

## **Julie Renees Year of Miracles\_Flexible Healthy Joints**

Hi and good morning. Welcome to the Year of Miracles. If you're new and joining us, we're so delighted you're here. Adelia's ready to help us for the first hour. She'll be taking her nap in the second hour, so we've got a little helper here. And if you want to get started right now, you could do chopping. We'll be doing a chart for a lot of the day. There are lots and lots and lots of spiritual interference involved with joint tissues and so you could do either chopping or the double pump. We're going to start as always with a prayer. We're just happy you're here. I'm sorry, we're good but we have staging happening today at our house so we are multitasking in the extreme and you're going to have a beautiful, beautiful experience and everything ready for you. You're in The Year of Miracles: Juicy and Flexible Joints.

Mother/Father God, we ask for your blessings today that people have a miracle in their joints and that each and every student really experience a transformation like never before. We thank you so much for the angels, the guides, the goddesses, the gods, the saints and sages, the golden legion, Mary and Jesus, and everyone who is standing with us to help us accomplish this transformation and also to bring this beautiful work into the world. We thank you for your blessings and for all that you've given us. We thank you for the air that we breathe, the water that we drink and enjoy, and our oceans. We thank you for all sentient beings in the planet including the dolphins, and whales, and Mer people, and all intelligent forms of humanity who are here living in this beautiful Garden of Eden. We ask that we be good stewards. We ask for help in being good stewards of this world and that we raise our thoughts and our energy frequency to actually be a blessing on the planet so that we can be a blessing to Mother Earth. Thank you for all the help you give us in learning our joints and transforming into youthful, juicy, vibrant, and flexible joints. Amen.

And then together...

'I am free to live a life of spiritual freedom and full self-expression; liberated in love, gratitude and mastery, in this body here and now. My spirit is limitless. I am responsible for any limits I experience in this body and have complete access to the divine through prayer and contemplation to release myself from any human bonds I have worn as spiritual clothing that no longer resonate with my essence.'

*(Sings in Sanskrit from 00:04:08 to 00:05:26)*

Om peace, peace, peace. May the entire world, your heart, and mind be filled with peace. Tathaastu, so be it. Okay! We're going to start out with a demonstration on the quantum

pump but before we do that, let's go into taking a look at the chart we'll be working on today. I see I missed one little thing I need to do here on the chart. Let me just check... I just didn't finish this one little piece I didn't realize. Alright and either chopping or double pump is the clearing for today. There we go. All done!

The right, permission, and ability to be free of painful, deformed, and stiff joints; free to fully regenerate all parts of the joint, free of all related disease and degeneration; completely restoring juice, youthful, fluid, and flexible health 100% to all my joints, spine, neck, jaw, shoulders elbows, wrists, fingers, hips, knees, ankles, feet, and toes; removing amalgamated, controlling, damaging, delusion, disgust, evil, intertwined, intolerant, parasitical, and suppressing. Areas of the blueprint are essence, matter, Genesis, embodiment, and amplification. The style of clearing will either be chopping; chopping will be the best and doorknob will be the second best. And then you can see our list of spiritual interferences I dropped into our anchors list because I wanted us to be able to see it all in one page. I'm going to put this into the chat box for you and then we'll go into a demonstration on the different kinds of pumps.

If you're relatively new to us, I know we have a lot of new people joining us and so if you'll relatively new to our work, you'll have had this experience before but let's go over that again. The basic pump which can be used for everything and is certainly used for regeneration is the elbow down at the side and the hand pumping forward. So the basic quantum pump is typically using the right hand but you can do it with the left hand, it doesn't matter. Bend at the elbow, bringing the hand in front of the right shoulder about 6 to 10 inches out in front, thumb facing up towards the sky, pinkie finger facing down towards the ground, allowing the hand and fingers to be loose with a gentle rock forward and back. This is mostly done for regeneration but it can be used for all types of clearing. It looks like this. The elbow is down here and you're pumping this way.

This is the quantum pump and then this is the double pump. And from the two-handed, we're going to go into chopping. Now the difference between the double pump which is the fingers loose and chopping is literally only that the fingers are held firmly like this or like this. You can have them together or you can have them apart but chopping is like if you can imagine being a sculptor chopping away at marble and clearing marble. And then we will potentially be using doorknob. We certainly are going to use doorknob for the homework. Doorknob is the hand facing forward and turning in. That's platter. Doorknob is the same movement as platter, except the fingers are wrapped around the doorknob and actually this makes it a much more effective clearing for removing spiritual interferences and apparently, as I'm looking one by one at joints and creating the homework chart, this is going to be very helpful in removing things that have maybe built up or transforming your joints. I know I'm going to be working on my fingers right along with you guys. My joints are a little bit stiff I have to say and I've been working on also

shifting my diet and that has helped so much. I'm working on doing yoga 3 times a week. It would be great to do it every day. With the movie and the baby, it's a little bit hard to do it every day but I'm doing it 3 times a week which is good. And so do your very best.

I put up a challenge in a promo that came out this week on joints. I'll be right there. Everybody is working on the chart. Just a moment please. I'm going to set her up over here... Okay, that'll keep her busy for a little while. So we were talking about the doorknob. The doorknob when you're doing it this way, it's very, very effective for spiritual interferences and as I've been charting, I'm also noticing that it's really, really good for the follow up homework. Most of the areas that we're clearing are using the doorknob and a few re using chopping. So if you're going to be doing the follow-up homework, you're going to see doorknob is the primary hand movement and chopping is just on the fingers and toes. So, that's doorknob and chopping.

And then if you feel you've gotten in a stuck place, the platter which I don't have on our chart today but the platter can speed things up or not speed things up but if you feel like you've gotten in this place where everything is stuck and it's not moving, use the platter and maybe do 10 minutes of platter just to get the momentum re-established. So, that's what I want you to do if things get stuck.

Okay, so I'm going to provide that chart for you with the pumping. I think most of you know how the pumping came out and why we do pumping. We're really re-establishing a way that everyone, even if you're not an enlightened master or an avatar here helping humanity. If your energy frequency isn't at a really high level, I had asked The Divine to give me a way to give this to all of humanity. So if you were maybe at my frequency, you could do it with your thoughts but we don't have people at 3000 for the most part. I'm usually right around 2800 and that's very unusual for a regular human born in a human body or an angel born in a human body, that's very unusual to be that high. So what we see in our community is around 330 to 600 and if you're with me longer, I've seen students going all the way up to 1400 if they're with me for a few years. So if that's a goal of yours, then you want to really be thinking about staying with me and training with me on a regular basis because as you work with me, you begin to develop love wisdom, and you develop skill in the quantum field, and your halo amplifies. All that happens as you stay with me over time. So, good move for all of you who have joined recently who are now committed to being in the yearlong program because that's a good beginning to raise your own frequency and that's always not our goal but our goal is to regenerate, rejuvenate, and clear, and live a full self-expressed life wherever we are.

And I think one of the things I want to talk to you about as we start this clearing and everybody is doing chopping, I think one of the things you have to do with unhealthy joints is to look at loving the joints as they are. You need to accept the joints, love them, and be

okay with like if they never change, I love them. Because there's a rejection that happens to joints that are painful or deformed where we look at them or we fill into them and go, "Oh my God, I hate this." And I think if you can love the joint, not the defect or the degeneration but the joint, love the joint and the thing is that we don't do that. We stop the love flowing to that part of the body because we're rejecting it. What I want to say is if your toddler misbehaves, you continue to love the toddler. You might not like the misbehaviour, but that's the behaviour and that's not the toddler. You have to say the same thing with your joints. My joints, I love. I love them. I love my juicy joints. And then clear out the rejection that they're not perfect right now. Yes, I don't enjoy that behaviour but I love my joints. I just want to make that really clear to you. If you're rejecting something that's stiff, deformed, or hurting you somehow, it's probably pretty close to impossible to get the shift that you're really looking for which is a full reversal back into vibrant and juicy health.

And then what I've noticed with clearings and with regeneration is that there are a couple ways that it can go. It can go where you have full use of the joints and they become loose and flexible and they don't return to looking like they did before. So, that would be one possibility. The other possibility is that you have the full reversal and the juicy, flexible joints. In both cases, I want you to celebrate your wins. I want you to celebrate did things get softer, easier, better, whether they went one way or another way. Both of those are miracles. We consider them both phenomenal and fantastic results.

And then there might be something that you're wanting to learn about understanding what it likes to have some experience where things aren't perfect and although we'd love to be perfect and beautiful in every area of our body, maybe the perfection would be in having the juice and the joy come back.

