

100% Bliss - Part 4

Good morning, everyone. Good evening, good afternoon and welcome to 100 percent bliss. We are on training for today and it's gonna be an amazing day. Today, we're gonna be working on getting unstuck and really creating some freedom in the level of lower emotions. So this is gonna be a great day. We are doing 1 more of the blueprint activations today. I was surprised but sure enough something showed up that we need to clear. So we'll be doing in and doing that as the class progresses.

It's been a really, really wonderful class. I notice that my own frequency has been vibrating at a pretty steady, stable happiness vibe even though I've gone through a few ups and downs during this last 4 week period and I hope that you have found that, too. That you have found yourself more grounded. You found yourself more capable of accessing happiness and joy, bliss, so. Yay. Let's get started and do sign in. Let me know who's here. Want to see who's on the call this morning. And I see so far Sharon. Good morning to Sharon. Dear, Sharon.

Today in training four, we'll be clearing blocks to experiencing joy on a physical level. If you've gotten stuck in grief, sorrow, bitterness, or not experiencing joy, we'll be tweaking the areas of the brain that signal to the body. Emotions setting you in a relaxed safety and attraction to all things blissful and joyful. Oh. There come the people.

Cindy, and Janice, and Tammy, and Sabrina, and Diane, and Sabeen. Sabrina, welcome to-- also the apprentice program. I wanna just acknowledged that you've jumped in. Yay. Okay. Just hide your name in front of me because I've just signed in. I've autographed a book for you. That's why I was thinking about you this morning. Alright, so. Got a nice group of people in the apprentice program and I'm looking forward to even more people coming in but it's a really nice group already building.

Okay, so. We're gonna start with the morning blessing and good morning to Sabeen, and Sharon, and Megan ,and Nila, and Karen. And probably have heard this one. It's kind of an Irish melody. We'll sing it 3 times through. "May the long time sun shine upon you, All love surround you, May the pure light within you, Guide your way on. May the long time sun shine upon you, All love surround you, May the pure light within you, Guide your way on. May the long time sun shine upon you, All love surround you, May the pure light within you, Guide your way on. Guide your way on."

We've got more music coming in here. Sorry, guys. That's our fax line. It's sometimes rings. I don't know why. But anyway, welcome to the class. Well it's just doing-- it's doing until it's over. Okay. That's hysterical. Okay. So we're gonna go into the quantum pump and muscle testing.

And with the quantum pump, we've reviewed that quite a few times, so we're just gonna do it really quickly. But it works because we're accessing the quantum field. We're setting an intention with our mind and then we're pumping with our hand. And so how it looks is the elbow is down at your side and your hand is pumping. That looks like that. And it's a reflex; it's not a squeezing, it's a reflex.

The double pump goes like this and then if it's down at your side, it's basically a flutter, so. If you're walking, it's a little flutter. Flutter. And then you can do that under the table. So that's what it looks like. This side. And if you're doing your feet, feet under the table or sitting, you can just pump with your feet. Okay. So that's the quantum pump.

Kinesiology, muscle testing using your right finger and pushing middle ring finger and then pressing down with your pointer of your left hand. I'm Julie Renee holds strong. I'm Bozo the Clown drops. We've gone over this many times and just reviewing it for you so you can see it in action. Okay. And then we're going back to our projects. So let's go ahead and start.

The first clearing is permission to be serene and joyful. And we'll be including the ability, right, and right. Removing domination, suppression, and control around being serene and joyful. And getting unstuck. Letting go of grief, bitterness, sorrow, unhappiness, and self punishment. So you put that self punishment in there which I think some of you have. I've picked up this morning when I was getting ready for the class.

Surprisingly, there was a lot of blocks or maybe not so surprising in this area, so. In amplification, it was Lucifer stops, bloodline, soul contracts, demonic curses, satanic curses, evil spirit curses. In this case, emotions came under amplification. And then DNA, all aspects of DNA meaning if you had DNA from another, say you had blood transfusion, so you can start pumping. Yeah. We're gonna just remove your problem DNA and from others.

