

Your Year of Miracles - June 2016

Good morning everyone and welcome to your mini-retreat, your year of miracles. We're gonna have an amazing, amazing day today. Gonna be working on the respiratory system and the bladder. Yahoo. And hopefully, for those of you who are in the northern hemisphere and having a summer, hopefully it's gonna make your summer really wonderful. You're gonna be out and enjoying nature and life full steam ahead. And for everyone be breathing more deeply, feeling more comfortable in your skin and your body, so.

Welcome to everyone. Please do sign in. Hi, Patrice, and Nila, Trevor, Erick, Linda, Carol, and Sharon so far. But I'm sure there's lot of other people signing in right now, so. Welcome everyone. We'll start the call as always with a blessing, an opening blessing. Today, we'll be doing the traditional mantra to open a [Inaudible 00:01:29] or a [Inaudible 00:01:31] in the temples in India a lot of times they'll use this.

And it is really calling on the aspect of God that removes obstacles and calling on the 3 aspects of the divine: the wise father, the loving father, the mother, the protective mother, the energy of peace. So there's a lot of different aspects in this beautiful prayer, beautiful blessing. Sing along with me if you know it. [Sings in Sanskrit from 00:02:06 to 00:03:30].

And just take a breath in and let it out. Whatever you were doing before, just let that go and come fully present into this moment. Into the moment where we begin to receive our blessings of regeneration and really new life.

Today, we're gonna be working respiration and bladder. Lungs, bladder, kidney tune up. We'll be doing both of these areas that are highly influenced by emotions. The lungs having the right to exist, and the bladder, the reflection of ease or anger, i.e., being pissed off. We clear these important areas of all degrading programs and then regenerate the entire respiratory system and bladder kidneys in a day of growing healthier and improving body function with some very key players in your human system.

For all of you who wanna get started on the clearing, here is the page of the clearing. If you wanna start pumping and then we're gonna review the quantum pump and muscle testing and then we'll focus on the clearing some more. You can just take a glance at this and start pumping. We're gonna be clearing respiration, right, permission, and ability to exist, belong, be in your body. Bladder and kidney, to be heard and honored, appreciated, listened to, and cared for. And then you can see all the different blocks and spiritual interferences that I've listed here, so. A whole heck of a lot.

These two systems are really chucked full of stuff that gets in the way, so. Go ahead and start pumping and then we're gonna go on to our review of the quantum pump. And I know some of you already know this. I put a little image of the person who's like, "Okay. Are we getting it again." But also we have some new people on the call and so we wanna make sure that everybody does get the full awareness of the quantum pump and it never hurts to review this information. Isn't that that right? Alright, so.

First thing we're gonna do is the basic quantum pump and the basic quantum pump is done with the right hand. And some people ask, "Can you do it with the left hand?" You can. You're going to have your elbow at your side, and really the elbow is down at your waist. So that's where it is. And it's just pumping forward.

It's about-- your hand is about 6 inches off of your shoulder and it's not squeezey, that's gonna make you really tired. It's just kind of a reflex moving forward. Looks like this from the side, and looks like this from the other side. So that's the quantum pump.

Quantum pump works because we are accessing the quantum field. There are two kinds of physics: there's the physics of relativity and Newtonian physics includes the gravity, basically, what you see is what you get; and then there's quantum physics, what defines everything as part of a field of particles vibrating.

What we're doing is we're using a thought, we're intending to clear with our mind and then we're accessing the higher frequencies of the quantum field. In other words, the pleasure, the joy, the bliss, the love part of the field or transformation is possible. The hand movement came to me as I was watching my own cells regenerate and that is why we do the pump.

If you do not have hands and feet and you wanna do the pump or you can't move your hands and feet, you can imagine doing the pump in your mind. And I understand as I've read people who do it in their mind, it's initially 50 percent effective. I believe that with determination, you can get it to a hundred percent effective but it does absolutely clear.

There is a double pump. So you can pump with the left hand. Generally, the left hand is gonna be reading at about 97 percent effecting; the right hand 100 percent. The right side, even if you're a lefty, the right side is your assertive outer. It's the outer world side. The left side is your receptive internal side, so. It's the side that I read from. I read from my palm. So you can do readings from your hand as well as your mind and your guts.

So the left hand tends to be about 97 percent effective which is fantastic. You can do the double pump. I do it alternating because I'm a harpist but I've seen people do it this way. Doesn't make any difference. You're not gonna double your speed. You might increase it by 10 percent though if you do the double pump and the reason that it is increasing because you're being playful and you're having fun and that lifts the energy.

As well as chanting, and singing, and you know really lifting the spirit, so. Praying all of those but singing really does move things up. And so as many of you know, we sing and chant as we move through our regenerations.

Just a quick review, if you're out walking and you wanna do some homework, you're gonna be doing a little flutter on the side. So you can see the hand is just fluttering. This is what it looks like when you're walking or when you're out a restaurant and your hand is below the table, so. You're just fluttering basically and that's very wonderful and good and it works and it's not quite as effective as this but definitely over 50 percent. I highly recommend that you do that when you're out and about so that you can get more hours pumping.

And then foot pump is a forward and back. It's just the ankle. You can do that also and that's a choice. So you've got some-- all of those are standard. Those are our standard pumps, so. The basic pump and all of the others ones are our standard pump, so. That's how we're doing the quantum pump. Very good.

I just wanna welcome-- let's see who else has joined. I'm sure lots-- well, many more names have come up, so. Susan, and Robert, and Julie, and let's see here. Rose Maryann, and Audrey. Hi. Robert, Rachel, Vanessa, and John, and Robert. "I could not stop emotions coming up. I started crying like my heart is opening.": Robert, I'm just so happy to hear that. That's so wonderful. We're gonna be doing some amazing things today.

With the clearings, we're actually gonna do some emotions clearings too, so. Just really, really happy you're here and you're having that experience that's wonderful and you started crying when I was singing. Oh that's beautiful.

I think, you know, my Sanskrit-- I know when I was in the temples, there wasn't a dry ice, so. I think I activate part of the heart that allows the heart to open when I chant. There's something that I was asking to do in the temples. The push palm mantra and maybe as we progress through the day, it's about 7 minutes. It takes a little bit of time to get through. 7 to 9 minutes depending on how fast or slow I'm singing. But maybe we'll add that as a little extra blessing today as we are working on our regeneration and we have a whole lot to regenerate today, so Wonderful, wonderful, Robert.

Carol, "Thank you for showing us more discreet form of pumping for when we're out in public." Oh absolutely. And you know when you do see someone out in public because understand that I've really been getting out there. You're gonna see people. If you see people doing this, pump back and smile at them. You know, so. It's a club. Or if you see them doing the little flutter, you know, flutter back to them and smile and say, "Hey. I got your number." Okay.

So the next thing that we're going to do is just review very quickly the muscle testing process and if you're wanting to like study with me and you really wanna take this on, I want you to learn how I do it. But if you have a method that works for you that's perfectly fine, use that.

I'm using the right hand ring finger. I'm using the pointer finger, so the first finger of the left hand. I'm pushing down straight up and down, not side to side but straight up and down. I'm holding the ring finger very, very firm, so. I'm making the muscle as tight as I can possible make it. Then I'm saying my name is Julie Renee. My name is Veda. My name is Hawk.

Now, all of those tests true. We studied with a native Americans. My name is Hawk with the native Americans. In India, in East India, my name is Veda. Veda mother G. Veda mother, you know, so. That's true for me. My name is Bozo the Clown. My name is Donald Trump. Okay. Eating mounds of sugar is good for me. So you could test and you can see. And it holds firm when it's true and it drops when it's not true.

Now, muscle testing was really spelled out by a chiropractor in 1976 then understand our body has been able to tell us what's true and not true. Registers what's a lie and what's not a lie. So that's part of the mechanisms on the human blueprint is that muscles will become weak when you're experiencing a lie. So just know that muscle testing is available for all of us to learn.

We have a muscle testing 101 class coming up in a couple of months, so. If you're challenged by muscle testing, I encourage you to sign up now. You get the muscle testing clearing chart when you sign up and it's a 2-hour really deep profound clearing when we're working on everything that gets in the way of your authority of muscle testing and it's usually spiritual interferences.

Alright. Very good. Alright. So we've covered the quantum field a little bit, and quantum pumping. We've covered muscle testing and now we are gonna go in to our clearings. Okay.

And so we're going to be doing-- let's see. All of these clearing on the right, permission, and ability and both in respiration and in bladder, kidney we're doing the right, permission, and ability. I should put that above respiration, the word respiration. So let's put that. Okay. Let's put that there. Okay.

So the right, permission ,and ability. In respiration, to exist, belong, be in your body. In the bladder, kidney, to be heard, honored and appreciated, listened to and cared for. And then in addition on the same page, we're gonna do it all. So it's probably gonna take us a full hour to do this.

Blocks to a healthy respiration system and bladder, kidneys. And you can see this list is a big list. Bloodline, Lucifer stops, souls contracts, demonic curses, evil spirit curses, satanic curses, group mind, group mind virus, black magic, curses, atheist thought forms, timelines, cycles, cords, contracts, agreements, karma, trauma, emotions, shared energy, control energy, medical control energy, DNA, alien type 1 and with embedding, alien type 2 embedding, alien type 3 seeds, alien type 4 implants, alien type 6 embedding, alien type 7 permeations, alien type 8 embedding, ghosts, DNA splice is how they anchor in, evil spirit, embedding, demons, implants and permeations, entities, seeds, and implants, trans-mortals, permeations, spiders, holographic inserts.

So you can see we're gonna be clearing a lot and the interesting thing is these are really key elements or key players in life itself and they tend to have a lot of spiritual interferences anchored in. That is one of the-- these are-- these two: the lungs, bladder/kidney are places where spiritual parasites anchor in into the body. As well as a lot of stuff in perception and amplification. So you can see there's just a whole heck of a lot to clear here. Okay.

