



BRAIN FUNCTION

improved 15%-35%
in five major areas

**CELLULAR
NEO GENESIS:
BRAIN STUDY**

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— 2018-19 Findings —

Cellular Neo Genesis: Brain Study

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2018-19 findings

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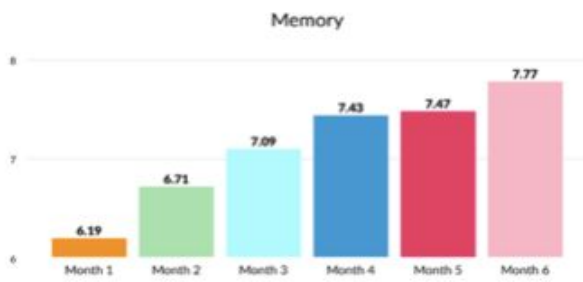
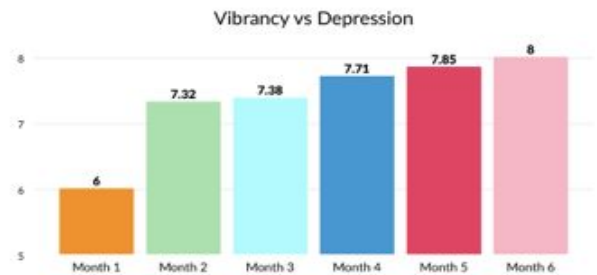
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These graphs show the results of the Focused Improvements From the Quantum Activations Brain Regeneration. In Section 2 there's more information describing the details of these graphs.



Introduction

I have witnessed incredible transformation in my one-to-one clients with a process I do for improving the brain. We use a technique I developed called *Cellular Neo Genesis*. I wondered if this same improvement could be done in a group.

In the specific one-to-one sessions where I worked to restore lost brain function, areas of memory, sleep, speech and language, as well as vitality improved, sometimes so radically, my clients and their medical advisors looked at the changes as no short of a miracle.

In early stage dementia, we saw a reversal of symptomology, and folks returning to normal life. In participants who had experienced one or more strokes we saw speech and motor function return. Individuals who could not speak because of a stroke, or had lost the ability to walk or control their bladder function found themselves making rapid improvements returning to speaking, walking and life without a diaper.

Here are three of the earlier one-to-one case studies on improving brain with this quantum activations technique.

Holistic Medical Practitioner Suffering from Brain Fog

"When I found Julie Renee, I was up to my neck with brain fog, cloudy thinking, and generally feeling burnt out. The energy in the room was palpable as Julie Renee worked her magic. I immediately felt more hope as well as increased clarity. My resilience to stress has improved as well. Julie Renee is also a really loving and joyful person to work with. It is obvious that she really cares about what she is doing and about getting you the results you desire."

Markyia Nichols, MD, Holistic Medical Practitioner

Doctor overcoming serious memory lapses

"My brain has definitely regenerated. My memory isn't perfect yet (still in regeneration period) but is far better than it was. I can remember names much better and express myself better as well. My intuition has deepened. I am setting limits much better and this is great because it has been a big issue all my life. I have started getting a handle on the obsessing. You cleared a lot of demonic curses, Soul contracts and the lot of things and am now getting my finances are getting back on track after a scammer incident. am looking forward to continued work as I see tremendous value in it."

Dr. Chiddix

Doctor resolves sleepless nights with Brain regeneration!

"I'm an Integrative Medicine and Esthetics Physician. I'm also one of the Apprentices in Julie Renee's Apprenticeship program. I received a brain regeneration with a specific focus on healing insomnia. Before the healing, I had to take prescription medicines to sleep most nights, and after the healing, it's very rare that I have to take anything at all to help me sleep. I'm really appreciating Julie and her apprenticeship program and learning how to do these health Activations and receiving the Miraculous Quantum shifts in her Apprentice Program."

Dr. Laura Darby

The process of restoring the brain by regenerating the stem and master cells to high function and starting a cascade of new cell growth makes so much sense. I believed that this could be done in a group, that I personally, with my energetic gifts was not the magic bullet that healed these folks but rather that this technique could be done by anyone, with proper guidance and a high enough frequency. The frequency I am referring to is the love, gratitude, joy field. Things move and improve fastest in the quantum field in this higher state of happiness.

I had a notion we could sing to raise participants energies. Prayer would help. Keeping the chat and trainings uplifting and inspiring could also set the wavelength to transformation.

I wanted to give these individuals in our group the best possible result. I developed a good clearing statement, which is basically a declaration of what we would then progress to remove using a specific technique for accessing the quantum field of transformation. This powerful statement was mounted atop a complex, very detailed chart of blockages—these blocks were discovered with the use of kinesiology. The clearing actually took place using a specific hand movement, one of 12 hand gestures we refer to as the quantum pump.

**Please note a full description of these hand movements is included in the document below.*

Prior to the process of brain regeneration, we made sure things that were in the way of healthy brain function could be cleared in a group setting for the participants entirely.

Elements of the Brain Regeneration study using the Quantum Field of Transformation are as follows:

Purpose: to quantifiably test and record with monthly participant input, could the brain improve in a group setting in the following 5 areas over the course of 6 months.

1. Memory

2. Vibrancy vs. Depression
3. Brain Relaxed vs. Severe Headaches
4. Sleep consistent and regular
5. Speech improvements

I designed the initial 3-hour brain regeneration experience using this formula:

1. Prayer asking for help from the Divine
2. Affirming that I am fully capable of transforming each student who declares with conviction the love wisdom affirmation
3. Clearing obstacles with a powerful clearing statement, a complex, highly detailed chart and the use of the quantum pump hand movement. In this case we used the hand movement called the Doorknob.
4. Once we, as a group, registered as clear of all the details on the chart (using kinesiology) we moved into regeneration—this began the Cellular Neo Genesis process.
 - a. Our first focus was on the master and stem cells. We pushed them up to 100% in a matching technique using the divine human blueprint as a guide or overlay. The hand movement used here was the basic and double pump.
 - b. Once these cells registered as having moved up to 100% in form and function we did a mirroring process using the light of cell to mirror to all surrounding cells in the brain to raise up form and function, in a match type of process.
 - c. Our third step of regeneration was to get a cascade of new cell growth started. This is done by intending to activate the program in the mitochondria (fuel generator of each cell). This cascading process of new high functioning cell growth would go on for about 180 days given that the participants continued with a 30-minute quantum field of transformation activation using guided meditation.
5. Follow up as previously mentioned daily meditation touching into the higher aspects quantum field at least 30 minutes a day refreshing the cell regeneration in the process.
6. Using singing and other mood/emotional elevating activities to create a sanctuary space for this transformation.

