

### Essence Part 3

Good morning, everyone and welcome to essence live our third training and today we're gonna have a really amazing, amazing experience. We're gonna be working with the high self and divine connection and specifically really going into a deeper level of understanding about what the high self is. And we're going to be doing a repair in the blueprint and then a retrieval of high self.

We're gonna be looking at the different elements in the energy body that allow us to really be dynamically connected with high self. We're gonna be tuning up a few of those connectors, so. Like the physical body isn't really in connection with the high self but we have parts of the energy body that are. So, we'll be working on a lot of stuff that doesn't usually get talked about. So, it should be really a remarkable class today.

So, please do sign in. Let me know you're here. We're in a big, big ride today just as everyone of our classes has been and we are doing a restoration in the blueprint, so very, very exciting yet again today. We're gonna be changing things for humanity. And just a friendly reminder, please do get yourself enrolled for tomorrow's Earth day. I want everybody there. Please, please we need 2 thousand people pumping to clear the Earth of its curses and dark energy and it's my birthday wish to really give mother Earth a beautiful cleansing of all the harm that we put into her.

My birthday's Sunday. Birthday party on Saturday, so. It's already my birthday. Yay. So welcome everyone. I see you all signing in. That's great. I got some sun in my eyes so I might not be able to see well while I'm here. Let's see here. So, I see. Let's see. Looks like Donald was the first one to sign in. Welcome, Donald. and Sharon, and Janice, and Mai. Hi. And Janet, and Darshawn, and Cindy, and Katherine, Pamela. Let's see here

Things are moving a little. Katherine, Nadia, Nancy, Mai, Trevor, and Anne, and Regina, and Marcia, and Iada, and Nila, and Victoria. It's you, Jackeline. Sharon. Sharon's asking about is she at a hundred percent with her muscle testing. I think you have a little ways to go. I think there's more to do, Sharon. I don't test a hundred percent yet. Okay.

Well, let's talk about that later, Sharon. Or you can send me an email if we don't get to it in class 'cause we have a lot to do in essence today but I understand you're really desired to be accurate with the muscle testing but I see there's something's still in the way. Margaret, "Good morning. Have been travelling." Yeah. Definitely stay in class 3 'cause we're doing another retrieval and then review class 2.

And Servina, and Rose. Hi, Rose. And Abdul Gafa. Very nice to see you. And Cindy, and Margaret, Marissa, "Coming from-- to the party center." Oh fantastic. Then you'll get me saying your name right 'cause I'll meet you in person. That'll be really good. I wanna say your name right so badly. So that'll be fantastic.

And Limmy, "Greetings from Estonia. Thank you so much." And Sherry, "Happy birthday." Thank you. And Margaret, "Happy birthday." Thank you. "Good morning, Julie Renee. I'm all excited about the class. Looks like there may be 3 Sharons on this call." That's fantastic. "Happy birthday." and that's from Mary. And Jackeline, "It's the first time I managed to get on the live call." Yay.

"Wanted to check. The first 2 classes was able to get the benefit even though it's not present." And you did because your name was on the list and I did a retrieval again last week for people who sign up between week 1 and 2. And then we-- I don't think we've had people sign in since I didn't do anymore promoting. Like to have people in between class 1 and 2. By the time class 2 starts, we want everybody on board.

Nazeme, "Lovely, Julie Renee. Happy early birthday to you. My daughter's birthday is on Monday." Oh how wonderful and Hi from Peter. Okay. Very good. Well thank you for all the nice birthday wishes and I think the gang's all here, so. We're gonna jump into the slides. The process is-- will probably take a little bit of time from what I could see when I was preparing this morning and I was just testing that you guys want it, so. It's interesting. We're doing a lot of really, deep work and it's exciting this group can hold the space for it and is ready.