Rachel says, "Hi." And Vanessa, and Robert. Okay. And then Carol, "Thanks for showing us." Oh. So I'm just-- I'm double bump. I'm double reading here. John, "Briefly explain how mantra works especially for those new to mantras." And, "Love this club." says Cindy. The mantras raise your frequency.

When we do a mantra, a mantra vibrates at 100 percent true. If it's like a Sanskrit mantra, so. The actual sound of the word aligns with the word. Where the in English language, English is a descriptive language, not a language of truth. And so when we are, you know, working on speaking very, very accurately to get close to telling the truth.

It's interesting when I wrote Your Divine Human Blueprint, I wrote the words as I was kind of seeing how they can line up in the most truthful way. They didn't make good sentence structure so is it kind of a nightmare for the editors. I think I had 5 editors work on that book. But I was writing with the idea of writing the most truthful way rather than our proper English syntax and grammar., so.

So just know that Sanskrit resonates at a hundred percent true and English language is under 10 percent true, I think it's a description. It's not-- the word doesn't mean vibratorily what it is. Where in Sanskrit, it does vibratorily mean what it is.

And as we're talking about that, I think why don't I actually do that chant that I was talking to you about that I've been asked to sing in temples that's so heart opening and that's the push palm mantra while we're focused on clearing the healthy blocks to the respiration and bladder/kidney. Just have to pull it up. And just before I start, I just noticed Carol, "Thank you for being willing to help the world with the hate crimes. I'm so happy you're going to do this." And John, "Great

explanation." Thank you, John. You know, Carol, there is so many heartfelt "can you help? can we help? can we do something as a community?" that I got on the phone with my project manager. We have so much going on and I said, "We have to squeeze it in. Somehow we have to." And we figured out a way to get it in there, so. I'm honored and really looking forward to-- and it makes me cry when I think about this, so. Yeah. Things have got to change on planet Earth.

Alright, my dears. So I'm gonna sing the push palm mantra. I'll be chanting for somewhere between 7 and 9 minutes. You just keep pumping. We're just clearing what's on the screen. [Sings in Sanskrit from 00:20:51 to 00:26:12].

That was nice. Thank you for hanging in there with me while I was chanting there. That was beautiful. And John, by the way, when we resonate with truth, so when we're in the frequency of bliss, of truth, of that you know aligning with the universe, we're able to access the most powerful part of the quantum field, right? And so that pleasure field or that love field or that vibration or frequency of mastery and enlightenment.

And so it's like our voice in song. Our voice raised in song or in chant really allows us the privilege of accessing that profound healing. Sharon, "Thank you. Beautiful. My heart swells with love." That's beautiful. And Sebil Maria, "My heart is glowing. Thank you, Julie Renee." You're very welcome. Yeah. It's good. It's really good.

And Limmy, "It was so soothing. Thank you." You're welcome. Heather, "Good morning, Jules. Thank you for chanting that chant. So powerful. Such deep silence." Yes. You're welcome, Heather. And Cindy, "Thank you so much. I'm feeling like I'm floating." Yeah. It's so beautiful.

That particular chant, the push palm mantra, I learned in an outdoor temple in India in the Vishwa Shanti Ashram in Nelamangala which is outside of Bengaluru. And the priest spoke no English and there were like 12 of them and they lived in little huts and they had very simple lives. They were really-- basically it looked like a dish cloth around them. They were in like a Dhoti and no shirts. They had a string on. It was always hot. And they always had kind of little bit like a wild look to them because they're managed an outdoor temple. That's where all their ceremonies were.

And priest in India, of course, have families and so every children and wives that lived in this little huts with them. And I was given to the head priest was assigned to teach me. And I would go down every morning after-- It was a beautiful ritual in India. Would get up very early in the morning with some of the Indian women and we would take these bowls that were stainless steel bowls and we would fill them with flowers.

We go out into the gardens and pick little flowers like Jasmine and little purple and pink flowers. And then with our hands, our fingers, we did kind of a crochet of-- we crocheted

the flowered into mallas. So we did a little finger movement. Knotted around each flower, each flower very close to the next one and we would make garlands for all of the what were called Mertis which are the statues of the gods and goddess. So they would all be adorned with fresh flowers every morning and chant the morning chants to you know, whether it was a Gru gita or you know honoring whatever god or goddess statue that you were making the flowers for.

And then there would be a morning breakfast and after morning breakfast, because the priest would be chanting, they'd have their work to chant for the first 3 hours of the day, I will go from like a 9:30 or 10 in the morning when they finished their first round of honoring and chanting and prayers, and I would spend 2 hours learning to make the sounds and really listen to the priest.

This chant, the push palm mantra, is flowers honoring the 7 aspects of the divine. And so what you've seen in Indian ceremony, flowers are-- flower petals are thrown on the statue of the divine or the area that's being blessed and this is honoring the 7 elements of the universe: the earth, the water, the air, the fire, the sun, the moon, and the sky. So we honor them with flowers. So that was so beautiful and be used for house blessing really for virtually anything.

But it's interesting the teacher that I spent time with, Guru [Inaudible 00:31:47], he told the priest to teach me this and the priest weren't technically allowed to teach women these deeper parts of the scripture because this is part of their Vadic scripture. It's part of the Shiva sutras.

And so they were a little puzzled but they honored the guru who said, "No. She has to learn this." And I became an honorary man. It's silly. But the priest had me sit at the table with them and do all the prayers with them and they said, "You're a man to me." And I get that what they meant to say is, "We don't understand why you have the privilege of knowing only what men are allowed to know. So we're making you a man. You sit at the table with us. You don't serve with the women. You don't sit on the floor."

So occasionally, I would do I would leave the blessing for the priest at the table. It was a beautiful experience of being honored for who I am, a reincarnated teacher which is what was really essentially happening. And the priest who taught me of this particular chant as I was leaving ashram going back to America, blessed me, gave me, a beautiful crystal mala that had been strung on silver and I think all of them had taken up a little collection to get this beautiful little mala made for me. It was very wonderful. Very beautiful experience for me.

Cindy is saying, "Thank you so much. I'm feeling like I'm floating." And Robert, "Any way to focus the screen?" That would be, Robert, for you, that would be refreshing your

screen. That's very likely all you have to do is just do the refresh button and you're gonna get a better focus.

And so as we're pumping, like I said this is probably gonna be a whole hour. There's so much. Let's see. We're about 40 percent through with this right now. We can look at some of the emotions affecting the bladder and kidney, and emotions affecting the lungs and breath. You're welcome, Cindy. I'm glad you enjoyed it and I'm happy to share. I'm happy to share. Okay, so.

Emotions affecting bladder and kidney. I put the frequency vibration because I thought it would be interesting to see why when something's off, why it's hard to get it to heal because the vibration is so low. So with the bladder and kidney, jealousy, hatred, envy, resentment, shame, blaming, greed, deception, anger, frustration, and unforgiveness. All players, emotional players in bladder and kidney being off.

And also by the way, we're not doing liver today but a lot of these also affect the liver, so. Just interesting to know that you could clear the emotion and you would get, like if you were having a bladder infection, you could clear the emotions that are in there and bladder we go to a much, much better state.

And then emotions affecting the lungs and breathe; guilt, blaming, greed, deception. being crushed, disappointed, and sorrowful. Sour. Sorrowful. So there you go and sorrowful actually is much higher frequency closer to love. It's usually like something that you can't. You're having trouble getting over. So that can affect your ability to breathe deeply and really experience the full use of your lungs.

As we progress today, I'm just gonna pop down a little bit here. We're gonna be working-- sorry about that. I wanted to just show you this picture, the human respiratory system. So we're gonna regenerate the whole respiratory system and the lungs and kidneys, so. We'll dedicate one hour to the respiratory system and we'll dedicate one hour to the kidney and bladder and let's just look at that.

And so that's the probably the third hour. So the second hour, we'll be doing the lungs and everything related to the respiratory system and then the 4th hour, we'll be doing the bladder/kidney. Okay.

"How do you clear emotions?" Just by pumping. Just being willing and then just using the quantum pump. And why do the-- Okay. The numbers are the frequency, John. So it would be like unconditional love is 500, and Christ consciousness is a thousand. Those numbers are just extremely low in frequency.

"When my urine smells strong is that showing a problem?" Yeah. But more than likely, Robert, you're not drinking enough water. Urine smelling strong is you know congested

or condensed. So it would be you know, not enough water taking toxins out of the system. Everybody should be drinking 4 ounces of water every half an hour and that should help quite a bit. Okay.

So I'm gonna be teaching an emotions class and that we're gonna be really examining. I've got some charts on emotions. I don't have them hold up right now on the screen. But I can show you my face. As I was preparing for you this morning, I was looking at the emotional charts and each of the charts which we'll be going into our emotional class-- you're not gonna get it clear picture of this. Anyway, I just want you to see like. I can just read some of it, so.

The frequency. So say if 500 is unconditional love and 700 is enlightened mastery and a thousand is a Christ consciousness. And by the way, things are really shifting on the planet, so there are many of us who have frequencies way off of what the original power is for. David Hawkins spelled out originally.

So there are people who are avatars like me who are more closer to 3 thousand now and that's part of the reason that reality can change so much and when you study with me like you do like you were guys that are doing for your own frequency really raises, too. Because we're accessing the field together. I'm pumping right with you and so your-- we're doing this matching, this mirroring process, so you're able to gain that skill faster.

And so all of these frequencies are very low. But with hatred, hatred at 18 and by the way, I hope everyone of you have signed up for the healing, the global wound violence. So I think we have a program that we squeezed in next week. I guess it's the anniversary today of a year some terrible ordeal and Sunday, a terrible ordeal. And we're gonna start really focusing in on how do we bring more ease, more grace, more peace to everyone and especially to the ones that are so troubled that are actually inflicting the suffer, so.