Perception: meme, miasms, group mind, group mind virus, black magic, things you say about yourself to slow yourself down, curses, atheist thought forms, cycles, contracts, agreements, karma. And then there was a lot, a lot, a lot in spiritual interferences, so. Alien type 3, reticulan, holographic insert, alien type 6, reptoid, embedding, alien type 8, ashtar break out comment, embedding, ghost, DNA splicing, evil spirit, portal, demon, permeation, guests, holographic insert. So that's how they plug in to this problem. Transmortals which are mothmen, wormholes, spiders didn't have on anchor and seeds were one additional anchor that I've found.

Areas of the blueprint affected. Surprisingly, it wasn't matter, it was perception, essence, genesis, embodiment which is spirit to body, and amplification. So we're gonna be pumping to clear and again to just review what we're clearing; permission to be serene and joyful. Includes the ability, and right to be serene and joyful. Removing any control

energies like domination, suppression and control, and really what the focus of getting unstuck. And unstuck, letting go of grief, bitterness, sorrow, unhappiness, and self punishment.

Okay. And Megan has signed in. Karen, and Nadia, and Nila. I think I've said hi to Nila, so. Welcome to everybody on the class. Our class just keeps growing every week. We have a few more people, so. Welcome everybody if you're new. "Can you explain the spiders?" I definitely can.

You know in the late 80s, 86-87, I was out on Hopi Land. I was out in the desert and that's not so far away from Sedona, Arizona. And it looked like an aurora borealis. There was a white night sky for about 6-7 weeks. And what was happening was these creatures that are spiders and snakes had to leave their plane of existence because it had been destroyed or whatever. They're not very intelligent. They came unto planet Earth at that point. At that time. And they kind of just sneak in. They hover. If you-- you can test to see if you have them. We'll be covering that in freedom from spiritual parasites and pests.

By the way, we've backed that up just a little bit. That class is gonna be late July instead of the beginning of July. So, we just made an executive decision to put it off 3-- we're gonna back it up 3 weeks. So that might be better for your schedule, too. And then we have the spiritual interferences class. So there's 11 hours of comprehensive training, the last Wednesday of July, and the first Wednesday of August. So I'd love to see you in that but we go into a lot more detail. I'm really-- I do share quite a bit. With every class, with everything that I am learning.

They aren't anything like the greys or the reticulans or those nasty things. They're just kind of more sneaky, so. You know, it's not uncommon to see them kind of in somebody's-- their spine or neck. But they can also-- this is not in a person, so. They've come in-- let me just see. Because I've mapped out and I don't remember everything about them because they're not my radar very much. But they are once in a while. So let's see.

From another universe. Type of being of little intelligence. Considered and alien. Listed as an alien type. Dwells in perception typically often around the spine, back of neck, back of head. They are drawn to human spirit access portal. Okay. Well, that's good to know, right? Can leave a type of holographic insert and can be cleared with the quantum pump and they clear really fast because they're not like a big complex intelligent being. Just a little bugger.

They can have size. I don't mean that they can't have size. It just that they you know they don't have brilliance or deviousness or anything like that, so. Let's see. Did I describe-- yeah. They come in as parasitical, so. I did put that in there, so. Yay. So

we're gonna just clear that. Looks-- I'm gonna go back to the list so you can look at the list while we're clearing. It's a pretty significant list, isn't it?

Okay. So keep pumping. I wanted to show you while we're working on this; a chart that I've mapped out on emotions that I think you're gonna find really interesting. On frequency and why in these areas that we're clearing. We're just clearing 4 of these. We're not clearing the whole chart. By the way, this will be part of the emotional freedom class that's coming up later in the summer. But why do spiritual parasites hover. And you can see that the frequency for some of these stuff is very ,very low.

You can see that. And so you know when you're in, when you're experiencing the emotion, you're in the very low frequency. We get grief is at 73. Unconditional love is 500. Enlighten master is a thousand, so. Yes. Grief has to be experienced if you've gone through a loss but it can be transmuted and transformed relatively quickly. You know, you might be looking at an experience of love and celebration. The body might miss the person and so you need to deal with what you've lost body to body. But perhaps the mind could be guided into a love experience.