I know when my voice came back; I had paralyzed vocal cords and Mother Mary helped me to heal my vocal chords or my voice and so when I'd sing, it really shifted and it wasn't the voice I used to sing with. My older brother validated that and said, "Oh my gosh, that's a very different voice than the voice you used to sing with." And that's a beautiful and miraculous healing that I experienced with Mary in the Basilica of Saint Mary's where she stood 12 feet in front of me and said, "Sing." And I said, "Mary, I haven't been able to sing in years. My vocal chords are paralyzed." And she said, "No, you can sing. Sing!" And I sang Ave Maria and I sang a few other things in Latin. I was in prayer at the Basilica and I sang in this cathedral and it was so incredible. It was so incredible to be able to sing because what came out of me started like a croaking frog before that because of the paralyzed vocal chords.

But what I came to realize a few years later, as I was doing breathing tests for asthma and there was this big dip in the test and one goes, "Boy, that doesn't look right.

Something is wrong." And the other technician who was more experienced said, "Oh, that just means she has paralyzed vocal chords. There's nothing wrong. It's just the way her vocal chords are performing.' In the breathing test, it looks like there's a dip but it's just because of the vocal chords being paralyzed. So that meant that I now had an angelic voice with paralyzed vocal chords. So just know that you can have a miraculous transformation and it can be both ways.

And then the other thing I want to encourage you to know is that it takes time. Everything takes time. And you may be one of the lucky ones who today, your joints start feeling better as we clear out the spiritual interferences, the emotional anchors, the mental anchors, and the programs. And we really remove a lot of the gunk that has been piled on your joints, that might be the answer. You might not have arthritis or you might not have some degenerative disease. That might not be your thing. Your thing might have been that you just had a whole bunch of stuff that was informing your joints to be painful. So, that might be the amazing result that you get today. But if you have a result that takes 6 months or 3 months and you're required to do chopping every 3 days, then I want you to be courageous and strong and be a stand for yourself. And sometimes that also means making your own little chart - right, permission, and ability to give to myself over a period of time and to just have it easy.

One of the things I'd like you to do is take a little sticky pad and write a little message to yourself. "Pump." P-u-m-p. And stick it on your driver's steering wheel. You could do one more. So you have this one like maybe it's yellow or green is pump, like go, and this one which is pink in color, write "Breathe Pink" or "Breathe Pink and Gold." Stick both of those on your steering wheel. And when you go out, most people drive at least 10 minutes a day, if you pump every day on your projects, you're going to be every effective. I always pump when I'm in the car. I always 100% of the time am pumping. I don't pump 100% of the time while I'm in the car but every single time I get in the car, I pump. And so, if you can work on that... Right now we live in the country so if I go anywhere, it's an hour like a half an hour there and a half an hour back and that's a good time to give to yourself to pump. Okay? You could be pumping while you're walking. That's another good time to pump.

Sometimes when we're in our home or office there's more of a lot of demands on us like "Oh gosh, I should do the dishes and the laundry needs to get done." Now you can walk around the house pumping but if you're feeling like you're really being pulled every which direction, it's good to be in movement like driving the car, or walking, or running; I don't think you can do it riding a bike but if you're in movement, you're not in this more stagnant energy, movement helps you. It helps you be successful. We're continuing to do chopping for probably an hour and a half or more.

If you're here and you have joint problems, I've been working on a chart and we'll finish it before the end of the class. Let me show you. It's the homework chart. It's simple enough. It's going to be easy enough for you to follow. So as you can see, I'm just putting in time of clearing, how many, so 7 minutes and then 13 to 60, it depends on how bad and how much your spine needs attention. So if at 13 you feel like done, then you're done. And the neck and the jaw, this shouldn't take more than 10 to 15 minutes for me to get done, so I'll do it either during class or right after class. You'll have this with the replay today. This will be done. We've just had so many zillion things sharpening all at once.

Okay, so that's my little talk on how do you get the extra pumping in. And if you've done Grow Younger, great! Fantastic! You do your teeth like your teeth are 7 minutes for the day or 15 minutes for the day and then you do your joints. You just add that on. You'll notice that it's every 4 days or every 7 days. It's not every day. You might write yourself out of schedule or I'm going to pump for 30 minutes every day and I'm going to clear everything that I'm working on in Grow Younger and I'm going to clear everything I'm working on in Year of Miracles.

It's nice because if you can muscle test, then you can say I'm 3% done now or 5% done now. You can test for yourself on how far you are along. If you can't muscle test, you have a measure so you can say I pumped for this today. So that should really help you to really make a commitment to yourself. Now for the people who followed through on the arthritis class and by the way, if arthritis is your thing then you might want to also take the home study program. This should give you a good result but if you want more attention on arthritis as a problem, we have our home study program on removing arthritis from the body. That's pretty phenomenal and people have gotten really, really amazing results. I think the most important thing to remember is in this, we're going to clear the joints so that's good and then the other is your behaviour like what you're eating, how you're exercising, what you're believing about yourself, sending your joints love and appreciation, that little toddler who's getting into trouble you don't stop loving that little toddler who is throwing things in the air and opening drawers like she shouldn't, you love them. You love them. So maybe you're wanting to change a behaviour which you're wanting to change the behaviour of your joint but you love the joint. So I think if you can just get that in your head to really love and be present, so that means your essence, your spirit, and your essential nature needs to be present in the joint. If I can just press upon you, the thing that happens when we have pain, or discomfort, or stiffness, or a deformity or whatever is we move away from that part of us. We just don't want that part of us because it hurts and so the spirit isn't there. We want spirit occupying the joints. We want spirit in all of the body. We want to own all of the body. Just remember that we want to own the entire body, and we want to love the entire body, and accept it, and enjoy it, and appreciate it.

I have to say I'm not thrilled that I haven't made the shift yet in my fingers, so I still have at 46 my fingers bent and they haven't gotten particularly worst; they're just the way they are and I've worked on them a lot so they're a lot better. But yesterday I was in Michael's and we were buying a wreath and some Easter prizes for Adelia, like a big wreath put on the door. The stylist designer person is coming in and she asked me to pick that up. And while we were there we were visiting with the checkout lady and she had the most beautiful face and eyes and a very, very sweet lady and as you looked at her you'll notice that she had on her shoulder to the elbow joint kind of deformed hands off the elbow joint so she didn't have forearms at all and maybe one useable finger on one hand and she had 3 useable fingers on the other hand. And I was looking at the grace that she operates from and the love that flows from her. You can see that she's not in pain or suffering around the way her body is or the way she is and just instinctually which I would have done with any teller, I was just putting the bar codes out for her to scan and every time I did she goes, "Oh, thank you. That's so kind of you." Meaning it meant a lot for her that I was showing for her in a kind and loving way that made it easier for her to do her job. I looked at the grace that she emanated. It's the "I'm okay with myself" that she emanated and the "I love myself and what I have."

You have to think about what you have and you have a lot. Adelia has a little book we checked out from the library, 'I Know a Lot and You Know a Lot' and it was just about I know about you's and I know about my hair and I know about whatever. Well you have been given a lot. You've been given a lot and if you have a complete body or you have parts that are missing -- I have parts that are missing like I have bones and muscles missing from my body. I was not born with everything that most people get. My little condyles aren't there like the ball of the joint. I don't have joints in my jaw. How my jaw works is with muscles but there have been multiple x-rays and pretty unbelievable I move my mouth without them. I chew and I do everything without the ball of the joint. There's no ball there. I'm missing a bone here. The bottom of the sternum and the (*Inaudible 00:33:19*) are not there. The trachealis muscle is not there. I don't have knee caps. There are just a lot of things. You know I came in quick. My mother was on a diet when she was pregnant with me. I don't know what she was thinking but I built the body that I could build given the nutrition I had. So, I want you to love who you are and know that you're extraordinary and love your joints. That's going to be so, so key. When you think about flexible and juicy, one of the things I think about right away is love. It's about having compassion, and love, and ease.

We're going to go to the chart now. We're going to look at the chart and we'll keep pumping. You're all doing a great job. I'm going to do our morning hello. We are going to sing some songs today and talk about joints a little more as we move through things and I'll be answering some questions. But right now we're going to look at the chart and we're going to keep doing chopping.

Hi to Laurel, and Kathy, and Jenna. Wonderful. And Emilia, and Cindy, and Beck, Seville, Petra Sophia, Julie C., Katherine, Lisa, Louisa, and Kristin. Hi! And Severina and Lemee. Petra Sophia says, "Adelia looks so cute." Thank you! Oh there's Sean, yay! And Trevor's here. How fantastic! And Kim, and Dale, and Carol, and Penny May, and Trinity, and Julie. So we have a Julie C and a Julie. Arcadee and Diane. Carol, "Adelia, you look so pretty today." She's watching 'Baby Bum.' It's on YouTube and it's a little sweet learning channel with nursery rhymes and singing and counting. They learn how to count and that's her favourite thing so I thought I'd get her started on that for awhile before her nap time.