We definitely wanna help the people who have endured. You know, whether they're-- they've been killed or the families who are living afterwards. We also wanna really shift what's happening for the people who are the perpetrators. And so we wanna really start lifting them and making sure that they're getting help. Okay.

So hatred the frequency is only 18. So it's extremely, extremely low. That's like you know way down with the demons so to speak. If there is an anchor with hatred, it's permeations and shared energy. So I mapped out that there could be an anchor and if there is alien interference and there often is with the very low emotions. Alien type 4 and entities ride in on that. The parts of the blueprint that are affected with hatred are perception, energy, embodiment, amplification, and obviously matter, so.

Just know that they're-- you know, there are deeper awarenesses of what's going on with the body and what I wanted to do was just bring in an awareness of what emotions can settle in the parts of the body that we're working on today. And perhaps that might be something that we look at in future clearings also so you have that awareness. And then you'll always have the slides so that you can come back to the slides and you know work for yourself on those issues.

Okay. Let's see. It looks like a few questions came in. "Can we clear sinuses or do they belong to another system?" While you're working on that, Rachel, because we will be up in the nasal area, you're welcome to work on your sinuses too. That isn't-- I don't think part of the breathing process. We do have a class coming. We got a class called I think it's freedom from allergies or something. That one we'll definitely be working on that.

I think we also have one called breath deep and up. Could potentially be working on that too. But you can. You can. You know while we're up on the nasal passages, you can just go a little further. The sinuses are up above the eyebrows and then under-- they're under the eyes and kind of in this area. So you got sinuses right up in here, so. Okay.

And Susan, "Wonderful story. Thank you." You're welcome. And Roseanne, "At the top of the chat box it says we are going to be working on liver, spleen, gall bladder as well. Has the class changed?" We actually did liver, spleen and gall bladder. It was one or two times ago, so. We've enriched this class because we've already worked on those and then we'll be doing them, you know, once a year we do them. We don't do them twice during the year, so. Understand that we have that done already.

I can-- let me do a screen share so I can show you. And that's just-- our team hasn't gotten all of the shifts yet integrated but they will. They'll get it. We're moving a mile a minute here. You know, we're building up the programs to make them richer for you and more fulfilling and since we can go faster which my skill and my speed has really gone up, we can cover more ground now, so. Let's take a look at what we're up to now and so. It hasn't changed. We've already done those and so we added more to this class. Okay, so. Let me just show you.

So January. If you don't-- if you haven't seen the new page, Your year of miracles has gone through a big revitalization. It's been around for more than a year now and we've added a lot to the program. So in January, we do the energy body, and you can just find this on the Your Year of Miracles page, so.

The energy body is on January. Love and relations is in February. Good digestions, so we're doing the whole digestive system in March. April-- and digestion we do-- in digestion, we do salivary glands, the mouth, the larynx, the esophagus, stomach,

pancreas, large and small intestines, liver, gall bladder, and rectum. So that's in March; we do the liver, the gall bladder in March, and then the emotional influences too.

And then we have success in April. Happy Chemistry in May. We do quite a bit of rebooting in the happy chemistry and works some on the brain and some on the endocrine glands. Respiration and bladder is June. Bladder, kidney, and lungs. Vision is July. Brain rejuvenation in August. Healthy bones and muscles, September. Cardio-circulation and lymph in October. Endocrine system entirely, the whole 11 glands and organs, in November.

Skin, hair and nails which people have asked for and really have said, "Please don't take that off the schedule.", so. I've heard from so many people who want this that we keep it. We're keeping it on the schedule. So that is our lineup. Things haven't really changed. It's just now we only need to do obviously one regeneration and you have the replay if you wanna keep tuning it up, so. That is our path. And that's the new Your Year of Miracles page if you haven't been on that page yet. Let's see.

"In early childhood, I had a hole in one of my lungs. Does it need any special attention now?" You know, that's a good question but we're gonna be doing a full regeneration. Cell regeneration. And so I think you're gonna be just fine because we're gonna be growing new tissue in the lungs. Susan, "When we work on the lungs is it possible to clear a nodule?" It is. Yes. And nodules' what you wanna do after you've clear all the you know, the programs and blocks is you can do chopping focused on the nodule. If it doesn't just disappear because we're taking all the programs that caused the nodule to happen.

Rachel's saying, "So grateful for healing the wound from global violence a special community call." Thank you, Rachel. Yeah. It's good. We have to. We have to, right? We have to. We have the love and the intention and we have a beautiful community that can help, so. We'll do a good job. Okay, my dears.

So you've seen and I just encourage you to, by the way, look at the events calendar. That's gonna give you a real pathway to everything coming up. I can show you that really quickly so you can see how to get to it if you have never seen that before. Let's see. We'll go back to the screen and we'll just click on this. So at the top of the website, there's an events calendar and with the Google Hangout running, it's a little bit slow.

But you can see if you haven't seen it yet, please check it out because I think it's gonna be very helpful for you to understand what classes are happening when-- and also just if you wanna double check about your class coming up, what are we working on. You can click on-- see, so. Your year of miracles. You can click on Your Year of Miracles and that'll take you to the page, so.

If you wanna hear here's the healing, the wound from global violence, you can click on that. And if you hadn't gotten the registration link or you wanna share with someone else. And this set up for couple years out. We're setting it out for 5 years, so. You'll be able to make your plans. 3-4 years in advanced.

And by the way, just so some of you maybe don't realize if you're wanting to listen to my interviews, I do a lot of interviews and we put them on the side of the events calendar, so. If you wanna see when the next interviews are coming up, you're welcome to and there's information on how to sign up for those interviews. We're not doing a ton of marketing for the summits and radio podcasts and things like that, but they are all here, so. If you're wanting to add that to your schedule, that's an easy way to do it.

And we are continuing to pump on the clearing and we are-- let's see where we're at, at this point. Okay. So this is our page for clearing. Oops. My screen has been taken over with so many things I've opened up. Boy.

"My septum has a hole from and an infection--" let's see. "That went on for decades. Will this help restore the septum?" It could. Yes it definitely could. And you know when there's a hole, it sometimes takes more than one regeneration, so. So, John, if you were working on regeneration the septum which is I believe cartilage and tissue. Probably take 4 regenerations to get that really to the place where it's kind of replaced.

Rachel, "I have inhaled some very toxic gases 20 years ago and I'm afraid it has hurt my lungs. Can you please check?" About 8 percent only, Rachel. Good news. And with the regeneration, that should help tremendously. Heather, "Sometimes when I wake up in the early morning, I find them breathing through my mouth rather than my nose. What's this about and will pumping help? Anything else I need to do?"

Yeah. It looks like your nasal passage is somehow are a little swollen and they seem to close. It might be by the way that you're laying or you might have a slight allergy to maybe like a-- yeah. Like dust and dust mites and things like that which, of course, are in the bed, so. You could both, on an outer action, change your bed and then also this should help too. Yes. This should help too.

You know sometimes with things like that too, Heather, you can check. You can muscle test and say, "Is there an evil spirit curse? Is it a demonic, satanic, group mind, group mind virus, black magic?" And black magic is one of them. That's one that you say to yourself, so. Let's see what else. Agreements, you have some kind of agreement. Emotions, control energy. Doesn't look like spiritual interferences. Wow. Goodness. Not spiritual interferences. Yay, Heather.

"My lungs have been burning for over a month. What caused that?" It looks like allergies, John. Do you have like hay fever kind of stuff? Looks like pollens. And

remember that lungs are also having a right to exist and the right to take up space, so. I know, John, you've been really working on that. You've been making great progress.

In our class, our last ruby class today, we're going through the advanced full body ownership. And ruby is all about-- the ruby immersion program, is all about really owning your experience as an individual and so today, we'll be in that class and I know there are few of you that are in this class and ruby. We'll be really looking much more deeply at how to effectively, in addition to clearing spiritual parasites but then do you own your body or do they have some ability to own your body, so.

Even when you clear them, so. You know, it's another deep, deep layer of the right to exist and be yourself independent and not have spiritual interferences or interferences from family members dominating and controlling you, so. It's good. It's really good. There's so much. That actually is why I added 79 new programs this year.

There's a lot to clear. There's a lot to reboot, restore, and regenerate, and though it'd be wonderful if we can just wave a magic wand and transform everything. You have to realize that we've had lifetime after lifetime after lifetime of not cleaning these stuff up, so. We're taking showers and showers by clearing. Lifetimes of stuff we didn't take showers. If that makes sense.

But you know if you think about this clearing as being like a spiritual shower and you're washing away stuff that collected on you. And we had many, many lifetimes where we never washed away so we collected quite a bit of stuff. And so this really helps so much. We're making up for lost time.

Rachel is asking if it'll help for her to do several regenerations. Yup. 3 would be good for you. Well, it might not be a full on allergy, John. It might be a sensitivity and what cases that could be the body just has a toxic overload. I know you've been really working on clearing. You haven't been sleeping. Maybe you're sleeping well now but as we were working together in your VIP program, you are being really challenges and sleeping in your car and things. And so not getting deep sleep can make all of the systems in the immune system hyper. Inflamed which would allow more sensitivity.

Sebil Maria, "I was smoking for 10 years and stopped 15 years ago. Are my lungs already regenerated?" No. I wouldn't say that they are. So that would be something that this is gonna really good for. They're probably in much better shape than they were back when you were smoking but this is getting the cells, the master cells, to 100 percent. And then starting a cascade of new cell growth of cell at a hundred percent. Your body wouldn't have known how to do that by itself.