The notion we were operating from was we could directly affect better brain function and process of the brain by first stimulating a dramatic shift, clearing emotional familiar bloodline and energetic interferences, followed by a matching of the perfected cells and a stimulation of new cell growth.

I had done this process hundreds of times with my private one-to-one clients. Each had a good response, some so dramatically improved they became noteworthy

even to their medical practitioners who cheered them on saying if it's working keep doing it!

Here are three pre-study case studies that support our preposition...

Successful business woman experiences multiple strokes stimulated from emboli recovery of brain going nowhere. She reaches out with hope for help from alternative therapy. Not long ago an amazing woman, Elizabeth, contacted me with an incredible story of loss and shock. In her early 60's with a high-level executive career traveling internationally she fell ill with ebola, and that illness caused 6 stokes rapidly leaving her unable to care for herself, and great difficulty remembering from moment to moment what was going on.

She'd heard me in an interview on the radio and wondered if I could help her. Just 6 weeks later, her life was completely turned around. She was happy and healthy and her brain was working well, selling her big house in the country and moving into a fun community where she could find a new lifestyle, fully expressed and supporting her fantastic prognosis.

Her winning formula? Brain regeneration using cellular neo genesis and two 30-minute meditations daily keeping her in the quantum field of transformation to help maintain her momentum with new and reorganizing cell growth. At the time of her first call to me, she could not drive or even leave the house for fear she would not remember where she was and be lost in the woods. Three months later a very happy woman was moving back into her life in what was sure to be a complete a total miracle to her medical professionals, but to us...part of what I know to be possible in the quantum field of transformation.

Early onset dementia reversed for PR agent

Linda, a PR agent, was slowly losing her edge, and more than that her friends were very worried about her, seeing her in the early stages of dementia entirely too soon. One of her good friends introduced her to me, and I was able to turn Linda's forgetfulness and frightening episodes of not knowing where she was around in just 11 days. Her friends noticed changes the first day after her brain regeneration, but the wonder was 11 days into the regeneration, Linda felt her brilliant vibrant self back in the driver's seat of her life. Linda was 65 at the time.

Looks who's doing well in college!

18-year old Lauren had very little hope for continuing her education. She was a good girl, sweet and warm, but struggled with ADD her entire school career and was now looking to what her future would hold. She came on board with our trainings in our miraculous year and turned around her life. She was able to finish high school a semester early, organize herself in community college with plans to

progress on as an art therapist. Knowing she could focus and study, that she could retain materials meant being able to dream and live the life she truly wanted to live!

Section 1

Hypothesis

Take a group of students through the entire brain regeneration process using Cellular Neo Genesis as the tool for brain improvement. The delivery of the brain regeneration to participants happened via live stream and audio lines. Participants were from all areas of the globe, all races, age groups and diversities in sexual orientation and religious beliefs. We began the study with close to 200 participants from about 81 countries. I predicted a marked improvement in these 5 areas: memory, vibrancy, brain relaxed vs. headache, sleep and speech.

Over 29 years as a health activator, I have over time become known as the number one brain rejuvenation expert. I have defined much of the Divine Human Blueprint, mapped much of the energetic interferences and programs that slow or impede progress in restoring health after illness and clearing genetic and poor DNA programing.

The process used for brain regeneration is Cellular Neo Genesis. This is used for regeneration of all parts of the physical body and has according to our participants and their medical practitioners miraculously grown back surgically removed or medically failed organs and glands.

Here are the basic steps of this process, I teach and train students in my online Academy reaching students globally in 80 plus countries.

Cellular Neo Genesis used for Brain Regeneration at a Glance:

Pre-work:

Clear Prior to regeneration we are clearing our right, permission and ability to regenerate.

What we are regenerating—removing the nature of the problem for why it is not in top performance. The chart includes programs, brands and labels, as well as timelines, emotional anchors and spiritual interferences with anchors. It is good to

pray, and ask for assistance in clearing and preparing for regeneration, and use your mind to visualize a great result.

Best Style of Quantum Pump - QP (hand gesture)

We used doorknob. Here is a written description of the hand gesture.

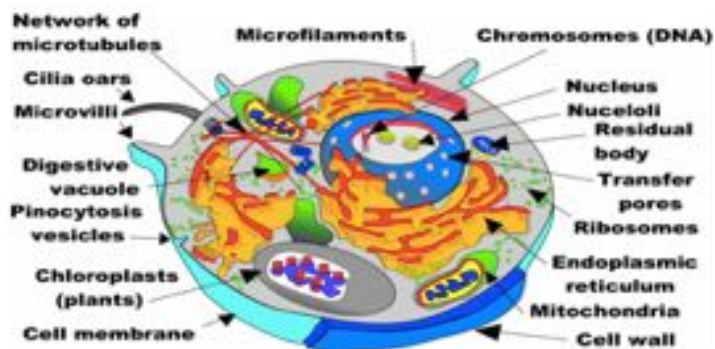
Quantum Pump: Doorknob

Always done with one hand, preferably the right one. Holding your right hand up about shoulder level palm facing out to the world. Curl your 5 fingers in as if to grasp onto a doorknob. Then turn hand in towards the body with palm facing towards yourself. As you move from position one to position two and back to position one you continue to have fingers curled in. The shift in your cells, the improvement is on the out part of the movement. It is not instantaneous but rather takes some time.

Using the quantum pump, any of the 12-identified versions is a precious gift and extremely useful tool. It works in conjunction with your intention (mind) or focus on the transformation you are working towards. We are all already part of the quantum field. I like to think of it as the field of oneness. Think of it as a field that everyone and everything exists in. It is made up of particles vibrating. The transformation we seek happens in the higher frequencies of the quantum field. We are essentially rearranging how the particles are vibrating for a better result. This could be better health, or the clearing of just about any obstacle.

Step 1: Master and Stem Cell upgrade

We begin the actual cell regeneration process with an intention and the double pump. We are working to have the readings of both the master and stems cells move from low function to 100%. We register this again by using kinesiology. Here is a brief explanation of how kinesiology is performed if you are unfamiliar with the term:



Using your right-hand ring finger, hold the ring finger straight and firm. Using your left-hand pointer finger press down on your ring finger between the middle knuckles. It will either hold firm or become weak and drop when pressed. The ring finger will move towards the palm of the right hand if it drops understanding your result.

How to interpret your answer

- If the finger becomes weak that answer is not true or no.
- If it holds firm it is yes or true.

In step one all of our attention is on the master and stem cells. These cells are very special cells that contain the regeneration details from our original blueprint. When properly stimulated these cells can return to 100% form and function. Why? Because we are matching the divine human blueprint details that are in their perfected state.

