

100% Vitality Part 4 of 4

Good morning, good afternoon, good evening and welcome to 100 percent vitality. Julie Renee here. Another year younger. Feeling very happy to be with you today. So please do sign in. Tell me how you're doing. How your vitality is. What's changed for you in the last few weeks. What's new. What's different with your vitality. With your innate energy.

Maybe somebody is notice something about you that's been a wonderful kind of acknowledgement of your shifting up or maybe you've noticed something about yourself that's shifted that you wanna let me know about. We're going to have a wonderful day today. Our 4th and complete class, our completion class for today and for this course on 100 percent vitality is about the energy body.

And so we're gonna be working a little bit with the chakras, the nadis, the aura, the halo. So we're gonna do a nice little kind of culmination tune up and really restore the frequency of vitality to those areas. And of course, if you wanna do a deeper level, we do have a class, 100 percent energy that goes 1 by 1 into those and really does even a deeper tune up. But today we're have an hour together to work on everything a little more sparkly and supporting your body in a really wonderful way.

So good morning to Anne and Janice, and Anne says she, "Feels stronger and more potent." Fantastic. So that's awesome. So please do share what's been happening with you. What shifts have been happening. We've got some wonderful classes coming up and I'd like to recommend a few things to you when we get to the end of our class today, so.

Mai, "Good morning from England." And Anne, hello. And Lanette, and Tony from Scotland. Fantastic. We'd like to your hear your Scottish brogue. Oh that's-- you're traveling. I have a girlfriend who has this delightful brogue and it's just so dawning to listen to her. That was probably more Irish than Scottish.

Alright, my dears. I see Nila, and Esther, and Catherine. Catherine from Wisconsin. Catherine, you were a neighbor when I was growing up. I grew up in Minnesota. I was an Minnesotan. Okay. So let's start the training today. Okay. And we're gonna go into the opening blessing to remove obstacles. [Sings in Sanskrit from 00:02:49 to 00:03:55]. That feels good. Okay. So we're gonna go through a very short review of the quantum pump and muscle testing and good morning to Robert. I see you just popped on or at least your chat came through.

So the quantum pump your elbow is down at your waist and your hand is pumping forward. And it looks like this and it looks like this. Double pump looks like this or like this. And then you have to do it on your side when you're walking. Looks more like a

flutter. You can do this and you can also just do the flutter. Okay. So that's the quantum pump.

Kinesiology. Right hand ring finger, left hand pointer finger pushing down. You stiffen the fingers and it becomes firm and so when you're telling the truth, it holds. So you're making the finger really stiff and then you're saying, "My name is.." And you say your name. My name is Julie Renee holds. My name is Bozo the Clown becomes weak. Kinesiology was defined in 1976 by a chiropractor and we use it because it's a good way for people to get their information without having to be clairvoyant reader, so. It's a quick review of muscle testing. I know you guys got it but I understand a few people have joined this week that are new on the last class. Amazing. So I wanna just do a very quick review.

Please do for those who are new, please do do all of the 1st, 2nd and 3rd classes and you're gonna learn a lot. We've spent a lot more time talking about the pump muscle testing in the first couple of classes. Alright my dears. So we go to our training for today. Good morning, Sharon, and Victoria. I did that 90 seconds. Alright.

Alright. So today, we're going to be doing the energy for your energetic body. A tune up rather for your energetic body. Energy. Let's put that in here differently. So let's put a tune up in there. That's what it is. Tune up. For your energetic body including your chakras and nadis, aura, meridians, golden rings.

So, the energy body can add such vitality if it's tune up to a hundred percent and can mysteriously leave you feeling low and sluggish when tuned down or I'm low. Today, we're going to tune you up and give you the steps to staying that way for a long time to come.

So things we're gonna be working on again are the chakras, and nadis. And of course, the chakras don't actually look like this but it's one of the universal symbols that people have come to now about the chakras and the symbol of the chakras but chakras are actually little cone shaped. The first chakra which is this root chakra heads down towards the knees if you were standing up and it's one, it's an individual one. And then second chakra comes out the front just above the pubic bone and the tail bone goes out the back and there's an energetic line connecting the two as well as connecting all the chakras going straight up the body.