Katherine, "I experienced burning in my lungs and coughing on and off a couple of decades. What causes this for me?" Alien type 3. Alien type 3 that's it. That's what

comes up. Interesting. Gosh. I'm going down all the list. There's nothing else. It's alien type 3. We gotta kick that bugger out. Okay.

Carol, "I'm curious about the word embedding on this list. What does it mean?" The list are-- underneath the spiritual parasite, there will be a word and that's how it anchors, it embeds. Seeds, so that would be how the anchors, implants that would be how it anchors, so. It's embedded kind of dug in. And, "I'll send you a VIP update. Thank you." Catherine, "Thank you. Yes. Kick him out." Hopefully we'll get that down today. That'll be awesome, Catherine. That would be wonderful.

Okay. Let's check and see. We're coming up at the hour. Let's see where we're at on the clearings. 95 percent. Very wonderful. Alright. We'll go for another couple minutes. We'll take a 5- minute break in 2 minutes. Once we get to the hour, we'll take a 5-minute break. Use the bathroom. Definitely drink water. Maybe get a little snack. Go breathe some fresh air and then come back and we will work some more but we still got 2 minutes. So when we hit the hour, we'll take a our 5-minute break.

Yeah. I know, Heather. It's exciting. "Do good working lungs automatically mean good oxygenation for the whole body or what does it take?" Well, that's interesting because you know it's-- good lungs are a very important part of that and then we do circulation and lymph. I don't have that up on the screen anymore. But we're gonna do the blood, veins, the circulation, the heart and I think it's a combination of both. Because oxygen, how the body gets oxygenated is through the heart pumping the blood. The blood carries the oxygen, so.

It's, you know. it's kind of a bigger picture. We're gonna be regenerating all of that. So that's good. We won't be doing the heart today obviously, and there's just not enough time to do the heart and the circulatory and the cardiovascular and lymph system today. But we do have it on the schedule so that is coming up.

Okay, my dears. I'll just gonna take a 5-minute break. I'm gonna write that here. 5-minute break back in 10:05. See you just in a few minutes.

[Break time at 01:00:02 to 01:06:01]

And welcome back. Yay. We're back. Alright and we're going to be moving on to the regeneration at this point. Let me just double check. I think we're a hundred percent clear on this. Yes we are. Yes we are. Very good. So let's go ahead and get started on the cell regeneration and we're starting with the activations for breathing well. And so what we're gonna be working with here. Let's look at how many stem cells we're gonna be reaching as we do the entire respiratory system.

Let's see. So we're looking at master cells regenerating. We're gonna do 9 master cells here. That's very good. So there's 9 master cells involved. Oops. I wanna write 9 master cells not have that go away. Let's see. I want that to go down there. And then how many stem cells are involved with this lungs which are many, many I'm sure.

Gosh. Huge, huge numbers. 7 thousand stem cells. So probably more than that involved with the respiratory system. There's a lot of stem cells in the respiratory system. Understand that there are billions and billions of cells. And so what we're working on is the lungs, the bronchial, this whole where the-- where the air goes in here and here. But essentially we're doing the lungs and the bronchi is essentially what we're doing. Okay.

And we can just start pumping away for this. Remember that we're activating the master cells and bringing the master cells to 100 percent. And then from there, we'll start a cascade of new cell growth using the mitochondria which is the fuel generator cell. That's where the regeneration program is. So that would be the actual final step because we get everything to 100 percent in the master cell.

We mirror the master cell to surrounding cells and then we start a cascade of new cell growth and that started using the program in the mitochondria. Okay. So we're regenerating the master cells right now in the respiration, in respiratory system. Okay. Good. Let's see.

John asked a question about what causes a cough to come back. It looks like an infection. A viral infection, John. So you wanna-- the focus on also just cleaning up that viral infection. And Limmy, "30 years ago, I had a nephritis inflammation in one of my kidneys. Are my kidneys okay today?" They're okay and they're gonna be a lot better when we do the regeneration.

And Rose Maryann, "Do good working lungs automatically--" Oh. And I answered that one, so. Let's see. "I kept pumping during the break and I've been experiencing a wave or shiver of energy by the right kidney." Good. Good. That's you getting clearer and your spirit getting in there. That's all good. All good stuff.

So I did hold up for us as we're gonna be regenerating the song books because I know you guys like to chant, so. Let me just locate where they are and we can answer some questions and we can sing a little bit and answer some questions and sing a little bit. I think that's a nice rhythm for us. So we're gonna work this entire hour on respiration and we're doing-- most of the hour, we're just gonna be working on the stem cells as master cells getting them to 100 percent.

And then by the end of the hour, hopefully, we'll have that cascade of new cell growth on the lungs. We'll take a very short break and then we'll come back and do the same thing on the kidney and bladder. The 2 kidneys and the bladder.

Okay. And I think there was couple more questions. One second here. I'm just slide these things around a little bit. Trevor, "25 years ago, I could hold my breath 5 minutes and 20 seconds. I just timed myself and got 2 minutes. I guess my lungs are not so bad. Diving was my occupation back then. After this session, I should be able be above 3 minutes. How do I read?" You know that's really the function of the muscle. So I would assume that if you practice and it were important to you that you could get it up to 3 or more minutes. But understand that it's a function of the muscle. And obviously, you wanna bring that youthfulness back into the lining lungs and you know that stretchy youthful vitality.

Nila, " I had an issue with a type of ulcer appearing on my tongue. Could you check on what that might be?" Well, we're not really doing the tongue today, Nila. But look and see. It's definitely a disease so you would clear the disease, so the ulcer or the-- ulcer is like a hole, isn't it? Yeah. So you would wanna clear the ulcer and then you'd wanna do the cell regeneration. "Many ulcers." Oh that's a bummer. So that's a DNA, bloodline, clan energy. Yeah. So that's definitely in your family heritage. You wanna remove that, all of those programs from your DNA.

Okay. Rosanne, "Is the regeneration and starting cascade etc. just a matter of stating an intention and pumping till it happens or am I suppose to do something else also?" Right now, we're just pumping for quite a long time to get the master cells to 100 percent. The cascade of new cell growth, I'll let you know but it is setting an intention which we're already done. I've shown you what we're gonna do.

But we're working on master cells for a long time. It doesn't seem like, "Why we have to work so long on them?" But you're really bringing the master cells from the blueprint that are hundred percent and your cells, which might only be 10 percent functioning, you know. So they don't-- they're not necessarily set very high and we're bringing in more perfected master cell. And that just takes quite a bit of time.

So what we're intending to do and that's why I showed you the images so that you could imagine the master cell with all its components and we're intending to bring all of that to 100 percent and then we'll do the mirroring and the cascade of new cell growth.

I hope that is a good explanation. And, "Thank you for the beautiful chant. Was so soothing and powerful." You're welcome, Nila. I'm thinking, you know, we'll do some chanting together. I'm happy to do another chant or two for you from my India days, so. And we can do some India chanting together. We can do the Tryumbicum mantra and we can do some English singing too.

I know Heather is one of our favorite-- all of you are my favorites. All of you are. Heather likes The Stones and I think some of you also-- other people like The Stones too. I like The Stones. So let's start little chanting going on with The Stones and then I'll answer some more questions when we're done singing this. This is a little ballad kind of a song and I have just noticed how things have been so important in my life and affected me in such profound ways.

So I've been to Stonehenge in New Grange and noweth and doweth and Avery and done ceremony with the native Americans in stones circles and medicine wheels and that's what we're gonna be chanting about right no. Roxanne. Yay. Wonderful. Alright. Well let's do The Stones.

"The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. At dawn I walked in a circle of stones, A soar temple to me yet unknown, 'Till the strength of the first morning light, Shown the power of the Stonehenge stones. They grounded the energy of this place, And held us together in a loving embrace, While beings of light danced above the space, Bestowing on us their wisdom and grace. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones."

"The Averbury stones were laughing at me, Taunting me tempting me dancing with glee, Playful stones make love to me, In the circle of the stones. The heavenly chambers from days of old, New Grange stones were a circle to behold, I knelt in prayerful reverence, For the power of the basin stone. I touched my forehead to the rock, It filled me with bright light and talk, Of the ancient people and their ways, and the spirals of the stones. Stones are everywhere we look, Medicine wheels and monolithic books, The wisdom of the circle flows, In the temple of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones." Yay.

This one is really good for the healing global trauma and perhaps you have also-- Oh definitely, Nila. We'll definitely sing In the Stillness. Why don't we do this one first and then the next one we can do is In the stillness. When something so terrible happens and this is about this song. Yay. You're welcome, Sharon. So this one is when all is lost and there's great grief and sadness and you know, terror. And yet, we find our way back to the light and find our way back to loving.

"Just when I think that all is lost, And there's nothing more that I can do. When the pain in my heart gets too great, And I feel like I will explode. When all is lost and hope is nowhere, When I find myself screaming in terror. I find my depth, my center, my light, While surrendering to my soul. Grace find a way to melt away the tears, And a soothing gentle trust reappears. When all is calm and I find myself at one, When chaos is

transformed into clarity, Grace find a way to melt away the tears, And a soothing gentle love and trust reappears."

It's good. It's good to affirm. To take it from you know difficulty and pain to yes that love and trust does reappear. It does resurface. Let's find In the stillness. That's such a beautiful song. It might be in the other song book. Let's see. I think it's-- I'll pop up the other song book. Okay.

Let's see. This one. Might be this one. Let's see. Yeah. I think it's this one. There it is. Oh, Carol. The sound is here. Sometimes you have to refresh your screen if you lose the sound. "I feel so much love in my heart and also sadness. Thank you." Yeah. You're welcome. And beautiful. I think we're gonna do some singing on our healing global violence. I know I've got a couple really good songs that touch the heart on to the matter of things there.

"In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am. In the stillness, In the quiet, In the open heart, There I am. I am essence, I am breath, I am light of God, I am I am."