Style of pump used for step one of Brain Regeneration **Quantum Pump: Double pump**

Bend both elbows, hands are facing each other. Bring the right hand in front of the right shoulder about 6-10 inches out in front. Opposite hand is parallel to your left leg. Thumbs facing up to the sky, pinky fingers facing parallel to the ground. Allow the hands and fingers to be loose. With a gentle rocking movement forward and back. The action is caused from the elbow. I like to alternate my hand movement one up while the other is down, however it is also effective to do both hands in sync pumping at the same time. The shift in your cells happens on the upswing.

In step one, what are we shifting?

Using the quantum field with our thought or intention to regenerate and our hand technique (pump) we are restoring or, typically for the first time, pushing the function of the stem cells and master cells to 100%. This takes a bit of time. We are restoring all the elements in the cell to 100%: nucleus, absorption, elimination mitochondria and all aspects of the cell.

We also activated the process of Re Genesis which is part of the supporting field of Genesis. This is unique and different from genesis that happens as a baby when we are growing all new and fresh, our new little baby body. With genesis, there is no need to call on the light of cell or mitochondria as the programming and direction for growth is in our DNA.

Step 2: Mirroring the process of upgrading surrounding cells

In step two we are using the **light of cell** (much like the spirit of the cell) to reflect and transform the new 100% function of the stem and master cells to all the



surrounding cells that are not stem cells. We of course know that we are not just made up of the super hero cells, the master and stem cells, we have many ordinary cells that are working hard to make the body function well. This is the step where we address these hard-working cells. I have often tested these are fairly low function prior to the mirroring process. Mirroring effectively boosts these cell functions for a nice uplifting shift. The light of cell similar to the spirit of cell operates with gift of refraction using the two supporting fields: amplification and genesis.

Style of pump used for step two of Brain Regeneration

Quantum Pump: Platter

To effectively use this hand technique, which is largely used for clearing stagnant energy and mirroring you will need to use one hand only. Best hand is the right hand as it is the outer, assertive side of the body. Position the right hand about even with right shoulder, elbow sitting at about your hip bone and bent. To begin the movement your palm is facing out in front of you to the world as you progress into the movement the palm twisting the forearm and wrist causes the hand to be facing towards your body and then again returning it to the original start position. The shift is taking place on the movement out or the return to the original position. You typically won't even realize when you are moving through this step unless you are testing for the end of each process. If that is the case, you are likely doing the quantum pump.

What are we shifting

We are shifting the low and poor functioning cells that are not stem or master cells up to a higher performance. Once this phase is completed they will test at 100%. To help understand this process, imagine these are the worker cells, formed/grown/created in low function. When I see it in my mind's eye they are smaller, less potent than the new worker cells we start generating in our next step. This however is an important step because they create the cozy hospitable environment for the brand new 100% functioning cells to be housed in. We use quantum to activate the mirroring.

Step 3: Cascade of new cell growth from newly restored stem and master cells.

This is where we often think, "ahh" we've done it! And in many ways, we are finished with the active part of restoring the brain cells. In this segment, we are pumping to activate the cascade of new cell growth, which is measurable and can be observed with muscle testing immediately. Beginning with just all of our

extremely healthy refreshed stem or master cells we progress to new cell growth multiplying new worker cells daily created from the originators. The leader cell generates perhaps about eight new cells daily, and repeats the generation many times in the coming days for example 8/16/24 representing day one, two and three as long as the protocols for post regeneration are followed. If the daily meditations are not used there will still be a good result, but the process is slower by the third day it is likely four new cells coming from that same stem cell that did eight new cells days one and two. You can see over time the refreshing of new vibrant healthy cells build to hundreds or even thousands of newly regenerated cells all functioning at a very high rate, from very intelligent high functioning master and stem cells.

Best Style of pump for the cascade of new cell growth is Quantum Pump: Double pump

This pump style is described in step one.

It is good to remember singing joyfully is a great way to raise the energy and help the process along if you are getting tired and a little sluggish from a lot of pumping. It is important to keep your energy up. Being happy and hopeful has a direct effect on how well the process works and also the speed by which the shifts are taking place.

What are we shifting

This part of the process uses the mitochondria, a small organelle known to produce the fuel of the cell and also what we know is the impetus for cell regeneration. I feel this is one of the biggest gifts and one of the best kept secrets revealed in this Cellular Neo Genesis process. Imagine creating a cascade of new cell growth. It is a kind of power that energizes and fills the body with light, often raising the hairs on the arms and neck, causing tingling and a light joyous feeling.

To visualize this process, I taught it this way. Imagine the mitochondria is this little adorable caterpillar, and you are tickling his belly. He giggles and out pops the first new cells! Silly image I know, but understand I do not have a science background, at least not in a traditional university educated way, I am an artist, poet, musician. I see the process of regeneration in my mind's eye in fun, happy, easy to enjoy images. Perhaps one day we will also have a researcher studying this phenomenon under a microscope.

To recap in step three we are causing, from rebooted master and stem cells, a cascade of new growth that will go on for many weeks if done correctly. I've witnessed up to 200 days of new cell growth, which is fantastic!

Post regeneration

Quantum field activation requirements for best results

This section or phase takes place after the initial 3 hours of focus cellular neo genesis process. It runs from the 8 hours after regeneration where we started the cascade of new cell growth through to the completion which is the cessation of new cell growth from the original regen. What is done during the proceeding days following the process is very important and will have a direct effect on how strong the results of the regeneration will ultimately be.

Participants were asked to keep a diet clean, no narcotics or pain medications and minimal alcohol, if any. Getting out in nature, breathing deeply, enjoying life, no images of killings or death on movies or television. The reason for the suggestion about images is I've found this startles the body and can stop or hinder regeneration because of the trauma effect. They are also instructed to use one of my meditations once or twice a day. It is important that at least 30 minutes be spent in guided meditation each day to strengthen and refresh the new cell growth. The meditation frequency is set at over 900 (using David Hawkins, Power vs. Force Scale) to bring participants into the quantum field of transformation each day during their active meditation experience.

This is followed for the 180 days we expect new cells to be refreshing the old and strengthening for and function of the brain.

Quantum Technique

Guided Visualization Meditation

One last thing students were instructed to do if they had a slip and did not follow the guidelines above.

"If you test you have dropped off or are not experiencing the cellular neo genesis before the end of your days, please check what stopped or hindered it and avoid that activity until you are complete use"

Quantum Pump: Platter for 30 minutes to get a jumpstart and back on track with the regeneration once more. Platter is described above in step two.

What was shifting

You are literally growing and replacing all the cells in the area over a period of time.