Don't mind. Yay. No. I'm a country girl. You probably figured that out. I'm a very sophisticated country girl, so. I do the 'yipees' and 'yahoos' and 'yays'. And my father's family immigrated from-- Let's see. Prussia. They were part of Germany-Russia. They were in Germany. Prussia, Germany, Russia, and then came into the U.S., so. They have a very country type of way of speaking. It's actually pretty funny to be around my family because it's very hillbilly almost but in their own unique way.

So you can see some of these emotions and then what's tied to them is spiritual interferences. You know, aliens, and where it lives in the body. What the frequency is. I just think it's really interesting to see how the lower emotions, the emotions, can, and actually, occur. It shouldn't be a lower emotion but why you have to have courage because you've been overcoming difficulty and so you muster up your courage that sometimes brings in this stuff too, so. I just find this really interesting. As we're working on our bliss and our happiness and really finding that center of joy. So let's look back at the slide again.

It's funny. I have actually good lighting in here. There we go. But the mechanism, the Google Hangout mechanism sometimes makes it dark, so. There. Like that. It's funny. I don't know. There we go. So we are pumping for removing blocks and programs to experiencing serene joy and then all of the other things that were listed in the first slide.

And why don't we, while we're pumping, why don't we do the Tryumbicum mantra. And let's do this through 10 times. I bet we speed up our clearing by doing this. [Sings in Sanskrit from 00:17:01 to 00:20:56]. And then back to our clearing just to take a look at how far we've gotten on this. 40 percent clear, so. There is quite a bit in here to clear.

We're gonna be pumping for a little while on this and we need to, right? We wanna clear this. We wanna clear permission to be serene and joyful. Includes the ability, and right to be serene and joyful. Removing any domination, suppression, or control, getting unstuck, letting of grief, bitterness, sorrow, unhappiness, and self punishment.

And here we go again. We're just looking at what we are clearing and few more people have signed in. Sabeen, "How cool. Considering your last name. Thought you might have roots in Germany or Eastern Europe. Greetings from a fellow German seeker." Oh wonderful, Sabeen. Thank you.

Heather, "Good morning." Darshawn, "Morning, Julie and all." Kathy Lu, "So moving." Oh beautiful. And Yeshwant, "Hello, dear Julie. What is my vibratory frequency now? After so many classes, I'm still not feeling joyful. Will repeat listening to your replays help in further removing blocks increasing my vibratory frequency?" It will, Yeshwant. I think one of the things I wanna encourage all of you to do is be using my meditations.

You know one of the meditations I see that's really rock solid is the definitive guide to powerfully generating your abundant life and doing that daily. Let me put that up. You get that in the big wealth, the 21-day wealth clearing. You get that in quantum mind, the 4 pillars of human mastery. But I'd like to give it to you-- show you that you can just buy it as just a simple meditation, so. Let me just pull that up for you. That one seems to really help establish joy in the body.

The women's program for women, any of the beautiful programs, you're gonna just fall in love deeply with yourself really quickly. So that-- here it is. Just gonna pull it up for you. Any of those, for the ladies, that's gonna be really good. But there's a lot of meditations on the website that help with bliss and happiness and joy. And one of the things you wanna be doing is working with your brain. And once we get through removing blocks and programs, we're going onto a brain rejuvenation. So let me just show you here.

We're just gonna work with the trapped low emotions, brain frequency reset. So this might be just what you're asking for, Yeshwant. You're just right in the right class. There's 5 areas in the brain that tend to get stuck holding on to negative emotions. Four of those areas are in survival or the reptilian brain which is kind of down in here, right? So in this kind of area, and one area is up in the emotional brain and that's behind this-- I think this big sheet right here is the cortex.

But underneath it, in the middle there, there's mushroom-like area of the brain called the emotional brain or the mammalian brain. So we'll doing that in our next step. And our third step today will be restoring joy and matter. Joy to matter and emotions in the human blueprint. So we'll be making one more correction in the human blueprint.

