soul, so you'll really get that difference. I think that might be next week. "I get 16% of my spirit is missing..." 19% actually Margaret. "Disconnect happened when I was 14 or 15 in emotional state, spiritual loss." No, that would be more in your neurology, Margaret.

Okay, so we'll start up when we start up with questions again with Aileen. What's going to happen now is I'm going to go into kind of a trance state. Not really, but I'm going to be out retrieving all of the pieces of you guys. You're welcome to support the space by staying very positive. You can continue to pump just to support the effort and I am going to go and retrieve all of your pieces. I'm going to be quiet while I'm doing this so that I don't miss anybody. So we're just going to do that now, the spirit retrieval. You won't hear any sound for a little while, while I'm doing the retrieval. (*Silence from 00:43:10 to 00:48:30*)

Okay the retrieval is complete and I'm just now working on really reintegrating the pieces that were lost, purifying some of those that were muddled and funky. You can just imagine a great deal of light coming in to that which is spirit, that which is joy, your essence, resilience and brilliance. We're just going to be surgically melding all of these beautiful pieces together and melding them in, in their purest form. (*Silence from 00:49:20 to 00:50:15*) Okay my dears, we're at 100% with the spirit retrieval process. I'd love to hear from you how that feels and what you experienced while I was bringing the parts of you back and then really reconnecting those parts in their purest form, so that you are 100% as spirit. We're going to actually continue on too so please do share. But we have a few other things that we need to cover in today's class, so that we just get all of the things I promised in.

The next thing we'll be doing is pumping to remove darkness. You'll be just removing the darkness from the cellular body. You can just get started on this. There will be homework on this because it does take some time and then amplifying the light. So the first thing you do is remove the darkness and the second thing you do is you amplify the light. Both of them are done in the traditional quantum pump. This will be part of homework this week. Affects the realm of embodiments, and so these were other things that I wanted to deal with today. Not being able to be fully embodied, many individuals are at most about 60% embodied. To correct this, we restore the realm of embodiment by clearing the right to 100% embodied, the ability to live 100% spirit in body, clearing pre-birth settings for less than 100% spirit to body relationship, and then DNA clearing on relationship fully restored to spirit and body. Oops, sorry about that. My hands sometimes have a lot of energy on them and they affect how the mouse is operational. This will come also as part of homework.

Okay, good, let's get started on removing the darkness and amplifying the light. We're going to be pumping to remove darkness and I'm pumping right there with you, so it's going to go a lot faster, and then to bring in and attract more light. In two minutes, we'll go to the spirit in body process. We'll be bringing the spirit strongly, powerfully back into the body. We'll do this pumping for a couple minutes and then we'll move to the meditation. I can see that we're covering a lot of ground here and there's a lot of questions and a lot of comments, so I will stay in the chat box for 10 or maybe 15 minutes after the class. So if you have questions that weren't answered during the call, I'll try to get to everybody's comments and questions.

This is from Aileen, "I guess that it is a meme or miasm about spiritual embodiment." It can be. Group mind, group mind virus can interrupt the embodiment of spirit. It definitely can. "I am actually feeling more embodiment now. It is true." Wonderful! Abdul, "What exercises should we do after the lesson?" You'll get the homework in a follow-up email, within two hours after the class, Abdul. Good question. "Have I cleared all of my spiritual parasites?" We're not really dealing with that in this class, Mandana. Barbara, "It would be good to retrieve all missing parts and connect to divine spirit. I feel that my being is stuck. It's possibly due to not only emotional trauma but life from past lives keeping me from moving forward." Well, everyone right now is 100%. We have retrieved all of your spirit. If you muscle test, you'll see that you are different. You have 100% of your spirit now retrieved. "I felt like I got my true voice back. Thank you so much. Is this correct?" It is, Audrey. Nazeen, "Thank you, thank you, thank you." Cindy, "Thank you so much. I had lots of deep breathing going on." Wonderful! "I was coughing a lot during the process. I wonder why my throat chakra was clearing during the process." That's typically a spiritual parasite, Nina. "I had flashes of lives and landscapes that are not known to me in this lifetime. I faced a river of energy coming in 360 degrees." Wow Paula. That sounds amazing.

Trevor, "Cells feel like they are vibrating. A tingly, nice feeling." Beautiful! Janice, "I saw a huge sun and all of us in the class were like trees in a forest. The sun had huge drops, like raindrops of light showering down on all of us individually and those drops went into each of us, created a huge glow of light from the inside out. Even the roots of the tree were aglow with beautiful and brilliant light and you were the mother tree at one end with branches of light encircling all of us during the retrieval." That's so funny Janice. I had been thinking about the tree of life from the movie Avatar so much lately, that tree of life, so that really aligns with my imagination also. That's beautiful. Nazeen, "I'm feeling amazing. I'm feeling very grounded through my feet. Vibrating and buzzing with light. Thank you so much." Fantastic! Janice, "Thank you. Love you. Wonderful! I'm so happy." Nila, "I'm so grateful. There was so much Shakti, so much light. Oh dear Julie, it

was a powerful process. I burst out crying out loud, breathing deeply and giving birth. Now I feel such relief. Thank you, thank you, thank you, thank you. Grateful. I had tears streaming down my face. Amazing!" "I was very tearful, deeply appreciative of what you said about being conscious of our choice of words." Beautiful! Heather, "All of nature was happy. I saw happy children, happy loving families, flowers, garden growing. And then I saw light, all places on the earth. Our spirits were turning to our bodies and I saw a time when all people on earth had their spirit fully restored." Oh so beautiful! Well, that's certainly my intention Heather. I would love to be a facilitator for that. Janet, "If one had let's say 80% of spirit before class, what percentage of vibration could be possible to increase? Thank you." Everyone is at 100%, so that's complete. "My creative channels are tingling. Thank you so much." Marcia, "Feeling centered and grounded in my body, moving forward with confidence."