The brain regeneration 3-hour process and proceeding 6 months for new cell growth can be repeated, to continue the improvements gained from the first

process. I recommend waiting 180 or even more days prior to repeating the process. My staff followed and documented participants through 6 full months getting monthly check-in reports on the 5 areas we choose to document in this study.

Quantum Meditations

to support both variety and high frequency for participants:

The study started in July of 2018 with about 180 participants. I wanted to encourage our participants to stick with the questionnaires and meditations so we gifted audio meditations monthly valuing about \$300.

We also bonused in a few short community gatherings focused on one aspect of the brain regeneration to both keep excitement up and momentum going.

Meditation titles provided for QA Brain Study by month included:

June	July	August	September	October	November	December
Abundance Brilliant Brain Overcoming Stress	Love Regeneration	Spiritual Freedom	Being Beautiful Inside and Out	Regeneration	Law of Generosity	The Love Path I am Loved Karma Clearing Love, My Secret Sauce

We invited about 10,000 of our Academy participants to get involved and join the Year of Miracles program giving special discounts to all those who said yes and joined in during our Brain Regeneration month.

The program was not delivered in person, there was no hands on or physical interaction. No lasers, medications or stimulants of any kind were used. Program delivery was via livestream and through an audio phone line. Charts and directions were provided to all participants so they could follow along and understand each step of the process.

To help hold excitement for the process we provided 2 bonus activations
The bonus activations were:

- Improving Memory on September 28, 2018
- Improving Brain Sequencing frontal lobe on November 30, 2018

Section 2

Brain Regeneration Study Observation and results

During the six months preceding the study, the participants were asked to let us know how they felt about what was happening with their shifting brain. Each person was emailed a reminder and link to the study questionnaire, and once filled in was gifted a meditation. The areas we charted on this first study were:

1. Memory
2. Vibrancy vs. Depression
3. Brain Relaxed vs. Severe Headaches
4. Sleep consistent and regular
5. Speech improvements

In this section I will share the details of each of these areas of improvement and increase.

For the purpose of simplifying our language as it relates to areas of the brain I have divided the human brain into 5 sections or areas:

1. Survival or reptilian brain
2. Emotional, social or mammalian brain
3. Creative right neo cortex
4. Logical left neo cortex
5. Frontal lobe genius brain

We approached the 3 hours of clearing and regeneration with this reference and started with brain one stem and master cells moving through till it read at 100% then moved up to brain two and so forth.

My approach to the brain restoration is multi-dimensional in that we honor the body and the physical part of us that is made up of cells, fluid, tissue, brain matter and DNA and also acknowledge that there is more to a person's brain or body than meets the eye.

The brain is pliable, it can be with intention improved in form and function through a variety of ways. Toxins, high levels of stress, lack of proper rest and dehydration can be major factors in lower brain function.

Four years ago, I did an informal study of 5000 brains over the course of 18 months. I was testing to see the performance of each of these 5 designated areas. Using kinesiology I discovered people who were more home bodies, perhaps retired or not working, listening to lots of radio and television had significantly lower function than active business people who were routinely stretching themselves to learn and grow and develop their business skills.

Women tended to have better use of their emotional and social brain as well as their creative brain where I noticed men tended to be stronger in the survival brain and logical brains. This was a trend and of course there were a few exceptions.

I have worked on some newborn brains and was surprised to discover that they were never, not even at birth, reading form and function at 100%. Actually, this really surprised me. It seemed that had permission and ability to not perform significantly more than their birth mother. I also saw a great deal of evidence that the strong emotions transferred to the baby during gestation formed a great deal of their attachment style, the way they felt safe to relate to the people in their world.

Keeping in mind the beginning of life is when our stem cells are performing at their highest form and function. That is why aborted fetuses are the resource for stem cell therapy, it's life at its inception, the greatest power of genesis. Infants can have the brain setting that may start at 40% still potentially doubling the mother's setting, pushed higher. This can be done right from the start using the basic quantum pump. But keep in mind, you do not work with cellular neo genesis for this activation because they are in the field of pure genesis. We are just working in the quantum field of transformation, ensuring the forming brain it is safe to outperform the birth mother's set point for both form and function of the brain.

In recent months, I have had the opportunity to observe first hand and work with the infant drug exposed in utero brain. This is considered brain trauma, and this study is opening my eyes to many issues yet to address and develop as we progress in even greater understanding of how the brain functions, how the mind operates and how we can remake our self to the fullest expression of self-possible.

I came to the brain from a different motivation than the wonderful medical professionals who study and help improve the brain. I had two traumatic brain injuries, the second one severe enough to leave me for months not knowing what I had just said minutes before. It took 18 months to begin to live a somewhat normal life, but the multitasking I had done so well was lost to me back then. Of course, now after all I have learned and implemented, using meditation and quantum activations to improve my circumstances, I again feel like the bright light is on and working in my beautiful brain.

Which brings me to why I do what I do. Why do I go against the grain and fabric of what society thinks is reasonable or logical? Why do I spend thousands of hours mapping the human blueprint, all that supports and troubles human kind? And why the goal for full self-expression?

I know deeply and with great confidence that the path to an awakened enlightened life is not what it used to be. One would just pack up and head off to India and meditate into a state of bliss, live in poverty and deny the body and poof voila presto chango an enlightened master!?! I don't think so. In this era, we must put our focused attention on a fulfilling life of contribution, of faithfulness and full self-expression. The more fully we live in the Garden of Eden, enjoying a balanced, successful, happy life, the greater our chance of elevating our frequency and love wisdom understanding.

I wrote this in 1995 at the beginning of my journey as a health activator.

I Sing For Those Who Can Not

*I sing for those who can not sing.
I cry for those without tears.
I ache to soothe the numb, the still.
I scream for those without fear.*

*I touch for those who are timid.
I stain for those who remain clean.
I swim naked in the jungle streams,
For the shy, who linger unseen.*

*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 and in the thine.*

*I sing because I could not sing.
I recovered my frozen voice.
I cry 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, 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 my darkness, I merged with the light.*

*I am with you.
Feel me now.
We are one.*

Survival or reptilian brain

The purpose of the survival brain is very basic and instinctual. It is wired to do what needs doing automatically. The connections with the root chakra at the perineum, and the adrenals taking cues from the instinctual brain to pump out adrenaline and cortisol form this energetic diamond connection. We want this to work beautifully, do all that is required when needed, and to remain well and in a state of well-being during most of our waking and resting hours. The clearing and regeneration of this brain can deeply heal and help restore the nervous system as well as many people's struggles staying in the sympathetic nervous system, which is the high alert state. We cannot grow younger or healthier in this agitated existence.