So, again, we're in essence. Restoring spirit, soul, life force and divine connection and day 3 is high self and divine reconnection. Understanding who you are as a spirit and how your divine connection, high self fit in to the picture of who you are the gifts you bring and what we-- are what we address in this training. You'll learn about your high self, the wisdom you bring and have access to and we'll also open a channel, the channel for divine connection as we open your connection and communication to your higher self.

And we'll begin with the opening blessing. A mantra to clear the energy and really just set the sacred space. [Sings in Sanskrit from 00:06:27 to 00:07:28]. Okay. And if you are listening in on the phone line, sometimes this happens where it unhooks itself. So, all of the phone line participants, please mute your phone right now and then I'll get production staff to re-mute you, so. You actually-- I can hear you for those of you listening in on the phone line. So, if you're breathing heavy. Unfortunately, I'm getting that sound, so. Please mute yourself and I've sent a message to support. Okay. Alright .Good. Thank you.

And so we'll go through a quick review of the different hand movements of the quantum pump and we'll just gonna spend like a minute and a half on this. Just 'cause we like to go through the review every time but we're just not gonna spend a lot of time answering questions on this because we've dealt with it in the first 2 classes.

So, the quantum pump works because we're not doing energy work. We're re-arranging particles in the quantum field and we all exist in the quantum field. So, we're all part of the quantum field and based on how your particles are vibrating, you get a particular result and when you pump with a thought. So what your mind thinks and then you're pumping. So you just need to get it started. You just think that and you pump and that will re-arrange the particles in the quantum field, so What you believe, you can accomplish. And this was given to me in meditation when I had my own renewal and my own body started regenerating about 8 years ago. The quantum pump.

The hand movement looks like this. It's not squeezey, it's like this falling forward and coming back. That's what it looks like from the side. Your elbow is at your waist down here and your hand is just pumping. It's just like a reflex moving forward. You can do the double pump. I do alternating but you can do this way. You can pump with your left hand and you can also pump to the side. Audio is still coming through support lines. So, please mute the audio from the telephone line. Thank you.

And then from the side if you're walking and you're out and you're out in public, you can pump like this which is basically kind of a flutter. So that's kind of what it looks like when you're pumping when you're out walking. And you can also do that when you're sitting in a chair. So you're at a restaurant, you can have your hand under the table and you can pump sitting with your hand by the chair. And then finally, some of my students in India have a fun little way of pumping with their foot and they're just basically pumping their ankle and you can do that, too.

Why you would pump more than just one hand is for fun and sometimes it makes it go faster. Also, what makes it goes faster is singing and chanting. I'm sure all of you know that. Okay. Very good. So that's the quantum pump. We're not gonna do any fancy quantum pumping today. And then I'll just show you muscle testing. The right hand pressing down on the ring finger with the left hand pointer finger. It works because the muscles resonate with truth and so if you say something that's true, it's gonna hold strong 'cause you're holding a big or strong. You say something that's false, it's gonna drop. So, my name is Julie Renee holds true. I'm Bozo the Clown drops.

Okay, my dears. That's all for our review of muscle testing and quantum pump and we're gonna jump right in here and get into our processes because we have a lot of work to do today. Okay. So, Abdul Gafa says, "I've not been able to do pumping." So, I'm not sure why you haven't been able to. Is it something that you can't do with your--you don't have hands? Or feet? Or is there some other reason? You can let me know that. Alright.

High self and divine connection. What is high self exactly? Then so we're gonna look at that. What is the high self exactly? Restoring the high self and retrieval and then energy

body connection support of high self and then divine connection parts. Okay. And also I saw-- I do see Nazeme, Peter, Robin, Aileen, and Barbara are all saying good morning too. So welcome to the call.

Your high self is your spirit in its entirety. The body that integrates into-- Oh excuse me. The part that integrates into the body we refer to as your spirit is only about 9 percent of the total of your high self. The additional 91 percent which we call high self serves to guide, archive and enhance your life. So, let's look at that. To guide, so you can connect with your own high self and your own wisdom. The wisdom that you bring from lifetime to life time. Archive, so you keep your information, what you've learned, how you've learned it. So sometimes you might wanna keep difficult information outside of yourself. So this could be a service.