Okay my dears, I actually spent a couple more minuets reading the responses because they were so exciting. We are going to do the spirit and body process. We may go a minute or two over class. We're going to do it in a meditation and we're going to do it rapidly. So I just want you to get settled in and then I will be in the chat box to respond to all other comments once we've completed. Please stay on the call with me. You can watch the... Oops and I have announcements too. Here we go...

Here's what we're going to do. We're probably going to be about five minutes over our normal time. I apologize for that. We're going to insert spirit into body and then you are going to get homework for the embodiment and the light clearing. We didn't complete everything but it's just not possible to do it all in a one hour period. And then once we've completed the spirit in body process, because that I need to do with you, then we'll go through very quickly, in 30 seconds we'll do announcements, and then we'll go into watching movies together, movies meaning the upcoming classes and I will be in the chat box responding to each of you.

So if you could just ground yourself, with a lien of energy as wide as your wrist, hollow in the center, from actually the adrenals. Let's ground the adrenals. Male bodies, your testicles, female bodies, your ovaries, and then also just a major grounding cord from the body to the center of the earth. So you've got actually three grounding cords we're going to put down. So first of all, the base of the spine, a big, big grounding cord that you're sitting on, hollow on the centre, set that grounding cord on release. Second grounding cord, male bodies, testicles, ground it with a line of energy, hollow in the center, wide as your wrist, down to the center of the earth. Female bodies, ovaries, ground it through the perineum, down to the center of the earth. Set your male and female bodies on release, as well as your physical body on release. And then your adrenals, let's go ahead. The adrenals sit on top of the kidneys and the right and left

side and let's just ground them through the perineum and down to the center of the earth. We're going through this really fast. So if you're a little confused, I'm out there as a spirit helping you get it. And then getting to the center of the head, let's wash out the center of the head, taking a spiritual fire hose, opening a trap door out the back of the head and washing out the center of the head. So it's your golden temple of silence. And when you feel like the center of the head is really calm and quiet, let's go ahead and close the trap door and just sit on your throne in your golden temple of silence. I'd like you to put your feet flat on the floor, open your feet to earth energy. So if your legs were crossed, uncross them. Bringing earth energy up through your feet, your ankles, shins, calves, knees, thighs, and out the hips and down the grounding cord. You're just flooding earth energy and reconnecting with mother earth. And then bringing a line of energy into the back of your head, one inch above where the spine meets the skull, down your arms, elbows, forearms, wrists, hands and out the fingertips. And more of that cosmic energy down through your back channels, down through the back, 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. Pulling your aura into 18 inches around your body and let's just wash out the aura. Any dust bunnies or fuzz balls are just washing out through the big grounding cord at your hips.

Let's see yourself now as a spirit in a golden ball of light over your body and let's bring you as a spirit, like a seatbelt clicking in to the class, let's bring you as a spirit into your body and click you in at 100%. And so we're seeing the spirit going into the tips of the toes and into the heels, and ankles, shins, and calves, knees, and thighs, and the spirit is filling out the hips, and the torso, and the chest, and the arms, fingertips, wrists, elbows, shoulders, and the spirit is completely filling out the neck and the head. And now we're going to actually do a spiritual stretch. Imagine stretching just to the outer edge of the skin, just slightly outside of the skin, through the whole body. So you're just imagining the spirit really stretching into the body. Great! Alright and taking two cleansing breaths in through the nose and out through the mouth, breathing in and out, breathing in and out. And putting your hands together in Namaste, in front of your heart chakra and bow your head forward. Namaste, I honor the god/goddess within you. I honor the 100% spirit which now inhabits your body.

Welcome back! And I did test that we got you all 100% into your body, so congratulations on that. Very quickly, we'll just go through a couple announcements and then we'll go to our videos and I'll be responding to you in the chat box and you'll be getting word. So just watch for the replay homework that comes out. You'll be getting assignments for the week. There will definitely be pumping.

For those of you who are interested, we now have a Diamond Immersion in August and

a live immersion class at my house starting November 27th. Your Year of Miracles is next Friday and twice a year, we do in the Year of Miracles something other than regeneration. We are doing all financial and success clearings next week and our apprentice online program is actually currently being built, so the Website pages are being built as we speak. This is the spring and summer trainings. You're in Essence. We have as I mentioned 100% You coming up and many, many classes coming up. If you would like to really participate in learning about clearing spiritual parasites, a number of you asked about that, July is the spiritual freedom month and so we'll do the 7-hour class and we'll also do an advanced 4-hour class. You could also take the home study technology tune up which is really great for clearing spiritual parasites from your technology. Earth Day is the 22nd and that is a free course. I'd like everyone and all your relatives and friends to be on the call. We need 2000 people to actually clear the earth of all the curses that we have struggled with and I believe that we'll make a huge dent in the negative effects of the global warming. You'll be getting the slide. If you want to take a peek at it, you could also go into our events calendar on the Website to see upcoming classes.

Okay and we did do the closing meditation and we finished and it's six after. I love you guys. God bless you. We'll be on time next time, I promise. I'm really good at ending on time. We just had to do this together. I couldn't give you that assignment. So God bless and I'll be in the chat box for 10 or 15 minutes. Whatever it takes to respond to all of you. Have a wonderful week and I look forward to seeing you next week. Get in to 100% Vitality, if you haven't yet. It's really spectacular and it's all about getting that vitality and your life force, but all the parts of you vibrant and feeling great. Love you guys. God bless. See you soon!