Overall when I was doing the 5000 brain readings, I was seeing a low average of 12% to 21% function on this first brain. None of the brain readings were over 27% which gave me a good indication of us really not living up to our full brain potential

as a race of beings. We have so much potential. I have to make a guess and believe:

1. That technology addictions—television and the like— pull us away from developing our brains to a greater extent
2. Our brains were meant to live with our bodies in much longer lifetimes than we are currently experiencing. We should be living in the hundreds of years, not thinking that being old is living to 90 or 100. I do not believe we should retire, and I feel strongly that we should imagine a larger sacred purpose for our very long life. If we lived to 150, what could we accomplish? Learn? Contribute? If we lived 700 years what would we have done changed brought in? How would we have advanced science, art, music, philosophy, medicine?

Your brain is a magical place to live in, when you allow and live into the dream of a wonderful long life with the element of great contribution as your life theme to play out. What the mind can imagine and hold as true it will accomplish.

One of the transformations that comes from fully addressing clearing and activating good health in the survival brain is addiction and compulsion, which can naturally fall away, without great effort.

Men seem to have more rights to live into this area of the brain. The natural order of the man's traditional role drives his permission and ability to be a protector and provider. Women can also stand powerfully in this brain, the chemistry running survival is more thought of as male, testosterone, where in the emotional brain it is more estrogen, which is what we will look at next.

Emotional, social or mammalian brain

Appearing as a mushroom cap above the reptilian brain, the emotional brain is guiding and directing the steps of every person as they progress through their life. It informs your sense of belonging, your rights to exist and take up space and how much or little you can succeed in life.

The emotional brain begins early gathering information even in the womb a child is learning about and developing their emotional presence. The early emotional brain, the amygdala, is well formed as to how one presents in character and ego by around 34 months.

For the female child whose brain is marinated in estrogen early on, she will develop a strong skill in socialization and her own unique version of bonding. Although there is some thought this part of the brain is formed by age 3 and is unchangeable

beyond age 3, I feel that the brain presents interesting challenges and can be gently shifted over time.

When the emotional brain is left unchecked, given poor foundational training from a young life and or left to dominate and control decisions, an individual may fall far short of their potential for a magnificent life.

This is the part of the system where we seek to understand and interpret love and belonging, safety and welcoming or some other version. How healthy this area is determines how equipped one is to progress through a long strong life of presence and authority or fragility, weakness and lack. In our brain regeneration process we improve the cells and neurotransmitter function. Just like a newly regenerated muscle, the emotional brain will need training and exercise to be at its best performance. Like a newly regenerated muscle if it's never tested and consciously worked to add strength flexibility and skill, it will just be a refreshed muscle, nothing more. We have a strong focus in all our trainings of expanding love wisdom, and in our year-long program Growing Together we really focus on full self expression, self love and awareness out to a consciousness of love expressing.

With the emotional brain, I have seen such miracles and shifts. This is especially true when a student is willing, and really passionately wants the transformation and does the internal and external work.

Creative right neo cortex

Wahoo, time for fun! The creative brain is working with the imagination: art, expression, beauty, poetry, music and dance. It is fluid and flowing when it's working well. In the creative brain experience, you may be able to tap into the genius brain and draw from universal source - mind creating way beyond what you might have imagined you could.

One of the great strengths of the creative brain is the joy factor. You may be in bliss in the logical brain solving and mathematical problem, but I think more likely the elation comes with the solution of the challenge. Here though in the creative brain, working at its best there is a tremendous permission to operate in joyful grace and ease. The creative brain loves exploring in an inspired dance of playfulness. Nurturing the third brain is best done in unpressured non linear time.

Men and women use these brains uniquely.

Much of the time I observe women living between the emotional and creative brain. What I mean by this is that they feel most comfortable here, using emotions and creativity as their modus operandi. There is good reason for this as the brain

supported by estrogen is directed to social and expressive actions and ways of being.

A large majority of women have a strong foundation in just 2 of the 5 brains, and they manage fairly well. They won't necessarily be great in business, but they can be wonderful companions and friends, having honed their creative arts and social skills.

It comes later in life that they may be able to move more successfully into the arena of logic and strength, only because of the way hormones and perhaps cultural nurturing has directed them. However the great news is that girls are being encouraged to move into science, mathematics and technology in this era. Still with the strong drive for socializing, there is definitely greater access for many young women to live with more access and skill in integrating the creative and logical side of the brain.

Logical left neo cortex

Which brings us to the fourth area of the brain. I like to think of this as the logical part of the brain. It is where mathematics, science and engineering skills reside. Whenever I have looked at a king, a man who has accomplished much in his life in success and business, I see this part of the brain fully engaged. I awe and marvel at the skills they have permission to use and have developed.

Boys begin their access of this brain with the maturation of testosterone as young ones, infants and toddlers. Their natural play involves physical agility, strategy and force. They are much less in their emotions and socialization and more into a forward moving drive.

We are in a leveling time. We've come out of an era of firmly defined male female roles in the last century, and are finding our way with a greater sense of equality. Men are accessing much more of their emotional and creative brains—just watch the fathers of small children today, they have permission to love and nurture their little ones, equally to mothers. Just this morning I observed an Asian American daddy reading a story to his little one before leaving the preschool to head into his day. This is his ritual, a bit of special daddy daughter bonding time at school before he moves into his day of focused drive, providing and protecting his family.

This shift moving from the patriarchal era or male female roles to shared roles is exciting and supporting a more fully realized and accessed brain experience.

In the past a male would be expected to protect and provide for his family. He would hunt and gather, grunt, burp and sleep. A woman would nurture, inspire,

enhance others lives and provide home cooking, cleaning and the like. The era shift from the Piscean age of these former roles to the age of Aquarius, which is the age of role equality and sharing responsibilities means we have more need of fully accessing all 5 of the brain regions equally well to be a well-rounded fully expressed individual

Frontal lobe genius brain

There are of course many things happening in each area of the brain not mentioned in this brief conversation about these 5 regions, and the frontal lobe has one aspect I like to focus in on, but there are of course numerous other tasks it performs.

For a person who is brilliant they are automatically are enjoying their frontal lobe genius brain. We create and conceptualize out of the box from this part of the brain and from what I can see this allows and supports connecting with the greater intelligence. For example the wisdom of the ages. An idea known in one place or time expands in another place or time without any direct transference of this knowledge. This happens while using the genius brain and reaching out to the greater field of oneness for answers to questions whose answers are yet unknown.

It is my belief that telepathy, the sending of images to the mind of one or more while speaking happens in the frontal lobe area.

