

Year of Miracles - Good Digestion & Metabolism

Oh my god. Hi, it's Julie Renee. Welcome to the Magic miracle moments. This is one of those morning's where I plan to do this extra ten minutes with you and we are doing it. But it's been just so funny. There's been texting going on and there's been phone calls and just a zillion things saying, "Look at me. Look at me. Help me. Help m."

So, I'm laughing because best laid plans sometimes go different directions. So, why don't we start by just centering and coming into the space, and into the space of miraculous transformation. And I just want to welcome to you to this day of miracles for you on digestion and metabolism.

And I think we're going to start with a Sanskrit word. And let's see what came up for today-- the directions. This is so cute because there are like a hundred cards and the card I pulled was follow the directions. So, let's think about that for a minute. What does it mean when you pull the directions.

That we're going to have a day of really understanding the directions of life. I used to write in my invitation copy that life doesn't come with directions but we've got some human blueprint information that is very helpful. And I think at this point, we do have directions.

That life does come with directions because we've mapped so much about. So, congratulations to all you are in your first year, your second yea, your third year. And then this is so interesting. So, the second word I pulled is [Speaks in Sanskrit from 00:02:06 to 00:02:11]. And that's truthfulness. And isn't that so beautiful for our program today.

And my name in Sanskrit-- my name is Veda. Veda Mata Ji. Veda Ma. And Veda means the highest truth. And so I'm always-- for myself-- I'm always seeking the truth. I'm always looking for what's true. What's true. What's true.

And we have that foundation to come into. We're going to take a moment here to sing a song; the sacred-- your sacred path. And this will also inspire us as we begin to move into that beautiful path of a year of miracles. And the path of regeneration. The path of knowledge, of understanding the secrets of the universe.

"Your sacred path leads me to the womb of the mother, your path will lead to the womb of the mother, and walking with reverends, my soul path to discover. On days when I weary my heart encumbered, I look to the labyrinth to revive and uncover."

"Oh sacred path, the journey for life. Let my steps with the spirit be one, The love is brilliant on the path to the mother, And when we restore, we bring forth the light, and

when we restore, we bring forth the light. Peace and center are calm and surrender, peace and center are calm and surrender."

And just take a moment to breathe that calm and surrender. That peace into your world, into your body,, into your life. Feels wonderful. And I think from here we're going to go-- just one moment. Let's see if I can pull up one of these. Yes. There it is . Love novena cards. And we'll just draw one for today. Let's see. This is the one.

"I greet this day with love in my heart. Henceforth, I will look on all life with love. I realized the rebirth within myself. I love the sun and it warms me. Yet, I love the rain for it cleanses my spirit. I love the light for it shows me the way yes and yet I love the darkness where it shows me the stars. I welcome happiness for it expanse my heart. I endure sadness where it teaches me compassion. I experience the challenges of my life as they aid in my growth. I greet this day with love in my heart."

And taking a breath in. And just breathing in to the tips of your toes. And as you breathe in begin to breathe in pink and gold energy. Breathing in love and light. Breathing in goodness. Seeing the perfection of the divine. Seeing the goodness of life. Seeing your miracles coming to you perfectly and in divine right order.

And there's a poem that I'd like to read to you. Hang on just a minute. I'm going to grab . I's right behind there. Oh my goodness. Alright. I'm going to put on some music. I will be right back. It was right on my desk. Oh there it is. It was on my desk. That's what I said. Everything has been-- it's kind of silly today.

I'm going to read to you: I sing for those who cannot sing. It's beautiful poetry. And I think you'll really enjoy it. It's about progressing through a difficult life and being able to understand and love in a way that if you had not had challenges, you could not do. It's in--it's in the book of poems.

There it is. This is breaking through; a book of a poetry. "I sing for those who cannot sing. I cry for those without tears. I ache to soothe the numb the still. I scream for those without fears. I touch for those who are timid. I stain for those who remain clean. I swim naked in jungle streams for the shy who linger on scene."

"I laugh for those in deep sorrow. I learn for the simple of mind. Round sacred fires I dance circles for the empty forgotten divine. I am a sponge in the ocean the essence of healing sublime. A conduit of energy flows out of my body into thine. I sing because I could not sing. I recovered my frozen voice. I cried because I did not cry. My tears fall freely by choice."

"I touch, I learn, I dance, I grow, I swim naked, I laugh. I'm divine. Bad times will come. Good times will go. Right now, we stand firm alive. I love because I was born to love. I'm

tenderness and compassion combined. I'm rage and fury and power awakened in a Christed mind. I could not feel your burning pain if I had not suffered myself. In weakness, I found my power. In darkness, I merged with the light. I am with you feel me now we are one."

So, I want to welcome you to your day of miracles. We're going to make a transition and officially start with our training. But thank you so much for joining me for magic moments. I promise it'll get even smoother. But we had some beautiful inspiration here to start our day and we're just going to shift over now to the year of miracles program.

And we begin our your miracles program with a prayer. And the focus for today is on fantastic digestion and metabolism. Mother, father, God, angels, golden legions, guides, gods, goddesses, saints and sages of the greater and lesser traditions, Jesus and Mary, and all those enlightened beings who stand with us.

We ask for your help, for your support, for your love, for holding the space for us to have a huge transformation in our digestive system. Our digestion as it reboots and relates to having a healthy brain. And our metabolism our ability to enjoy a healthy weight, healthy energy and vibrancy.

We thank you for the birds singing outside this morning. For the rain that's been pouring down here. For the Sun. For the breath of life. We thank you for the goodness we experience in every moment of every day. And for all the transformations experienced in the quantum academy this week.

We thank you for the divine human blueprint. We thank you for the collaboration of other beings who have helped us to become amazing, powerful, independent humans. We thank you for love or the ability to love. To feel emotions. To enjoy life on a deep profound level.

We thank you for the air we breathe, the water we drink, the food we eat, the people who we love and who love us. We thank you for the transformation yet at hand. And together we'll be doing the love wisdom affirmation. Here it is. Okay.

"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 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."

"Soft the night and sweet the spirit, gentle voices call our song, We are magic we are wonder, when we live beyond the veil. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play."

So, we're going to begin with our clearing chart. Okay. Okay. There we go. So, we've got right, permission, and ability to fully and all aspects of my blueprint permanently and completely disappear all issues related to poor digestion, metabolism. To fully regenerate my digestive system and metabolism to one hundred percent.

Restoring the healthy dynamic relationship from God to brain. And disappearing all patterns that directly-- that direct my body to poor metabolism. Removing altering, amalgamated, compulsive, controlling, damaging, delusion, disgust, evil, illusion, parasitical, and suppressing. We're going to start with chopping.

And that might go on for an hour-- more than an hour. Maybe an hour and ten minutes-- the half moon. Maybe six or seven minutes. Flutter is the backup hand movement. Jecynthia, nice to see you here in class. Okay. Let's see.

So, I have got most of the chart clear for today. I said I was just a kind of non-stop this morning. I've been up since five-thirty. But I need to wrap up the columns of alien, waves, transmissions, and frequencies-- the last two columns. And then just create our backup chart.

So, if everyone could start their chopping. I'll have a little bit of music and you can watch me as I clear of the big chart to a smaller chart and then give you a second chart. SO, happen once in a blue moon that I'm not quite where I need to be when we get onto the class and that was the thing today. So, we'll just catch it up and we'll get it done.

So, but first let's demonstrate the chopping technique. And chopping is elbows down to the side and the hands moving forward. And the fingers either extended or together. And eventually, the pinkie is side of the hand is facing down to the ground. And eventually, the thumb is pointing up. So, it goes up and down like this.

This chopping. My hands are about three or four inches apart in front of the heart chakra-- that's chopping. When we get to Half-moon, the hand movement is this. And when we get there, I will review it for you so don't worry that you don't know if you haven't done this before.

This is a DNA movement. And then the flutter is simply-- cold in the house today. The flutter is the hand down at the side. Just fluttering. So, that can be when you're sitting. It can be when you're standing. This flutter movement is really nice to use if you're working on something and you want to keep working on it.

You go to a restaurant or you're on a bus and you can have your hand down to the side and virtually it just kind of disappears people don't see it. So, the hand is just down there fluttering. And people who don't really see it. But that's the backup movement.

I didn't really test that the inner thigh pump was going to be the best one for the backup movement today. But if that's the one that's more comfortable than flutter for you, please use it. For those of you who have some kind of a hand disability, use your foot pump or whatever makes sense to you.

But these are the ones that showed up today. So, everybody else who doesn't have a hand disability, you're doing chopping. Obviously, it's with both hands. Okay. I'm going to put our chart on the screen. I'll take me a few minutes. I'll finish up column five and six.

And I'll have some music going while I do that and I'm just so happy you're here. Welcome to class and we're going to make some magic today. And thank you for joining me. So many of you are already on the miracles moments this morning. I really appreciate you joining me early.

And I promise I'll get in the rhythm of in ready ten minutes before class. It's all going to be wonderful and I think it's going to be really fun to do those miracle moments that we have. We've also got something going on, I think, Instagram and on Facebook. So, we're doing Monday miracle moments also.

And I've done three of the required. They have to have six, I think to get started but I've got three of my podcasts in the can. So, those are also called miraculous living and their miracle moments too. They're fifteen to twenty minutes podcasts. So, we're really working on some fun inspiration for you guys.

And to stay tuned. Things keep developing. Okay. So, I'd like everybody please doing chopping. Chopping. I'm going to be quiet for just a few minutes and finish up the identifying the issues on this-- for this class and then I'll come back and keep talking.