Yeah. These are all my songs, Rose Maryann. Yup. They're all mine. I have a books of poems. I'm hoping once we've got all 79. I've got books of compositions and books of poetry and hoping to actually get them out in the world again, too. I did some self publishing 20 years ago and 15 years ago and now it's time to bring them back out in the world too on a bigger scale, so. Yeah. All these that are in books like this are mine. Okay. Let's see.

I love this one. Let's do this one too. "Soft the night and sweet the spirit, Gentle voices call our song, We are magic we are wonder, When we live beyond the veil." Let's do that again. "Soft the night and sweet the spirit, Gentle voices call our song, We are magic we are wonder, When we live beyond the veil. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play."

"And I will dwell in the house of the Lord forever." Yeah. Let's do that one. And so Maria, "Beautiful. In ever felt my heart so deeply. Thank you, thank you. I have some resistance blocks shows up when I do Yogic breathing techniques. How can I use the pump to improve this?" Rachel, that will always be like a control energy. So you wanna really look at is it like an evil spirit curse, which it is. Evil spirit curse and permission. So an evil spirit curse and permission would help so much. Just totally eliminate that.

Yeah. Let's find. Let's find the-- yes. And I bet it's in-- let's see. There it is. Okay. So we'll do goodness and mercy. And of course-- by the way, this, of course, you probably all recognize this. This is from scripture and then I put my own words into with scripture, so. Just kind of float into your head there once you've been aware of it.

"Surely goodness and energy shall follow me all the days of my life, And I shall dwell in the house of the lord forever and ever amen. All that I am and all that I can be is expanding from this mystery. Surely goodness and energy shall follow me all the days of my life, And I shall dwell in the house of the lord forever and ever amen. All that I want and all I'll ever be is flowing from this loving seed. Surely goodness and energy shall follow me all the days of my life, And I shall dwell in the house of the lord forever and ever amen."

That was fun. Yay. I love it. I love it. I love it. Yay. It's really wonderful. I can hear you. And for those of you who aren't singing, I can hear you're not singing. It's good. I'm reading a wonderful, wonderful book called 'The Remnant'. It's about 600 pages and it was written quite a long time ago. Maybe 34 years ago. It's about some of the players in the time of Jesus, like Judith, and Mary, mother Mary, and some of the pupil who were maybe involved in the background.

She did a tremendous amount of research, so it's a historical novel. And I am just loving every part of the story. It's just remarkable to me. I'm just so enjoying personalizing the, you know, the story, the preparation for bringing in a holy child and then both John the Baptist. So Elizabeth is in the story obviously, and Jesus. It's just wonderful. It's so uplifting.

And sometimes we need to like you know, turn off a little bit from the serious world and get into something that's really engaging like a religious novel or you know something that's just is so uplifting and exciting and wonderful and you know, it's got all the elements of trauma and drama. Of course, back then , there was a lot of trauma and drama.

And Mary always played a really important role in my life. I think many of you have heard me tell the story. I was a singer from the time I was a little one. I'll come back to this in a minute. I'm gonna tell you a little story while we're pumping and regenerating.

So I would be put up in front of the church and around age 6 or 5 or 6, when I started talking I was a songbird. And so the choir director would grab me, little girl that I was and have me sing in front of the church as a little peanut, you know. And I sang the whole-- my whole upbringing, I was a soloist as well as I sang in the choir and I could-- I had a huge range. I had 23 notes and usually people have about 16 or 18 notes, so. It was kind of a phenomenon I had, you know. I had all of these gift.

And then when I had my surgery, my first cancer surgery, they paralyzed my vocal chords and they damaged them so badly they put a tube way too big from my throat in and it was a doctor who was from Korea. He was kind of like a mash doctor, who, the little community had gotten a surgeon and he was like-- he had been-- he'd served in the way and I do know this history because he made such a mess of me. I found out a later that that was the only surgeon that was on staff in this little regional hospital, tiny little hospital.

And he did the surgery and made a huge mess in my throat and it had-- they had to go back and do another surgery and then plastic surgery and-- but the vocal chords were damaged beyond repair and they said, "You'll never sing again."

And I just couldn't believe it because that was my identity, I was a singer. I was a singer. I was classically trained. I sing in 19 languages and now I was never sing again. And a few years later and that-- and you know, a very difficult divorce all at the same time of the cancer and the losing my ability to sing, my songbird ability, and losing custody of-- I had given birth to 3 children and I lost custody of them when they were babies, 5, 3, and 1.

I just felt like in my life there was such a sorrow. I felt like god must be dead. God, you know, wasn't there anymore. If I didn't have-- like everything that I love was stripped away from me. And my health, and my children, and my family, and my church and I was kicked out of my church. I can't believe that. So I was, you know, in service to the church 5 days a week and they-- singing solos almost every Sunday and I was asked to leave the church.

And I went through a really, a very deep level of grief around God not helping me or standing by me. And what I realized in that whole process over, maybe 3 or 4 years, I was in college, was that God was holding me and loving me the entire time. And that I had to-- I had to have that part of my life ripped away from me so that I could be who I am now.

And a few years later, so it was few years later. Kneeling in prayer in the basilica of Saint Mary's, Mary appeared to me and she was standing about 12 feet in front of me and she told me to sing and I said, "Mary, I can't sing anymore. I'm so sorry." And she said, "Sing." And I started singing I had a different voice than the voice I had before the trauma to my vocal chords and the damage. But I sounded like an angel.

So much so and I sang-- I was singing in Latin which is something I'm versed in. Young man in his 20s came up and he thought it was an angel. And I was in like in white cotton dress, you know, with the scarf, a grey scarf on. And he said, "Are you alive? Are you real? Can I touch your foot?" So he heard the heavenly part of what was happening in my voice. And he said to me after he touched the bottom of my foot he said, "She's

here, isn't she?" He said, "I went all the way to meet your glory. To experience her. I'm ill. And here she is right here in my backyard." He lived 8 blocks from the basilica which is a cathedral which is so remarkable.

Mary has played a very, very important role in those raised Lutheran. I'm attending a Catholic church right now but Mary, mother Mary, has played a very, very important role in my recovery and in feeling loved and I went from having a traumatic experience with a mom who was mentally ill to a such an amazing mother, mother Mary, who stands for me and I stand for her, so.

So you'll notice that there are quite a few songs you know that I sing. I don't know, we sing them in our group but that are honoring Mary, so. And that's why. I mean she's been an intricate part of my life and for many humanity. She's seen in the battlefields. She's the queen of heaven and Earth. So she doesn't just sit in heaven. She's down here shlogging it out with all of us in spirit helping and her commitment is to just stay and help and she does. That's my story.

So listening to this Mary chapel song is very lovely. I can check, Catherine. I don't have the book in front of me right now but I'll check at the break. I'll get you that information. I think it's the only book. You'll see there's an image of 3 women on it but I bought it 30 years ago, so. I'm sure you can get it still. Okay.

"There is a softness about her, Sweet Mother Mary, I can only respond to her love. There is reverence surrounding her, Precious Mother Mary, I can only respond to her love. There is such a holiness, There is such a holiness, There is such a holiness, Pure precious holiness. My heart is filled with ecstasy, My heart is filled with ecstasy, My heart is filled with ecstasy, With Mother Mary as my guide."

"There is a softness about her, Sweet Mother Mary, I can only respond to her love. There is reverence surrounding her, Precious Mother Mary, I can only respond to her awe. There is such a holiness, There is such a holiness, There is such a holiness, Pure precious holiness. My heart is filled with ecstasy, My heart is filled with ecstasy, My heart is filled with ecstasy, With Mother Mary as my guide."

Let's check and see where we're at and then maybe we'll come back to this song here. So we're gonna bring our slides, our PowerPoint back up and we're gonna just see how far we've gotten through our regeneration. Okay. And so we're up here and we're working on the master cells.

We've got 6 of the master cells. So we are working on 9. We've got 6 of them at a hundred percent. So we're doing really good. We got 3 to go. So that's fantastic. So we're right on track. That's just perfect. Like I said, the biggest part of the regeneration

is getting the master cells to a hundred percent. The other things just take a few minutes, so.

We're doing just perfect and again, if you've forgotten, which I'm sure you haven't we're working on the respiratory system. The lungs, and the bronchial passages and the nasal passages, and everything involved with the lungs and breathing.

"Could you check me? I'm crying all the way through the Mary song." That's okay. I mean like I feel very teary in that song too. It's such a beautiful song. You know, Robert, I think one of the things that's happening is that you're just having a very deep heart opening experience. It does seem like you're letting go of some layers of grief. So maybe an awakening to spirit and letting go of the loneliness of spirit.

You know, sometimes when we go through life alone and we feel like we're on our own and then spirit recognizes that it's not alone and it can let go of holding strong or you know bucking up. This is the opposite of bucking up. This is allowing the heart expression and allowing that which is not you and the grief to leave you and to step into a higher frequency, higher vibration.

And we hold on, we hold that grief so tight you know we really can't to the next frequency. So I think the blessing of music and this kind of music, this singing really allows for that transformation. So I think it's a good thing, Robert. Yeah, so.

I think and I also think folks that you know we're all in agreement to help heal the woes of the world and the sorrows of the world and we're it starts is inside us. Those woes, the grief, and the sorrow inside us has to come out for us to be able to then stand emotionally strong to help heal the world and to help transform the world.

So to me, a open heart and tears to me means we're getting to the core of the matter for you. And understand we're working with the right to exist. The lungs are the right to exist and we're also, today, working with all those stuff around anger and frustration with the bladder and the kidneys.

And I gave you fair warning. I believe I told you that in the promo emails and the 311's I hope so. That this were working with the emotions in both of this and both the lungs and the bladder/kidney, so. That's why I show them to you so that they-- that you're aware that we're releasing and we're letting go and we're letting, you know, scads and scads of built up emotion just peel off of you. So you can be more yourself. Yay.