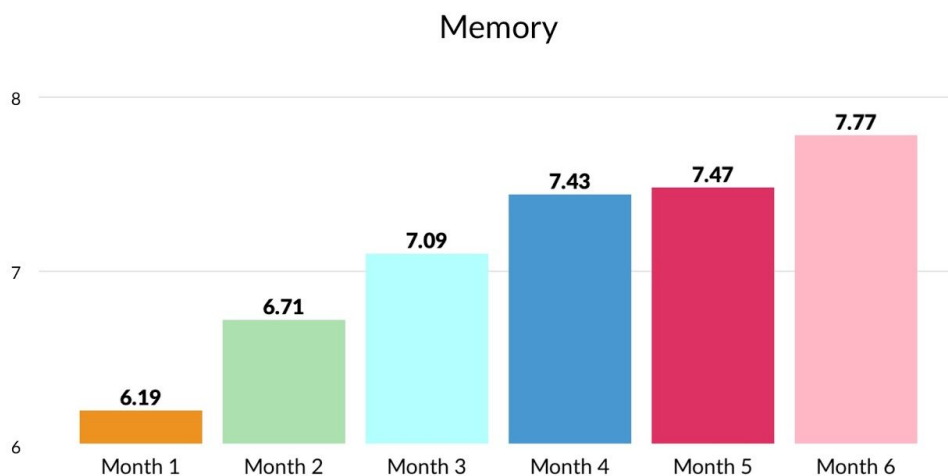
I think back many years to a time I was attending night classes and a woman visiting from Brazil, who really did not speak any English, wanted to communicate with the instructor. After attempting to tell him in Portuguese what she wanted with no luck, she turned to me. Now I don't speak Portugese, but she positioned herself in front of me and spoke, and as she spoke in my minds' eye I saw the words and images she was attempting to convey and spoke her needs to the instructor. She obviously understood a bit of English as she smiled gratefully and thanked me for helping her.

This is a good example of narrow band telepathy. An idea conveyed with words and images is sent from one mind to another. The second type of telepathy is broadband. This is where, for example, a speaker is sending an idea to an audience through words and images. It's the powerpoint of the mind to mind connection. Think about a time when you were listening to a speaker, but you were just not following them. This was likely a case of poor broadband telepathy. Without these images laced with a sense or kind of feeling the speech sounds like blah blah blah.

These five regions of the brain give us a much bigger experience of life, joy and full self expression, we illumine and rest well when these are integrated and fully functioning.

Focused Improvements From the Quantum Activations Brain Regeneration

Focus 1: Memory—25.53% Improved

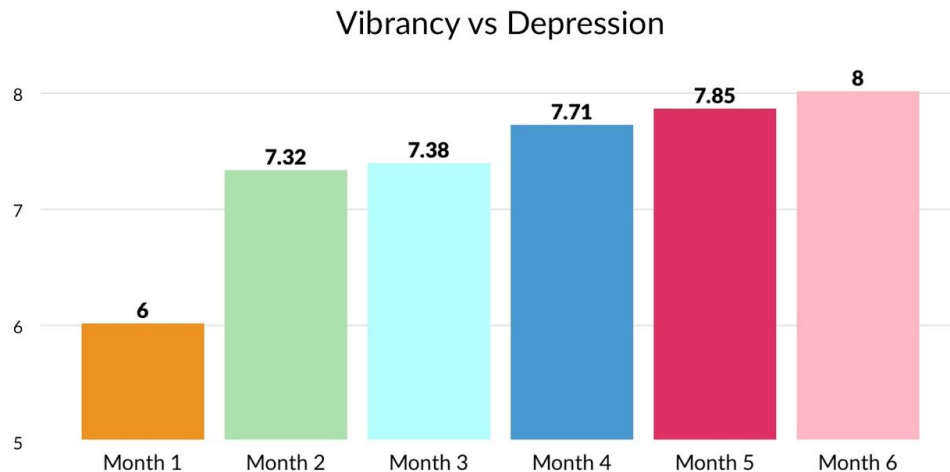


The areas of the brain areas involved in memory are 3, 4 and 5. As people age, memory seems to become an issue. Our community and the participants in the year of miracles program are on average age 40-75 about 80% women and 20% men.

You may wonder how this function of the brain both short and long term memory is improved using the quantum activation technique. In short the connections are being reanimated, expanded once more after perhaps shrinking, the brain becomes more youthful, fluid and able. Memories do not disappear. When they are hard to access they are still there, the doors of access have been locked. If you occasionally have memory issues you may feel like you are knocking on a door that just isn't opening. Our method and the increased water, as well as increasing healthy oils in the diet, refresh and renew the mind with all its memories.

It was exciting to watch the numbers come in as the brain was growing back cells, folks were practicing daily meditation and enjoying healthy habits. We saw a 25% overall increase for our very happy students, many of whom had declared this was of vital importance to their life, joy and livelihood.

Focus 2: Vibrancy vs. Depression—36.68% improved



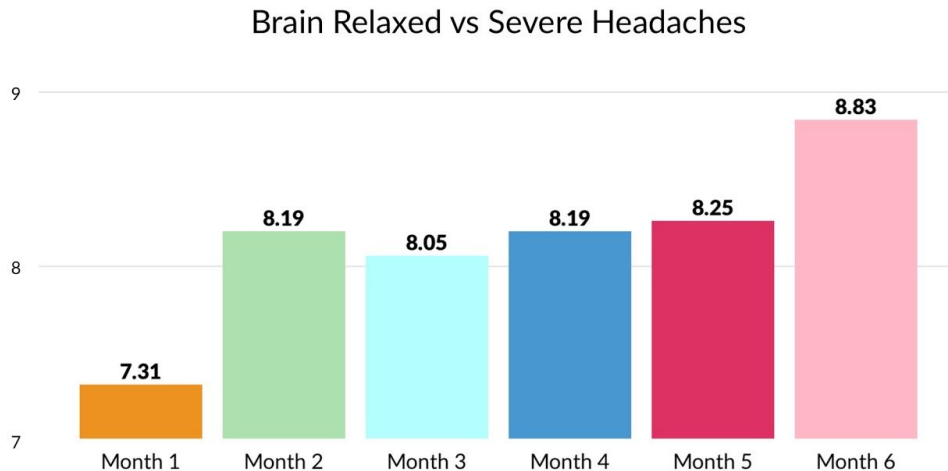
Parts of the brain supporting vibrancy versus depression are 1, 2 and 5. Another area that filled my heart with joy was to observe the dramatic improvements with our participants, who I have to say, not that many had identified themselves as having struggled with depression. We are meant to feel good. We should feel a sense of well-being and contentment. For full self expression and peak performance we need our brain happier and healthier.

Contentment and happiness are improved using the quantum activation technique by fortifying a sense of wellness in the cellular structure of the brain. The chemistry is improved as well as the form and function of the areas responsible for that good feeling.