Amazing I think I done really fast. Okay. So, this chart is now complete. And we have our backup chart. I'll just show you the backup chart. Here's the backup chart. So, the backup chart has everything on it. Just the statement is the same. And then we have just everything on this chart. So, that's going to be kind of in the background.

We've added quite a bit this week with the family interferences. Having never worked on family interferences before. So, there's a lot of new stuff. Some of that did show up in this clearing. Not a lot but a few things did show up in this clearing today.

So, now we're go through some of the details of the chart. Okay. So, Do I have the right chart up? Let's see. No. I don't have the right chart but I have the backup chart up. Okay. There we go. Right. So, we're doing all aspects of the blueprint and digestion.

And then we'll look at the emotions here. Glee, neutrality, revulsion, anxiety, covetous. You can think about feeling that in your digestion or things that are blocking your

metabolism. Unsuccessful, sorrow, nervous, disgrace, panic, resentment, annihilated, stressed, impoverished, frazzled, instability. Some of these it seems like they go along with like Crohn's and irritable bowel, don't they?

Frazzled, instability, hurt, hedonistic, misery, worried, unhappiness, projection of isolation. Oh. Unhappiness is on there twice. Dejected, mortified, and dread. And then going up to the programs, brands, labels, realms, times lines, and prophecies. So, a whole bunch of different things.

If we had an unlimited amount of space, each of them would have a column. But we kind of have lumped them all into programs. But they're actually different things. So, for programs, we have family curses, curses, undignified, and imprint. Brands, suffering not from me, and declaration.

Labels; spiral, atheist thought form, feebleness, misinformation feed, match, and collapse. Realms; spirals, atheist thought forms, feebleness, compulsion, collapse. Timelines; life cycle covenant, ancestral, oppression, psycho-energetic, and DNA of others and resets.

Prophecy; self deprecating, past life proclamation, spineless wimp, religious written, physical location. Control; projection energy transference. Very much like entitlements. Jealousy, judgment, and battle of wills. This is actually from people who have bodies who are in a body. Right now living in a body.

And they are putting their energy into you. They're transferring their energy into you. Then we have the anchors. So, a lot of anchors. The FSI family spiritual as spiritual interference; I just short-handed it until I have time to come up with some description of it. Four, six.

There were I think seventeen-- sixteen or seventeen as of the end of class yesterday. So, we had a bunch of new anchors added that are mostly related to the family invasion. I don't know that they're going to show up a lot on our charts but they're now in our charts. And then entitlements, spousal, medical, and corporate.

For some reason the demonic stuff was down and I'm just thinking that a lot of you were in the demon class and got pretty cleared. So, there's-- the categories of demon are devil, satan, and demon. So, there's three different categories now. And if you're looking at the master chart you're going to see them all divided in those categories.

We will likely get that sorted for the angels as interferences also but right now, we've just got numbers for them. Human things that are coming from human-human Earth. So, walk-in, ghosts, and ghosts destroyer. By the way, if you were wanting to clear the ghosts, you want to come into the alien class next week. That's humans.

That's-- so, that's humanoid and alien is what we're doing next week in the six hour marathon. Okay. And then group interferences, serpent, human will controller, and human essence soul agreement. So, those are group interferences.

And then we did have quite a few aliens. Just a little bit more than a page of aliens you can see. And then I think it's interesting to take a look at what we had for waves, transmissions, and frequencies. A lot of waves. Again, I added a few things that won't have a title in here. F sixteen and C thirty one, we'll get to those.

I did add a few descriptive names to frequencies and transmission. So, the list got a little bigger. Again, we had never done family as interferences before and that showed us a whole bunch of other things that we hadn't been looking at before. So, I'm pretty thrilled that we found some additional items.

For your indigestion and for metabolism control, rejection, poverty enslavement, impersonation, gratification, blocks to permanence, drifter, memes, soul family, trauma, heritage set point, cruelty, clan domination, scapegoat segregation, falling apart, past life covenant, heritage miasm.

For transmissions, intolerance miasm. You think about that like being intolerant is something that might live in your digestion. Reality illusion. So, this is your reality. Your metabolism doesn't work because old or you're whatever. Loser permeation, karmic debt, malicious and malice, obsession, disruption for frequency, family suppression, delusion, disturbance, intention, over taker, complication, altering, mutable, cruelty, gripping, enforced seclusion, heritage shunning meme.

So, we've covered the chart. Let me just think here. I'm pausing. I think in these areas, the parts of the blueprint that are really the most affected by these issues are: perception, essence, and matter. And then the supporting realm that's most affected is amplification. So, we have these-- there are our interplay in these other areas too but really where we're seeing troublesome energies.

And then I also have this feeling dimensionally. So, let's look. You know, we've got-- yeah. That's okay. That's what I was thinking. I was feeling. So, if you even get an indication of dimension problems by going over here. Look at all this cross dimension but all this--everything that says CD is cross dimensional.

CD. CD. CD. CD. CD. CD. You see all these CDs all the way along here that's cross dimensional. So, that's beings coming in from another dimension. Draw something else. Sometimes, I understand that I'm not completely clear on the screen and I understand that maybe the flowers are completely clear. But maybe I'm not.

And that's okay. I've been in and out of the blueprint a lot. And so I'm sometimes in the seventh dimension. You can still physically see me but I look a little fuzzy. So, it's not a not a problem. I wouldn't worry about it if you say, "Oh, you're looking a little fuzzy." And then you look and you see oh Mary and the flowers are clear.

That's only just a lot of back and forth thing that I've been doing lately. And then I think the other thing that's happening is I don't have that controlled mother energy in my space. Her energy is the opposite. We were like opposites. She had very dark energy. I had very light energies.

So, by removing her dark energy, I probably do transition a little bit more on a physical viewing. So, it just needed to refresh. Yeah. Maybe this morning because I haven't been in the blueprint but I know people have been commenting on that all week. So, I'm just reassuring you that there's nothing wrong. There's nothing wrong with your screen.

You can refresh your screen and it might sharpen up. I think that could do it. So, but I have-- in the past-- I have people said they've seen the chair behind me that I've become kind of transparent. There's nothing wrong. It's just when I'm doing a lot of activations, sometimes, I'll get-- it'll look a little fuzzy.

I know I've had pictures taken where my hands have disappeared in the picture. So, where I've been working teaching class for four or five days and somebody shoots a picture and the hands aren't there. Doesn't mean anything. Just means that we're working in different dimensions and we're working back and forth in the field.

Okay. So, I just wanted to explain that to you because I know a few comments came in about me being fuzzy. And that may have not been more than a giant adjustment but I know the last few days I have gone in and out and I have been in the seventh dimension.

Okay. So, one of the things that I was pointing out on the chart was this is a dimensional problem. When you have problems in your digestion, a lot of times, it's-- you've done everything on a physical level you could do. And then we're looking dimensionally also.

So, if we were doing that right now; fourth dimension. So, let's-- I'll put the chart back up and we'll add a few things. Maybe in the anchors column. We'll see. We'll see where it's-- it should go. Should go in the anchors? Yes. So, we'll go down here at the bottom of the anchors because that's where I'm feeling intuitively to put it.

So, some things can come from the fourth dimension. And most of us are not in the fourth dimension anymore. Most are in the fifth dimension. And then some problems can come through from the seventh dimension. And dimensions higher or lower don't mean anything. They're just different dimensions.

And then the twelfth mentioned. Our planes of existence. Yes. It doesn't mean that they're higher or lower levels. Dimensions are just different planes of existence. Okay. So, those dimensionally cross over. And I would be thinking that if we were taking a look at like for example-- let's see. The first one here; the synthetic cross-dimensional.

What dimension are they mostly accessing? There. Oh, that's interesting. So, they're mostly accessing the ninth dimension. And when they cross over doing the human problem. There. It's the fourth dimension. So, they kind of live mostly and they live mostly in the ninth.

And when they cross over for human problems. So, just a note-- it's not part of the clearing class. But just to help you start to grasp just a little bit. You don't have to understand this completely. But just understand that things are moving between dimensions.

And that is actually something we're going to really work on in the aliens class because that's where we see it most. We don't see it as much in the demon category. We don't have a lot more marked. We don't have a lot of angels as interferences. But in any case, we'll be working a lot on cross dimensionals.

Walk-ins, human problems, and ghosts in the six hour marathon clearing. By the way, we have a special this week for the six hour marathon clearing for you guys. And let me talk about that for a second since I brought that up with the cross dimensionals and where we're-- where are you going to learn more about that.

So, the marathon is next Wednesday. And the special going on right now is to buy one or both of the classes. So, we still have we have aliens next week which is aliens, humanoids, and ghosts. Walk-ins are all covered next week. And then we have waves, transmissions, and frequencies. Covered three-- in three weeks.

And for anybody who signs up today during class, you're also-- for either one or both. It doesn't matter if you sign up for one or both. I'm going to send you this gorgeous roomie love poetry CD or if you don't have a CD player, I'm so happy to give you the upload of the uplink of it. This is-- was recorded right after 9/11. That's me and Dilshad Hussein Han, a Pakistani violinist.

And really a master. Dilshad means he's one of the top-- he was a top violinist in Pakistan. We collaborated and put this beautiful poetry. It's inspirational poetry and music is unlike anything else that I've done.

And as we work on claiming yourself and coming back to ourselves restoring that sense of oneness with the universe and then happiness. I have to say-- and I don't know how

many of you have gone through-- I suspect a lot of you went through the classes yesterday and the day before-- Family interferences.

But wow. I feel a hundred percent different this morning. And I think that is what all that activity. There was-- I heard from a fellow who I liked last year and he didn't follow up with me. I've heard from a couple fellows this morning. Interested in at least chatting. Somebody wanting to ask me on a date.