Louisa, and Lisa. "Do I have any joint imbalance? I was reaching for something last night and I experienced pain when turning and if it contracts. Is that a joint issue?" That's muscle or maybe ligament and then muscle attachment. Anne Marie, "What an incredible story of your voice. Wow!" I know, I know. It's amazing. Philip and Christina. Martha, "If our hands or arms get tired of chopping, should we take a break?" Yes, you can definitely take a break. You can do the regular pump or you can take a break. Let me just demonstrate like if you want to keep going and you're tired, there is something that I teach that you can keep going so you'd keep the momentum going and that is just having your hand on your inner thing and it can be very gentle like it can just be like this very slow. So you can do that or you can take a break. You will get used to pumping and we do pump through all of our classes because we're doing clearings and regenerations. Certainly this one, I'm going to be blasting and you're going to be pumping or you're going to be chopping. And that was from Martha.

Hi, Amy! And Maria, "My jaw joint is a problem. It has been fused because I can't open my mouth wide." Okay, well this is going to help. Martha, "Also, is chopping always two-handed?" It is always two-handed because you're chopping like a sculptor so both hands are going. Yes, always two-handed. I guess there are several people who came on late but we're doing chopping. Hi to Chantelle. I'm glad you're here. Katherine, "That homework chart is wonderful. Thank you so much." You're welcome, Katherine. "I Broke my heal and it cracked either side. The ankle was also very swollen and still is out of shape. Do I work the heel also or just the ankle please?" I'm going to say just work on the joints today, Penny May because we do the muscular skeletal system meaning we work on the bones in another training. "The home study arthritis course is fabulous. Just do it!" Thank you, Katherine. Yes, I think if it's a big deal for you, if joints are a big deal for you, this is going to be fantastic. It's a mini-retreat. I believe we did 6 hours on arthritis. It was very specific to arthritis itself so if that's one of your problems then I would love to encourage you to take that home study course too. And maybe Steph, could you please put the link up for the arthritis class now? Thank you.

Louisa, "If we just pump for 30 minutes a day, do we have to be specific on what we are working on or will it go to the needed areas without specific intention?" What I do Louisa



and I've said this a hundred times, I put what I'm working on charts in the kitchen on the counter and I check things off as I'm progressing. You can do vague pumping but it may not address what you really wanted to address because there might be mightiness else like you might be inflamed that day from eating or maybe you had wheat, and dairy, and sugar the day before and now your joints are inflamed so then it's going to go to someone else. So, you want to acknowledge whether it's in the morning or at some point, okay today is my day to work on these things. That's going to be the best result for you. Otherwise if you're just pumping, it's going to go to whatever the urgent thing is and sometimes urgent things are not things that are permanent; they're just, "Oh, I've got a little tummy ache or I ate the wrong food and I'm burping..." or something like that and then the energy will go to something where -- Well, you might like that but you want to get your homework done.

Spiritual interferences don't try to prevent regeneration, so I would ask the question a different way but it's a god question, Jennifer. I'm going to say everybody has some spiritual interferences that are interfering with their healthy joints. One of the things that I looked at this morning is that we have on our clearing chart is C22, blocks to permanence. But definitely, everybody has these because I looked at the list of people and then I filled in the blanks. We have a whole lot of spiritual interferences and that's great. We're clearing them out. We're clearing them out of our joints. But I will give you kind of a more vague answer, Jennifer. Of this list, 15 of them are relevant to you.

Anne Kay is here, and Margo, and Tina from Sweden. Hi! And Dennis! Hi, Dennis! It's nice to see you. Carol, "I've been told that my posture is weakening the kinetic chain and weakening my knee. My knee hurts when I extend my leg forward from sitting position and when I sleep on my side." Okay, well this should help a lot. Be careful about what people tell you. I know we're so willing to have people sort out what's going wrong with us and then we give a lot more validation than we probably should to when they said it's wrong and so it's wrong. Knees are about honouring yourself and so right knee would be being able to honor your outer life or your assertive life, maybe the masculine side of you. And the left knee, the inner, the emotions and spiritual life, "I kneel at the altar of myself." So knees represent the ability to honor yourself. That might be also part of the challenge there. And then you want to just energize, "I love my knees. I love my spine. My posture is improving." I think putting, "Every day in every way, I'm getting better and better" into the little morning mantra, "Every day and every way, my spine and posture is better and better..." and you know you do a little lions, and tigers, and bears chant. Lions, and tigers, and bears are from the Wizard of Oz but it has that kind of a ring.

Louisa, platter is for being stuck. If you can't do two-handed, then just do one-handed chopping. But I test that you can do two-handed, so just do two-handed. I think you can do it, Louisa. Just whatever is there, let it go. "I'm strong, and I'm capable, and of course

I can do two-handed." Just tell yourself that and allow yourself to step into that. Take a break for a minute. Breathe and maybe stand up and shake your arms a little and walk around. "I'm strong and I'm capable. I can do this!"

Chantelle, "The only problem i have with my joints is my knees but I'm experiencing a lot of pain. So if I jog or run, pain increases. I am a regular exerciser." Okay, this is going to help. It's definitely going to help. Nicole is saying that she had a feeling of being faint. Nicole, let me come up and talk to you about that because it's not something wrong; it's something that you as a spirit is doing. In a minute we'll be taking a break. For Nicole and for anybody who feels faint, when you're with me, I want you not to leave your body. One thing you're going to do is keep your eyes open. Another thing that you can do is you can stand up. Stand up and breathe and get yourself back in your body. Keep your eyes open. What we're wanting in this is for you not to go float up out of your body and there's a temptation to do that because I'm working with all of you and so your spirit will be curious and it will float up. But right now Nicole, if you pull yourself back into your body, take a few breaths, just like our first breath as an infant. As we come into the body, we reanimate the body, spirit and body, take a breath and breathe all the way into the tips of your toes and the tips of your fingers and that's going to help you re-establish your connection with your body as a spirit. And so that's what you want to do. There's nothing wrong and you didn't have a bad experience. What happened was your spirit left your body and then there's nobody in charge in your body and so you were up checking out what was happening. I promise you, if you breathe all the way into your toes and imagine your spirit coming back, you'll feel wonderful. Take a drink of water and walk around a little bit.

Adelia is going to need a break for a minute. This is her bed time. Keep pumping. I'm going to put the chart up and some music and I'll be right back and we'll continue answering questions. We're about 50% on the chart. We're doing fine. We're doing great. It's a big chart. Let me put some music on. We'll be right back.

*(Music playing in background 00:49:53 to 00:53:33)*

Okay and I am back. Good! Nicole, I think I've answered that completely. So it's a good thing to know and then you'll always want to be aware of that especially when I'm doing blueprint activations so you want to really move into your body. You're a curious spirit who is here to learn and I love that you're here to learn so that's great. "Dairy can inflame joints too?" Definitely. Wheat can and sugar can. I'll give you guys a list. I had sent out a list. I did a challenge this week - let's see if I can pull that up quickly - a healthy joint challenge. Let's take a look at that, the joint challenge. Change your diet for 21 days. Remove these items from your diet: nightshades, dairy, wheat, sugar, red meat, chicken, and fried foods. Supplement: Add one or two joint enhancing supplements daily. There are some great ones out on the market including some homeopathic remedies and then

stretch. Start a daily yoga or stretch routine. Use your imagination to open achy joints over time. See and affirm every day, "I just keep opening to more and more." That was the challenge we put up this week in one of the emails. I think it was the Tuesday email that went out, so you might not have seen it. You might not have gotten it either. It was an email inviting people into Year of Miracles. You're already in it so you might not have seen it. So, there are some additional things that you can do.

Thank you, Lisa. That's so nice. "I love the idea of the sticky notes for reminder and also love to pump in the car while listening to your classes or mantras." Thank you, Carol. That's fantastic! "Julie Renee, I think you're right. Sigh. Good thing I'm in this class." YEs, it is a good thing you're in this class. I'm just thrilled when I saw you Chantelle, enrol. I was very, very happy. "I'm laying in bed on my side looking at the screen. Head aching and dizzy. Just not feeling well, so I'm working with one hand." Okay, Louisa. Get up and get a drink of water and move around. I think that that's better. I think laying is surrendering to the interferences we've been clearing. You want to stand up and you want to own your body. "This is my body." You want to drink some water. You want to just claim your happy, present itself.

Good morning to Sue Lorraine. Hello! It's so nice to see you. "The comment I made is after what you said regarding the meaning of honouring yourself." YEs, I understood that Chantelle, like the knees and being able to honor. Absolutely. Ava, ""Hello, Julie! When looking at the chart while chopping, does it matter where I focus? Is the intention for clearing that my focus shifts column by column over the course of 3 hours or does it matter that I do not know what the words mean. Thank you. Love. Ava." It doesn't matter that you know what the words mean. It's really the intention to clear the chart. How the clearing works is we first clear the statement. So the first thing we're clearing is the statement and then we're clearing all the related things that block the statement. So column 1, column 2, column 3, column 4, column 5, column 6. Column 6 is the last thing that we clear but you don't need to look at each one and think I'm clearing this now. That is completely not necessary.