About a year and a half back there were a couple of celebrity suicides. It seemed to affect everyone negatively somehow. The feeling was, gosh if they have all that fame, wealth and success what would make them think they had no options? Many of our students asked if I would please pull something together to help them deal with this issue, and so the program 'Death is Not Better' was presented. In this program we worked at disappearing those spiritual interferences that would bog a person down. These could simply show up as ongoing false beliefs and what we call 'atheist thought forms' meaning a pathway of thinking that does not include or believe that an answer to the problem is possible.

I know the improvements in this area also speak to the plasticity of the brain, how it is willing to be improved with some help.

Focus 3: Brain Relaxed vs. Severe Headaches—18.88% improved



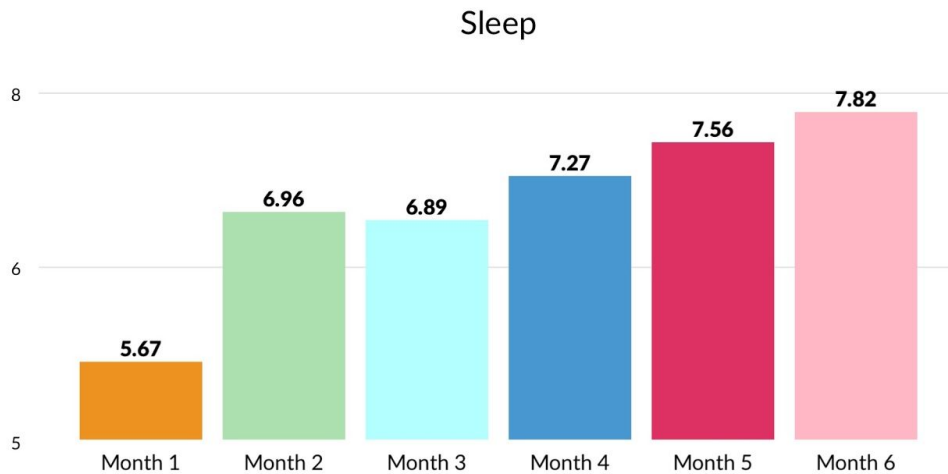
The areas most affected and improved on the headache front were 2, 3, 4 and 5, **Not everyone participating in this study had problems with regular headaches so we saw a nice improvement for those who were looking for an upgrade and relief from regular head discomfort.**

Headaches come on from a variety of reasons, often diet changes, sleep changes and cleaning out toxins can dramatically improve these symptoms. We really did not address those areas, just worked on the regeneration of cells and cascade of new cell growth followed by daily time in the quantum field of regeneration.

Our Academy’s research on headaches training and health activations have directed us to several culprits. Spiritual interferences seem largely responsible for migraines, while tension headaches seem more sourced from brain chemistry and hydration.

If you’ve suffered from headaches and have 20% less frequency just from a simple activation, I’m guessing you would find some level of relief and joy from an improvement. I wholeheartedly believe if did offer a training on headaches followed by a study, using diet change and toxin clean up I would imagine an 80% plus improvement.

Focus 4: Sleep consistent and regular—33.33% improved



Parts of the brain supporting sleep 3 and 4.

Why would sleep improve with brain regeneration? A healthy clear brain means a brain that can more easily rest and restore.

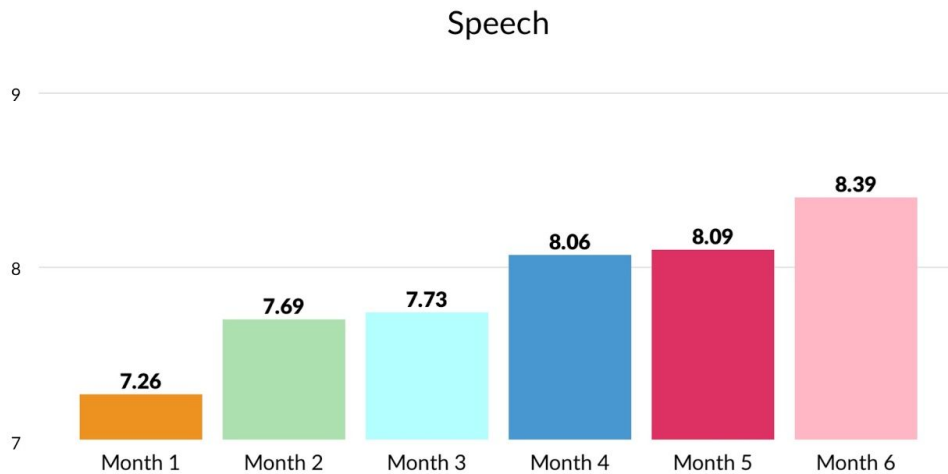
I mentioned earlier our student population between 40-75 years of age, this is the age of stressors, sleep challenges and insomnia. The mind feels that it's survival depends on solving problems and having solutions especially when things do not feel right or well.

The same issues that go with uneasiness and depression as well as poor sleep improve dramatically with the quantum activation processes.

Imagine you had felt an underlying troubling sense for a decade or so. Something not quite right had been interfering with your feeling like your world was off kilter and your joy was elusive and not permanent.

Then comes the quieting process of brain restoring. There is no mind chatter left in your brain. You can make your list and work on it in your waking hours, but the nights are yours now for sleeping restfully and dreaming. I have heard from students many times that the activations feel like a warm golden oil is being poured into the area. Peace and relaxation and a deep sense of wellness follows. Life becomes good once more, or possibly for the first time. With a healthy quiet mind sleep is possible.

Focus 5: Speech improvements—15.57% improved



Parts of the brain supporting speech 2, 5 and likely more.

I did not come into this knowing much about how speech difficulties are played out in the brain. Blood flow is one issue that affects some folks who stutter. We actually, in this case, did nothing more than regeneration, no helpful focus, just let's find out will this process in any way help people who struggle with speech challenges and we did actually get a nice 15% improvement?

I myself did not speak much till I was 5 and learned to speak in school with the help of speech therapists. I believe that is why my intuitive abilities are extremely high, I relied on my sense to understand my world and communicate.

As time progresses we will again revisit the brain with regeneration, something we do at least once a year in a group in Year of Miracles, as well as in the one to one private sessions we call Miraculous Transformation One-to-One program.

We have learned much about how to grow the body healthier and younger, and I personally look forward to many more fresh new understandings yet to come. I have heard from my friends in technology that technology is old hat at this point the work I am doing in the quantum field is where it's at, the revolution is just beginning with the field of miraculous transformation. This is not an energy healing, we move no foreign energies around it is an activation of that which is you, being even more you and less low function. The light spectrum we work in is largely golden and with a brain regeneration the frequency is 900-4000.