I had just this different sense when I got up I think that's also surprised me because I'm not used to like having fifteen texts come in while I'm getting ready for class. But I feel different. I feel happy inside. I'm able to be myself more.

How many of you attended family as interferences clearing and feel like something dramatically shifted for you. And then as we ended the class, I had lots of insight and directions to give you and how to keep taking it further. And I've certainly been working on that and when I'm driving, I'm pumping. I drive at least two hours a day.

How many of you can you-- not even how many of you. But if you were in the class yesterday and the day before. One of the classes are both of the classes on family as spiritual interferences felt this huge shift. Because I feel different this morning.

I really-- I don't know if I feel physically different but I feel like my strength, my power, my constitution. I just feel stronger. I have a stronger relationship with my body. So, just curious; how many of you had a shift? Maybe nobody. Oh that would be too bad if nobody had a shift.

Fatima did. Good. Good. So, if you had a couple words that you could describe. Something that shifted for you in the family as interferences. You could share that in the chat box that would be great.

And so today, in that same way, when we do a big clear-out like that or with the demons then the next thing that we want to do is establish a better relationship with spirit to the digestive organs and to the metabolism.

And so each time we're coming in as we've cleared things out, we make room for us to get a stronger relationship with whatever we're working on. Whatever we're clearing. And there might be things that you cleared out in your digestion that were causing problems. That were owned by the family member who was reading as a spiritual interference.

And so now as you restore the relationship of spirit to the intestines, and the stomach, and the esophagus, and the tongue, and the saliva glands, and the colon, and the rectum, and the anus, and all the way up and down. I'm sure I've forgotten some things.

I guess maybe liver and spleen might be. I'm not sure. I have to look at my chart and see.

But all of those gallbladder and stomach and all those things on the way down, they might have been owned some by a family member who's reading us an interference. So, as you now don't have that in there and they might have been owned by demons. If you'd gone to the demon class last-- was it last week? Couple weeks ago.

It was so-- I just feel-- I feel so different with those clearings. Those have made something huge for me and now we want to establish much stronger ownership in our intestines. And our digestion, and our colon, and our anus, and our whatever. Your stomach, and your esophagus, and your mouth.

So, that's what we're doing. That's what we're doing today. Okay. And then we put-- so, let's go ahead one more time and put the invitation. By the way, the-- in addition to we took the aliens class as always for ninety seven every year.

And we put that down at two ninety seven. So, we took off-- two hundred dollars off the top. I just said we're going to make it so that everybody can come in. And then we made it a six pay. So, that it becomes easier to get in.

And then if you wanted to do the aliens and the humanoid ghosts, the whole thing there, and you want to do waves, transmissions, and frequencies two weeks after that, we made it a twelve pay so that it's a small payment every month until it's paid off.

So, we made it super easy for you guys. What we had offered in the past was a four pay but as of yesterday, I had a new payment link set up. So, if you are really wanting to get in and you're thinking oh my gosh that would be so amazing to do that double-- the double header. The aliens, and humanoids, and then move into the waves, transmissions, and frequencies that's how you can do it.

It's primarily a clearing class. We are not that. Sometimes, I spend a lot of time talking about the stuff. It will have all the details of everything in the chart but it's primarily a clearing class. We've got all the aliens identified by category and if they're cross-dimensional or potential walk-ins.

We've got everything by category now. So, it makes it easier to kind of take them in groupings and clear them. So, if that's interesting and important to you, I hope it's important to every one of you.

And then remember today, if you're signing up during class or right after class, you're going to get this beautiful the message rooming love poetry. Inspirational poetry. The poetry by the way is from Coleman Barks. And I actually had a beautiful phone call with him.

He was just touched that we wanted to do that. Was what like said right after 9/11 was our project. And said yes you have completely had my permission to put that together and I like that idea a lot. So, he said he's had other people doing different things with some of his poetry. Such a beautiful man to dedicate much of his life to interpreting Rumi in beautiful ways that the West can understand.

Okay. So, I think we've gotten a nice start on the clearing. And how many of you liked the miraculous moments. Even though, I was like, "Eugh. Oh my goodness. We're starting." How many of you enjoyed the extra ten minutes and would you like me to keep it up. I would just take a little survey.

I saw a lot of you here. Like there were more than forty of you on the magical miracle moments. So, that extra ten minutes would you like to that to keep that up. Have some poetry and inspiration before we start our actual training? Yes, yes, yes. Okay. That's what I wanted to hear.

And that is our plan. So, as long as it's something that people appreciate and I just have to get in the rhythm of it. I dropped Adelia off at seven. Although, she was being a little stinker this morning. So, I dropped her off at seven-fifteen but she was in big resistance not to going to school. She was resisting.

Mommy helping her get her clothes on, and mommy helping her get whatever she needed to have gotten and she was like, "No, mummy." And she was running around and throwing herself on the floor and doing all the silly stuff. Good. Good to know. So, that we will do that.

And in miracle moments, we were reading from breaking through I don't know how many of you have this book. It's such a beautiful book of poems. It was poems that I wrote about thirty-- twenty-- thirty years. Twenty six. Nope. Twenty-- it was published in 96'. So, I wrote him in ninety four, ninety five, and ninety six.

So, whatever however many of that like twelve five years ago. But these are what the pages look like. They're really beautiful little art designs on each one that I've done. They're from me. My little doodles. And they're meaningful.

I think I was just-- I just opened it up to in the jeans and I was thinking oh my gosh that's-- you know, we were just talking about family and the family class clearing and I'm just feeling so like sparkly today. And this poem I wrote like twenty five years ago.

"What is a family? A genetic strand that hurls us together. Linking us hand-in-hand or is it an intellectual tick that makes us click. Our shared past does that make us looks last. Could it be our choice. Do we have a voice. Could we be a family without a needle tree."

That's so funny because I'm doing that with my adopted children, aren't I? Needle tree meaning that children they come through my body and yet here they are. I love this. Is being together with love the family sanctioned from above. Our families the true friends who we rely on and depend. Can I by myself choose to make a bond."

"And find it to live on and on or is it the support from friends to come and go. On this question I must know. If I love you as my clan today; can I count on you to be in my life next May. Can I trust you not to leave, can I trust you with my love. Can I trust."

Yeah. Each of these poems is so precious. I just encourage you. If you don't have that book. It's not expensive. And it-- I promise you will give you hours of inspiration. Also, if you already signed up which many of you are for the doubleheader coming up because I know many of you took action and signed up for all three.

You know, we have this on the website. So, you're always welcome. We have it as an upload. But I have about five hundred of these CDs. I had printed while-- quite while back. And if you were really interested or you wanted to have a special gift to give someone as a beautiful Father's Day gift or a Mother's Day gift. A memorial gift. Birthday gift. Whatever. It's beautiful gift.

And you could you could order it and then just we could ship it to you. We could pay-- I guess we'd have to figure out the shipping or a CD but it's not much. CDs are not much this ship. So, okay. George is saying the stones. The stones. Do you know, George, that's actually in another book. And we can definitely do that.

Stones is in this book. And this is a book of more-- it's lyrics. It's poetry but it's poetry put to music. So, the stones-- it's gorgeous in the interior of this book. It's so pretty. And you might not realize this but each song has a story that goes with it. So, before you get the song, you get the story right here. It's really beautiful.

I love-- I love this book. The colors are amazing in the book. And the stones-- stones go on so you could make notes if you wanted to. Your feelings or your thoughts or moving forward with the song meant to you that day. There's room for notes. Alright.

So, I'm getting the impression that some people would like to sing the stones not just look at the pretty picture. And I have the music book up. So, why don't we do that. And before I do that I'm just going to put the chart in the chat box. I know there's a few of you who probably have even may be written. Put the chart in the chat box. So, here it is.

And then I will get the stones out. It's almost time for our break. Okay. Somehow, the book disappeared somewhere. Where did it go. There it is. Okay. We'll sing this song and then I'm going to do a greeting and then we're going to take a break. And then just

to show you how this one was written was really by the inspiration of the stones grounding and initiating as we clear and regenerate.

I wrote this song after several wonderful spiritual pilgrimages and a period of study with the Native Americans in Wintry temple in the Santa Cruz Mountains. What I was mystically feeling into was how present the stones are and how their energies are ready to help heal and soothe the peoples of the Earth.

You need not be with the particular stone to enjoy it's masterful energies and healing qualities. I as was strongly drawn to the ancient stone temples of initiation. Enjoined visions of the activities from the olden times as I allowed myself to feel and be fully present to the blessings of the powerfully magical ruins.

I had the great fortune of doing ceremony inside the circle of Stonehenge at summer solstice. Beings of light above us and initiating us while an angelic female spirit with ribbons of pink and gold lead this joyous celebration.

April felt like an ancient and sexual. There was a great deal of pleasure, ecstasy, and laughter as the stones invited us to lay down and enjoy the moment. New grange stones, ancient stone temples underground held mystery and revelation.

As I placed my head in the Basin stone, images of ceremony and life four thousand years ago played out in my inner vision. Spiral of time. Helping the transition on and off the planet.

And finally the Medicine Wheel and the reminder of creating sacred-- the sacredness wherever we go simply by aligning stones as if to create an altar. A sacred space placing the rocks in a circle and crossing this circle with additional stones in a reverent way. And that's how God create it. This very favorite song from so many people. For so many people rather.

"The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. At dawn I walked in a circle of stones, A soar temple to me yet unknown, 'Till the strength of the first morning light, Shown the power of the Stonehenge stones."

"They grounded the energy of this place, And held us together in a loving embrace, While beings of light danced above the space, Bestowing on us their wisdom and grace. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones."