Sebil Maria, she's here. She's here. But sometimes we get you know on our track and when you're mind is focused on a particular way, your frequency, you don't pull her back in. For those of you who are close to mother Mary, we do occasionally throughout the year and also in December, we'll do the elimination rosary together and it's a really,

really beautiful experience. If you haven't done the elimination rosary, it's all about 'no I'm a worthless sinner' it's all about connecting with mother Mary. So it's very, very beautiful.

"Is the diaphragm included too? Since it's works the lungs." Yeah. That's the muscle that's supports the lungs. I don't know if it's part of the respiratory system but it's the muscle that supports the lungs, so. It would also be included in the muscular skeletal work that we do when we get to, you know, all of the muscles. We'll work on the muscles in one day. All the muscles, bones, and joints, so. It'll be there too.

Alright, my dears. Let's see. So we're-- we've got 7, 8. 8 master cells. Almost there. 2 more master cells at 100 percent. If you feel like double pumping or hitting your energy a little higher. Why don't we do the Tryumbicum mantra as we're getting these last 2 master cells up. Let me see if I have it up on the screen. I might not. Let's see. Was hoping it might be on this one but it doesn't look like. Nope. Okay. Let's do-- I'm just gonna get it up on the screen so we have it.

So I think the Tryumbicum that will take us over the the edge. And we can get that regeneration started on everything having to do with the lungs and bronchial, the nasal passages, the larynx. So what the breathing mechanism part of the lungs. Here we go. I found it. Yay.

Okay. We'll chant the Tryumbicum mantra for 10 passes. 10 times through. [Sings in Sanskrit from 01:51:53 to 01:56:14]. Okay. I'm gonna double check on where we are and then I do see that other questions came in, so. Let's see. All the stem cells, all the master cells and the stem cells are at a hundred percent.

So we are now in the mirroring process. So were just gonna pump for a minute on mirroring. You might feel tingling all over your body. As we're shifting up, you might feel tingling in the lungs, the throat, the nasal passages. Just notice that you're breathing deeper. This feels better. Feels much better. And we're starting the cascade of new cell growth.

Again, remember that the cascade of new cell growth is pressing on a program in the mitochondria and just imagining that the cascade of new cell growth is now beginning in the entire respiratory system. So we're just starting that cascade of new cell growth.

If you have an abnormal growth, you wanna do chopping. With an ulcer, you wanna remove the ulcer patterns and you know from the DNA and alike and then you wanna just do the cell growth. That's what you wanna do with an ulcer because that's a hole. But if you have like a sister tumor, you do the chopping once you've cleared everything. So that would be how you would address that.

And the sometimes you can have like an area that's kind of closed up. It's tightened up. You can imagine and pump and imagine it opening up, so. I did that process with people who were in the ear, the hearing program. I opened up the ear, the tube, and the ear canal and all that. I opened that up so it was more open.

Okay, so. We're gonna pump for a couple minutes on the new cell growth. So we get that really established. Okay. And Limmy, "My left nasal passage tighter than the other. If so, what might have caused that?" It might have just been congenital. You just grew that way. It was part of your DNA but you can open it up. You can match them up.

"When I work with emotions, I separate between the stuff I have taken on from others and the emotions that I had generated. Do you have some insights related to this?" You know, I think, Rachel, that I think that's really wise to do and I honestly think all low emotions aren't us. I mean they-- we obviously are agreeing to experience them but I think that we are loved and joy and happiness and bliss and serenity and peace. And I don't think that we are and the other emotions, the lower emotions. And I have a lot of evidence that, to me, feels like what we might experience as emotions, we might in agreement too. Have them but they aren't us. They don't define us.

So jealousy is anchored in with mechanisms and portals and alien type 3 can stimulate it. So when you look at the low emotions, they're not us. They're just not us. That we are beings of light and love and you know the emotions that we're really are expressed our true nature are all the higher frequency emotions. And those lower frequencies we may choose to experience those low frequency but they're not us.

And yes, when you experience an emotion that's an energy from another, you could clear cords, contracts, agreements. You could clear control, domination, suppression. You wanna look at how you're tied in and how you're taking it on and sometimes it's empathy and sometimes it's embedding and sometimes it's shared energy or control energy.

So I will be teaching an emotion class, so. I think that'll be wonderful for you to you know, come in and really look at emotions on a deeper level the way I'm gonna take them apart. But just to know that, you know, we accept to choose and experience the emotions we do. It's funny. I get a little triggered around some people and I was look at that going, "That's interesting because I don't have that experience in any other place in my life other than in this once place that I go." And it's a few people who trigger me and I'm like, "Ah. So I need to look at what is it like in our karma line up." Cords, contracts, agreements, karma. So there was karma in there or cords and then it's shared energy.

And so then you clear the shared energy and the contracts and the cords or karma or whatever it is that shows up, obviously, you wanna write it down. I'm talking. And then you wanna clear it with that person or that place, so. Anyway, we teach a lot about that

also in like we have the 7 stages of love. We have a few different programs where we teach on emotions but we have one that's emotional balance coming up next month. So that might be good for you.

I'd like to take a break now. We're 2 minutes after the hour. We don't wanna lose down on any time with the bladder and kidneys, so. Let's come back at between 7 and 8 after. You're welcome to pump if you'd like to. We are-- we have about 3 minutes left of pumping to get the whole process going, so. If you'd like to pump during the break, that's okay. And then we'll be coming into working on next the kidney and bladder.

So we're doing a great job. I'm very happy with what we're doing and how faster we're going. It's going very, very well. used to take like 5 hours to take a class through just the lungs. So understand that everything has gotten better and faster. So we can do more. Yay. Okay, so. Another 3 minutes on this and let's say we'll be back at 10 after-- 8 after.

[Break time at 02:02:47 to 02:07:40]

Alright .Welcome back everyone. It's 8 after and we are pumping. And we again start the regeneration process and this time we're doing it for the bladder and kidneys. And the tube that comes down between them and you know all of these good stuff. So we're gonna be doing everything related to how the bladder and kidney are related and we'll be doing the urethra also, so. This whole functioning process here.

And notice that the right kidney is a little bit lower than the left kidney. The right kidney is a little bit lower than the left kidney. Okay. And let me just see how many master cells we're gonna be working with in this process. Looks like we have 6 master cells total. And then how many stem cells we're gonna be working with in this process. Interesting. 12 thousand stem cells. Okay. And we are pumping.

And we're gonna go back here. So everybody's pumping for the regeneration of bladder and kidney and I just like to give you the days of regeneration, so. In the lungs and the bronchial passage, 96 days it looks like. 96 days of regeneration. And then this part, the trachea and the whole larynx, this stuff in here. Let's just see how many days of regeneration for the air passage essentially, 60 days. And then up here in the nasal passages and for those of you that were working on the sinuses, it looks like 80 days. So 80 days.

Okay. So good. We've got some days. Again, we're working on master cells for the kidneys and the bladder. Kidney and bladder. Okay. I think there's some questions that have come in since.

Susan's asking, "When do you chop after regeneration?" The only reason you would chop is if you're working on a tumor or a cyst or an infection. That would be the only reason you do chopping. Just in the regeneration itself, you just leave the regeneration alone. But it would be only directed. It wouldn't be directed at the regeneration, it would be directed at a tumor, a cyst, or the infected cells. And probably wouldn't wanna chop for 4 days. I think that's what you're asking. How long would you wait. You wanna get the regeneration really established.

And then John, "Why do some people experience lower emotions more than others. Some people have the tendency towards anger. Some tend to be greedy. Some have tons of fear. Well, it's a lot to do with what your family passes down. What's acceptable. What you have a right to experience, so. Those-- it's a lot with the bloodline and the DNA and group mind.

"Thank you for letting us know that we can also use karma clearing process for a place. I checked a town or I always seem to have heavy karma experience showed. But I got karma and contracts in that location. I have reason to go there. So happy to know I could use the process." Great, Nila. That's great. And Clair, "Yup." Yahoo. Yay.

"Have confusion about bringing master cell to 100 percent." You do nothing. It's so comical. That's all we've been doing, John, is regeneration the master cells. And the master cells are stem cells and the reason that I'm just including the stem cells is because we bring all those cells. The master cells are the teacher cells and there's no confusion. It's just we're working with the stem cells, master cells. Bringing them to 100 percent, starting a cascade of new cell growth.

So if you don't know the role of the stem cell or the master cell, they are the intelligent cells where the master cells are the cells that hold the intelligence for that gland or organ or system. And so it has all the programming and so we wanna get that to a hundred percent so that the new cells can grow back a new kidney or a new bladder.

And the stem cells are the cells that regenerate. Not all cells regenerate. And so the master cells are the college professors or the university professors of the stem cells. And the stem cells and the master cells are what start the new cell growth. Master cells are stem cells, yes. There the super duper ones. They're the superheroes.

So you have, you know, like you have Superman and you have Thor and then you have you know a person who does good works and you know, so. I mean you got the master cells are like the superheroes.

No. They're not a subset. The master cells are there 7 days after. I'll explain this again. I'm sure I've explained it but it's really good that you're asking because you wanna know, so. The master cells, when the sperm and the egg come together and then they

start dividing and what that original material is that's dividing is the information for a little person. And within 7 days, you have about a hundred 40 master cells. And you have a master cell for the heart, and you have a master cell for a part of the brain, and you have a master cell for the lungs or more than one possibly.

Those cells, all of what you need to be you, is formed in the first 7 days. So around day 7, you have all the master cells. There's a little bundle of master cells. Those master cells then get to work dividing and multiplying and cascading making the glands the and organs, so. When you see an early phase of a fetus, it looks like a little bit like a squirrel, a baby squirrel.