And chakra 1 is for survival and chakra 2 is sensuality, creativity, and for women, sexuality. Chakra 1 is sexuality for men. And then chakra 3 is your will, your power, your power center, the middle of your body goes out just above the belly button and out the waistline, out the back, cone-shaped and it has one the ends it has discs spinning. Chakra 4 comes out just below the sternum, the xiphoid process kind of that area and ladies for you it's the bra line, men just at the bottom of the wings across in the middle of

the spine there; and then that is the heart chakra obviously. And then 5 is your communication chakra and that comes out the bottom of the neck kinda where that little hollow is and then the bottom of the neck and back where the little bump or spine changes there. So a little bit of a bump there, and that's your chakra of communication.

That 5th chakra actually covers the area of hearing, and smelling, and tasting, too. So it's kind of like a chalice. It's you know -- it's the whole neck region and also goes into this lower half of the head. Then chakra 6 coming out the front and back is the brow agina chakra or brow center. It's the 3rd eye and what they call the seat of the soul but we're the spirit energizes where the spirit is connected in. 7th chakra is a beautiful lotus-like impression of this painting and I've seen it look that way. It's very lovely. But the structure of it itself is a cone-shaped. It's a bigger cone. Going straight up. So it's a single cone going straight up and then many aspects above it.

Okay. And then we're going to be looking at the aura and the aura in the traditional sense, the aura has 7 layers and so we'll be tuning up the aura and in the blueprint, we can actually tune up the aura for vitality, so. If we find time, which I think we will, we'll be able to go in and work the blueprint and the aura for vitality. Really shifting the aura.

And then finally the golden rings and the halo. And this is one simple ring sparkling. But we'll hopefully get some additional rings turned on for people. Typically, they don't really sparkle and shine until you're over the frequency of 700 vibrationally enlightened mastery. But we're gonna get them sparkling and on for you today.

Okay. And I see some comments coming in. Victoria, "Good morning." And Sharon, Good morning. "Where is Julie?" Hello, everyone. I'm not sure if Mai can see. But in any case, I'm here. Alright, my dears. So I'm a little puzzled Mai's question. Can everybody see and hear me? Could you just respond and say that you can see and hear me. Obviously I'm showing a slide, so.

What we're gonna do in our initial work with the chakras and nadis, the aura and the halo is we're going to clear. We're gonna do the this clearing. Amplification, demonic curses, satanic curses, evil spirit curses, bloodline, alien type 3, 7, and 8, holographic inserts, implants, permeations, mechanisms, walk ins, entities, nano technology. Okay. And then good. I'm glad, Mai. Okay. And then perception, group mind virus, miasms, and memes. So group mind and group mind virus. Black magic, curses, timeline, agreements and contracts and also DNA.

So this is what we're gonna start with. We're gonna start with the pumping and clearing. The energy body for vitality and this specific things that we're working on in the energy body. Okay. And so we're pumping to do that clearing. Let's see. I think I can get it more-- there we go. It's funny when I turn this way we get the brightness back in the screen. That's funny.

Alright. And so we're just gonna pump for awhile. Oh. Let's see if we can trick the screen back to going brighter. No. So you'll be pumping a little while for clearing those issues, and good.

Okay. Couple people responded that you can see and hear me. And I think I acknowledge Audrey. Hi, Audrey. And Anne, can see and hear me. And Mai, can see me. And Anna, "Can see you." Okay. And so if your computer screen freezes, that would be on your end and just be about the technology being fast enough, so. Hopefully, everybody's technology is fast enough. So we're pumping. Pump for about 17 minutes. We're gonna be pumping to clear the obstacles and blocks to vitality in the energy body.

And I believe the next thing that we will do is do a guided meditation. Let's see. Oh, and then we'll go into the blueprint for restoring vitality to the aura and then we'll do a guided meditation to integrate the upgrading and up leveling of the chakras, aura, and halo. So that'll be our class for today. Okay. Very good.

Special thanks to Marisha who brought I think 4 dozen roses for me for my birthday. She came up all the way from Southern California. I guess her family has a rose business, so. Very sweet to have roses. All of them is so wonderful. They smell wonderful, too. They're fragrant.

Yeah, so. I've been looking at some shifts and changes between a hundred percent vitality and essence. I've joined our local rex center and I'm starting-- I'm getting a polatis evaluation on Friday and starting with them and also they have a nice social group, so. C-vac. I'm joining c-vac. Seems like I've just been really going for it. I've gotten-- I've joined the sunset center and that's a theatre performing arts center and PacRep which is really grassroots theatre productions in the area. And gotten tickets from the local theatre just like a mile from my house, a magic theatre where they do small concerns, solo, and quartets and things like that.

