

## **Year of Miracles: Free Brain Tune-Up - Memory**

Hi and welcome to our tune up day. This is a little special gather for all of you to help improve memory and I've also included a little something more on speech, and we might do this once or twice more. We'll just see how this one goes.

So, I just have arrived back. I'm in my coat and hat. Just dropped Adelia off at Montessori school. She's doing okay this morning. We had a lot of rocking yesterday and it's bike day at Montessori, so she got to bring her fancy trike to school and she's looking a little dazed like, "What's going on, mamma?" Because everybody was so excited and both parents were showing up with their kids.

Anyway, it was an interesting start to the day. So, here I am. Let's get started and I'm delighted that you're here and I'm hoping to just even tweak your brain regeneration more so that you even better results. Let's start up here.

Mother, father, god, angels, golden legions, guides, gods, goddesses, saints and sages, Jesus and Mary, and all those who stand with us to get this work into the world. We thank you for your presence, for your love, for your support, for your help today in working our memory and speech center. We thank you for everything that you've already given us. For all the improvements we already are experiencing. We thank you for the love that we experience from our friends and family and for our beautiful families. Amen.

"I am free to live a life of spiritual freedom and full self expression liberated in love, gratitude and mastery in my body here and now. My spirit is limitless. I'm responsible for any limits I experience in this body, and have completely 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."

Oh. And we have the old chant. Well, let's do it. We haven't-- this must be one of our older slides tests. [Sings in Sanskrit from 00:02:41 to 00:03:53]. You're going to be working very, very specifically on two centers: the memory center and the speech center of the brain. This is not going to be tuning up the whole brain but the memory and speech centers, but if you wanted to do a whole tune up, say you've been drinking some alcohol or you have some pain medication or you've done some things that had slowed down your brain regeneration; watch the replay for the class just to remind you.

So, you can do double pump for the tune up. But in the process, we're also going to be-- let's see if I can make this brighter. I think we can. Maybe white would be brighter. Is that-- Oh. That isn't much better, is it? Let's see. I can try one more thing. That is your [Inaudible 00:04:48]. Right, permission, and ability to have great memory. To remember

instantly faces and names. To remember details naturally without a pause and flow of conversation.

Removing any conditions, illnesses, or diseases that may direct problems with memory. To have natural easy speech of smooth flow-- that's words; not works. Sorry. Words. Again, removing any illness, condition, program, or disease causing issues with speech. Removing apathetic, controlling, deceptive, demonic, harmful, illusion, and parasitical.

Today, we're just going to do a clearing statement. We don't have time for a big clearing chart. We need an hour or more for that. So, we're going to do a clearing statement today. With both the statement and previously the specific areas for improving cellular neogenesis. That's what we're going to be working on until nine thirty.

Double pump. Okay. Actually, why don't we do-- why don't we do about twenty minutes on double pumping. Excuse me. Chopping. Once we've completed this statement, then we'll go back to double pumping. So, chopping and double pump. I'm going to come on and show you. So, we'll do chopping for twenty minutes, and then for the remainder-- the remaining five minutes-- we'll do double pump.

Chopping, again, is your hand, fingers held firmly. They can be apart or they can be together and the thumbs are kind of pointing up. So, when you're going down, they're pointing up or back towards you. Back towards your neck. About four inches apart in the center of the body as if you're chopping away like a sculpture chopping away at marble. Chop, chop, chop, chop. Your hands are the sculpting tool. This will be sculpting. Not sculpting. Chopping. Okay.

The clearing statement and then working on just bumping up the cellular neogenesis in the area of memory and speech. And then when we shift for the last five minutes to double pump, the double pump comes off your shoulders here and it looks like this.

So, fingers are loose. The hands are more like a foot apart now. Now, ten inches or twelve inches apart depending on how big your body is, and the fingers are loose. The movement is happening from the elbow. The elbows down tucked in to your waist. Very good.