"The Averbury stones were laughing at me, Taunting me tempting me dancing with glee, Playful stones make love to me, In the circle of the stones. The stones they are

calling me, Echoing through an eternity, Calling out to set us free, The power of the stones."

"The heavenly chambers from days of old, New Grange stones were a circle to behold, I knelt in prayerful reverence, For the power of the basin stone. I touched my forehead to the rock, It filled me with bright light and talk, Of the ancient people and their ways, and the spirals of the stones."

"The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. Stones are everywhere we look, Medicine wheels and monolithic books, The wisdom of the circle flows, In the temple of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones."

Okay. Alright. Well, we're just at just before the hour. So, I think we're going to take our break now with just two minutes before the hour. And then we'll come back and we'll look and see if there were some questions that were happening. We're about seventy percent through on that chart.

I did test that was going to be a longer chart. So, we'll probably start around ten-thirty with the regeneration. I have an hour and a half. That's enough time with some blasting and some strong intention to do the regeneration. You are welcome to keep going if you want to and/or take a break.

But I do encourage you to stand up and move around. So, you're taking a break even if you stop pumping for a few minutes. I want you to take a break either way. You can keep pumping but I want you to stand up and move around. Okay. See in a few minutes. Five minute break. I'm here just working on something so give me just one more minute.

[Break time starts on 01:08:17 to 01:13:13]

Here we go. Alright. Okay. Here I am back and we're continuing our work on the chart. And thought it might be fun to also look at the energy of the class in relationship to the medicine cards. And these are like spirit animals that guide us and guide events and situations. So, I'm going to pull a spirit animal card for the class.

Oh my gosh. Okay. We are-- we're just hitting it out of the ballpark. So, we had the directions card and then truthfulness for our beginning inspiration from Sanskrit. And here I just have to show you what came up. If you can see it. It says unlimited potential. Unlimited potential. So, that's the energy of the class. Sounds pretty good to me.

I'll read you a little bit more about that. Let's see if I get it in light. Open your eyes. Pay attention. Trust yourself to recognize the gifts being offered at this time. Okay. Let me

read that with confidence. Open your eyes. Pay attention. Trust yourself to recognize the gift being offered at this time. Okay. That's as potent. I love that.

So, that's the-- there was no animal that came up. It was unlimited potential. It was an empty circle with unlimited potential. I wonder if that's in the old card book. Let's see. I don't think they had a description. They just have descriptions of the animals in the book. I've got the old book from you know the 80s maybe. Some of you might have that. The medicine cards book.

And then one of my clients because I'd been gifting just parts of the cards to people when it was meaningful. Gave me this nice little packet of Medicine cards to go with the book again. I love it. As we continue to pump, I'm going to pull another love wisdom card that we'll enjoy for just a minute or two. And then more pumping. Just keep pumping.

"I greet this day with love in my heart. This is the great secret of joy. Only the unseen power of love can open my heart to all others in their hearts to me. I will make love my most effective tool. Bringing happiness to others and to myself. I gift and I receive the abundance of love that is needed in my life. That I might blessed and be blessed. I now know the great secret of joy and life is transformed. I greet this day with love in my heart."

Okay. And I am going to take a look at the chat box. Let's see if there were some questions that came in my own lots of comments. Good morning from Penny May, and Tommy A. Hi, Tommy. Pam, and Carol, and Jacinta, and Christina, and Susan, and George, and Aileen, and Stephanie. Thank you. So nice to be here with you sending love that's from Jacinta.

And George very-- okay. That's. "It's interesting how there is so much chopping lately. I haven't seen any charts with platter in months. I wonder why." There are charts with platter, Catherine. It might just be the class that you're in .But platter does is one that's more for stuck energy. And this is chopping and clearing.

Okay. Let's see. Andrea, I don't know what microbial environment is, Andrea. But if it's part of digestion or part of metabolism; yes. "Are you doing a blueprint clearing today?" I don't know, Karen. We'll just have to see. I didn't intuitively feel that there was one to do. So, I didn't put it on the slides. So, that the answer is probably not.

The screen is cleared. Just refreshing. "How do you know if you're--" Well, I think everybody in our group is in the fifth dimension. Maybe three people are still kind of hovering in the fourth dimension. That would feel a little heavier. Denser feeling.

Johanna, "Happy greetings Julie and everyone. Excited to be here in class. Might there be any suffer or sacrificed heal that impacts digestion . Just curious." Maybe for you but it doesn't test so, Kelly. It doesn't test as yes. Hi to Elena, to Fatima, Susan H, John from Ohio. So, seeing some of the lighter feelings from people on this part of the chat box.

Christina, yeah. Take the replay of the family-- family as spiritual interferences. Oh my goodness. Well worth jumping into that training. That is an incredible training. Let's see. We ended up with I got the numbers here.

In the family, we ended up with seventy two students but I was imagining we'd have two hundred in that class. Right now, we've got sixty eight students signed up for aliens. You guys anybody signed up while we've been doing the class. Anybody-- can I send you one of these? Do you want me to open it up and autograph it? I can do that.

So, anybody is signing up for the aliens or the double header aliens, wave, transmissions, and frequencies on the six or twelve pay. Todd, let me know if you're seeing anybody come in. Just welcome back to Dale and Dennis who have re-enrolled in the apprentice program. So, congratulations.

And I want to welcome three new year of miracles students. And let's see one, two, so three. No. I think five. Five new year of miracle students and an inner circle and grads year of medical students. We have three, four, five, six. Looks like seven or maybe eight new students today.

So, a new or rejoining-- re-upping. So, congratulations for all of you who have made that decision to stick with it and keep going. That's wonderful. Now just some numbers came in. Okay. Good.

So, yes Christina, you can do the class on replay. "I joined only on Wednesday but I felt less shame like some shame lifted from me and my situation." Beautiful, Anne Marie. I'm so happy. "I felt excellent last evening. Will take more time to be sure just why." "I didn't have anybody of folk-- anybody folk to speak of but I got really clear-- clearly my ghosts mom and dad were interfering as much as they could. It was helpful to know that."

Okay. So, melody Rose might need-- you might need to continue to do clearings and release maybe the desire to heal them. That might be holding something on. Both family interference classes I felt stronger but I had really big to-do list. Big to-do last night with a person I cleared." Oh. Lots-- okay. I got that. Yup.

"Yes, felt stronger and lighter. I obviously had a shift since yesterday and had an acupuncture session later. Walked back home with my body completely feeling

transformed." Beautiful. "I feel lighter and more vibrant more myself." Ilumi and Callie and Felisa. And Fatima, "My mind is silent. I used to constantly think and worry. I feel at peace. My relationship with my mother feels so different. More loving and calm. I feel at ease around her now." Wow. That's amazing.

"Yes. Felt so much better and so much more to clear." And that was part of the class. For those of you that didn't take the class, once we cleared the main kind of one that was reading as the main interference, other things were surfacing. "I felt energetic last night." from Sherry.

"So, I don't see the invitation for the class next week." Okay. So, that one I think we got in the chat box for you. But Elena, if you don't get it, send a question to support and we can get it to you. "I had unhelpful angels cleared out of the chakra one, two, and three. I could feel that. I thought it helped my digestion." from Melody Rose.

Okay. "A huge shift. More myself especially in my mind. I will also work with a replay to remove my sister from my body. Really a huge step forward for me as you can likely tell from what I have called my sister Voldemort." Yes. That's great.

"Yes, many in my family in attempt to meet other unmet emotional needs I suspect." And then Katie says hello. Carmen, "Felt a huge shift with owning my power after the three classes this week. My husband and adult son have shifted to sweetness." I know when we get in that clear space people around us also can potentially get in that clear space with us or be sweeter with us.

"Miraculous moments felt very peaceful. Yes. I like that." Oh good. Okay. And then lots of yeses." Love the ten minutes I learned too late about that. I loved it. Your poem made me cry. A bit too churchy." Oh. "Busy. More notice pick when possible. Love the extra ten minutes." Thank you.

"My grand baby loved watching you on my TV." Oh nice, Carmen. It was nice you sing the stone so we did. Yes, yes, yes. The chart. Nurturing happy. "Happy day greetings to Julie and everyone." from Johanna. "Cultures of bacteria in your gut." Okay. Yup. Everything in and about the gut is regenerating.

"I am one of the ones in class that's in the fourth dimension." No, Karen, you're in the fifth. Yeah. That's right, Kelly. And I think because we talked about it too. I think I chaired a quite a bit of intimately about what I was looking at for myself because I wanted it to shake loose for you also in class yesterday and the day before.

I wanted it to kind of also open the possibility for you. So, I talked more candidly about some of the things I was working on for myself too. So, I'm really happy to hear that.

And I would think that there would be some emotions that were would more easily release.

Some holdings that you've been doing the very best you can on a mental level but your body couldn't quite release the feelings that someone else was responsible for something or caused something. And that can-- the body can release it now I think too gently. Gently. Okay.

Well, fantastic. We're rolling right along. Let's see where we are on. Okay. I think we need a song at this point. We're at seventy nine percent. So, we still have some to go And with the-- why don't we shift for a while and we might go back to chopping. Let's shift over to the half moon because that is-- it has such a fierce momentum that might move us faster and then we can check and see if we need to go back to chopping.

But I'm getting-- let's do the half moon. So, the half moon again. Remember, you're starting like this and you're going across like this. You guys final were you doing it. And then I'll put up a song and we'll do half moon and we'll do the song.

This is nice. This is a sweet song. We've had a lot of rain falling. It's such a miracle here in California where, a couple years ago, we had two inches of rain and it's still raining and it's May-- middle of May. It's unbelievable. Our rainy season is usually long over sometimes end of February. Sometime in March. And here we're still getting rain. Such a blessing.