Katherine, "Could you please explain the emotional anchors? We are clearing some emotions but if I will still in the future feel this emotion, does it mean that the problem continues to exist like anxiety or unforgiveness?" Well, those are things that anchor joint problems so I guess if there was enough things, it would be possible that you could re-anchor joint problems. We're clearing all the anchors out at the same time. So, the programs, the emotional and mental anchors, and anchors, and spiritual interferences, and advanced spiritual interferences. As we clear them all out at the same time, well you'd have to experiment but it would be unlikely that something in emotion would immediately go to the joint. It might go to the joint but I don't know if it would affect you unless you really amplified it. I'm thinking resentment is one of those that really would affect joints.

Resentment seems to jump out of me. The resentment would be one that your joints would start hurting if you had resentment.

Nightshades, Cindy are green and red peppers. You could look up nightshades. Maybe I can do that right now so we'd get a list of nightshades. I continue to eat Yukon gold potatoes. White potatoes are supposedly nightshades but I continue to eat those. Potatoes really ground me and I need something to ground me. There's a lot of things I don't eat. But let's just see what the list of nightshades is. But peppers and tomatoes are the two that are really listed in joint pain, like any kind of pepper and then tomatoes. Produce - tomatoes, potatoes, eggplant, bell pepper, and chilli peppers. That's it. That's what nightshades are. They are not anti-inflammatory. Campbell says that Brady avoids eating nightshades because they're not anti-inflammatory. And yet I find that if I eat red or green pepper, any kind of peppers, I have pain in my joints immediately, like within a few minutes. So, that's it. That's the nightshades. You're welcome, Chantelle.

Okay, so I answered Cindy. Lena, "My problem, left hip, left knee and both thumb joints from time to time. Both have gone stiff in the past." Okay, Lena. And so today and you want to do homework should make a huge difference. Diane, "In the midst of lupus flare the last couple of months with joint swelling and pain so thank you for all the wonderful tips." You are welcome. It's something about the nightshades but in the thing I just read, they're not inflammatory so they may cause inflammation. "My neck feels better. Something is happening here." Yay! "I eat a lot of turmeric and my joints love that." Good job! Turmeric and I think ginger like you can drink ginger tea or put ginger in your food. I've got a beautiful recipe for salmon patties with ginger that's delicious. It's so yummy!

Okay, we are going to need to take a 5-minute break. You can keep working on this. You can keep chopping. We're going to break for 5 minutes. It's 4 minutes after and we're going to come back at 10 after. Just keep chopping and we'll be back shortly.

*(Break from 01:04:56 to 01:12:51)*

Okay, we're back. Sorry about that; we've gone an extra couple of minutes. I took Adelia outside for a couple minutes. We are still working on this chart. How are you guys feeling? Are you starting to feel some shifting and changing? I'm thinking we might change from answering questions for a few minutes to some singing to move ourselves along. Once we've finished with the chart, we're about 72% clear, and then we'll move into the regeneration of joints. Let's do some singing. Oh perfect, we'll start with The Children's Song. That's great! Oh good, Julie C. Good. Yes, let me know what shifts you're starting to feel as we're clearing the joint chart. We'll be continuing to chop. For those of you who are new, one of the things that we do to move things along is we sing together and that

raises our energy and gets things moving faster. We're about 73% clear right now. I'm blasting and you'll notice that things start getting tingly and sparkly when we sing.

*[Singing]*

*Gather your children oh mommies today*

*And bind them close to you and love them I pray*

*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*

*Singing oh bonnie mommies, I love you this way*

*I love you this way*

One more time.

*[Singing]*

*Gather your children oh mommies today*

*And bind them close to you and love them I pray*

*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*

*Singing oh bonnie mommies, I love you this way*

*I love you this way, I love you this way.*

No, Dale. I just think be willing and open to have it show up however it shows up for you. "Thank you for explaining how to work with the chart. One more question, in the last quarter of an hour, very strong headache developing." Now, that's spiritual interferences. "Can I do something to relieve it?" Ava, when you have that, just say "This is not me" right away. If something is developing, it's not developing; it's somebody applying pressure on you and that would be one of the spiritual interferences, a type 3 that doesn't want to get kicked out. So I think just affirming "This is not me" for 5 minutes should just clear it. It should just go away. "Toes are tingly. Very focused on my work." Yay! Oh good, okay. "Right finger is a little numb. Happens sometimes." Okay. If doctors say they can't find anything, Louisa, it's usually spiritual interferences. Type 5 interference for you. Yes, that's a good idea to just test, Chantelle.

Julie C, "I felt a shift right away and it's still coming. I feel the shifting right away quiet strongly and it's still releasing." Beautiful! Penny May, "I feel good." "Thank you for the tip about spiritual interferences. My left elbow feels normal again. Thank you." Fantastic, Petra Sophia. Kristen, "I injured my shoulder from tendon. Pumping has been very difficult but now it's easing up." oh, good! You're welcome for Ava. Wonderful!

Okay, this is an all-time favorite song of our community, 'The Stones.' I wrote this sing just feeling that the stones are helping us. They're just here and they're present. Everywhere we look, there are stones helping us to heal, to grow, and to be part of the earth. They're just very slow moving beings that are witnessing shifts and changes on the planet but they hold magical energies for us. And then people have known that through old times and made these stone temples. Here we go...

*[Singing]*

*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 solar temple to me yet unknown*

*'Till by the strength of first morning's light,*

*Shone the power of the Stonehenge stones.*

*They grounded the energy of this place*

*And held us together in 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 Avebury 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*

*Newgrange 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*

*The stones are everywhere we look*

*Medicine wheels and monolithic books*

*The wisdom of the circle flows*

*In the power of the stones*

*The stones they are calling me*

*Echoing through an eternity*

*Calling out to set us free*



*In the power of the stones*

*The stones they are calling me*

*Echoing through an eternity*

*Calling out to set us free*

*In the power of the stones*

Okay, let's do another one. "The Stones, could we sing this once more?" Sure, we can sing that once more. Did you like it? Okay, let's do it one more time. It is really a favourite of so many people.

*[Singing]*

*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 solar temple to me yet unknown*

*'Till by the strength of first morning light,*

*Shone the power of the stones.*

*They grounded the energy of this place*

*And held us together in loving embrace  
While beings of light danced above the space  
Bestowing on us their wisdom and grace*

*The Avebury 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  
Newgrange 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*

*The 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*

Welcome, Karen! We're doing chopping. You can just join along with us. We're still working on the clearing chart and we're so happy to have you here. Okay! So we did The Stones, yay! It's a little bit harder to sing along with this but I'll try with a little bit different key. This is very pretty though. It's a very pretty ballad.

*[Singing]*

*It happened one day, in the Abbey of Joseph*

*It happened one day, in the magic of love*

*It happened one day, I was filled with the Spirit*

*of the mother who comes from above*

*I saw her standing behind me*

*The black Madonna was she*

*And before me, I saw the Christ of my childhood*

*My friend for eternity*

*I looked round the naive*

*It was brilliant with spirit*

*Four bridesmaids attended me*

*My body, the altar*

*Full of light, flowing freely*

*The goddess enchanted be*

*The flame burns so brightly*

*The canopy covered*

*The altar so sacred divine*

*And I was the bride and the priestess of this day*

*My bridegroom, the logos of time*

*I saw her standing behind me*

*The black Madonna was she*

*And before me, I saw the Christ of my childhood*

*My friend for eternity*

*My gown was effulgent*

*My spirit was soaring*

*And I was a spirit set free*

*The wonder of mystical union, communion*

*Was a dancing of a peaceful sea*

*I spoke with my voice*

*It was clear, bright and vibrant*

*The song of my heart echoing*

*I let go of fear to the love of the goddess*

*And the joy of infinity*

*I saw her standing behind me*

*The black Madonna was she*

*And before me, I saw the Christ of my childhood*

*My friend for eternity*

This was an experience I had in the Mary Chapel in Glastonbury which was also considered the Avalon. The Mary Chapel was part of the little cathedral there. After Jesus' death, Joseph his uncle, Joseph of Erimathia, was one of the followers of Jesus who set out as a missionary to bring his work and word into Europe and he settled in Glastonbury. There's an old building; it's a round stone building which is not the original building but was what he created. He had a following monks there. And then later, there was a small cathedral built there and I had some mystical experiences of seeing nuns who continued to be of service to those in that area that were no longer in form, but I saw them giggling and running around in their habits and that was later. I don't know when that was but it was later. In that same area they dug up a tree and found King Arthur and Guinevere. They had really been really quite preserved. King Arthur, the long blonde hair and the minute of course though that it was in the air, their bodies began to disintegrate but they lasted for a thousand years in this log which is really amazing. Also there is the Chalice Well Gardens where I had some beautiful mystical experiences.