Okay. I'm going to put the clearing statement up and everybody now is just-- I'm going to put this down here so you don't forget. Chopping for twenty-- till twenty-five after. Until nine twenty-five. So, you don't have to ask me. We can just have it there. Okay. So, we're going to be chopping until nine twenty five and then double pump.

I'll put that in our traditional red. Hopefully, it shows up. Oh. Not very well. You know, I'm going to move that down here to the white. There. There we go. Okay. I'm going to say

good morning to everybody who signed in. Maria, and Hilda, and Jutta, Anette. "My brain and I are here." Beautiful, Anette. Welcome.

Carol, Dale, Julie Batt, Karen, Valentina, Anelie. Hi, Anelie. Nice to see you. Chris, Dawn, Susan, Caroline, Jean, Irene, Tommy Yae is here. Wow. Great, Tommy. Ilumi. Shiela, Jenna, Amy, Laurel, Dennis, Trevor, Lisa, Catherine, Martha, Aura, Jenna T, Nancy, Kristina, and Bee. There she is. You're welcome. Johanna. There's beautiful Johanna. Oh thank you, Johanna.

You know, I've been telling Adelia for about a month because we go out for walks too. She's little bit-- feeling a little bit better and she has to wear a hat. I realized that if she sees momma wearing a hat, she wants to wear a hat. So, I put my hat on before I put her hat on and there was no resistance on getting her hat on her head today. So, thank you.

There's Nettie, and Sabrina. There you are. Mary Allen, "So grateful for this opportunity." Anne Marie, Kaye, Arcadie, Karen. "Thank you." You're very welcome. Anne Marie, "Beautiful day in Victoria." We actually have, I don't know if you can tell, we're sitting in the mist here today. We have a misty day. It's very wet here.

Joty, you're very welcome. Bee, "Did I say--" yup. Elena, "Looking forward to today's bonus brain regeneration." And George, "Thanks for the special extra." You're welcome. Lisa, no. This is not in lieu of doing cellular regeneration. You might want to do the replay for that. There's Agnes, and Katie, and Felisa. "Cyber hugs." You're welcome. Tryambakam mantra.

It's not the Tramaka. Tramaka. It's the Tryambakam mantra. Karen, Caroline. "Love this old chant." Oh good. "I like the white type better." Okay. We can put it back to white type then. I was thinking because orange is the opposite of blue. That orange might have popped more. Let's see. I can do another thing. Oops. That's a little bit too much. Let's see. There. That might help you.

Julie Sy. Aileen, "I love your raspberry beret like the prince song." Thank you. I have to now come on to the screen and tell you some secret that you don't know about me. I was in purple rain and was wearing a purple beret and you can see me, if you watch the movie, in the big club scenes where you know, we're doing this kind of a thing.

My older sibling got some screenshots out of purple rain for me of me. It looks like me. I have a smaller face. It was twenty-six at the time and modelling and I was like a size zero at that time. So, my face is a little smaller than it is now.

But it looks exactly like me. You won't have any problems picking me out. That's-- Oh. That's Julie Renee. Oh my god. I was in purple rain. I was living in Minnesota. I grew up

in Minnesota, and was going to art school and doing some modelling on the side. We went over to audition. It was really close to everything else that I was involved with.

Three of us models went over together. We thought, "Oh. This would be so much fun." And I think they got paid like thirty dollars for the day. It was really interesting to work on the movie that ended up being like three days. I think we got thirty dollars total for three days. It was nothing. But they had, you know, they had like a thousand extras.

So, obviously, that was budget and it was really fun to be in the movie scene. I was kind of part of that scene because I was modelling, and you know, I just didn't go for it. It was really heavy. They were using narcotics. Really heavy drug use like illegal drugs and really heavy alcohol use and everybody was stoned. Not at the movie set. Obviously, not.

But you know, I got invited to events and things and I just-- I went to couple of things and I thought, "This is not my world." I just don't like it. I don't want to be part of it. You see these you know, famous guys up close and personal and they're dripping because they got so much drug going through them that they're just you know, massive perspiring. It was icky.