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

Yep. That's moving us ahead. Okay. Let's do some more. Okay. Just can't forget that last verse. Mystical temple and keep doing Half-moon, everyone. Half-moon. "Oh mystical temple I sing to your glory, The sacred geometry fold echoing sounds. Oh visions of splendor and happy reunions, Through eras and friendships that vibrate through time."

I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all. Majestic your chapel oh holy cathedral, I bow with the reverence of energy divine."

"Earth mother holds you and sky father blesses you, And I laugh in the pleasure of reverberating sound. I sing in your vibrancy, dancing of spirit, I sing in the echo that

prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all..

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

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

Oh. This is so pretty. Let's do this one. This one talks about the presence of mother Mary who is here with us. Helping us. And her sweetness, her holiness, and how when you really have that feeling of her presence that your heart becomes filled with ecstasy as she guides you. So, let's sing this one. It's a beautiful song. Just even more enhances your dynamic relationship with this beautiful divine being.

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

"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 knight, 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 true of Gelfad days."

Okay. Chart is clear. Good. So, now we're going to start cellular neogenesis and we're going to do digestion and metabolism. On this one. There. That one changed. Okay. So, we're going to be doing the stem and master cells of all of this. So, everything that included in here-- stem and master cells.

And you're going to start with basic-- the basic double pump. I'm going to show you that in a moment. And then as well we're just going to say that metabolism is slightly different and it has to do with catabolism and anabolism. The breakdown of molecules to obtain energy and the synthesis of all compounds needed for cells. Closely linked to nutrition and available nutrients.

So, anything related to that that would need to be regenerated, we're working on that too. But we're trying to be clearing on metabolism. And primarily our focus on regeneration, of course, will be the nuts and bolts of matter. The physical body. But we are including metabolism too.

Pull up the cellular neogenesis chart. Everybody's doing the double pump and I'm going to come on in just a minute and show you the double pump. Just let me grab our cellular neogenesis chart. Okay. Alright. So, I have that chart up too.

Okay. So, double pump. Single pump is the hand just-- go back a little bit so you can see. The hand just pumping forward. And it's coming off the shoulder very simple. Your elbow is down in your hip here. Just so right there. And then the hand is pumping forward.

Double pump is both hands. They're coming off of the front of your shoulders. They are not in front of your heart chakra here. They are here. The shift happens on the upswing. So, as you're coming up, this is when the happens. Of course, you have to go down to come up right.

So, we began-- we've already done our prayer and asked for guidance and health. And I just would love for you to imagine with all your heart and with all your intention seeing your entire digestion healing. And the little nerve endings, little-- the little nerve kind of like fingers in the digestion moving and the-- all of the good bacteria.

And all the good chemistry. If you have irritable bowel. If you have stringing stuff in your digestion. If you have a disease like Crohn's disease. If you have a stomach issues where you have the inflamed stomach heartburn. If you don't produce enough saliva to break things down.

So, we're just seeing all of the mechanisms. Not just the physical element of like the saliva. The part of the mouth that makes saliva but we're seeing the saliva information set point go to a hundred percent. So, maybe that's we're looking at here as we're regenerating the whole glandular and organ system. That we're also setting the set points of the chemistry and at one hundred percent..

And right now that for the group is that nine percent. Interesting. I'm at eighty two percent but so we're going to be moving that set point up as we are addressing and tapping into. I'm doing a blasting right now that's why I don't see me doing this. But this is what you're doing.

So, the set points of all of the function of the entire digestive system and the metabolism set points are going to one hundred percent. So, any kind of the anabolic and catabolic

activity that's going to one hundred percent. So, those were working with set points and we're working with master and stem cells as we work on this project. Okay.

"How does the home study work compared to the live class? If you could join the life class for whatever reason, the time of financial constraints will you get the same clearance with the home study as a live class?" Albert, mostly that's true. It's like you get ninety eight percent or ninety seven percent.

But do you want to tell me what class and I can tell you more accurately. Because a few of the clearing classes I really do want people in there so that I can keep an eye on them and understanding that it can't. It isn't always possible. So, like the demons in the aliens class, I really like people there.

And if they're not there then a good idea is to really work as diligently as you can. Do the whole six hours and then test yourself. See do I feel a hundred percent clear and if you don't maybe go and do part of the replay again. Because I'm keeping an eye on everybody really well in the class.

And I'm trying to do the future thing too. But you know, if you signed up. And actually that is why we're doing extra chart too. I'm doing the main chart here and I say well if there's a quarter an eighth of something. But sometimes people are signing up for home study and they have something different.

But the ones like the demons, the aliens, waves, transmissions, frequencies, family--family when you can do at home study easily. But you know if you want me to really keep an eye on you during the class. If you can come into the class that's good on those ones.

These we have about fifty percent of our students attend the live year miracles and we have about fifty percent who do it on replay. I think, I actually think I wrote about this in this coming newsletter on Saturday it's coming out tomorrow. And if it's possible, if you can make it happen, even if you kind of have to move a little bit of heaven on earth to make it happen and come in live, it's really fantastic.

Because you've got that dynamic relationship of the whole class. There's a momentum with the class. And if it's not possible to get in their life because you're at work or you're sleeping then do it within a few hours. Because then you still have the momentum of the class.

And then if you do it quite a bit later, you don't have the momentum of the class anymore. And I think one of the things I feel sad about is people who have purchased year of miracles and then haven't attended two or three classes and are behind. And haven't caught up-- haven't done the replay.

And I don't-- I really feel sad about that because I want to cause and be the cause of goodness and transformation in your life and that is my entire motivation. It's not you know, there's not another motivation. I don't think selling a class and having people not attended is a good thing. I know there are teachers who do. I don't think that. I want you to get the benefit.

Fifth, Sherry. Five. Okay. That's it. Alright. So, I will put the cellular neogenesis chart up. We're doing double pump. We'll pump again. This is what we're doing. You guys know I love you, right? You're like I have to tell you that right now. I love you.

Oh that sounded like-- did anybody watch-- what was that-- elf. It's funny. He says to his dad. He's like a thirty five year old elf you know who grew up that doesn't know he's a human. And he's talking to his dad who thinks he's absolutely nuts. And he goes, "I love you. I love you. I love you." Oh my god. I'm cracking myself up.

I looked at last year's chart for year of miracles and it was teeny-weeny itsy-bitsy compared to this year's chart. So, we're clearing a whole lot more. Family clearance. I was out of town. Oh no. You just have to take it, Albert. Family and her interferences that just take it. It'll be wonderful.

I've instructed everybody in the class to keep going and do how to use the replays. So, you'll get that information on day two. And towards the end of day two, you're going to hear how to use the replays over and over for different things and to look. How to look or different things.

Albert, you do need the family clearance. You definitely do. Great, Kelly. And you know here's one thing that I know is that when I commit and I'm open to having funds come in different ways. That somehow I managed to make things work. So, I understand that where you're at and what funds you have, you can't.

But I notice Kelly you write this quite a bit. I'm overextended. And I have to pull back or I want to take more classes. And I want to encourage you to have a different language. To not voice that I'm overextended. I can't do it. But to extend I'm open to the possibility of bringing in money in different ways because I love the classes and I'm enjoying doing more and more as the years progress or something like that.

Where you're saying something that's uplifting you and creating an opening for you to participate more and more. And when you say it in the way that you keep writing it. Once you've done before; you're writing-- you're kind of closing off the door to my money situation could change. And I could bring in more funds. You know, so just-- I just want you to be careful with how you say that. Yeah. Very good. Oh I get that you get it. Okay. Good.

For example, we lost Virgil. That was thirty five thousand dollars and grief and hard to work for a few months, right. We lost her baby and we lost a lot of money. And then nine days after we lost Virgil, we had this opportunity with a baby girl and it was going to be thirty five thousand again.

So, it was like coming up with seventy thousand on top of everything that I'm already committed to you and my big team that I have. I have twelve people working for me and I need to kind of be good. I need to be good and enroll people and do you know, miraculous transformation 101. I need to-- I need to be good.

And one of the avenues that we found was renting out the cottage and it was always the plan. But the new executive assistant hired I said this is an-- this is top priority. We have to get this rented. And we have-- we have-- I don't know. Thirty two nights booked already and it's going to be-- the first night is tomorrow.

And so we're renting it for two twenty five a night. And it's just really clear that when there's a need and you tell the universe, "Well, I accept this opportunity. So, I'm going to need to have more funds." At least that's how it works for me. And I'm not bragging. I'm just saying this is my method.

Now I've done the wealth clearings and the magnetism, clearings, and success clearings. And you want to do clearings on where you want that extra funding to come through. I know one of my apprentices who is on the call today had an intention or a mock up. And a friend gifted her ten thousand dollars.

And then later another friend, a different friend, gifted her ten thousand dollars. And so you know, it doesn't have to be in some logical way like I've got it all sorted out. It can be something happen. Somebody believes in you and they say you know, I've been gifted.

I've got my inheritance and I love you so much. I'd like you to have a little bit of this inheritance or maybe a family member dies or you know you can sell something that's sitting out in your garage that you know you have a estate sale. And all of the sudden you have two thousand dollars more than you thought you had.

You know, like I just don't know. I mean there could be something very simple like that or you do take on some babysitting Friday nights. Friday night babysitting with Callie. You know but just some different thing that happens or you start baking cakes for people.

And that starts bringing in money. And you have fun doing it. So, I just want you to see what's possible. I think I was telling another person who I think is on the call who I did one to one. I was saying you know, I don't have an explanation for it because we've cut

back a little on classes but we've had noticeably about a five or ten percent increase in our intake, in income, in the last couple months.