Sometimes people will call part of this like we archive. They might call part of their high self their Akashic records that test its true that high self and Akashic records aren't one in the same but they have the same kind of ability. So you can archive your information and then enhance your life. And so bringing more spirit energy into the body. So, that's-- that is what I know so far about high self and it's a process for me of discovery also. But this is all part of the mechanism that we call spirit high self. So it's one in the same, it's not separate. However, the part that we have in our body is about 9 percent.

Discovering why your high self may not be fully intact. A majority of folks have high self intact over 90 percent . So that's really good, right? We are looking at people who had the spirit down, you know, parts of them hacked off down to like 63 percent and in this case we have a lot more of our high self intact. Reasons that you would have lost or have had damaged the high self: abused when you were not embodied, in other words, abused when you were in between incarnations; demonic and alien type 6, sayter, and type 8, Ashtar Breakout command, perpetrations, so harm that these 3 different types of spiritual parasites have done; evil spirit curses and evil spirit abuse; and then the blueprint failing in the area of protection and it was altered by alien type 4, archon.

And that will be the first thing that we do in our process today is I will go into the blueprint and I'm going to repair the failing part of the blueprint that doesn't allow for the high self protection. So that's a first thing I'm gonna do. And then after that-- so but first correct the blueprint and then after that we'll do a separate process on retrieving the high self, restoring the high self, so. Really getting your high self to 100 percent. So let's see. Any messages?

"My hands hurt and arms." Okay, so. I'm sorry to hear that and you might find a lot of relief, Abdul Gafa, by doing the clearing meditations where you're running energy through your legs and arms. But the process of pumping feels good, it doesn't hurt at all. So it might be spiritual parasites, And Aileen says she tests 70 percent due to the

number 4. Okay. So that's probably related to you personally. Related to number 4, right. Okay. And number 4 meaning the 4th which is the blueprint failing. So, that's step one for us.

What I'd like for you guys to do is to pump. Just do a quantum pump and hold the space for me while I got into the blueprint and make that correction. So I'm gonna do a-- the number 4. I'm going to remove the damage that was done to our blueprint by the archons on being able to maintain 100 percent high self, and then I'll come out of that process and talk to you about what I saw and how that was and you can let me know how it was for you also. And then the second part will be on retrieving and restoring the 100 percent high self. It should be an interesting process. Okay.

"Dear Julie Renee-- "This is from Yeshwant. "-- after yesterday's class on self love, I'm feeling very heavy and finally resorted to alcohol to shut which shouldn't have happened after getting 100 percent self love. Self sabotaging kind of guy." You know, it could be spiritual parasites, Yeshwant. Because we shifted you but there could be beings that aren't excited about you being 100 percent. Let me just see. Alien type 4 which is an archon is invested in you not loving yourself and if I take time to do this though, I probably maybe you could ask me that question in the-- I don't know when.

If I take time to do this, I'm not gonna get through what we have scheduled today, so. Alien type 4 and implants, I think. And Yeshwant, please clear alien type 4 and implants and you might have control energy, family control energy that is preventing you from enjoying self love. So I would work on those couple of things and clear and I wouldn't validate the heaviness, I would you know-- when you have that response, know that that's just there's more to clear and I wouldn't go into, "Oh, I'm gonna fix it with alcohol." or do something self destructive.

I would go into what could I do to bring some joy which might mean watching a children's movie if you know you're feeling like you can't really do it for yourself. It might mean painting or dancing or walking or just going through some affirmations. I love myself and I love this beautiful world I live in, so. Thank you, Barbara and Aileen. Okay.

"How far is humanity away from ridding us and mother Earth of these parasites and aliens? Thank you so much," I think we have ways, Janet. I think there's a lot of spirit interaction on the planet. This is an interesting planet for aliens to come in, observe, and interfere. So I think we have our ways to go. We're at the age where we can see it. Where we could never see it before.