But being in a movie, and I actually been in seven films. I've been a featured extra I think three films. So, that means that there's some close ups shots of different films. It's been a little bit fun. I had thought, at one point, I would do more with art and music. You never know. Life just continues. I did for awhile.

So, we're doing the brain tune up for everybody. So, keep working on the brain. I did, for awhile, work really hard on my art. I've sold over three hundred paintings. Worked on my music really hard. I did a year of touring and professional singing and have, obviously, have some CDs and music out reflecting that creating part of me which is very strong. I have seven planets and fire.

And so the poetry and the compositions, composing songs, and things like that is just a natural to me. But it's just a fun thing, I think, to work on a movie set. It's lots of fun. So, yeah. So, that's the story of purple rain and prince and me. Prince was a very tiny guy. He was not a big guy. He was like five feet tall or something. So, I was very taller than him.

Okay. Connie, hopefully support is helping with that but I think, just to refresh, on the sound. Okay. So, Penny Mae, good morning. Let's see. Where did I end here. Elena, Penny Mae, Kelly, Andrea. "Thank you for diving deeper like this for us." You're welcome. Kathy.

Penny Mae. I think, you're saying, Penny Mae, you're just saying good morning a few times. Elena, "Thank you for this work. I felt like my memory was not works as well as my speech needed improving. Although, I didn't drink." No problem. No. That's not about drinking. That's just-- we're working specific centers. That's all.

Agnes, "Thank you for the bonus class." Erica, Hilda. Wow. Most watched. Aileen. "Wow. Purple rain." Yeah. Paula. Is that Omen? "Holiday in Turkey." "Let's get a nice memory." Oh. That sounds good. Imona, Karen, "Do you sell your art currently?" Not currently. I've had some people ask. I think, Karen, that what's going to happen is when the kids are in school. When my kids are in school, that I will be making more time for the simple pleasures harp and painting. I also make jewelry beautiful. Really beautiful jewelry.

Rodani, Carmen. Johanna, "Wow. Thanks for sharing. You look like a model." Thank you. Maybe today. Maybe. I got my make up on. Yeah. "Thank you for the replay. I love you." You're welcome. Okay. So, let me think. Pumping is-- we're chopping nine-- until nine twenty five. If you can see on the chart here, it says pump-chopping. See that right there. It's not a chart, it's just a clearing statement and then double pump for the last five minutes.

I have this song that's kind of coming through. Maybe it should be sung then. [Sings in Sanskrit from 00:18:21 to 00:18:59]. Oh my goodness. I understand what that means. I mean, I know what the songs means. It feels like we have Mahatma Ghandi as one of our shepherding guides today. Mahatma Ghandi. That was his favorite chant.

It just is a universal chant to God in the many different traditions. [Speaks in Sanskrit 00:19:26 to 00:19:29]. So, those are the gods of love in different Hindu traditions. Obviously, Mahatma Ghandi was from India. [Speaks in Sanskrit from 00:19:39 to 00:19:44]. So, all, you know, honoring all names of God. God of protection and love. So, how sweet. How sweet that we have a little visit.

We've been honoring the masters as they come and also visit our class. Masters not in body and angels. Lots and lots of angels. "I just redid the twenty sixteen addictions class and you saying the chant to Lakshmi. I loved it. Haven't heard it in any other trainings." We are doing, by the way, quantum mantra. We'll be doing longer chanting and that is actually going to feel more-like was called a Poocha.

So, we'll have the sacred elements and flowers. We'll be offering flowers. Flowers are offered from the heart. Flower petals. And so I'll have it set up a little bit differently so that you have the experience of what might feel like to activate using the sacred ritual. The different elements of the chant. So, we'll be both learning the mantras to increase your quantum connection and of course, there are many ways to increase your quantum connection. This is certainly not the only way.

We'll also be doing the illumination reverie. We'll be doing a beautiful experience. The Christian experience of honoring Jesus and Mary close to Christmas. That's the illumination prayer reverie I think it's called. Really close to Christmas. So, it would be very nice. It really traces the life of Christ through rosary and through chanting with rosary and repetitive prayer.