And it isn't because I'm doing more. But I think it's because I told the universe, you know, I want the baby girl. I want her and I need the funding to make it happen. And when I said yes, I thought well maybe I'll have to go into a couple lines of credit and I could pull from the lines of credit or take a second on the house.

Because when I said yes there was no money and I was in grief. But by believing that it was possible, I was able to put together what I needed to make this happen. So, I want you to really have an open heart to the universe loves you and wants to give you what you need and you know, just-- it's a little lesson in wealth and prosperity.

We do have the seven-day wealth jump start. That's a mini version of the twenty one day program and I have Todd put that link up for anybody who's interested in just you know, shaking loose. Your concepts and ideas. So, that things improve. So, you do that seven-day wealth jump start. You could do that three weeks in a row even.

Okay. I'm going to put the chart back up for a few-- chart. Oh. We haven't done-- we haven't put the cellular neogenesis chart up yet. That's the next thing. We've done the pre-work and here we go.

So, in addition, we're double pumping. So, the double pumping is the one we're doing. And we're doing master stem cell and then we're doing Foreman function of all the biological aspects too. "Why would you not be reimbursed from the mother. I'm assuming a big version of that?"

The mother is a prostitute cocaine addict. You cannot get money out of the mothers. They spend the money and then they don't have the money. Lawyers, if they put hours into the adoption, they are paid for their hours. There's no money coming back from a failed adoption. It's just gone.

And in the same with this one. If this one fails, it's considered in New Jersey, it's considered an act of charity. They don't give the money back. Sounds like a good plan, Kelly. Oh, fantastic, Amy. So, Amy is one of the winners. Yay. So, Todd you want to let me know if anybody besides Amy has signed up for the single or double clearing. Let me know.

Which means-- I'm sorry. I didn't say that very clearly the aliens or the aliens and waves, transmissions, and frequencies. So, we have this little game going on. It's a little contest competition and I've got-- I've got four of these sitting on my desk thinking that four of you are signing up. I've got four of them right here. Four of them right here.

So, if four of you take the leap either one or both. You know, one or both. Aliens, humanoids, ghosts, and waves, transmissions, and frequencies. So, those are coming up next week and in three weeks. "Should I listen to the demons class once again before the aliens class?" I think that would be good, Emily.

I think I'll revisit it. It looks like you need about three hours of the demons class to finish up. So, maybe doing it. Maybe doing the last three hours one more time would be good. Okay. "And in comparison, what would be most beneficial? Aliens and ghosts or waves, transmissions, frequency. Have to choose one."

Well, I get the transmissions would be more. But just remember, Elena, you can you can pay it over twelve months which means that the same payment. You won't be doubling your payment if you pick both of them. Just so you know. So, we made something that's a slow-- very slow pay. Six payments for each class. Classes are only two ninety seven.

So, you wouldn't be double upping. You could just take one and take the other and just slow pay it over. Overtime. Oh yeah. Our cottage is so beautiful. Christina, "I would also like to ask about the family class. Would this be helpful?" Hundred percent for you. Yes.

"Is it necessary to know who the family members are cause most interference?" No. Okay. And Diana said, "I can afford one of the interference classes family or one coming up." Okay. Let's see.

So, on when you're talking about affording, the family interference classically made an eight pay so it's like you know if it's twenty five dollars a month for eight months, I think. Something like that. It was an eight pay. Twenty-- twenty seven dollars a month.

And on the aliens and the waves, transmissions, and frequencies that's a-- if you do them together, it's a twelve pay. So, that's I think, that's fifty seven or fifty nine a month something like that. And for Diane who said I can afford one. Oh goodness. If you could do more importantly aliens and waves, transmissions, and frequencies and they both come really strongly at a hundred percent.

Family also but aliens, I would sign up for them. If you can do the double-- it doesn't cost you more monthly. Ultimately, you'll just pay overtime. But for you Diane I saw-- let's see. Is that Diane? I think it's Diane. Okay. And then, Irene you definitely need the family interference class.

Shirley, you definitely need the family interference class. Karen, you definitely need it too. Okay. And remember that the family interference class which we've just completed yesterday is on an eight pay. It was meant to just make it so easy for you guys to step

into. Yes. It should clear acid reflux. On the hiatal hernia that might require more pumping for rebuilding.

At least say yes. Elena, you're not at a hundred percent. You're ninety six percent I would say yes. Everybody else who I've said yes to has been at a hundred percent. So, but yes at when you're in the high 90s that's a yes. I had Diane's manifesting money now. I like it.

Yeah. We're only clearing the aliens who are spiritual interferences, George. We're not clearing the good ones. Diana's manifesting money. "What class do I need most?" that's Andrea asking. Aliens, waves, transmissions, and frequencies, family. Oh my goodness.

Andrea, if you can somehow make it possible, write us if you're confused about how to do it but you need all three of them. You really do. Ramona, yes you need the family interference class. That's a hundred percent. Andrea, all three of those are a hundred percent.

You know I don't know how to say it any better when you have these out of you, you regenerate. You regenerate so much better. So much faster. So you know, you want to - if your commitment is to growing younger and healthier; I can't urge you enough to just get this stuff cleared. So, that you can.

Well, certainly the suicide information. I don't know about the dead grandmother holding you back but the suicide information-- yes. Let's see if the dead grandmother is a ghost in your space. She is. So, you want to clear the ghost of your dead grandmother and the suicide history in the family. Yes, that is definitely a problem.

And then you know, the class that deals with ghosts is the aliens class. And the class that deals with actually family members who put their presence in your body, who are alive, that's the families as spiritual interferences.

And then the second day was on group energies. "Do I need the other class in addition to the family class?" Yes. Aliens, waves, transmissions, and frequencies and that's a yes and that's for Christina. Aura, " Do I need the demon class I missed." Yes. A hundred percent yes.

Family interference class has completed yesterday and it's available as a replay, a home study right now. And we are definitely having people signing up still . So, it was something that I put into the calendar quickly. It's only-- it was only in the calendar for two weeks before we did it. And I felt very strongly because I saw it for myself that our students would need it too.

For Thomas, probably an eighty percent improvement with this group clearing. You might want to do some individual work too. So, if you ever can work with me directly, I'll probably go in there and even rewrite some more for you. "Thanks for your reply. I actually have been living with that ghost and feel her once in my-- once in a while, happy to clear her." Good.

Cindy, "What classes you need--" I think for you, the priority would get into the aliens, and the waves, transmissions, and frequencies, Cindy. That would be really good for you. Yes, Elena, that would be excellent. So, we do a few different family clearings but this is the-- what we've never done what we did this week.

We've absolutely never addressed it and as I was pointing out to you at kind of the beginning when we were looking at the chart. We added a whole bunch of information to the chart on what family brings in. Anger-wise, I think sixteen or seventeen anchors.

There were waves, transmissions, and frequencies added probably seven or eight. There were emotions that had to be added because that's how they got in was some of these extra like feeling dread and some of these strong emotions. That's how they anchor in.

So, the chart changed. I think we got a much bigger chart when we did that class. And that was completely unexpected to me. I think the other thing that was completely unexpected to me but I asked the questions: was-- where and how did they play out. I mean the class is phenomenal.

If you haven't taken the family as interferences class, I really recommend it. Let me just give you a little glimpse of what we covered. Let's see if I can find that. If it's still up here. Yeah. I'm just going to show you this little top part that we never put on clearing charts and we did for this one.

So, you get a sense of what you're going to be doing when you jump in even to the home study program now and you're doing it right away. Right well the energy is still there. So, in perception, what was being affected by who; your character, charisma, personality, ego, attractiveness, all that stuff is-- your family-- your family member that's controlling is affecting that.

How you show up as a character. Your authority, your presence, existence, subsistence, golden rings, light of cell, DNA, blood, breath, brain, interpretation, center of charkas. Look at all this stuff that's being affected and controlled by someone in your family. And then identifiable interference action.

So, if you haven't taken in a spiritual interference class-- this was shocking to me. That somebody in a body who was putting their presence into your space. Running

energy into your space amplifies illness, causes suffering, control creeper. :Look at all this stuff. And how they anchor in more extra anchors.

So, I just-- we've never ever looked at things that way before. It was such an eye-opening class. I know I phased in and out a little bit. People were saying that flowers are in focus and you're not in focus. Julie Renee. I did go into the blueprint the second day and worked on over fifty things to improve this situation ongoingly.

And while I was there, I saw other issue. Like what if a family member or a couple family members with the same gender are owning just your hands or just your gut or just whatever. And so there's directions on when I came back. I saw direct-- gave directions on how to deal with that.

So, now they're not just like a looming presence in you but you don't-- you know you don't have control over your certain body part. I know I had three men controlling my hands. My father, my ex-husband, and who was it? I wrote it down here. In any case, maybe it was somebody I used-- yeah.

Well, somebody I used to date and I think so. Anyway, they're gone. I own my hands now. And when you're looking at me making an improvement and I know I was-- I've been having different sensations in my hands. They feel more me. They ever have a sense of this leg feels different than this leg or this hand or this ear or this cheek feels different than the other side. Somebody's got some of their energy and control there.

So, I just encourage you that family clearing was phenomenal. Yeah. That's what I included, Karen, was what was impacting the students. "When you make the chart, you're including what's impacting your specific students as well as in general . So, would we benefit more by signing up ahead of time or doing the live and doing the live training."

I always love you to sign up ahead of time and do the live training and we're now doing the backup chart that has everything on it. So, if you do a replay a couple months later, it's going to be helpful for you. I don't know about that, George.