You know, hiking a lot and yeah. Things have really sparkled up quite a bit. I know one of my intentions since I'm bringing in babies at some point is to get my vitality back to where it was when I was in my 20's. And it feels really, really good to be aligned with that and taking the action steps needed to restore that kind of youthful vitality and bigger to my body. What about you? What have you been doing? Okay. Let's see.

Esther, "Where is the golden rings and what is it?" Oh okay. So, Esther, you must be really new to our group. The golden rings is your halo and everybody has a halo. It's not really visible until you're over 700 and it goes up into really hits part of the quantum pleasure field as we all are but it's part of the higher frequency pleasure field that can create miracles and can brighten you up. Sparkle you up a bit and also help with your

divine connection but it is one of the tools you have that you could use for healing others and healing yourself.

And mostly, they're-- they sit dormant until you have mastery and wisdom to use them. But I'm saying that you know people in my classes are really working towards that spiritual awakening and they want it. They want it now. They want their access to all of what they have now, so. We, at least, we turn them off. And then you can work towards those higher frequencies which we do work on in more classes.

And then let's see. There's a really, really good explanation in Your Divine Human Blueprint ,the big book, on what the golden rings are, the spacing, how many rings people have. Most of my students have 3 dormant rings. In other words, not the rings that are somewhat apparent but not visible. And I'm gonna say that everybody has at least 9 or 10 rings. That would be what they would be so like inactive that you wouldn't even see them. You wouldn't know that they were there; they're the part of your blueprint. And then if you're doing a lot of work in group with healing humanity, you can - as long as you're using the golden rings for good, you can activate more.

And so at one point at I had like-- I don't know. I filled like a big stadium full of my golden rings and I knew I had a lot going on 'cause I was using my rings rather than just acknowledging that the quantum field was available. So I was like just expanding out my rings and expanding my power that way and you can do that. But you can also-- there we go. Go back to the light. You can also-- it's so funny.

So you can also just, you know, keep your energy high and access the quantum field. Yeah. It's nice. It's part of our blueprint. Part of the workings of this beautiful divine body and certainly part of your divine self, the golden rings. So at the time that I was filling out a foot ball stadium, how many rings were at? Ridiculous huge number like 800. That I certainly don't. Do I still have 800? Oh. I still do.

Well it does you know having a larger number of the golden rings on an active allows you to affect great change. I think one of the things that we wanna thing about in this era, the changing era. We look at was you know-- in the old era, there were gurus and people would have come to the guru taking access and it was to the divine or access to their own spiritual awakening or awareness. And so then that was a-- when I was guru, guru had guru cords that they send out to their devotees and followers and they would cord into people and they would access the group power and send the power where the guru felt was needed. So there was ego involved with that.

There was also though in like Catholicism, there was a priest that you had to go through the priest to get your forgiveness and to confess your sins and to you know get that absolution all of that. And in this era, we are stepping in to our own god power and god awareness. So, there's no reason for those systems anymore.

They will exist for a while. I mean those systems aren't gonna go away. So there will be people who carry sacred information and have power but I just wanna say that what I've noticed is that the way, you know, in the patriarchal era we came out of, domination, suppression, control. And so those systems come out of the patriarchal era and those systems then have wired into it, the domination, suppression, control. And so who would have the power and who would have the access which was also set up that there would be one that have the power and the everybody had to come to one.

And now in this era, which you all know, but I'm just kind of saying stating the obvious, we all have the power. We don't have to go to someone to be forgiven or healed. I mean, it's fine to do that but to just know that you come fully equipped and your systems are completely designed for you to have full access to your divine self and divinity.

And then I was thinking this morning and I think that's what was coming up for me was that we are so powerful and we're doing and we're all committed to a process but that's not someone cording to us, that's everyone, consciously with their mind and their heart choosing. Like on Friday, we did an Earth day, a clearing of the Earth and what I got was we had cleared around 42 percent of the Earth. So thank you for all of you who are on the call live. That really, really made a difference. And we're going to do a 2nd installment of that. We might get to zero at that point but we cleared down about 3 miles into the Earth for a good portion of the Earth, 42 percent.

And I, in myself, it would take me a very, very long time to clear the Earth and having 15 hundred people working on it. I think there were over 500 live people. Maybe somewhere between what we had where we had a record of somebody. I think there was 512 people. But I'm guess that there were people that were sharing a phone line and are sharing the computer screen. So we probably had more like 550 or 600 people. And then we had people get the replay.