So, we've got some special things. We've also got-- just I'm thinking about this things and they're sparking more things with me, we have origins of humanity. We have an angels class. We have a class that help increase your quantum pumping but we also have a class that-- so that one is-- it might be mastering the quantum pump.

What I was thinking off is the meditation. So, strengthening your ability to make shift when you're meditating and when you're using charts. And so that's a very new, very specific class. So, if you don't feel like you're getting as much of a shift out of meditation or you want more of a shift than you're getting using a chart, we're going to be working on that in a class coming up.

Our fall lineup is incredible. It's really incredible and very sacred. It feels like a perfect time to be moving into some sacredness. I've been in negotiations. I think this is kind of fun to talk about with several podcast producers. We're kind of down to the wire making some decisions on who's going to do what and who I'm going to use.

Actually, it came to me this morning on how we're going to play that out. So, we'll be taking different like entitlements and we'll have fifteen minutes on understanding on what it really means or projections. Something on the advanced interference or something-- some anchor. Something like that.

So, that would be little fifteen-minute snippets. That'll start with some kind of a ritual just like we do in class but it will be a podcast and it will go out to the world. So, it will be quite a bit simpler than the things that we do in our trainings, but something really wonderful to help get this message into the world in a very simplified version but a fun version.

"Why don't you-- why do I chuckle when you do a presentation to my executive in my work?" Why do I chuckle? Oh. That's just nerve. "I also not feel not very brainy and judged." That's nervousness or maybe it might be the program embarrassed or nerve. Embarrassed and nerve. Both. So, you want to clear those. That's for Karmen. There's two programs.

By the way, we are doing right really instantly like in two weeks. We're doing a hundred percent clear. In that one, you're going to touch on those kinds of things. "I love when you sing the chant. It's so beautiful. Thanks also for the special class today." You're welcome, Carol.

"Sounds fantastic. Sounds fab. Podcast. Can't wait." Well, you know about that because I used to do blogtalk radio and I had miraculous living and then I turned it into the hundred percent you program. We had thousands of followers. It just-- it came too much when I was working on the member's site and really totally redoing the entire website. Some of you have been with me a few years-- four or five years ago. It just became impossible to keep that up. So, I let that go.

We've been revisiting it saying, "You know, that's an avenue. Podcast are hot right now." We get really kind of juicy and exciting and I had the wonderful flow. There's no reason that we can't stimulate a good influx of new people coming in.

"I would love a class on how to embrace being an artist. We have all have these gifts we are afraid to use. Human body. All the gifts. It's a pleasure to watch you." Oh okay. "Thank you. I will take a hundred percent clear." Beautiful. Johanna says, "That's exciting news." Anelie, "I started double pump now." Good. Everybody double pump. Yes. That's what we need to do. Thank you for putting that in the chat box, Anelie.

Julie Sy, "Just anesthesia affect brain and memory." Definitely. "I had a procedure done and it felt like I have not yet [Inaudible 00:26:29] met." Yes, Julie Sy. If you can make the time, do the replay on the brain, please. That would be good. Double pump for everybody, please. "Thank you for the special class today. Memory and speech are two areas I'm working on." Good. Okay. Great. Great.

Alright. So, I may do this once or twice more before we get through the whole brain study. I'm hoping every one of you are participating in the brain study. If you let it go the first or second month, your information still is really helpful if you can go in and capture what you can remember. It will help us. That brain study will allow us to really have a foundation to interact with people like Daniel Amon who's a doctor and maybe there's a point where Daniel wants to you know, test if he sees are study and sees the volume of students that we have going through.

He might want to use his special equipment to test some of our people so that we have it like medically tested also. Not just verbally reported. So, please, please do the brain study. You get a thirty dollar-- twenty-nine ninety-seven. So, a thirty dollar meditation. Get a new one every time you fill out that study which only takes five minutes. It's all really easy. It's kind of one to ten fill in the blanks.