This experience, I was with a man who was obviously a monk in another life and I was obviously one of the divine goddesses that were part of this very, very extraordinary. Having my body become the altar. And the fellow who I was with, Paul Weston who is a very well-known and respected author, he writes about mystical things and lay lines and

all kinds of very cool books, but he was standing there and he saw me kind of a light and he just lifted me on to this altar. Of course it was ruins so it's not like there was some harm being done but the altar was a newer altar that had been put in and he just lifted me up and seated me on the altar and then I felt that I was going through different incarnations. There was like 7 different gowns and there was all kind of light coming off of me and he was there watching and witnessing. I could see him through my human eyes and he was looking awestruck and I was having this incredible and blissful experience. I had started that experience by activating the energy and doing some prayers and singing some things that I had learned when I studied with the Gnostic Mystery School. And so I was just activating the divine feminine Sophia, and the divine mother, and Mary. And that activation brought this huge and beautiful shift for me and initiation or really a validation of who I've been or who I am on the planet. It was a very, very magical experience in the Avalon and Glastonbury Abbey. It's considered to be formally Mystical Avalon, Glastonbury and it exists in England and some of you have been there, I'm sure and have had hopefully some beautiful experiences there. So that's where that song came from and I just felt a lot of light coming through as we were singing it. It was really, really fun. We rarely take that one out to sing but that was super fun to sing.

And that moved us to 87%. Isn't that amazing? I had a feeling that might. We'll do maybe one more song and then we're going to go into working on the joints. Since we're also in the month of love, I think it would be really appropriate and fun to sing Love Comes Too Slow. It's kind of a song of pining for coupling love and then realizing that we are in the magic and the wonder of love when we first love ourselves and we are the designer and creator of our planet. We'll do a little bit of Love Comes Too Slow and we'll see how that goes for us. And then once we've sang one more song, I think we're going to move on to the regeneration of joints. Oh, I think I had this problem before. I have to move this to a different place. It's in a different key and after I sang the one before it, I have a hard time finding this key. Okay, we'll do this one which is also about Camelot and love. Oh, that's in the same key as the other one which I'm having a hard time hearing. Okay, we're going to go to something easy. These are all ballads and they're all in a little bit different keys. Oh this one is in the same key as the last one that we sang. We can do this one without any problem.

*[Singing]*

*Speak softly, gentle knight*

*Your kindness to reveal*

*Hold me in your strong arms*

*And warm my frozen heart*

*Tell me of legends old*

*of Arthur and his bride*

*Bring stories back to life*

*Your gentleness exposed*

*Speak softly, gentle night*

*of honor, code and rule*

*The ways of chivalry*

*Bring to this century*

*And when I smile at you*

*Your eyes alight with mine*

*Your costume and your ways*

*Speak through of Galfad days*

This happened on the morning that i went with a small group to Tintagel. Tintagel is where the original castle, the King Arthur Castle was and Luther's Castle. And there is Merlin's Cave there and a small little bay that you can walk down into. And it was June but it was raining and it was 40 degrees in England. I didn't know that that happened so I wasn't really prepared for it. We had walked down into Merlin's Cave and it was very awesome. You'd look at the ceiling and you could see all these patterns and shape-shifting shapes on the ceiling of the cave. But as we were in the cave and we were chatting and just energizing and feeling the energy of the magical cave, the tide came in. The tide came

rushing into the cave. And so we had to walk out in about 12 inches of icy ocean water. It was very cold. I got really drenched to the bone. I was just completely asked. It was like in the 40's and I was in sandals and I didn't know it was going to be a cold day.

And so I walked up to the top of the mountain and I ducked into a building. It didn't have any heat. It was a fellow's selling trinkets that were knights and swords. And I talked to him about the legends of Mary Magdalene and we talked about divine feminine and he talked about the King Arthur legends and of the honor of knights and chivalry. And as he was talking he could see I was shaking and he came out from behind the counter and he was in knight's clothing but it was a costume so it was made out of cotton and obviously didn't have all that chain on. And like a big bear he pulled me into him and the heat from his body just took the shaking and the chill out of me. It was just like he just was wired to be in chivalry and to just rescue me from the cold. It was just this amazing experience of just having the warmth of a gentle knight. We continue to talk and I didn't ever hear from him again or I never communicated with him. I think I sent him a letter once just acknowledging like thank you for that moment in time, but that memory lives forever for me of having this mystical experience and then being so cold and then perfectly having this chivalrous knight pull me in and warm me up.

Tired can happen, Penny May. Get up and walk around, and breathe, and have some water. We're just moving through and clearing a lot of energy. I'm really happy to see you here, Penny May. "Feeling a little bit lightheaded." Yes, get back in your body Lisa. Good girl. Okay, so let's see where we're at. I think we're about 100% on this. It's a little bit wiggly. I have a feeling that a couple of you who have come in later, you're going to need to do the replay to get the full clearing because we do need to move on to the regeneration. I think 4 of you were late and don't have the complete clearing done yet. I'll continue to work with you but it would be also good if you look at the replay later so you'd catch yourself up. We really need people in the 3-hour mini retreats because we're doing a whole system and we need you here 5 minutes before the retreat starts. If you can't be, then you're going to be planning on catching up by watching some of the replay, alright? Just so you know, a 3-hour regeneration on a whole system is a relay, really big deal and it's a lot. We're taking on a lot when we do that.

You could actually do the quantum pump right now. We're just going to go back to our slides now. We've already done the clearing chart and actually we're going to call it instead of bone, we're going to call it joint. Now in joints, you have cartilage and you have fluid and you have bone interacting there. You've got a bunch of stuff going on and so I'm just going to show you what it looks. The roots grow together with bones. So if we're regenerating some of the bone of the joint, then the roots are going to grow together like tree roots. That's a little bit of what that regeneration looks like. Everybody can start pumping to reinitiate 100% function from the blueprint of all parts of the joint. And we are



working with stem cells even though the cells would look very different. These are what bone cells look like. Here in the middle here, these are bone cells but we are working with stem cells and I get more than a thousand stem cells.

So now we're going to be doing the basic quantum pump. It's just the single pump and we're going to be working on all the parts that we've listed. So from the jaw, and the neck, and the spine, the shoulders, the elbows, the wrists, and then all the joints in the hands and fingers, and then the hips, the knees, the ankles, and then the feet and toes. So, all the joint is the body, we're going to be addressing. Okay, so that's what we're working on next. And then we do go through the same process with mirroring and amplification of new bone growth. In this case, amplification of new bone growth is in place of the cascade of new cell growth. We use the amplification field just like we have every time but we're focused on the bone growth or the cartilage growth. Let me just see in the joint if there is a cascade. In bone itself, there isn't. I get a yes so we will also put in cascade of new. This particular slide was from our bone class for 30% of what we're doing. The bone is slightly different than all the others that are why I'm not showing the regeneration chart. It might be an interesting thing to do a regeneration chart with bone and cartilage which is just a little different. It's not the soft fleshy tissue of the body. Even though bone is spongy, it's much harder as a lot of the joint got a whole different feel to it.

And so what we're going to be continuing to do is the single quantum pump. We always start at the beginning so in this case since I've set it up that the beginning is the jaw the neck, the spine, the shoulders, the elbows, hands, and then on down to the hips, the knees, the ankles, feet, and toes. So that's how we're going to go and we'll be quantum pumping for the duration. It's just a single pump or the quantum pump for the duration of the class. For the rest of the class, that's what we're going to be doing is the quantum pump.

Adelia needed to go to sleep. The reason there was a little stir over here is I had prepared a little cup that she can't spill. She reached her hand in it and she was pretending she didn't know how to use it which could be true because she hasn't seen it for about a month when I put it away. Anyway I took the cover off and she was sitting so nicely and eating it and then she decided she'd go exploring. She went into her bedroom and came out and then dumped all her fishy crackers and then stepped in it so there were crumbs and the stager has already arrived and has started working here. She knows she has to be a good girl today. There were 100 fishy crackers and her little feet stomping on it so she got put backwards and sat down on her butt on the floor away from mommy while mommy cleaned quickly while I was singing to you and then whisked into her bedroom because that's a naughty and she knows that's a naughty. She knows she's not supposed to do that. But it was also her nap time. She went to sleep so that's good.