You know, like a baby doesn't look a lot like a baby because it's cells dividing and dividing and dividing and creating new and creating new until the full organs are there and the full-- and so when a baby's born prematurely, the lungs haven't developed enough meaning there haven't been enough cells dividing yet to have all of the intelligence and wisdom of the lungs present.

And so some people, some premature children really, really struggle their whole life because they didn't really get the benefit of being in the womb long enough to have the cells, the process of growing the gland or organ go to fruition.

The information for growing the gland or organs is from the master cell. The master cell is there at day 7. That master cell is still in you and if it's been surgically removed, it's still in the blueprint. There we go. I think that explains it. Okay. Again, we're working on the kidney, 2 kidneys and the connecting tube and the bladder and urethra. You're welcome.

Yeah you know, honestly , I think I do explain it. I think we go into a great deal of detail in our immersion training when we're sitting in the living together and chatting and I think probably don't go into as much detail in classes like this about you know ,exactly but I hope all of you have read Your Divine Human Blueprint and are going to be reading it. I think you'll find it extremely helpful.

Even though I've read it a couple of years ago, it really has the foundation especially for the regenerative processes. By the way, the book, Remnant, Mary LaCrois. Mary LaCrois. It's published 1980 I think. No. 1980. Sounds good, Susan.

"Will this dissolve scar tissue in the urethra? Was-- my was cut during a c-section." Yeah. You know there's a special process for scar tissue which is just pumping pink into the area. So that I would recommend that after we do the regeneration. You're welcome, Catherine.

Maybe a little chanting, singing. Limmy, "Do I need to do any additional clearing around my bladder/neck? It doesn't hurt but I feel as if something is not in its place. Thank you." No. I get no. So let's just trust the process of the regeneration for now. I don't think anymore anything else.

And the thing is right now, it's reading at like 60 percent but we're doing the regeneration so let's see it after you know. Because I think it's a little premature because we're working now on the regeneration part and so we've done the clearing and let's see where the regeneration results in.

Okay. Time for some singing. "Gather your children, oh mommies today and bind them close to you and love them I pray. And give them your heart your time and your ways. Singing oh bonnie mommies I love you this way. Give them the confidence the care and the play, Talk to them daily about their new world, And share with them light from the mystical plains. Singing oh bonnie mommies I love you this way!"

Doing cell regeneration will regenerate the adrenals. Today, we are not working on the adrenals but we do have that on the regeneration list. The adrenals are done during the endocrine regeneration and definitely the adrenals can, you can use this process to grow back the adrenals, definitely.

Okay. Let's do Gentle Night. "Gentle night rain falling softly, Gentle night soft falls the rain, We are one, one with the raindrops, we are one with the god of rain. Gentle night cleansing my spirit, Soft falling rain drops, wash away my tears, All is well in the house of the raindrops, All is well in the garden of love."

Beautiful. It's raining in Belgium. "Is it possible to check if I need to do any extra work around my lungs? I have some issues. Hoping this will clear." And that's from Cindy. Cindy, sometimes we do regeneration more than once and I see that after 90 days, you could watch the replay again and do it again. But you should get a really good shift with this process. Like an 80 percent improvement just with this process on. Even if you didn't do a second round.

"Lakshmi goddess, beauty, grace, and heart." Oh. I gotta get the melody. It's a different key. That's what it is. Okay. Great, Cindy. You're welcome. "Feel I need to breath deeper now." Good. That's really good. "Lakshmi goddess, beauty, grace, and heart, Abundant love shining through, You the light of a loving graceful maker, Lakshmi goddess of my heart. Saraswati goddess of my passion, Song and art and wisdom shining through, Guide my thoughts in the music of the ethers, And calm the waters of my soul. Durgama, mother fierce protector, Protect me from my woes, Break the bonds of egos earthly enchantments, And restore me to my whole."

Again, we're working on the kidneys and the bladder, the urethra and connecting tubes and everything that is making up the parts of the kidney and the bladder. "Oh mystical temple I sing to your glory, The sacred geometry fold echoing sounds. Oh visions of splendor and happy reunions, Through eras and friendships that vibrate through time. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all. Majestic your chapel oh holy cathedral, I bow with the reverence of energy divine."

"Earth mother holds you and sky father blesses you, And I laugh in the pleasure of reverberating sound. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all..

"Oh church in your structure I see you the mother, The body of spirit the goddess in your form, Oh sacred sweet sanctuary a safe and a warm womb, Embracing our spirits in embryonic form. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all."

"From ages to ages I've sang in your belly, I've cried in your sorrows and rejoiced in the love, For the memories of spirit are easily remembered, In the place where the mother nurtures her child. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all." Oh.

Carol, "When you say 96 days or 60 days, does that mean it takes that long for the area to heal or does it require pumping for that long?" I'm gonna clear up that mystery right now.

So we're not doing any healing. No healing at all. So we're not doing any energy healing and we're not healing anything. But we are doing is we're activating. So we're activating health and when I say 96 days, it means 96 days of new cell growth. And so today, we start the cell growth and we have a few cells growing. In 96 days, you'll have millions of new cells. That'll complete that cycle of regeneration.

You could if you wanted to test at that point, "Am I at a hundred percent function in my kidneys?" It'd be very high or lungs or whatever. You could run through and do it a second time and maybe get it to a hundred percent if it didn't go a to a hundred percent.

There's no extra pumping. But what is required, and what I do ask of you is that you use one of my meditations half an hour a day. That keeps you in the quantum pleasure field. You could also pump for half an hour a day but meditations are very effective. And no

matter mood you're in, when you listen to the meditation, you go into the Christ consciousness frequency and it just keeps the regeneration going.

So you want to, every person who's participating in this program, wants to do 30-minute meditation with my voice because my meditations take you into that high frequency. So you wanna, you know, make sure that you're getting to that high frequency, the quantum pleasure field, to keep your regeneration going. If you want to and you would rather pump then you wanna make sure that you're really you know lighthearted while you're pumping.

You can pump for 30 minutes too, so. We just don't want you down and out when you're pumping because that's not gonna really do too much in the pleasure field if you're feeling grumpy or sick or irritable. So then just go to the meditation.

Okay. Let's see. Cindy said, "Great. Will definitely do an extra round." "Wow. That's fantastic." Thank you. Good. And Carol. So I guess answered everything, I think, that's up there. Wonderful. Yeah. I really do want you to understand this process and specially for those of you who are new just joining on this call. I think we have 4 new students in this call, so. Just you know please ask. Even if I've, you know, gone over it in this group, I know we always, every month, we get some new people and you are welcome and loved and I want you to have all of the information you need, so.

But with regeneration, you don't need to regenerate. You don't need to pump to regenerate. Even if you chose not to do the meditation, you chose to pump, you still wouldn't be regenerating because the regeneration is always, already started. All you're doing is pumping to get yourself in the pleasure field so that the regeneration is supported. So you can go through things during our day and you know gnarly stuff and toxins and toxic, you know, exposure on TV where people are being violent and that shuts down the regeneration.

So as long as you're, everyday, getting into the quantum pleasure field for half an hour, you're assured that your regeneration is gonna continue without fail. So it definitely shut off. I think the other thing I wanna just caution you about and for those of you. There might be a few of you on pain medication. Pain medication turns the regeneration off.

Alcohol, you can get like a half or a quarter of a glass of wine infrequently and that's not gonna do anything but straight hard alcohol will stop the regeneration too, so. Like and I'm talking about pain medication like percocet and vicadin. Sometimes if you have higher quantities of things like ibuprofen that could potentially slow it down or stop it too.

So understand that it's shutting something off and holding the body in kind of a frozen place. The pain medications are and what we need is the body to be relaxed and growing. So we need you in happiness.

I was looking really seriously at-- because I'm a type A extreme and I like to create and I like to create on a big level and so I added like 78 new programs and I've got all these other things going on at the same time. I got a book people working with me and you know doing summits and the volume and all the free things that we're doing. And I think I can get pretty stressed towards the end of the day.

Stress, if you really allow stress in your body, your body doesn't really regenerate the way it should. So I've been looking, I've made a list, a big white sheet of paper, a big sheet of paper, it's up in my back room and I read it every day and there's 15 things that I can do to take me back down to good to go.

And I, frequently during the day, every couple of hours just check in, "Am I building stress? Do I need a cup of tea? Do I need to light a candle and pray and watch the candle for 5 minutes? Do I need to go look at the coy and just think I live in a beautiful universe." It's really a simple list of things that I can do in like 5 minutes.

You know, bless myself. You know, put some-- anoint myself with oil or you know some holy water blessing and just remembering that I'm not alone. You know, I just encourage you to really look at that for yourself, too. If stress is one of the things that you're family with that you hold hands with stress, then I want you to be thinking about what do I need to do to keep that level down so that my regeneration can be full?

And for me, I was really thinking really seriously. I was thinking, "Well, gosh. I'm gonna be bringing little ones in really soon." Little ones. I haven't gotten word, so not yet. But I don't want them to pick up on the level of stress that I picked up on just because I've created so many goals and I'll get stressed out or you know so my team members will make mistakes but they're handling so much volume, it's understandable, right?

But I'll start getting stressed and I just really realized that the way I want my body to be and also what I wanna create for my babies is something very blissful and very much at peace. And some of that is the right, and permission, and ability to create without stress or to create in a grace-filled environment.

And so obviously some stress helps move things forward. There is some level of good stress and then when it gets to building up and not being released. That's when it gets to be a problem. Cleansing breaths every half an hour. Getting up and around and dancing and remembering that your mission, your purpose, what you're doing, how you're helping humanity, getting back in touch with the higher frequencies of things is really helpful too.