So Yeshwant, this might be your day of transformation. This might be where the brain frequency reset happens and that's where your problem energy has been. And know that, you know, each class we dealt with something very unique. Something very different, so. Each class is clearing and what I notice for myself having a long period when I was ill of just really struggling with depression, they had called it severe depression, I had really struggled with that. And you know one of the things I've noticed is the more I clear, the brighter I get.

I mean I've had no depression for many years because of the quantum activations but that feeling of joy and being serene and connected, that really happens overtime as you continue to clear and go deeper. And Yeshwant, I'm happy to give you your frequency. Yeah. You're at 400 which is a very, very good vibrational rate. So you're doing everything right and you just-- you know be happy with what you have attained for far and celebrate what you have attained.

I think that's one of the other things I wanna say is I think it's really important to celebrate what you have accomplished and where you have come. And we always want the next thing and I think it's really, really important to really kind of settle in a little bit and think about what you have accomplished and be grateful for that. Let it ground in the brain.

Let it become part of the memory. Yeah. I celebrated. I went out and had a spa day. I went to listen to the symphony and then I went in did sunset on the beach or something like that to really celebrate 'I have accomplished something really amazing'.

Yeshwant, for you in the bliss class, I test-- let's see. Like a 40 percent improvement for you and that's fantastic. And if you-- and I always encourage people to recycle. Go through the classes more than once. Go through the replays more than once. Listen to your meditations. Many of these classes, we're providing the short 5-minute meditations. A lot of our home study programs we have. The longer the meditations in. And you can just go searching for the ones that are perfect for you.

There's over a hundred and 80 meditations on the site. So you're gonna find the right meditations for you and know that the clearings that are done in the meditations, putting yourself in the quantum pleasure field every day, really, really helps with re-establishing joy in the body. So those are all steps that you can take.

Good. Okay. And Aileen is saying, "Gratitude important to me, too." Wonderful. Wow. Thanks. Great. Thank you so much with infinite light and gratitude." You're welcome. Oh. We're not doing frequency. That was just a question for Yeshwant who was still not feeling all of the bliss but was working on himself. So we aren't going through and giving everybody frequencies. Yeah. So I'm afraid if I start, Gale, that everybody on the class was gonna ask for their frequency.

But with Yeshwant, it was a heartfelt and I understood because the 'Oh I'm not feeling joyful'. Yeshwant, there might be and this is one thing that some of you might struggle with is that your happiness neurotransmitters like the dopamine, the serotonin, some of those things are just set very low. And so we're-- you would-- you're changing your frequency energetically if your brain chemistry isn't shifted up which is done in-- by the way, we're doing the brain regeneration.

For those of you who haven't been able to swing, come in to the VIP one to one brain regeneration. We're doing a group brain regeneration next month, brilliant brain, so. It'll go through 5 classes and we'll do all of the 5 brains and regenerate them to a hundred percent and that helps tremendously with neurotransmitters, so. Just so you know that yes that-- Oh. It's so funny. Okay. That you, you know, you have the next step. The next step would be for some of you jumping into the brilliant brain regeneration program. Let's see.

Darshawn, "Can you comment on the impact is the same when we listen to the replay because I missed some classes. Thank you." For the most part, yes. Because it's-- we're working in the quantum field and the quantum field is no time, not space. I would say yeah. Let's see. 97 percent is what I got. 97 percent. So definitely. Go for it.

And then you'll pump right along. You will just listen. I think one of the things people make a mistake with the replays is they are cleaning the house and listening. Don't do that. You know, sit right down. The same way that you attend a live class. Sit right down and participate and as if I'm right there with you because I am right there with you.

And so you know pump along and do everything that you're asked to do in the training and just be very attentive. This is my class, this is my training, I'm doing it. Yeah.

"How long will it take for bliss to integrate in?" Okay. Well let's see what you've improved so far, Melissa, so. Let's see. Interesting. So you've improved by 50 percent as we've gone through all the clearings in the bliss class, so. It's inner and outer action. For you Melissa, I see a transformation in about 5 months.