"Wondering if I've cleared all the ghosts." Cindy, you still have two. "What does parental or sibling you choose mean in the first class of family members as spiritual interferences?" We cover that in the class, Karen. So, if you if you want to go over the replay. If you are part of the class, I talk about the meaning of things. So, we're not going to-- I'm not going to teach that class today.

Okay. I think I've caught up with all of that. Let's sing a song. Okay. Let's keep rolling ahead on our regeneration. And then Todd, let me know if we've got if-- I can send out

four of these today or Monday. Let me know if we've got four people signed up. Either for both aliens and waves, transmissions, and frequencies or one or the other.

That is incorrect, Karen. Because we have the back-up chart. So, that would be incorrect. We have the main chart and we have the back-up chart. The back-up chart has every single thing that we know about and we do both charts. We do the main chart and we do the back of chart. So, everything that would be your issue would be on.

For Diane, just go ahead and send a question to support. That's a little more clear than that. You're welcome, Karen. And feeling like we need-- oh that's why. I was feeling like we need a break. Okay. Let me just tell you where we've gotten too. We'll come back and sing this song when we come back.

But my voice is getting a little tired and we are past the hour mark. So, we need to get our break in. So, let's-- I'm going to bring this up and just take a look. Let's see. This is the one that I watched. There we go. So, on this. This is last year's. And these were numbers that we had from last year.

So, mouth and saliva glands are at a hundred percent. Stomach is at Eighty. Sixty. Sixty for liver. Fifty for large intestine. Twenty for colon. Eight for rectum. So, we will go down the list. You know, we're going from top to bottom. The master and stem cells will be less.

These were days of regeneration but why was just testing to see where we're at with the master in stem cells. Sixty on gallbladder. Thirty on spleen. Twenty on pancreas. Fifty on-- fifty percent. So, those are percentages on where we are.

So, we're well on our way and we will continue. So, we're going to take a just a very short break. I've been a break. It doesn't show up very well, does it? Not sure what to do with that. There. That should show.

[Break time start on 02:20:31 to 02:27:44]

Alright. Okay. Albert has a question. It's kind of a funny question because we-- so, that we're better. Hopefully, Albert, you'll come in for another year. But if you're missing something that you-- in your year that you need because I changed. Like for example you the vision-- you didn't get it in the year that you-- in this year because we're doing brain regeneration.

And then two months later, I think we're doing vision and hearing. You can always ask for the replay. If it was something that was promised to you and we had to change the year so that it made more sense energetically. So, you can just ask for the replay from

the previous vision class and/or I encourage you to sign up the second year is a very economical. Second year; year of miracles is a really good value. Very, very economical.

Lots of questions today about kind of logistic things. They are cleared from your eyes. Yes, Stephanie. That's true. Okay. Let's sing a song and keep pumping. We're pumping master cells stem cell and then we're form and function on the kind of the biological function of everything that we're working on with both digestion and metabolism.

So, we're working both. But we're obviously going one by one and making some nice progress. So, let's keep pumping. You're doing the double pump. Okay. One more sip of my warm tea here.

"Angels and innocence, Time racing by, Babies and mothers, Hope in their eyes. Saintly and sovereignly, soft spoken love, Bishops, and Holy ones, Moving their pawns. Play with the universe, Alter the plan, Stop making victims, love is at hand. Honest and open, Hearts flowing free, Find me a spirit, Truthful to me."

This is fun. Different. Lakshmi. It's in the honor of the three main goddesses. The goddess of love, wisdom, and protection. So, this is a sweet song from the Hindu gods and goddesses. From the Holy East from India.

"Lakshmi goddess, beauty, grace, and heart, Abundant love shining through, You the light of a loving graceful maker, Lakshmi goddess of my heart. Saraswati goddess of my passion, Song and art and wisdom shining through, Guide my thoughts in the music of the ethers, And calm the waters of my soul. Durgama, mother fierce protector, Protect me from my woes, Break the bonds of egos earthly enchantments, And restore me to my whole."

We won't be doing it this year. The-- I know what you're talking about. We offered the two replays from the two previous years for the earth healing. This had to cut down on how many classes I was teaching. It was a student many and we could have put that in the schedule but being really fierce about not teaching more than three classes a week.

I was teaching up to seven. And it's just a little bit too much for me to do that many classes. Each class takes hours of preparation. So, we'll have to just kind of go maybe every other year. Every third year on some of those popular things like we had the breast clearing. We've done the breast clearing for like five years in a row.

We probably won't do that even though it's really popular with a lot of people. But we have to kind of keep the volume of how much is put on me. So, that I can create and that I can feel happy and filled up myself. I am looking though just to let you know for apprentices who are interested in staying with me a while.

Because I'm looking for some people that would after four or five years be able to teach a class here and there. So, if that's something of interest to you, you want to get started in foundational. Ultimately, you need to go through at least one year of trailblazer to be considered for that.

But I am looking for some students who might want to take on teaching the fourth class or the fifth class of the week. and I would be the core teacher and maybe we can get some of our students who are masters in specific areas that have fulfilled their mastery requirements in the apprentice program after a few years to potentially work side-by-side with me.

So, that has always been an opportunity and we do have people in their second year. I don't if we have anybody in their third year as an apprentice. We might but that is what I'm looking for. It would be probably be four to five years. So, that you master and you can step into the facilitator role. Yeah.

So, I know that you want me to be happy and healthy and filled up when I come to teach for you. And be your mentor and guide. And that by me taking good care of myself. I live an exemplary life for you too. And we have so much in the can. So many classes that I've taught.

At one point, where we're talking about maybe we should just start taking out all the classes that I've taught as replays. And one Saturday a month feature like six fantastic classes that I taught two years ago or three years ago and or all on one topic of love and all in one topic of wealth.

And just you know sell them as home study programs which they are all available on home study programs. So, that was another way to how do we use and utilize all the beautiful work that's been done. And I'm very prolific at one of the things that I've really been working on is getting my own life in balance. So, that I can really feel happier.

I think after losing Virgil, I went through some deep sorrow but also feeling really depleted. And I'm just being candid with you. I just felt like and I had worked double hours for three months before he got here. So, I prerecorded a lot of stuff.

And I'm putting so much energy and intention into my sweet little fellow and then losing him. It just it really made me think about what was important. And the Academy is so important to me. So, to be fully present and filled with love and inspiration for you every day.

Coming not looking weepy and exhausted but really I've had my massage this week and I've had new nutritional consult and hormonal consult. I'm just looking at everything.

Just getting everything perfectly in check. And attending exercise classes. I've been going to bar classes. Just getting myself feeling really good and really balanced.

And I encourage all of you to do that. And so the programs will be easier because you-- if you do sign up for Trailblazer, you're not going to be in class five days a week and then trying to pump for extra homework. Trying to get all the homework done beforehand.

There are opportunities to do more. There's always opportunities to do more. But the idea is that we would complete each class as I'm teaching it. So, I hope that makes sense to everybody. And when you're asking about the Earth Day and we did Earth Day a couple of years in a row.

And we sent that out a couple weeks ago when it was Earth Day. We sent a message and the links to the two replays that we did. So, you're welcome to tap into those. Okay. Well, either there's been-- there's no response. Okay. Alright. Well, let's keep going.

Okay. And then if there's any confusion we're doing every single thing in the digestive system whether it's on last year's list or not. We're doing everything. So, the oral cavities, salivary glands, larynx, esophagus, liver, gall bladder, duodenum, transverse colon, ascending colon, cecum, vermiform appendix, rectum, anus, stomach, pancreas, descending colon, jejunum, ileum, sigmoid colon, sphincter muscle of anus, small and large intestines. We're doing at all.

We're doing everything on this page. A request for a song. Before we sing this song, let's talk about living life in balance for a minute. How many of you feel like you've really got that balance wheel down/ That you have your social life in order, your family life in order, your financial life, your business and career life in order.

That you're getting enough rest, health, and recreation. You're taking your vacations. This is all these different things that-- you're doing creative things like art and music and I will see you have your life manageable. So, your home is at least, reasonably clean and clear. That your bank accounts-- you have funds in your accounts. You're moving towards your goals. You're investing financially in the future. You own your home or you're working towards owning your home.

How many of you feel like you've got that balance real-- really you're tuning it up or you're pretty close to where you want to be at this moment in time. The balance wheel is something that we have done a few times. Let's see. You're going to find it in that one in balance your life now book or the awakening the healthy human also has the information on the balance process.

The balance your life now book, I think a lot of you have. I think that's something that we make sure that a lot of our students have. But it's very inexpensive. I think it's like nine dollars or something on the website. And it has now, the new book, which came out about a year ago probably has twelve weeks of balancing.

So, it's got half of the book is the information and half of the book is-- it's like a two paragraphs and a balance wheel and question. So, it's a nice little home study on helping you. It's amazing how effective it is. On helping you ignite your life with happiness, fulfillment, love, and full self-expression.

And that is what I've been talking about when I talk about being balanced and being a good leader for you. But I'm just wondering how many of you have really made that commitment to really living life in balance. "My whole life is great and in order because I've been working with you for three years." Wonderful. I love that.

None for Diane. Okay. Martha, "I feel about seventy five percent good on the balance." Okay. So, a little bit more to go. And Fatima, "I feel great financially in my home and life mostly. I'm working on self love relationships and maintaining love and peace of mind." Beautiful.

I know that was one of the things with the family clearing that was so big. I feel like I now have the opportunity without my mother's strong presence to find that divine compliment or experience that for myself. Penny Mae, "Not as close as I would like to but certainly better. I'm able to exercise more. Expanding more into all areas for balance." Okay.