I'll answer a few more questions and we'll sing a few more songs. I do have to tell you, I was on TV. I had a TV interview this week on Wednesday morning and that was super fun. I'll tell you about that a little bit. Kristina, you're welcome. Back in your body for Louisa. Julie C, "Was in Glastonbury with my daughter. It was a magical and lovely place." It certainly is. Feeling tired it not an interference; it's just part of the process. I think I gave advice on that one. Anne Marie, "My back feels better too. I really feel a shift. Grateful for this because my back has been hurting lately." Beautiful! "Yes, I'm so happy too. Feeling blessed." Wonderful, Penny May. "Thank you. We'll do the replay..." from Karen. Lisa, "I know the circulation of blood flow to my joints, ligaments, and tendons because of a medication I took. Will this class help restore blood flow?' It does seem to for about 80%, Lisa. And then you'll be in class when we do circulation and cardiovascular so you'll get the rest of it there. So, that's fantastic! But yes, I do see there's a nice improvement with blood flow in the joints as a result of this class. Even though we're not focused on that, I test that it's going to happen. Maybe, Louisa. But mental timeline doesn't really have to do much with your thoughts and we're not going to do a timeline class right now. Things that have come forward, timelines are from past lives that have come forward where maybe you did have arthritis in your joints and then it stays on the timeline or you have stiff joints or things like that. So I think that was your awareness and your knowing and so you lived with that or you lived out of that. It was kind of cemented into you that this is the way it is.

"Tendons in joints included too?" Yes, they are. If they're part of the workings of the joint, they are included. But i will say also tendons are included in the muscular skeletal system; both tendons and ligaments. "Love this one." Oh beautiful! Thank you, Sandra. Oh, sorry. That's a typo, honey. Thank you for pointing that out to me. That was a typo. I'm multitasking. I'm talking, and typing, and doing too many things. "For your information I feel better now. My blood pressure was high and I had pressure in my head and throat. It's gone and nothing to do with joints." Okay, good. "Blood flow is restricted, I meant." Yes and that will improve. I understood that. Katherine, "When did we do ligaments? What month?" Ligaments are in the muscular skeletal system. I could check for you. Hang on just a minute. Healthy bones and muscles is in September and since now we're really working on joints in this program, we will work even more on ligaments and tendons and those kinds of things because we won't need to do the joints and arthritic programming because we'll have already done it in this rand new class. Just for those of you who have been around awhile, we added metabolism and the immune system in April. That's going to be spectacular. Next month is good digestion. So we got a really, really nice line-up this year. It's really, really wonderful.

"Metal plates in the elbow and knee. Any adjustments to process?" Nope. If it's part of the body now because it was implanted there, then it's not going to have a problem being there. I had some metal plates put into my face and my knee and had to have them taken

out. My bones healed back over but if they've been there a long time, they have probably grown right in. The bones have grown around them. There's no adjustment. You just do what you need to do. Just pump away and it's going to get better. Things are going to improve. Katherine, "Thank you. Must redo that course." "Which class concerns teeth and gums?" Kristina, teeth and gums is done in Grow Younger Cell Regeneration Made Easy and it's the first class in Grow Younger. Oh, I see what you're saying. I get it. Because we had 430 people, we really worked on the teeth and we didn't work as much on the gums as we have in past years. Let me think about that. There might be a way I can slip gums in somewhere else. We've got teeth really covered in there. We did a little on gums didn't we and we had homework for regeneration of gums I think.

"I felt layers of stuff release today and I can breathe so much better. I'm so glad I signed up for this class." Oh, wonderful! Yay! Kristina, "I thought you mentioned that it's also during the Year of Miracles but probably I misunderstood." No, I'm thinking we do do the jaw in the bones but we do the teeth in Grow Younger. And we didn't put lots of attention this year in Grow Younger to the gums and that was a decision made because we had such a large group and there were so many questions and the big goal was to have everybody have a miracle with their teeth. "I feel a very good overall release today." You know, maybe hair, skin, and nails, I could put gums into. Let me look at that. Let me just ponder that a little bit because we should have a place where gums are addressed.

Oh, well the mouth is addressed in Good Digestion which is next month. That actually would be a logical place to do gums, I think. Is that an issue for people? Do you want me to put gums into next month in Digestion because we do the regeneration of the mouth? The other place I think it could go in is in Skin, Nails, and Hair. I think we could put the gums in there. So, one of those two places. Let me know if that's an issue and would you like me to add that in because that would work in those two places. "Yes, please add in the gums." Alright, we'll do that. I think I'd like to add that next month then so we aren't having that be part of this class. I'm going to have it added in because I always look at the description to give you what we've given you in the description. I've just sent that over to our project manager that we make sure that we address gums next month then. Oh good, there's a lot of people who want gums. And then the bony overgrowth and those kinds of things, those are going to be clearings that are going to come up and this is actually a perfect time for me to work on that a little bit. We'll have a little bit of music. So these, I'm going to show you what I'm working on so that you can be part of that while I'm doing it.

It's kind of fun to watch me charting I think or I hope you like to watch me charting a little bit. So this is a clearing for any irregularity, bony overgrowth, and anomalies in these areas and we're doing all the areas that we're covering today. We're going to do that today. And also the clearing that we did should help but these would be the directions for

you. Okay, so I'm going to focus in for maybe 5 or 10 minutes to get this chart filled in so you have your homework and then I'll continue to answer more questions. I'm right here and I'm not ignoring if you don't see me answering immediately. I'm just going to fill in this chart.

*(Music playing in background 02:05:46 to 02:11:54)*

Okay! Mission accomplished. It can, yes. We do have a beautiful class called Supple Spine that really deals specifically with spine illnesses and correcting the spine. It's a beautiful class and it's available on replay right now but yes, it should. You have to think now we're doing 3 hours and then if you had 6 hours to attend just to the spine and not to the entire workings, that might even give you more of a result. But yes, this can definitely improve just from what you're doing here. I'll put this into the chat box so you have it if you want to get started but it will be with everything today. You'll have the 3 charts right away today. You'll get them. They're all done.

Kristen said, "I've just stood up and find my posture and balance feels very different. Somehow my skeleton and grounding feels much more aligned and connected, stronger and more flexible. Yay!" And Kristin, I want to say and for all of you, you know there's like a style of chiropractic that is asking the intelligence of your body to really set which is not you so your spine can align. Well, that's exactly what we're doing when we're clearing all of the programs, spiritual interferences, emotional anchors, and anchors. We're asking all of that which is not us to release so that we can be more ourselves. So, I'm just delighted that you have that response. I don't know what lumps under your jaw are. Do you mean like swollen glands or something? If it's something that's not about joints, you could write a question into support, Lisa. I definitely answered questions in support that aren't related to joints. But this is a joints class so we're going to stay on joints.

Jenna, "The pain in my neck and shoulders are gone." Yay! Kristen had a beautiful experience with her body aligning better. "Yes please, add to digestion." Which I did, Diane. Ava, "Could you explain what you mean by time of clearing and how many?" Sure! "In relation to minutes below. I don't understand. Thank you." Let me put that chart back up. Okay so for the spine, you're going to use the style of clearing doorknob. Time of clearing, its 7 minutes, so each time you do the clearing, it's 7 minutes. And then how many times are you going to do that is 13 would be probably the least amount and 60 would be the most. So if you had a little bit of problems with your spine, you might do 13. And so you do one 7-minute session and then 4 days later, you do another 7-minute session until you did 13. So you might mark that on your calendar for 13. You need to muscle test a little bit but if you feel like you have an extreme problem, you'll be on the end of the bigger end. With the neck, you're going to do 4 minutes of doorknob and you're going to do that every 6 days. How many times are you going to do that? 3 to 13 times.

Say you're going to do the minimal amount which is 3, so if you do it, today would be your first one and then 6 days later, so almost a week from now, next Thursday I think would be the next one. And then the following Wednesday or Tuesday would be the final one, so you'd do 3 of them. See what I'm saying there? It's really simple. It's not done every day. Does that help? It does do some serious gnarly clearing, that's true.

Toxins in the body for the immune system? It certainly can. We'll see how that goes. That will be the first time I'm teaching the immune system, Jenna. We do a little bit of that in chemistry but more in chemistry where we're working on tuning up hormones and neurotransmitters. That's what we really are focusing on in chemistry. We don't really have a toxicity class per se. We have two things; we have a class that's on infections and that's a 5-part class which is amazing. And then we have a class on allergies and sensitivities. In both cases, those would be foreign things in the body. And then I've added to our program radiation toxicity. So we clear that on a more regular basis now. I literally have just added that in recently so that should be helpful too. No, Louisa. You could know that by now. No, you can't do I'm going to clear 3 things at once and do it all in 14 minutes. You can't do that. You have to actually do the minutes required for each one. But look that you're doing every 4 days, every 6 days, every other day, so you're not doing it every day, so you might set to them on different days but you have to do the amount of time for each one if you want the result for each one.