This is really interesting. So keep doing your meditations. Understand, you can get the neurotransmitters working quite a bit better also by you know like exercising. Like really cardio exercise where you get the dopamine and the serotonin and endorphines. You get them really pumping in the body. That's gonna help too with the sense of bliss.

And then you know another thing to suggest is to open your eyes. I take people on nature walks and they're always blown away. They never even saw the 60 different species of flowers I've point out to them or the hummingbirds or the butterflies. They see things flutter by but I actually look at and notate, "Oh. Look at the wing has a purple stripe on it." and "Look at how-- that one's a quarter of an inch butterfly and this one's

like a 6 inch span." And they're just blown away. They're just like-- it's just periphery noise and they just are out of their hike and their just dashing through, so.

I want you like you know that song, "You've got to stop and smell the roses. You gotta count your many blessings every day. If you find your way to heaven is a rough and rocky road. You've gotta stop and smell the roses along the way." And that's my country roots. But you know I think we get so like blinded that we miss the miracles. You know, I now have a patio outside my bedroom and a lot, a lot.

I get up to use the bathroom and I decide I'm gonna go out and look at the night sky and it just always blows me away. It's so pretty, so. I put on my iPhone an app. I think it's called starlight or something. It's called SkyFree. SkyFree? Skyview. Skyview. And so you can point at a direction and it'll tell you what's in-- oh great. Fantastic. So it'll tell you what constellation you're looking at.

Hey. I just got a text from my production person and she said, "Hey. Melissa's also in the apprentice program." Yay. Melissa. Yay. Melissa. Really happy to see that. Wonderful. Welcome. Yeah. "Love nature. Thanks for the song." Oh you're welcome. You're welcome.

So Jan's saying, "Why do I feel so up and down these days?" Well, I think-- let's see. It is actually related to the class. I think you're getting the ups and you're-- you know, there are still more things to clear. When you have the experience of feeling low, look at what's stimulating below. Like what's taking you into the place of the down part. I'm always really curious what stimulated it. Did someone said? Did something happen? Or read something? I mean what brought you to the low place and you're having some high places which is good, so you're having the bliss. What allows you to go into those high places?

You know, ultimately what we're looking for is that steady kind of base where you feel serene all the time. So you don't have to be all blissed out all the time but feeling content, feeling at peace, feeling at one with your world, feeling like everything is right with the world. That's the kind of feeling that we're really looking for. That's the feeling that we're wanting to embody.

"Julie, what is the name of the song? By--" No. Country roots is my-- my background is from the country. So I say country roots meaning I'm from the country. I think it's called stop and smell the roses. Let me just Google it really quickly. I'll put the-- it's fun and it was out years ago. Let me-- I'll just do a quick search and I'll find it for you.

So keep pumping. Let's see. We're 69 percent through on this clearing. Oh yeah. It's from Mac Davis and it is called Stop and smell the roses. And what-- hang on one sec. I

might be able to-- let's see. You can hear it from the original singer. It looks like you can hear it on YouTube, so. If you wanted to hear it from the original fellow. Keep pumping.

Very good. Oh. Looks like some more questions came in. Okay. Okay. So I answered the song. I'm hoping I've asked-- answered all the questions. I realized some of them-- sometimes some of the questions don't show up and then I get the chat box conversations and there are questions that I somehow they didn't show up in my chat box, so. It's interesting. Okay. So I'm just scanning through here.

I think it's Gale. Gale, "Has my bliss improved? I missed the last class." Yeah. 70 percent for you. And Catherine, "I want to thank you so much since doing the quantum pumping, I have more energy, sleeping better and just overall feel great." That's fantastic, Karen. Sabrina, "I am on a path for so many years having faith that one day and my physical pain will go away and everything that I do for myself and the planet more than I ascend, the bigger the pain is. But I simply love life and search every moment of bliss that I can in the small everyday moments." That's beautiful. And Sabrina, I do believe that you will conquer that pain just as I did.