So you think-- so there's power in each individual deciding to be part of a group and to having that attachment-- attachment in a good way. Having the commitment for transforming and healing the Earth. You know, activating the quantum field and removing the curses. Yeah. So thank you, thank you, thank you for those who helped. I am absolutely thrilled with the results and I'm thinking we're gonna be able to get it cleared in one or two more times.

If we have a really big showing on Monday, we should be able to get it on Monday and if not, we'll do a third clearing, so. Monday noon. We've just got that set up. We'll be sending out an invitation and links in a day or so. I think we sent out a little announcement this morning maybe or yesterday. So, very good. Everybody, pumping, pumping, pumping.

You guys are quite this morning. Guess you're all blissed out and happy. It's like a Monday morning on Tuesday morning. Holy shmokes. Just keep pumping. Let me go back to the screen here so you can take a quick review of what we're clearing and thank you for the question, Esther. I appreciate it.

Okay. And Margaret is asking, "So, alien type 3, 7, and 8. Do we do quantum pump, door knob or chopping?" Margaret, why don't you just-- why don't we all just do quantum pump right now. But if you wanna know specifically, like if you're going for it by yourself. You're going for it with me, so. You're gonna have more power with your quantum pump if we do it. Just you can do the quantum pump. But type 3 is doorknob and type 7 is door knob and type 8 is door knob. So, all of those are door knob. So when you're doing it on your own, you would do door knob. But when you're doing it with me as a group, you can just do quantum pump.

Oh you're welcome, Esther. Thank you. Thanks for asking. And like I said, if you really wanna dig into all of the aspects of the golden rings and the chakras, I probably have defined it better than anyone has ever, in humanity's history, so. You know you can get the Your Divine Human Blueprint has it mapped out really well and also the hundred percent energy which is coming up a little later in the year is really spectacular class to learn the ins and outs of the energy body.

It's coming up in September, the 15th, 22nd, and 29th. We got about 3 minutes left to pumping.

And while we have another minute or two of pumping, let's talk a little bit about the nadis. So, the chakras there are 7 named body chakras and as I was looking into the chakras, I could see that there were 3 below the body and there were quite a few above the body. What I've mapped out, I could see about 17 above the body, so. You know, there's quite a few that are not just funding the body but above and below the body.

The nadis are mini-chakras and they're throughout the body. They're inside the body. So they're little energy circuits in the body fueling the glands, the organs, the systems and there are a lot of them. Somewhere around 276 nadis. The nadis are mapped out in the yogic tradition. So, east Indian tradition and where they are and what they do.

Yeah. Esther, everybody has curses, so. You can just know that you have curses and-- but when you're testing for something, when you're clearing something specific then you can just ask. Do I have a curse? And let's look at that while we have another minute or so then I'm gonna go into the blueprint and then I'll come-- actually this is probably the time to answer questions 'cause we're gonna do some things that I'm quite. So, let's see. Let's go back here.

These curses up here are in the field of amplification. Evil spirit curses are the ones that we think of as somebody really cursing you saying really deliberately making a curse. So that's the evil spirit curse. Satanic curse is more like Saturn energy. So it's chaotic, destructive energy and a demonic curse is from the demonic energies and usually has a person also involved with the demonic curse.

Black magic is what you say against yourself. So that's a kind of curse too like, "Oh I can never lose weight." or "I always feel crummy." That's a curse in itself and that's black magic. And then curses in this area; perception are what people say to you, so. "I'm really angry with you. I'm so upset with you. You're awful." That's in this category in perception. And you can just muscle test to see where the problem energy is.

Yeah. Tony, you know I think you could be tapping your foot and that's quantum pumping. So that might be a way to you know integrate the quantum energy just by tapping one of your feet. Crossing your legs and tapping your right or left foot or let's see. It's a little bit harder. You can do it. I think-- yeah. You can do it. Just feet on the floor and having the foot go up and down. So, tapping feet is also quantum pump if you intend for it.

Okay. Next step, we're going to do go into the quantum field. This is a tune up for restoring vitality in the aura and as you remember when I go into the quantum field, I'll be a little quiet for a few minutes. There's nothing wrong just making some adjustments to what was altered or downgraded in the blueprint itself. So I'm going into the human blueprint, the divine human blueprint, and I'm changing the circumstances for all of humanity and specifically you guys will definitely get the benefit of it, so.