"Can you do the sessions every day?" Yes, you could do the sessions every day. "When we work with the clearing chart, are we clearing out the anchors and interferences?" Yes and then we do the regeneration which is what we're doing now and then this chart that you see on the screen now which is homework is not actually either of those. This is working on the anomalies like growths or problems that aren't normal that you want to correct. You want to bring something back so that its appearance is normal or its internal appearance is normal. You're going to give more attention and energy to this. So, this is actually the homework is not a clearing chart where you're not working on the clearing chart that we just cleared; you're working on the actual physical body. You're working on matter at this point. Your body, this is what you're working on now. In chopping or doorknob, you're actually working with your body for anything that went askew because we've already done the clearings and we've already set to the regeneration. The regeneration continues.

The other part of this, I guess because we have quite a few new people is you want to be looking at and thinking about or not even thinking about but just doing 30 minute meditation every day while you're in the Year of Miracles. We provide you meditations as the months progress but there's also many meditations on the Website. You might have been part of classes where you're getting meditations. I know we just did a special on the love meditations which were phenomenal. But you need to do 30 minutes of meditation

where you're in the field of transformation every day. Chantelle, if you look here how often until I complete it, the last column is every 4 days or every 6 days. That's what the last column is. Hopefully that helps make more sense for you so that when you look at the chart, you don't get confused. Oh good that Ava understands. Wonderful! You can do them all in the same day. Yes, you can but they need to be one after another. Katherine, yes. If you do the amount of time and you're doing doorknob, even if you're doing ankles or toes, doorknob will get it and so you add up like the 5, so you've got 7 minutes and 13 minutes so that's 20 minutes, and 6 minutes and 5 minutes so you've got 34 minutes or whatever you have. Yes, you can just pump and that's why I said use a sticky note in the car. You could do that. You could just line it up and intend. You don't have to think about each one.

I didn't add the radiation to anything, Margo. I added it to our clearing list so it's part of our programs now. So if it's a problem with anything we're working on, it gets added in. Oh gosh, I'm so sorry to hear that you're constantly exposed. Yes, there's kind of an algae that is really helpful to take to prevent you from absorbing the radiation. I would do a little bit of research on algae. There's an algae product that's very good for that. Yes, we are activating these thousand stem cells. It's more than a thousand stem cells. "Will these be affecting our joints?" That's the point. The stem cells will be affecting the cartilage and all the internal workings of the joints. Anne Marie, no they don't really move around. We have thousands and thousands of stem cells. I mean they could move around but that's not what we're asking. We're activating the stem cells related to all the joints in the body, which we're covering a lot of joints and we're asking them to regenerate the joints. So, that's what we're doing as we do this. It's not going to probably move around to other parts of the body. I will say I do notice sometimes and it might be with joints, when I do brain regeneration a lot of times, some other things will clear up and one of the funny things that I see pretty consistently is people have irritable bladder and we do a brain regeneration and the bladder will fix itself. So how the brain and the bladder are working together, I'm not quite sure but that is one of the results that we get.

Just know that there are possibilities that things will activate as we do this that are related to maybe the emotions in the joint and things begin to clear out. That could be because each joint, the fingers are the details of life and the neck, taking risks and chances, taking your neck out. The face is being able to face what you're looking at. It's so interesting because my face is a little bit broken now. I'm a little bit stressed about buying a new property, and moving, and putting the house for sale, and Adelia's teething and her little tantrums and things, so I've got a few little breakouts here because I'm facing that. It's a tiny bit of irritation. It's not really noticeable but it's really metaphoric, right? The jaw is being able to chew on what's coming at you. Are you able to really put your mind around or your mouth around or can you digest what's coming towards you so that chewing part of is your jaw? Each joint has a meaning. I actually did work on that on parts of the body

in Your Divine Human Blueprint. There is a chart in there on the meaning of things and that might be interesting at some point when we have extra time to look at what the meaning of every joint is emotionally so we'd get a feeling for what the joints represent like the knees being able to honor yourself. I know the legs themselves and the hips being the foundation, the legs themselves are your ability to move forward in life. And the bottom of the feet, your sole understanding or your understanding of how the world works so if you have painful feet, a lot of times you might also have a painful relationship with what's going on in your world or your life. That could be too.

You're welcome. "This is so wonderful!" Oh good, Katherine. I'm so happy. Lena, "I just got access to webinar meaning via computer. What does the numbers mean beneath the number of minutes on the chart you just removed please?" Well, I would have to explain it all over again. The area we're clearing is the spine, and then style of clearing is the doorknob or whatever it is, and time of clearing and how many. The time of clearing is 7 minutes and you'll do 13 to 30. The less time relates to mildness or the more time relates to the severity of an issue. That's how many times you do it. So if it's mild, it's 13 times. And then how often, in other words days in between each small body clearing until completed - every 4 days, every 6 days, and every other day.

"Left shoulder blade is rolling back and forth spontaneously and crunching." It might be releasing. "Meaning of elbows?" Off-hand, the elbows are part of your creative channels and the hands are your ability to receive and take in. So, the elbows got to be related to that. I don't know if I've mapped that out. It's also an extension of the heart which is interesting. The arms are an extension of heart energy. Elbows when they're inflamed could be blaming others for problems rather than personal responsibility. That could be part of that. Okay Diane, I'll take that into consideration. I just know that we'll get to a point where we can't do it because we have metabolism and immune. It's possible that we do more classes, maybe like a higher level of Year of Miracles where we do 24 mini retreats because there's a point where there is just not enough room to squeeze it all in, but I'll look at it, Diane, if I can.

"Big smile about what you said to me about back in my body now with pressure in my head and neck gone. I'm ordering if I spend a lot of time barely in my body." That is the thing I think is happening. "All the pain is gone including my joints. Yay!" "Thank you so much. Being in my body is when I feel in the flow of the quantum field. Joy pain free." Exactly, Louisa. You're welcome, Lena. We're still doing the quantum pump and it's on the screen, honey. It's always going to be on the screen. I'm always going to put it there. It's the last words right here - quantum pump. "Thank you for explaining elbows. I can really work with those ideas." Beautiful, Dale! Yay!

We didn't take a break, did we? We've got 25 minutes left. For those of you who need a break, like you need to stand up and use the bathroom, I'll just take a 5 minute talking break. So if you'd like to take a break for 5 minutes, you can. But I encourage you to keep doing the quantum pump while we take our little 5 minute break.

(Break from 02:35:24 to 02:38:23)

I'm just going to chat because I know we're getting so close to out of time. The left shoulder is popping because you're regenerating and that is how your body is responding to the regeneration. I've answered the mild scoliosis as yes, it should. And also if you want to do Supple Spine which is a class that we have as a home study available, you could do Supple Spine and that would even work more specifically on the spine.

Yes, I intend always to do a break on the hour every hour and I realize we went right through. We didn't take our normal break but I know that people depend on those breaks, so I apologize for taking you a lot longer than I had meant to. Falling asleep is not good so you just stand up and breathe, I think that one of the things, Louisa, is you have to be more physically activity. I think you're just resting too much. When you rest, it tells the body that there's nothing to do and when you're active, you're telling the body "I've got stuff to get done," so you want to be more active.

Okay! Just look at this and you don't have to do anything about it but I just want to encourage some of you who are thinking about becoming an apprentice. We have the Foundational and Trailblazer apprentice programs that are amazing and I highly, highly encourage you to get into those. We also have the one to one miraculous program. If you're looking to work with me one to one, in addition to the Year of Miracles where I'm working very specifically on your specific needs and you're getting a lot of attention from me, that is a good way to do that. I am going to next week, for my inner circle people which you are, I'm going to do it in 3 weeks but I want to give you a heads up that it's coming. You'll have an opportunity -- No, I'm not going to tell you right now. I'll tell you later. Something special is coming for the inner circle people related to this. Just know that something's coming in about 3 weeks and they're going to keep it a secret. My head just said no, not yet. Don't tell them. So, something else obviously has to percolate before it comes to fruition.

"How far down the joints are we completed right now?" That's a good question. I love that question. What we're doing is the stem cells and these are done, this list. Wrists are done and fingers are done but that doesn't mean the regeneration has happened. Spine, it's 98% done. I think just a couple people just still finishing up. And this is done. Ankles are done and toes are done. And with the stem cells, what's interesting because I put them in this order and that the way we're working on them and then the body will do what it



needs to in the course correction so even if I've put them in an order, sometimes they'll go out of order for the group. You know I probably could have done because I did it from the top of the body to the bottom, I could have put them in the order that we were going to be doing a clearing. That might have been interesting, or the regeneration rather. Let's see, which one was first. The jaw was the first one we did. That was number one. And actually interestingly, the fingers were number 2. So there you go, the best laid plans. And then the wrists were number 3 and then the elbows. Oh, the elbows are 99% done so maybe there's one or two people that the elbows aren't done on. The elbows were 4 and the neck is 5, the jaw is sick. Oh, sorry but the jaw is 1. The toe technically were 5, it looks like. Oh, maybe they were done at the same time. Maybe there's a bunch of them that were done. Neck and toes were done at the same time. Ankles were the next one after spine.