Everything was categorized as a demon in the era of Christ and it wasn't really looked at and said this is what it is and this is how to remove it. So, I mean there was a casting out process but we're changing the game on the planet but we're ushering in. We're in

the era ushering in, so. May take a few hundred years actually to really affect the change.

Abdul Gafa, you can clear by doing pumping and you can take classes on that. We have a class coming up in July where I clear you to zero. It's a 7-hour class. That's Rose, "Dread hearing my name. Fully and trained body, mind and spirit. I want 100 percent brain. I'm also doing 100 percent You." Wonderful, Rose. I'm happy to hear that you're already in that class that's great. "Thank you so much for the assistance with this. I love you." Ah thank you, Janet. Alright, you guys. You can keep asking questions but I'm gonna go into trance and do this repair of the blueprint.

Please start pumping now and hold the space for a really safe and rapid repair and I'm just going in now. So I won't be talking for a few minutes and everything is okay. So if you don't hear any sound for awhile, it's just I'm not very close to my body so I won't be trying to talk while I'm doing the repair.

Okay. Alright. I am back and I'm gonna stay in my body for a few minutes before I go and do the retrieval, so. Yay. I went in and I was working in the blueprint and I got it the full repair done and just checked on the other things that we've been repairing and restoring and I was that everything was holding but I saw that this repair had some kind of mechanism like some kind of an insert into the blueprint where the archons had triggered it, so. It would like, almost like, let out and go back to malfunction. So I had to go in and remove that, too. So now this will hold a hundred percent. Won't change in the blueprint. Looks like we have some fun descriptions here. Let's see.

Let's see. I think Janet might have said this before. "Amazing. Thank you so much for the assistance with this. I love you." and that was from Janet. And then Margaret, "I'm sorry if you answered this on the webcast. I don't start right up for me. I haven't finished class 2." It's okay to watch the replay and it's important that you stay in this class now, so. For the one who's-- I don't see. I think that's Margaret. And Janice, "I saw lights going on all over class and inside each person. Your essence was please-- egee begee." I don't know what that means.

"Saw--" That might be a different language, Janice. I'm not sure but I can't read what you said there. "Sorry. I got the wrong keys. Your essence was like one huge beam of light. I saw swarms of black bugs with wings flying away but I'm unhappily mashing their teeth." Yeah. "I laughed the whole time." Good. "My head felt heavy and I was yawning in between. I don't feel so right so up right now." That will change. We're gonna do the retrieval next, so.

Rose said, "Bliss. TY so much." "Gone. Gone. Gone. Gone. Tingly, laughing, crying, gold light, pink light, hold barbs from knees and feet, frontal cortex, third eye, wow. Amazing." "My pumping turned into chopping my itself. Think I must be clearing away

interferences ." Definitely, Nina. Margaret from New Jershey, "Thanks, Julie. My whole body is buzzing especially around my heart." Beautiful. And Servina, "I made some circles with my hands and infinite loop signs. Infinity signs. And later some other strange movements that had back and forth and left and right. I'm shaking." Interesting, Servina.

Servina, I keep getting that I think you're a student of mine maybe from other lifetimes, too. All of you but Servina you're coming in really clear today. I hope you're considering being an apprentice or working with me closer, so. And very likely all of you are students from other lifetimes. I just was feeling her very strongly to say I feel like you're an apprentice. Cindy, "Lots of laughter and lightness." Beautiful. Servina, "Sorry. Head, not had." Okay. And Jamie, "Yes. Buzzing and feels like I'm floating." Okay, my dears. Alrighty.

Well, let's see. Am I back enough? I probably need another 2 minutes before I go out and do the retrieval, so. Notice anything else that we can review in those two minutes. I just need to get reoriented to my body. I've been out in the blueprint, so. Let's do two minutes of something. Let's see if there's something I can show you or talk to you about. We're not gonna do the meditation. Guys, this'll gonna be a little goofy. I'll show you the announcements for the end of the class right now, so we won't do them at the end of the class. Just because I need another couple of minutes in my body before I go out again, so.