And Stephanie, "I'm about seventy percent of the way there." Okay. Jesinta.. "Some things are so much better but now committed to more balance in terms of rest and replenishment optimal health. Opening to a possibly-- possibility of intimate relationship again." Beautiful.

I have this commitment too. I'm also working with you four years. Okay. Tommy, "I am working on it about fifty percent family is a focus right now." Karen, "I've been out of balance but am focused on becoming balanced." Oh my goodness. "I've been missing the boat but now I've been clearing so much in my first year with you pumping up self-love worthiness. Now, I'm ready to work through the book balance your life now."

"I feel about seventy five percent balanced. Also working with you for about two years. I wanted as an apprentice." Beautiful, Jesinta. "And I'm wondering why is so slow." I don't know what that is. "I have done the balance wheel and I'm almost there." that's from Edith. Wonderful.

"I've been taking time for creating balance in all areas." And you-- what I want to suggest is that the balance wheel that I have in here is a lifetime check-in. So, after you've done twelve weeks once a week, and maybe once a month, you take the balance wheel out and you just readjust yourself. Am I still in balance.

So, it's it's meant to have you-- it's like your check. Your check. Am I still in balance like things have changed and out of a relationship or I now have another child. You have taken on added responsibilities. It's about a rental I'm dealing with or whatever it is. And you want to be checking on yourself like once a month.

So, it's not a one-time you do the balance wheel and then you're done. It's do it once a week for twelve weeks and then work on improving it during the week. So, you see, it's a lifetime tool. "It's been taking the time to create balance in all areas." Okay.

That's commitment. I think it-- are you doing-- Kelly, if you were doing a weekly check-in and then each week taking baby steps to moving the satisfaction level up, I promise you, it only takes three to six months if you're really focused on it. I've taken forty women through one at a time.

So, that they-- it was a personal experience for them and they all got into happiness within six months. Really feeling in balance. Their life changed so much." Definitely committed to my life." And I think that if you just have this little book and you're not paying like three hundred dollars.

These people were paying me-- it was, you know, a long, long time ago. They were paying me three hundred dollars every third week to have their session with me. And this little book has that all. So, let's see if-- they did twelve. Twelve weeks. That's about- just about four thousand dollars or about four thousand.

And they did six months that would be about eight thousand dollars. So, if you were spending eight thousand dollars to get happy you would probably be really invested in. But if you're spending less than ten dollars on a book, you've still got to realize that the material in here is eight thousand dollars worth of material. So, it's a very good deal.

Thomas said, "Last year was a downwards spiral in all areas. So, then this year has to be you know, you're in -- you're well into the next year. We're almost six months into the year." So, hopefully, you're on the way up. Sometimes, it's like that. You just-- you're working on it, you're working on it, you're working on it and then boom-- everything comes into balance so beautifully.

Okay. Well, let's look at see where we are on digestion. Okay. So, everything in that the head region is that a hundred percent. All of our stem and master cells and function

upgrade is in a hundred percent. And then the esophagus, eighty; livers, hundred; gallbladder, seventy, ninety on duodenum.

Transverse colon, hundred percent. Ascending colon, hundred. Hundred. Hundred. Hundred. Hundred. Ninety on the stomach. Eighty in the pancreas. Eighty on the descending colon. Eighty-- ninety on jejunum. Hundred on ileum. Seventy on sigmoid colon. Seventy on muscle sphincters of the anus. Eighty on large intestine. Ninety on small intestines.

So, we're just about there. We're in the homestretch. That's nice, Kelly. Good job. And on function and especially with what we were asking for metabolism, anabolic and catabolic. We're moving up to eighty percent. So, that would be a set point. I'll be a set point.

It wouldn't necessarily change but it could change. So your set points will be at a hundred percent when we get done. And that would also be set points in the nerves and in the biology. In the bacterial. Healthy bacteria. And function chemistry. So, that we're working on at the same time in your digestion.

And then the other thing that we made a statement for was that the healthy digestion and intestines would support a healthy brain. So, that when we go to brain regeneration. So, that was another intention of this regeneration. That's great, Jenna. Nice, George.

Yeah. I'm not going to agree, Karen, that might be your experience on the swinging thing. I think the goal in life when you're looking at mastery is to not do the big swings. I did-- I think that you can feel feelings that are deep and sorrowful. And if you can move relatively quickly well it took us a couple months. Adelia and I are very much reset after losing you know, our little boy.

I think that that's not a swing. I don't think that that's a swing. I think that that's you're experiencing something in life and then you readjust into your state of peace and relaxation and equanimity. And we're looking for equanimity which could be filled with excitement too.

I think what when-- I look at the swings, I look at drama. And when we're looking at mastery of the balance wheel, we're looking at unplugging from the drama. From all the extra stuff that's created that's kind of unpleasant and unnecessary.

And when you're unplugging from drama and you're just really authentically truly living your experience, you probably shouldn't be swinging too much. So, that's my interpretation of things. Maybe that's just a perfectionist kind of look at things. I don't think it is. I think that that's what we're going for. I think our goal when we work on

balance and full self expression isn't to go for the peaks and valleys but to go for the stability.

I'd love to hear what everyone else thinks about that. Do you feel like you need to have the swings or that sometimes you can be in a low or high ebb but you adjust pretty quickly to the beautiful state of peace and equanimity. The state of knowing that you're divinely guided, that you're on the right path, that your life is working. That you feel happy.

That you feel then sometimes, you don't feel happy. But you feel like I'm on my path. I'm doing what I need to do. That sense of wellness. So, that's my thinking. Okay. Reset rather than drama. Good way to look at it the things.

Resetting rather than being extreme. And I even think that our sadness and our grief was really kind of someone else's drama. There's-- I've been really working on that with this second-- this third adoption now. The second adoption, this year, is there's a lot of drama going on with everybody involved and I am refusing to be part of the drama.

So, I have to be like the rudder steering everybody so that we don't go into all these crazy stories. And I'm just holding a clear space of you know, my heart is involved with the baby and I care about the birth mother very much and her little boy that she has.

And I'm not going into all the storytelling and all the crazy "you have to do this this second and if you don't blah blah blah and this is this and that is that" and I'm nope. I'm steady. I'm here. I'm the rock. Beautiful, Diane. Definitely know I'm on my path. "I am so divinely guided especially when I'm in the valley." Got it.

Oh which reminds me. Let's sing the song Anne Marie asked for. Goodness and mercy. It's up and ready. Thank you for asking, Anne Marie. "Surely goodness and mercy shall follow me all the days of my life, And I shall live in the house of the lord forever and ever. Amen. All that I am and all that I can be is expanding from this mystery."

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

That felt good. That's a nice thought, Albert. I like that. Albert had a nice comment in the chat box about knowing you're on your path. Feeling centered, less swinging because you trust. You have a trust that all is in divine right order. "We should divinely lead improvement to everyone. Thanks for yet another wonderful class." that's from Elena.

Okay. We're not quite done. Okay. So, I'm going to just see here-- oh we are done. Okay. So, next is mirroring. So, mirroring we're going to be doing a platter and we're

probably going to go another few minutes. Let's see. Two minutes for the platter that's mirroring.

And then four minutes of double pumping for a regeneration and then we should be good. So, two minutes. So, we'll go right to noon and then I will switch over and we'll do videos and we'll go till about four five minutes after and finish up. And I just loved spending this time with you today and thank you so much for all your insights and your sharing and the sharing of your heart.

And remember that I create these books for you. So, I mean you know, the poetry book that we started with breaking through. The songbook that we've used off and on throughout all of our classes. Balance your life now which was really one of the first books if not the first book I wrote.

Awakening the healthy human. It's another book. I don't have about one to show you. These are for you. And then for those of you-- Todd, if you could let me know who our winners were during class today who are going to get the Rumi love poetry. I would just love to know who's getting the message CD and who enrolled during the training for either aliens or waves, transmissions, and frequencies or both.

So, that would be really great to know at least his first name. We will. Some people are asking are we going to be able to the brain activations and brain regeneration next month in a live training. And absolutely, yes. We're going to do it a little on the early side in the month. We'll do it. I think it's the 13th or 14th. It's the Friday.

And then I think that's kind of the last class I'm planning to do. Baby is due sometime between the 16th of the 21st. So, definitely, it'll be live and if for some reason there's an emergency and I have to go early, we'll give you the replay but then we will do a live brain. We have to do live brains so that there's no chance that you're going to get me filming something for you to follow for three hours.

We're absolutely going to do your year of miracles life. Okay. So, just waiting for our count. Amy signed up for the triple header. Felisa signed up for aliens and transmissions. Great. And was there somebody at the beginning of class, Todd, or was at it. So, if that two people; Amy and Felisa are the winners.

So, two of these going out. If you've signed up and Todd didn't see it would you put that in the chat box now so I can congratulate you too and congratulations to Amy and Felisa for really taking the bull by the horns and getting cleared. So, that your regenerations work even better.

The CD is available to buy, yes. You have to actually send to support. Once you've bought the upload or whatever then we have to just arrange for shipping costs. So,

that's all. It's just-- okay. Alright. Well, I know a lot of you are considering coming into the class next week.

So, if you're aren't already committed, I encourage you to jump in and get committed. And we're going to sign off now. So, I want you to shift now from platter to a double pump. And we're going to double pump until six minutes after. Everybody double pump until six minutes after.

And then we'll be good to go on the master and stem cells of the digestive system and the reset to a hundred percent of the metabolism and the biological function of the digestion. And then of course, there's always more to do. But we've done a tremendous amount today. You should be very thrilled with what we have accomplished. I love you. God bless you. I'll see you next week. Buh-bye.

[End of Transcription on 03:21:15]