I was you know at a 9 or 10 most of the time treated with 9 vicadin, fentadol patch, 3 tranquilizers, and hormones to cause the body to have less pain, so. That was my life a long time ago and I'm on no pain medication and don't have ongoing pain and I know that's possible for you.

Aileen, "The brain is really important to our emotions, isn't it?" It is, and how we use it is important. So one of the things to know, Aileen, is you know we really do in the brain regeneration, we clean out a lot of spiritual squatters and parasites. The looping thoughts, worries, and concerns, they kind of get kicked out. People end addictions when we do the brain regeneration and they get happy, so. Yeah. The brain is very, very important.

Jen, "I realized now that the downs are when I am with a certain person or feel hold by a certain person." There you go. And so that 's a good clue. You might clear your karma. If you have to be with that person, clear your karma both ways, so. We have a karma clearing meditation or a program you can jump into. So clear your karma if you don't know how to do it and then-- so it's cords, contracts, agreements, energy, and the karma itself. And then see if that works and otherwise you might wanna unplug for that person meaning back off from the friendship.

Fan, "How funny. Mac Davis is from my hometown of Lubbock." That is hysterical. "Brain regeneration will be in June." That's true. Let me put up the link for the brain regeneration. I know that will be helpful and it's the very, very first time ever that I'm doing it in a group. I'm always offering it, of course, in a 1 to 1 program. But we've had so many request from so many people. Will I please do the brain regeneration in a

group so that everybody can afford it, you know. And I understand there's an affordability factor, so. Here we go, my dears. Here is the link for the brilliant brain class which is brain regeneration. That's what that is.

And Amy, "What about trauma? Does that get cleared through emotions? Seems this can be in the way of bliss." You know, it can. Yeah. We got karma here, so. Karma and trauma-- let me just show you here. Karma and trauma tend to be one in the same. Karma tends to be from past lives and trauma from this life, so. Definitely. And while we're clearing it right now, we're clearing emotions, and we're clearing karma, so. We're clearing it both in amplification and perception.

But if there was some specific incident like you suffer from post traumatic stress or something like that. Like you had some specific incident, there's deeper levels of clearing. I know I go into a lot of that in your divine human blueprint, so. You have a whole chapter on that. We have also a class called clearing violence and abuse from your field and body. That is extremely helpful for people, so. You know there's a path to just clearing kind of the free-floating kind of trauma but also if you've had some specific incidences, you wanna actually go in there really clean house. Okay.

I'm gonna need to move us forward even if we haven't completed this because we've got a couple more things to do, so. Oh. We're at 98 percent. Good, so. Let's go ahead. We'll keep working there but we'll move into the brain frequency reset. So we're just gonna do a clearing and a resetting for the 5 areas of the brain. 4 of those areas are in the survival/reptilian brain. It's okay if you don't know exactly the little pinpoint spot. What we're just gonna start pumping to clear that and one in the emotional; brain which is right up here, so.

Underneath this neocortex, this bubbly stuff is around mushroom cap looking thing and that's where we're clearing, so. In here and in here. So you wanna just go ahead and pump for that. And let's see. In 4 minutes, I'm gonna need to do the blueprint activation so we get that done. So I'm just keep an eye on the clock for us to make sure that we get everything that we set out to do done.

And just for fun, here's Mac. "All of the x-one voice I bet you hear this. Show horror comedy movies. So easy it's scary." [Plays a Mac Davis song from 00:45:28 to 00:48:13]. That was fun. It was really fun. We might get a comment from the-- you're not suppose to broadcast but I think YouTube videos I think will be good. Anyway, it was fun. Totally fun. Okay. My answer. I already answered, Sabeen. But just if other people are wanted, "Does this clearing effect stay with us even if it's about something as fluid as emotions?"

Yeah. So we're gonna clear. You know, you can have other emotions that can cause programs and patterns but what we're really working towards is lifting you out of those cycles so that you don't come back into them.

"Love hearing. Thanks so much," You're welcome, Kathleen. Yeah. It's just a fun country song. He actually has really written at least in the olden days, he wrote some really uplifting happy, happy songs. So you wanna check him out on YouTube, you can find him on YouTube. Okay.