There's a couple of questions. You can write a little short sentence or two but it's really-- we're really looking for those pieces of information that help us fill in the puzzle. I will show you, if you haven't seen it, if you didn't see Sunday's newsletter-- oops. If you didn't see Sunday's newsletter. Let's see if we can get in here. I'll just show you what the brain metrics look like. There we go.

Take a look at that. It's not all. I guess not all of these we can get on the screen but we are really seeing a steady improvement in everything that we've been working on here. So, let's see. I can read it better maybe from this other document. Oh. It just didn't all go in. Okay. Oops. That's not what I wanted. There we go.

So, vibrancy, twenty five percent increase in three months. That's amazing. Brain relaxed increased by thirteen percent. Sleep increase by twenty-two percent, and speech improved my seventeen percent. There are other numbers too. We didn't get everything in here but these-- let's see. Memory. Anyway.

So, just really exciting to start seeing the results starting to come in and everything will be put in to charts and graphs. It will be published. So, we're going to publish this officially like a paper and we'll also announce it with press release. We will start getting, hopefully, getting on invitations. I don't get invitations to those brain summits that are being done. This will do it. Believe me. This will do it. So, I want to have really, really good results for all of you.

Okay. I know there's been a few more comments coming in. I know we are at the end and this is extra work for my staff. This is when I come up with an idea and I say, "Okay. Now, you have to work doing this." So, we're not going to keep them any longer. But let me just see how effective we were on the clearing statement. We cleared that about eighty-two percent on the clearing statement, and on the cellular neogenesis tune up of the speech and memory center-- yeah-- Ninety-nine percent.

So, if you wanted to work on that clearing statement a few more minutes. Maybe twenty minutes. So, if you could stay on, watch the videos. You could work until about ten to ten, you would have completed the clearing statement in its entirety. And then just watch. I may be making another announcement next month or another tune up for us. Let's see how things go.

One of the things I wanted to work on today in the memory was really visual recognition. Being able to then incorporate it into the memory and then to use your speech. So, visual recognition like seeing somebody. Recognizing the face and then being able to get it in the memory and then get it out in the mouth.

So, that was one of the things that we are focused on is kind of wired in there and what's my intention. So, let's see how things go. Now, you'll obviously want to pause. When you meet somebody, if it's remembering names, funny, I heard Darren Hardy this morning. Adelia got up at five and she wanted to-- she wanted loud music and I said, "Okay. No. But we could watch Darren daily." I let her watch which we don't, but she likes him.



So, he was talking about poor memory. If you tell yourself. If you say, "I have poor memory. I can never remember people's names." He doesn't know it but it's black magic. You're convincing yourself and telling yourself that your brain doesn't work that way. But if you say everyday in every way, "My memory is better and better. I'm remembering names."

And then when you meet someone, make a visual cue for yourself or an auditory cue or whatever it is. You could say, "Okay. Margo. Margo and Adelia play with the little naked black baby doll in class." You know, when you put that together as Margo, Adelia, black baby doll. They do their baby ritual.

So, you know, whatever it is where you can like best Adelia special playmate or something, you know, to remember the name. So, I think for me, it's usually I see people three times before I remember their name and their face. What I'm wanting to do is get to instant recognition.

I hear it once-- the names. I repeat it three time in my head. I put a little memory cue in there. I watched the show. I can't remember what it was but it was something about someone builds memory castles in their mind. Memory castles. That's a great idea. Memory castle. Maybe like something related to something else.

So, let's see if we can improve our memory. All of us, me too. And also getting that memory then to easily come out of the mouth when it needs to. So, if it's there. If it's stored there but you can't get it out of the mouth then it's not going to work either.

Alright. Keep pumping. If you can pump until ten two, we'll be finish with the clearing statement. I love you, guys. Have an amazing weekend. I'm so happy you got to join me. Thank you so much. Blessings. And I'll see you really soon. Should we end with a song? I think we should. I'm hearing song. Okay.

"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. Keep pumping. Yay.

**[End of Transcription on 00:34:58]**