We've got the online apprentice program coming up and they're loading in. I just wrote 19 enrollment pages on different programs. So all the descriptions of the programs you'll be getting are gonna be in. So we're probably gonna send out that invitation next week. Your Year of Miracles and the diamond immersion program are all really great for you guys. And these are the classes: the diamond immersion program in August, and if you want to come and work with me in person; Carmel Valley, November 27th. Space is limited. It's just who fits in my living room. So we don't have a big class but it's really like your heart's desire to work with me in person and train with me, come in to the diamond class November 27th.

Let's see. Am I in my body long enough? Yup. Okay. Yay. I can go back out now. That's a little goofy to put announcements in the middle but gave me the time I needed to get back in my body.

Okay. And Peter said he felt guided to chant the entire time. That's fantastic, Peter. That really helps. And Servina, wonderful. Whatever works. I just felt very strongly to let you know that. And Jacklyn, "I feel much lighter and elongated as if we cleared and-- clear and wider." Beautiful. Beautiful. Alright, dears.

The next process-- again, I won't be talking. Please pump. Chant if that's what makes sense and hold the space for me and I'm gonna retrieve and restore your high self, so.

Parts that are missing is much and bigger picture than the spirit. Like you think about the spirit's 9 percent of the whole picture of high self, so. I'm gonna be out in the ethers collecting, you know, pieces that have been damaged or missing. And then I'm going to be purifying and restoring them into your high self. So that's the next process.

Okay. Just coming back and I'm gonna come back on the screen.. Oh. That was a big job. What I saw-- I mean this is-- I don't know. You probably do get it. I mean, this is your high self means from every lifetime and from every lifetime, we're retrieving and cleaning up and there were a number of you who had some weird experiences with aliens, with archons and the ashtar breakout command. So type 4 and 8 that, even though, I had done repair, it was gonna go back to less because of those interferences.

So I kept going until I removed all of the problem energy so that you won't return to any less or lower function with your high self. That'll remain the rest of your existence. It should remain without any problems. So it's a big deal to go, a: into the blueprint and fix the blueprint, and then b; retrieve all the parts, purify them, integrate them and then remove mechanisms. In both cases, it was removing mechanisms. Not mechanisms per say. In this case, some kind of an insert into the spirit. Not a holographic insert but some kind of an insert into the high self, so.

Gonna take me a little bit for all of me to get back in. I did see a question as I was going farther out. I saw Nina ask if you could have more or less. I don't remember what it is. More or less. Of you as spirit. And depending on your blueprint and who you are and which heritage you came from. I said, the average person is about 9 percent. You can go down to as little as 5 percent of the whole structure and you can go up to much as 10 percent of the whole structure. But on average, people are about 9 percent. What we call essence, spirit, soul, life force, high self. Excuse. Spirit, soul, life force and then high self would typically be the other 91 percent. Yeah.

A lot of brightness as we were gathering and shifting, so. I felt a lot of lightness in my own body and there was a lot of places that were stuck for people and I made sure everybody. So, even if you're watching the replay, I did everybody on the class list. So everybody who has paid and is on my list. I have an excel spreadsheet of the list. You all got the full retrieval and repair. Okay. Let's see.

I can't really see out of my eyes. That's an interesting thing. I gotta get back in my body a little more. Everything's kind of a blur. Hang on you guys. I wanna read what you've written and I can't see it. So, hang on.

So before the process, Aileen asked if she had cleared the 4 spirits I told her last week and how did I do? You got rid of 3 of them. And then there's a question about the April money class. I think you're talking about the May, 100 percent success class and that is a class that you can attend. Just sign up for the class directly, so. You can get into that

class if you'd like. And then Janice, "Access to charts of what affects the physical body." I believe that I have been giving you things each week. This class is really about spirit, soul, life force, and high self.