That is our next step and I think this is gonna take about 8 minutes. So please hold the energy high and you can pump to just support the energy and again what I'm doing is I'm bringing and restoring vitality to the aura and your auric field and I'm doing it by correcting problems in the blueprint.

Okay. Coming back here. Yeah. Let me know how that was for you. I was in there a little longer than expected. I found 3 archons and some blueprint anchors that we haven't defined before 'cause we've been defining anchors from the physical body. Let me get my spirit back a little more.

Yeah. That's better. Okay, so. I removed the 3 archons that were kind of standing in the blueprint holding the vitality issue down and you'll notice that how many of you, the reason you took the vitality class, is that it seems like everybody's fatigued and exhausted. They're out of balance and they believe in the aging concept because they have so much fatigue in their body and I'm just looking at that there's -- this is part of what I think we're getting like that sense of rapid aging is because the blueprint is malfunctioning with the field supporting us should be brighter.

And so that's what we're working on, we're working on the auric field but then I was looking at the vitality settings in general overall in the blueprint. And there were some anchors and some spiritual parasites that, obviously, the archons were the ones 'cause they're has seem to have found their way into the blueprint and messed it up in a bunch of ways.

So I haven't seen other types in the blueprint itself that's the archons are the ones who've been making a muck. So it's gonna be when it in and did that tune up. So how did that feel? Did you notice anything different? Were any of you watching what was happening? So I'd love to hear from you. How that was for you and then we'll be going on. In just like one minute, we're gonna go to the meditation just feeling all of me coming back from the blueprint and it's taking a little bit of time. Guess they all have. "I'm constantly sighing." from Esther. Okay. Okay.

"I didn't notice a shift upward." Oh. "I did notice notice a shift upward into more light." Oh good, Audrey. Good. Okay. So, we're gonna go into the activations and we're gonna do the activations in a meditation. So that's our next step for today and I'll be our completion process and we'll be activating the aura, the chakras, the golden rings, and the nadis.

Alright, so. Breathing in and out. And as you breathe in, breathe in positive energy and as you breathe you , 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 release the excess energy in the body. Breathing in and out.

Male bodies with a line of energy as wide as your wrist, hallow in the center from your testicles to the center of the Earth. Set your male body on release. Release competition, aggression, and female control energy. Female bodies with a line of energy as wide as your wrist, hallow in the center from each of the ovaries which sit very low. They're just above where the lights attach to the torso, down through the perineum and down to the center of the Earth.

Set the right and left ovary on release and release all the healing projects that you have going on which sometimes ends up being control energy in their space or you get their energy in your body. So let's release that. Beautiful. And then going up to the adrenals that sit on the right and left side of the upper like the waistline, 2 inches off the spine, an inch up from the waistline. Grounding the adrenals down through the perineum and down to the center of the Earth. Setting the adrenals on release and releasing the adrenals, the fight or flight.

And then going up to the center of the head and clearing the center of head. Opening out a trapdoor out the back of the head and let's just 'woosh'. Take a spiritual fire hose and wash out.

And then when the center of the head is washed out, we've washed out looping thoughts, worries, concerns, cobwebs. So your golden temple of silence is serene and at peace. I want you to sit in the center of your head on a throne and in front you, put a view screen and you can make it like a theatre stage or like a big fancy computer screen. Whatever you like. Need to pull your aura in to 18 inches around your body. Opening your feet to Earth energy. Running Earth energy up through your feet, ankles, shins, calves, knees, thighs, out the hips and down the grounding cord.

Bringing cosmic energy into the back of the head one inch above where the spine meets the skull. Bring it down into your neck and shoulders, arms, elbows, forearms, through the hands, wrist, and out the fingertips. Bringing more of that cosmic energy down through your back channels all the way down into your hips, looping up through the pelvic cradle, 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.

And sitting in the center of your head looking at your view screen, we're gonna look at a few different things. First of all, we're going to look at the layers of the aura, the 7 layers of the aura. We're gonna put a golden vacuum cleaner at the top of your head and we're gonna clean out the aura and just notice how we're tuning up to vitality as we're vacuuming out the dust bunnies and fuzz balls that have been there. We're raising the frequency of your auric field now. And that vacuum cleaner is just spiraling around. Cleaning up everything and all the 7 layers.

And we're at the same time raising the frequency of the aura. Now that the blueprint is at the higher frequency for the aura. A frequency of vitality. It's easy to start shifting the vitality field up and really feeling that pleasure field much greater in your own experience from what's coming out of you is now the pleasure field also. Not just coming into you but also what's coming out of you.