That music took us to where we need to be. So I need to do that blueprint clearing right now. Let me get in here. I'm gonna put the slide up. You're gonna keep working on clearing the trapped emotions and I am-- let's see. I'm gonna show you the slide to remind you. While I enter the blueprint to make the correction, please hold the space by quantum pump which you can be working on the brain.

This blueprint alteration changed 7 thousand years ago. So not that long ago. By alien type 5 dominating other world being called the grey, as a control in the blueprint left embedding to hold the change. Please keep attentive. You may observe through your 3rd eye and in vision but be conscious not to follow me into the blueprint.

It's very big and tough in there. So don't go in there with me. Okay. And I'll answer questions when I come out of the blueprint. I know there are couple of things coming in. But let's have you guys pumping and I'm gonna go in for restoring joy to matter and emotions, so. That's what I'm gonna do and you're gonna be working on the brain frequency reset. Let's put some harp music on while I'm doing that too, so. We have something there playing so you know that I didn't disappear.

Okay. I am back. Good. Alright, so. We have completed that blueprint. Restoring joy to matter and emotions. Restoring to the physical body and the emotions in the blueprint, so. Yeah. I did about 6 different shifts while I was in there and it was a very joyful experience for me. I had a lot of tingling or a sense of elation and happiness as I was working in the blueprint.

Did anyone have a sense of the shifting going on while I was in there? If you did, I'd love to hear what you saw or what you felt and if not because I've had you working on the brain that's alright too that you're working on this reset in the brain. "You were a ballet dancer dancing through the mist of green. Pink beautiful dress." Beautiful. Thank you. "I felt so relaxed and happy." from Karen. Wonderful . Thank you. Yeah.

It was good. It wasn't one of those hard ones where I had-- I didn't have a bunch of 'urrg' come and attack me. It was actually-- I entered in really easily and it was really fun. "I felt more electricity in my brain." Oh good. Really good. And Aileen had mentioned before I went into the blueprint she said that she felt it was a way to send

love to our bodies and quantum pump for the brain and emotions. Definitely. And then Gale, "I felt more--" Okay. I saw that one. Okay. And then Amy, "Yes. I feel lighter and brighter." Beautiful. And Darshawn, "I feel really uplifted and light. So wonderful. Thanks much." You're welcome.

Okay. Well we have just 2 minutes left of this class. Can you believe how fast the class when today? Let's do our quick announcements and we'll just look at the apprentice online program is starting in few days. It's starting June 1st. You can join in June or July. We will leave it open . So please, if you're organizing yourself. we really want you to jump in. For those of you that have jumped in, congratulations.

We're gonna be doing a clearing coming up on getting into the apprentice program and I believe it's on mastery. Oh. I know. My knows are upstairs, that's why I'm not seeing it. I'll leave it on my desk, so. Just watch for an email. You're one of the people who are in the program or you want to come in to the program and you need more clearings. We're gonna do another clearing on June 6th and I think it's at 5 Pacific time.

So it'll be a little later in the day to help people who are really wanting to come in or who have already signed up and would like more clearings to help them really integrate the whole year of transformation. And then here is the announcements for our summer trainings. There are many, many classes coming up.

We talked about today brilliant brain as one that probably everybody should try and get in to, so. Let's look that for a lot of you. We also talked today about the freedom from spiritual parasites and pests class, so that would be another one to look into. There's a lot of good stuff coming up. Father's day. We've got the good man clearing. We've got an emotional freedom class. So many really amazing classes coming up. Emotional balance is coming up. Everyday magnetism and 100 percent success for those of you interested in wealth.

Okay, my dears. I will be in the chat box answering questions for you and I'll be here for about 10 minutes, so. Feel free to write your questions and I will see you. I'll see you very soon. I love you. God bless you. Have an amazing day. I love you. You are a rock star to me and you are so dear to me. So take good care of yourself. Meditate every day. Get out in nature. Stop and smell the roses and I'll see you real soon. Buh-bye, everyone.