So we're no really working as much as with spiritual parasites but if you would please check your delivery page. What you do is just open up any replay of this class and that would take you to the support materials. Whatever we were using in class that we put in the support materials. Aileen said, "I would like to do the foundation training and the money class would help. I am certain." Beautiful, Aileen. I love the commitment.

Jamie, "Ignore the random litters." Okay. And, "So sorry. My tablet." That's okay. Nancy, "I saw my high self-- higher self like a balloon. What sitting attached that was being pulled back toward my body and having floated far away. My higher self feels fully present." And it is. Everybody. I got everybody to a hundred percent. I went back like 4 or 5 times 'cause a few of are having trouble and then I saw the archons and the ashtar breakout command and I remove that stuff and the inserts and whatever. So it's all cleaned up and you will be a hundred percent high self on the rest of your days, and that was from Nancy.

And then Janet, "Are you sure for me? But I'm experiencing pressure and pain-like qualities in my fingers. What could this be? Thank you. Really intense." Looks like you're not experiencing it anymore, Janet. You probably wrote it early on in the process. "I cried and felt just a deep, deep gratitude for this tremendous gift you are giving me, all of us. And what it will do for me and bring me in the future. Can't stop crying just feel so much love, peace, joy, gratitude. Thank you, Julie Renee. You are a true gift." Thank you, Janice. And, "Smiles." from Aileen. And, well that is incredible. "Thank you." from Sharon. And Katherine, "Thank you. Thank you. Thank you." And Anne, "Thank you." And Sharon, "Thank you."

And Servina, "This time I was just crying all the time out loud. I can't even explain it. I just felt so much love and appreciation for you doing this for us. I felt so humbled and grateful." Thank you Servina. Victoria," Thank you, Julie Renee." And Nazeme, "Lots of tingly and rushing down my back channels of my body. Goosebumps in my back. My neck and slight shaking, tensing, and releasing in the neck area." That's a wonderful description. Thank you, Nazeme.

Nila, "I got very sleepy and an immediate pressure and pain at the top of my head which is still there." And I'm guessing that's probably gone by now. We had to take you all the way through. Like I said, I saw some battles going on. Some stuff with type 4 and type 8 aliens, so. A few of you, I was in there really shaking it loose and while you're going through process, you probably did feel some pressure and discomfort.

"I wouldn't be able to attend the last class live next week. I'll be everyone energetically. Please include me in the process." Of course. And, "Wonderful class. Thank you so much, Julie Renee. Love, love love. Early happy birthday." And, "Thank you."

Everybody-- So, I really want you, if you can be on the live class, to be on the live class but know that what I've done is I've got a power-- an excel spreadsheet of your names. So everybody's getting included who's paid for this class. Everybody's on the class list for every blueprint, going into the blueprint or retrieval that I'm doing, you're all getting included. So, not to worry.

Janice, "I also saw pink and purple, magenta pyramid travelling with you." Interesting. Definitely. I have definitely had a powerful life in Egypt many, many life-- I don't know. Lifetimes ago but a few lifetimes ago, eons ago really. Like I've had 6 incarnations here. I've come to really help humanity and it's kind of a funny way to come in and come in to, you know, so much like trauma and abuse and health issues and then stand as a powerhouse in the world but I like what I created and I love that I did really make a difference with people, so. I'm glad that you heard the call and you came.

Nila, "Thank you so much. Gratitude and love." And Peter, "Seeing and hearing turtle shell rattles and drumming. During this session." Beautiful. Nina, "I would have more of my spirit in my body and I need more than 10 percent. Is that dangerous?" You don't, so, I wouldn't worry about it. You don't have it. It's what you're set up with. So I think-- I think that you're thinking about something that doesn't really matter. Nina, you're about 7 percent spirit and about 93 percent high self. So you're not more and that, given that, you're 100 percent spirit 'cause we retrieved all of you spirit and that's what you look at. You don't look at am I 10 percent? Am I 9 percent? Am I 2 percent? Whatever.