And notice how you can expand the aura 18 feet out and you can pull the aura into 18 inches around your body or you can even pull your aura all the way into your skin. So just notice how you can really move the aura around and use it for your best advantage. When you're lots of people, it's best to pull your aura close to you. So that you're not picking up all of their stuff and sometimes people do the opposite way.

Expand their aura out into lots of people that means-- I know it helps some people understand their space better. They feel safer when they're getting into everybody else's energy and reading their fields that way. But truth be told, is that it really does run

amuck with your own aura, so. When you're out in public with lots of people, you can pull your aura into 18 inches around your body and do very well.

Alright, we're going to activate the 7 charkas, the body chakras starting with the 1st at the perineum. We're just seeing that on and spinning; and then the second out the front pubic bone and out the back. We're saying on and spinning and going to 100 percent as we do this activation, so. The vitality and joy are returning. And as we're tuning up and turning on the 7 chakras, we're also tuning up the nadis that are coming out. The nadis are the tiny little chakras, so. Those are also coming on at the same time and it's kind of like you know touching the garage door open or it comes automatically on. We're gonna touch the garage door open out for the chakras and they're all gonan be coming on simultaneously. So they're all 'woo' they're all coming on.

And seeing the 3rd chakra, will, in front and back coming up to a hundred percent and the 100 percent. The neck chakra, 3rd chakra, 100 percent at the base of the neck in front and back. The 6th chakra in front and back at the brow and out the back of the center of the head and then the crown chakra at the top of the head. That beautiful lotus at the top of your head.

Activating your golden rings now and seeing the golden rings lighting up and were going 'boom boom boom' and you can just see 1, 2, 3. The golden rings are starting to really sparkle and shine and they're coming on and lighting up. And just breathing deeply. Feeling wonderful in this energized vibrant body. The body that now has more ability to enjoy the vitality that comes from the energy body. That pure vitality that comes from the energy body.

I'm just staying with this vitality and noticing the energy body, the nadis ,the chakras, the aura, the golden rings, everything brighter, more sparkly. You might feel some tingles at the surface of the skin and I want you to now really feel your body. You've been sitting in your throne and your center of the head. I want you to feel your spirit really filling out all the way fingers and toes, legs and arms, torso, neck and head. Really feeling yourself filling out and then filling out like a spirit stretching inside your body. So just to the outer edge of your skin all the way through. Do a big spirit stretch.

And breathing in and out deeply. Coming back into the room. May be with the blessings of the Supreme Being that this activation is complete. May the entire world be filled with vitality, energy and peace. To task to; so be it. And welcome back.

So how was that for you? Did you feel your chakras lighting up? Did you feel your aura start to really feel more sparkly? I did notice some of the comments about it feeling more difficult and you're absolutely right. When I went into the blueprint, I was met by the archons and some anchors and things that they had attached in and there's a lot of freedom coming from the shifts that we're making and certainly there are some beings. I

had seen them there before, so probably because we're shifting up so many things. I'm double checking that what we do is permanent and so that's-- you're-- even your comments about it feeling a little more difficult this time are accurate. So I just want you to feel validated and we were successful. We were successful at shifting the aura to a hundred percent and sometimes it's gonna feel amazing and sometimes when I'm in the process of working with the blueprint, sometimes it's gonna feel like, "There's like going through sea bead or muck." You know, but we did it. We were successful.

Oh good. You're welcome, Victoria. Alright. So please do share. I'll be in the chat box for a few minutes. Would love to hear how the meditation experience was for you or what breakthroughs you've had during this 4 weeks. Wanna just remind you just make a couple announcements. The apprentice program is coming up. Should be have everything. Actually, we're finalizing things today, so you should be seeing stuff on the apprentice program very soon. Your Year of Miracles also is ongoing for year. The classes I wanted to recommend to you for those of you that wanna continue on; the 100 percent bliss, the happiness factor, please check that out. That's gonna be amazing. 100 percent You gives you the foundation of the blueprint. I think that'll be wonderful.

Your light body would be another one to keep expanding on what we've been working on. And Earth day part 2 is this Monday. Many, many wonderful classes. Brilliant brain coming up in June is brain regeneration. Grow younger: cell regeneration made easy. We already have over 300 students in that class, so. That's a very, very popular class here.

Alright ,my dears. I love you. God bless you. Stay in touch. Let me know what's going on with you. I'll be in the chat box, so. I'm looking forward to seeing your comments.