Linda, "Is it just as effective to listen to one of your meditations as we drift off to sleep?" It's good to listen to the meditations as you drift off to sleep. That's great. Let me see. It's about 20 percent effective meaning you don't get because you're following a process

of clearing things out. So you wanna-- you really do wanna do 25 to 30-minute meditation while you're really focused and conscious.

"What about sleep medications?" They don't stop the regeneration process. And once your pineal gland and your adrenals are reset. We have a sleep class by the way. I just put it in, so. You might wanna come in to that class because we're gonna really look at all of the programs running that prevent people from deep sleep. So that might be helpful for you.

"Medical cannabis oil. Does that affect regeneration?" No. I don't think it affects regeneration. "Unfortunately I had to take antibiotics due to a bad tooth." That-- no. That's not a problem. No. It's just more rapidly stopping an infection than the quantum activations does it but it takes more time. You have to do like 6 or 9 clearings if you've got some kind of really gnarly infection.

By the way, sometimes my dear friend Bill, Crystal Bill, who's an owner of a crystal gallery. He had quite a few teeth problems and he has some other issues. And he would pack like a spot in his map that wasn't infected. He packed that with a bentonite clay and the clay would just pull out the infection and then just puts some cotton around it. It's a little bit of a nuisance but you might avoid the antibiotics. I'm not telling you to avoid the antibiotics but another choice. The bentonite class will suck all the infection out, so.

And also we have a 5-part class on clearing infections. I think it's August or September. Definitely apprentice level. So you're learning a lot of the details on how to clear each of the different kinds of infections, fungal and yeast, viral, bacterial, and then usual infections like mycoplasmas and things like that, so.

We have very, very comprehensive class that I've never taught before because I always am saying I want you guys to focus on restoring health. But so many of you have asked me will I teach how to clear infections and I am indeed teaching how to do that.

Let's see. Robert, "I've been waking at 3:45 every day for weeks." Okay. That's, for people in India, that's like the Brehmin hour. That would be when you meditate for couple of hours and you would have your time for yourself before humanity wakes, so. I don't know if you're in a cycle or it's been triggered by a timeline. It's not necessarily a problem unless you think it's a problem, so.

You know if it feels like it's too early and you're tired during the day because of it then you could unhook from the cycle. If you are actually taking advantage of it and doing a longer meditation, that's great. "Fortunately, everything is over and okay now." That's fantastic, Limmy. Glad to hear.

Robert, "I get sleep at 10:30 but wake and then cannot go back." Okay. So then you'd wanna unplug from a cycle and it was triggered by a timeline event. So you could just pump and clear that cycle timeline event.

And sometimes the adrenals will be the catalyst to waking you up at that time. So sometimes you can eat. For the adrenals, you can just have a little bit of protein and carbohydrate before you go to sleep. Like a quarter of a peanut butter sandwich. You know, a quarter. Just a little bit. A cracker and cheese or a little bit of salami and you know cracker or something like that and just putting a little bit in right before bedtime that's in your tummy for quite a while, so.

It tells the adrenal that you're not starving and you know it's just kind of funny but when you're under stress, your body will wake you up because it thinks it's starving. It doesn't remember that, "Oh yes. We sleep for 8 hours." It doesn't remember that. Okay.

We need to be checking on where we are for our-- let's see. Let's put that down here and that down here. Okay. And we're gonna just check and see and where we're at with the regeneration on the bladder and kidney. Okay. Let's see.

On the bladder-- so the stem cells in the bladder are a hundred percent done, and the urethra and the tubes. The kidneys. The kidneys master cells are about 80 percent, so. We're right on track again. We're really perfectly on target.

This one, the bladder and kidneys tend to have quite a few spiritual parasites. As you notice, when we're clearing a lot of that is from the bladder. The emotions are very low on the bladder and kidney too, so. Again, when the lungs have some higher frequency emotions, the bladder and kidneys tend to have the very low emotions.

Let's look at that. There we go, so. You look at this. This is bladder and kidney. Look at how many and they're all really low. Look at the top one, it's 40. And here in the lungs where it cleared and when a little faster because we're doing a bigger area but it went faster because some of what we're clearing out of the lungs is this higher stuff.

It's not super high but it's definitely, you know sorrow is-- 500 is unconditional love. So it's definitely higher frequency stuff than the stuff which is at the bottom of the-- this is the pond scum so to speak. It's the lower-- the lowest of the low emotions many of them there.

Okay. I see some comments come in here. Limmy, "Do I still have to clear bacterial infection? My teeth and gums from the tooth feels okay. Thank you." Oh. Yeah. There's still some. It looks like you're about 80 percent clear.

And Heather, "My husband had often has the urgency to pee. Will this clearing for kidney and bladder as well as the regeneration make a big difference for him?" Yeah, it

would. It would. You know, you always wanna when you're you know, dealing with that and obviously that's what this class is about. You wanna clear all the programs directing that problem. An urgency to pee could be pressure from the prostate.

So you might also wanna do a reboot on the prostate which we have class. So there's a replay training. You can but it as a replay which helps to shrink the prostate because sometimes fellows, their prostate will swell and then it will pressure on the bladder. So that's one of the reasons. And the other reason for frequency urination is inflammation and then you know the ability of the bladder to expand and contract with fluid, that's another one. Inflammation though is the big one.

Okay. Let's see where we're at again. We are looking here. So bladder/kidney. And bladder done, tubes are done, right kidney done, left kidney. 2 more minutes on the left kidney. And then once we've finished that, we'll start the mirroring and the cascade of new cell growth. Wow. It's amazing. Just amazing.

So you know in the past, it took a whole lot longer to go through a couple of system. We would never have gotten through 3 systems-- 2 systems rather in 3 hours. So just know that you're reaping the benefits of coming in at this particular time. It's very potent time. It's the time of rapid acceleration and as we move in to that 5th dimension. We move into our heart self, our centered balance self that is well and healthy. Things shift much more rapidly. You're welcome, Heather.

Okay. And while we're-- let's see. Yup. We're starting the mirroring process. So the mirroring and the cascade of new cell growth are what we're pumping for now, so. Mirroring for the next minute or two and then the cascade of new cell growth. And while we're doing that is we're in our last 5 minutes, I'll just go down to class announcements.

Next steps, so. Many of you are-- obviously, you're all in the Year of Miracles. I wanna encourage you to think about the apprentice online. I think a couple of you are in the apprentice program. A couple of you are in the immersion program that are online here and would love to see more of you in the yearlong trainings where you really mastering the activations in so many areas.

Like I said, we've added 79 new programs and they're already quite a few programs on the site. So there's like a 150 programs now on the site. So you become part of the inner circle and you all are part of the inner circle because you are part of this group.

Here's classes that are happening right now and are coming up. We have a diamond immersion online training program in August. That's all online. So you can get the diamond immersion level 7 days online. Everyday magnetism is coming up, that's really on wealth magnetization. Emotional balance and to allergies, removal of infections, so.

Things that we've been talking about today. 100 percent full body ownership, 100 percent energy, those are in the fall. Early fall in September.

Your light body is I think next week. Ending addictions. Quantum baby connections for those of you who want to conceive a baby or having trouble or know somebody who is. Let them know. Better sleep, that one's a special class coming up too.

We're doing a free clearing tomorrow, the Father's day good man clearing, and then emotional freedom on 4th of July. Your year of miracles, we'll do inner and outer vision next month and brain regeneration in August. Freedom from spiritual parasites and pests, that's the end of July, and advanced is the beginning of August.

The women's program, Simple beautiful, the 8-week program. If you've already participated in one of the women's programs, you'll get this at a significant discount as a repeat person but we're actually working on just the beauty and youthing elements. So it's like a growing younger and more beautiful at the same time using the Beautiful from the Inside out program, so. It's 8 weeks of regeneration. Really focused on beauty and vitality.

And then if you're someone who loves the personal contact, the diamond immersion online at my home starts November 27th and 7 days. Space is limited. We already started having students enroll in that program, so. If it's something that you want, know that there's a point where we can't have more student because it's-- I have a lovely house but it can only hold so many people, so.

Okay, my dears. And let's go back here and just see where we're at. Again, the mirroring process, 80 percent. We're just about through the mirroring process and then we'll go right into the cell regeneration. Trevor, lungs are definitely regenerating because we did the lungs first. We're doing the bladder and kidney now. We definitely already-- definitely going. Yeah.

"Thank you, Julie Renee for this wonderful Year of Miracles class. Today, I've finished my first year and I'm jumping on a second round." Oh fantastic. "Thank you so much for you kind advice and wonderful singing." Yay, Limmy. I'm so glad you're here. And yes that's just wonderful. That is absolutely wonderful.

We've added so much in the program. I think you're gonna find it a really even deeper and more profound program in the coming year and we make it so, so reasonable for you to come back a second year and just stay with us, so. Okay. Let's see.

Mirroring done, and we're gonna need to pump for about 6 minutes to complete the cell, the cascade of new cell growth. Getting the regeneration part started. We have some videos for you to watch, so. If you could just hang in there until 5 after the hour of

pumping, we'll have completed the regeneration on the kidneys, on the bladder, the urethra, and the connecting tubes.

Everything related to the process between the kidney and the bladder. That's what we're doing now. So the cascade of new cell growth will be completely done in 5 minutes after the hour. So I hope you all just stay on and pump as the videos are running.

I love you. I'll be in the chat box for a little bit answering questions and telling you I love you. Could never get enough of that, right?

So thank you so much for being here. And I love you. God bless you. Have an amazing weekend. I hope to see you tomorrow in the call and Monday I think we have free apprentice call too on being able to really learn and master what you're learning in the apprentice program or the immersion program, so. Please do come in to that, that's free. And then next Friday is the healing global violence. So all 3 free programs. I'd love to see you in all of them. God bless you. Have an amazing day and I'll see you soon. Okay. Keep pumping for 5 minutes.

[End of Transcription at 03:10:35]