Whatever it is that you set up as your spirit is perfect for your incarnation and your embodiment. So don't be kind of tripping on, "Now, I'm gonna try and take more of my high self into my body." Just that isn't relevant to this conversation. What we want is your spirit at a hundred percent, which we did, and now we want your high self at a hundred percent which we did. So that's the way I want you to be thinking but I'm glad you're asking questions. That's good. But this particular question, it's not one that's really relevant.

Whatever you decided as a spirit, as being was gonna work for you and whatever was set up for you based on the blueprint you came in with, that's gonna be perfect for you, so. It's not gonna 'cause any harm to be-- if you were a 10 percenter wouldn't cause you any harm. If you were a 3 percenter, which we don't have any 3 percenters, but if you were a 5 percenter, that wouldn't cause you any harm either. So it's just is what it is. Okay.

And then Aileen, "I meant the Golden Year April money class." No. Golden year or Your Year of Miracles is a yearlong class and that's why the class is so inexpensive because people sign up for a whole year of regeneration, 36 hours. So I wouldn't do it. That's the benefit; you get to be part of a group for a whole year but thank you for asking. Okay. And Limmy, "I was experiencing growing warmth in my body as if being filled up." Beautiful.

And Katherine, "What is the relationship between high self, spirit, and soul spirit?" Well let's just say that your spirit in body has a mechanism to protect it which is your soul. We talked about that. I don't have a glass today but we talked about the spirit being the light and then the soul being the protective chalice. Remember from last week, we talked about that. And so the spirit is the light, the high self is also the light and the soul is just around the spirit that's embodied that is in the incarnation.

It's not the soul isn't around high self, so. I hope that is clear to you, and then the spirit informs the body with the life force and the life force comes only from the part of the spirit that's in this incarnation, so. It's 7 percent or 9 percent that's what's providing life force. Okay. Lots of good questions.

Jamie said, "Thank you immensely." You're welcome. Margaret, "Do I have interferences in my visualization? Don't get visualizations that others do or may interferences as muscle test that I got help from you?" Or maybe interference to feel this through muscle test that I got the help from you 100 percent. Some people-- we do have-- you can work on inner vision. Some people close down and some people have spiritual interferences like parasites. But some people close it down for them self, the inner vision. Because it's some of the stuff that's out on the astral isn't fun to look at.

And are-- yours close down from interferences? It looks like you have about 70 percent access to that information. You know, I'm seeing that we are at our completion time. Next week, we will do one more process or at least talk about it in next week's class. I wanted to work on diving connection with you. So we have to kind of be really tighter with our QnA. But I love answering questions for you guys. I really, really do.

We had a process where we were gonna activate the 14 chakras-- maybe this class just needs to be longer class but we were gonna activate the 14 chakras above the body. We were gonna activate the 7th chakra which is at the crown, your crown chakra. We were gonna open up and look at the mechanisms that connect the high self. So those 14 chakras above the body and your golden rings.

So you'll see that in the slides and we'll try and do maybe 10 minutes next week to wrap today's class up and then we'll go into prana. Prana which is breath and Kundalini which is the spine, the unique life force that comes up from the spine. So a couple more mechanism we'll be working with next week.

I love you. I'll be in the chat box answering questions for 10 minutes, so. If I didn't get to your question, you might-- I might be able to answer it in the next 10 minutes. I believe in you. You are amazing. This was an amazing day. Thank you so much for being here and helping me create this. It's with your open heart, your high vibration that allows me to do this deeper work and I just wanna acknowledge each one of you who heard the call and got on this call and hope that you'll consider being apprentices of mine. This group is the high vibe group, so. I love to see you all in the apprentice program. Alright. Well I'll see you soon. Hopefully, everybody tomorrow. God bless. Buh-bye.