Oh you know what you guys, the neck and the toes, the toes represent the neck and the head on the feet in foot reflexology. Isn't that funny? So they cleared at the same time. That's amazing! And then the knees are the next ones. The feet and the knees are going to clear at the same time it looks like and then the hips. Okay, good! So that's the order that we should have put, rather than from top to bottom. That's interesting. Lesson learned.

Wow, that's beautiful, Chantelle. That's very beautiful. Wow, nice! "Interesting that the hips are last. Yes, that is, isn't it? "It's after we finish restoring stem cells on all of the joints that we do the mirroring, right?" See here, we're working on that part. Oh but I see that we don't have it in the same order. Yes, then we'll do mirroring. Yes, so we're doing this part which is why it was here. Anyway, it was added in. This stuff I just added in. Mirroring happens after that. You're right, Louisa.

"Yay for toes! I have been tingling so much. I love the felt sense of regeneration so much. Thank you!" You're welcome. Louisa and Louise are different people. Oh Louisa and Louise. Thank you! I honestly didn't see that there was a distinction but I appreciate that Louisa, thank you for telling me. Okay, about 10 more minutes here. I'll just go back up to our list because I think it's fun now to watch as they're getting knocked off here. Elbows are done. Oh, that's so funny. Hips are done. Now it won't mean that we went out of order; it would mean that there's a few people that their shoulders, knees, and feet are still percolating so they're not quiet where they need to be. We didn't go out of order. Yes, shoulders are 99% done. Knees are 100% done and feet are 99% done. We're just about there. We're in the home stretch. This is fun. I'm really loving this.

You guys know I love to go to Mexico and I love beach vacations. So, that is me jumping in the air about 7 years ago on the beach in Mexico. I did not jump that high. There is a lady photographer who laid down in the sand and said, "Jump and I'll make it look like

you went really high." Which I love because I probably got 12 inches high but I didn't get that high in the sky. Okay, so if you're starting to feel a shift, I know some of you are really good at reporting but if you are now starting to feel something moving or shifting, or an ease or relaxation coming I, I know I've got some pressure going on, so there's something rearranging itself in the bottom of my spine and sacrum area and that's probbaly i was lifting some really heavy boxes and My back was hurting a few days ago and it wasn't hurting anymore but there was kind of an ache in it and now I'm feeling like a warm pressure in there, so I'm thinking that's starting to regenerate and release. I'm getting chills and the whole body is more at ease.

"When do you have the first house hunters show up?" Katherine, we have our first open house a week from Sunday. The stagers are already here. I told them they couldn't come in the house until class was done. After 2 days, if you guys have been with me the last couple of days, we've had helpers in the house putting things in boxes and cleaning things. It was just too distracting for me. We need to get it done but we can't have that much activity while I'm teaching. So I told her that she couldn't come in so she is wondering around outside and in the cottage re-arranging. She sent me on a mission yesterday. We got a wreath, and doormats, and pillows, and cushions like pretty colored cushions. We got trees. We got a 7 foot cypress because our front entry, if you've seen a picture of our house, it's a very tall 2-storey where the ceilings are high ceilings and so there's this beautiful entry that's very tall. We got some tall trees to put in the front there.

"There is no sound. The 5 minutes must be gone." No, the sound is still on. Is everybody else getting sound? "Yes, there is sound." Yes, I did Louisa. Everybody if you want to see what's going on in my personal world, I posted house pictures on my personal Facebook page - Julie Renee Doering. You can just go in. You don't have to friend me to look at my page. I leave it open to the public. So if you want to look at the house, there's an opportunity. Actually we have 5 or 6 minutes, so I can just show it to you. I can go on to Facebook and just show you. We're building a house and I'll show you what the model looks like. I have it posted on Facebook so I thought I could just maybe show you that. There we go. Okay, I think I can do that.

This is the current home that we live in. That's the house we live in now. You see this tall entry here, I've got these big and tall trees now that are getting put in today. And that's Adelia's play yard I put in and that's one of the views from another angle. This would be the entertainment room, and there's a steam room here, and the kitchen is up here. This is the dining room, the living room, and then this is the front of the house. There are multiple patios down here. There's a lot of outdoor living and a hot tub right there. There's an outdoor fireplace. There are 3 fireplaces here. It's definitely a luxury home. It's a beautiful home.

Okay, so that's that. And then I'll show you the house we got if it lets me. You're so welcome to follow me if you want to. This is the model of the new home. It's a little bit bigger than the house we're in now like a few hundred square feet but we have so much outdoor living. This doesn't have acreage. We have 3 acres here. That's the model of the new home. It would look like that and then I can show you. If you're following Adelia also, she's a lot on my Facebook page. I had taken some pictures when we were down there. Okay, so this is the new house model and Adelia's being the real estate agent here. It's a 3-car garage.

Alright, that's what the house looks like that we're moving into. We did good. We're going down Thursday after class and we're going to pick out the interior and finish up with the contract. He Federal Expressed 150 pages and I'm going to ask him if we can go through one by one page so I know what I'm signing. But I was a realtor but it was many, many years ago. So when they send 150-page contract, I feel like it's better to go through it with somebody rather than to just sign everything.

"Feeling lighter and warm." Yes, we're in the mirroring process. You could do platter right now if you wanted to or you could just continue on with the quantum pump. "I love the new home. It has a family Moroccan, Egyptian feeling to me. That's so exciting." Thank you, Trinity. And of course we'll be able to pick out like there are different looks to the exterior but I really like that look that it has. Very high ceilings on one floor. It's one level but very high ceilings. It's very spacious with an open floor plan and then a big, big backyard for the kids to play in. I'm sure some of you might not know this but most of you who are my following, I'm going to be applying for a second baby. I had hired a mother's helper. I told everybody I was getting a mother's helper and she quit the night before she was supposed to start. We were supposed to have help here for the next couple of months and I'm not excluding that it might still happen but I know in the new house, we'll have a mother's helper right away and then it will be good for all of us. It would be good for Adelia because she'll have someone to take her out to play in the play yard while I'm working and I need to do some work and I like to work. I love to be a mom and I love that I'm in a home with her and she can crawl up in my lap.

She's feeling a little overwhelmed and a little needy. You might have noticed her trying to crawl up on me pretty steadily and wanting to stand between me and you. It's kind of like, "I want all of your attention right now, Mom." Because she knows something's happening but I know on an energetic level, she just wants to be with mommy and she doesn't care what her house we're in and the house will be just amazing. "What a beautiful new home you're moving into." Thank you. I think we're going to move into that house in the end of September. It takes 6 or 7 months. They're going to build in a group and we're in the next phase. They said that it would be in about 40 days they're going to build it. They're going to start building it and they build like 10 or 15 of them at once. They do everybody's

plumbing and they do everybody's whatever in phases so over the course of 6 or 7 months, they get the whole house done. He said earliest would be the end of August but more like the end of September or I'm thinking October. And then we bring the next baby in. Then we apply for adoption and we'd go through a process with social workers and then hopefully a birth mother chooses us and we get our next baby.

We're about 97% through so we're doing fantastic. You did see, everybody's got a chance to look at the homework chart. You don't have to do homework today necessarily. You could wait and start on the appropriate day. You can just count this as good and done. About 14 more minutes I think of pumping would be really fantastic and would really complete what we're up to today. So if you could pump for another 14 minutes, just a little bit past when we run the videos and I'm going to sing to you and we're going to end right now.

*[Singing]*

*May the long time sun shine upon you, all love surround you.*

May the pure light within you, guide your way on.

I love you. God bless you. Here are your instructions. I want everybody to listen to a 30-minute meditation every day until next month, and the next month, and the next month. Try and work that in. I'm going to give you the joint challenge. That's going to be on the bottom of the chart that we worked on today. I've popped that in already. That's going to go in. You'll have the what not to eat, the reminder to take some supplements, and a reminder to do some yoga. You're going to do some outer actions and then you're going to have the homework chart. That's the area and you don't have to work on areas that are good to go. If they're good to go, just leave them alone but you have the directions on the different parts that maybe troublesome to you and you're going to work on those over time and that should do it. I think we've done really well.

Again, if you need more on the spine, take the spine class. If you need more on really wanting to gang up on arthritis, if that has been a really big problem for you, take the arthritis class in the home study. I just recommend that you just grab those classes today and just work on them like "I want to conquer this once and for all" and we do kind of an overall view. We did a huge clear out but those are excellent classes in addition. Also if you have sensitivities or toxins, the infections class is excellent for toxicity in clearing toxins. Now, not poison but all the different infectious things, and then allergies is for sensitivities. I think that covers it for joints and we will see you very soon. Maybe next

week? Hey, we've got a really cool class coming up. I'd love to see all of you in Bliss. 100% Bliss is going to be amazing. I love you. God bless you. Bye-bye for now.

**[END OF TRANSCRIPT 03:04:00]**