I happily answer questions, train folks in this technique and speak on this topic.

A resounding YES! Life gets better from our Brain Regeneration participants. Health and hope are restored. With hope, faith and knowledge all things are possible.

Section 3

Supporting Brain study program materials

In this final section I will go into greater detail about the follow through tasks that were assigned to the participants and explain in greater detail why these action steps were so important to producing a good result, using a completely natural organic method of stimulating and improving the brain dramatically.

180-day Brain Regeneration follow-through plan supporting articles

- **Nutrition**
- **Drinking Water in a specific way**
 - Sip sixteen method
- **Exercise**
- **Meditation**
 - why does it work with the quantum activations?
 - How to do it correctly
 - Things to avoid
- **About the Process of Brain Regeneration**

Nutrition

Participants were encouraged to eat well. We talked about the benefits of clean foods and a healthy diet, though each participant chose what diet and nutrition was going to work best for them and we did not monitor this. For those who were struggling I suggested they might increase nutrition with brain supplements, fish oil, things that are known to help heal the brain. I believe about 15% acted on this idea, though we did not track this.

Sip Sixteen Method for water consumption

Students were instructed to drink enough water to half their body weight in ounces.

Implementing the Sip Sixteen method:

I developed this idea a few years back to help with the brain, nervous system and hormone function and seen wonderful results. I've included this helpful article to give you a greater understanding of this method.

Getting the Horse to Drink

You can lead a horse to water... now what's the trick to getting him to drink properly? When faced with the daunting task of drinking 65 to 90 ounces of water daily, most folks go into overwhelm and become hopeless in action. They revert quickly to their old dehydration habits and return to fuzzy brain headaches and fatigue, despite their awareness that the simple act of drinking 4 ounces of water every half hour would produce immeasurable positive results.

Getting the Horse to Water

Educating and getting the horse fired up and motivated is the first task in the transformation to better focus, clarity and function for your healthy, happy brain. Have you ever really thought about what it's costing you to not stay hydrated? Are you losing work time? Struggling with a dark, fuzzy or achy brain? Do you routinely battle fatigue, poor hormone and brain chemistry, or nervous issues? Is your metabolism in the dumper? All of these issues are dramatically improved through proper hydration.

Want to make this a permanent change? I have found that by looking at it more closely—not just thinking about it, but by writing about it—you can help make the change stick. Take out a pen and paper and write down what it's costing you to not stay hydrated all day long.

Are you missing the mark with financial goals? Not bringing your best self to relationships? Where are you out of focus and failing? Awareness—having clarity about what it's costing you is the first step. Change can only happen when you are awake to the real cost of any issue.

Now imagine being fully energized, focused and clear. What could you produce? How would your relationships be different? How would your life change? Great! Now you've got the possibilities flowing. Are you at the water trough? LOL!

Okay, Now That You Are Motivated, What's Next?

I have found that when you look at 80 ounces of water, related to the 5 bottles you need to polish off during the course of a day, most people go into a freak out mode. *"I can't possibly drink that much. I'll be running to the bathroom all day."*

Let's address that...

If you are a guzzler – meaning you wait 3 or 4 hours, then guzzle down 16 ounces, yes, you will pee out a lot of that water. That’s because you have flooded your system; you’ve absorbed between 4-8 ounces and the rest gets flushed.

If, however, you follow the “Sip Sixteen Method”, you are now drinking 4 ounces every 30-45 minutes all day long. This method allows you to replace the water you are losing at the proper pace, so that you will no longer spend all that extra time running to the bathroom.

For my VIP sessions, I provide a carafe of water with a small 5 ounce glass for my clients, allowing the drinking process to become simple, easy, and effortless. Clients surprise themselves as they go through carafes without noticing any difficulty. Drinking this way is psychologically doable and brilliantly rewarding. Try the “Sip Sixteen System” by providing yourself with visual cues that make your ability to stay hydrated truly possible. You will change your hydration habits for the rest of your life.

Exercise

Daily to exercise and get outdoors daily if possible.

Meditation

Why do I need to meditate daily for my regeneration process if I’m attending class?

I seem to get this question so often: Why do I need to meditate daily for my regeneration process if I’m attending class? I feel we likely need to talk about this more and come to a better understanding so you’re confident with what the reasons are for what you’re being asked to do.

Attending class gets you clearing for the most part in the quantum field and that’s wonderful. It’s true that you’re in the field of transformation and this is an important part of what we’re attempting to accomplish with daily meditations. Just doing quantum pumping and clearings, does not however do the spiritual shower from the inside out. The first 10 minutes of any longer meditation will help you cleanse and refresh, as if washing away any dark energies, and even spiritual interferences if done properly, which you do listening to my directions on any longer meditation.

Think about the simple steps we’re doing:

1. Connecting with your breath, pranic breath as we begin with a cleansing breath and releasing from the base of the spine with the first rounding cord.
2. Releasing for men control energy (especially female control energy) and aggression competition from the male body grounding cord and females, releasing healing projects from your female grounding cord, so you can use your energy to heal yourself and move out other's energy that may have started to take up residence in your body.
3. Releasing tension and stress built up in the adrenals, helping them to stay healthy and working well as well as clearing tension and traumas from the nervous system. Releasing the nervous system gets us out of fight or flight, the sympathetic system, and into the parasympathetic system which is the only place new cell growth and regeneration can happen.
4. Clearing the center of head, when folks start with me they're often not the owner of their thoughts or the center of their head. Over time with clearings and meditations the mind becomes quiet, and focused, a place to enjoy and call home, daily meditation makes this possible on the long term.
5. Removing the gunk in the aura, mending damage to the aura, things that you're exposed to on a daily basis. Just like working in the wheat fields, a noble and honorable but dirty profession, you'd always shower at the end of your day so too you need to clean up the aura.
6. Running earth energy up your feet and legs, reconnecting in with this planet and your grounded happy relationship with the earth plan. Since many people don't have their spirit in their legs with is so important to assert your power and ownership as well as directing good energy through your leg channels.
7. Running harmonious energy through your human spirit access portal and down through your back channels, then looping up through the pelvic cradle and through the body, neck and head, out the top of the head, cleaning up the meridians and energy channels of the body.

None of these 7 things are done attending class and pumping in the quantum field of transformation. All are very helpful to moving forward. And let me tell you I can always tell when a one-to-one client hasn't been keeping up with the meditations, they seem lost and off-track. Within a few days of returning to their daily practice they begin feeling wonderful once more.

I'm going to make an assertion, that you're not vibrating at 4000, and that you can not at will change your world. That what you do takes attention and some effort. delve deeper into the mysteries of meditation and our chart clearings, increasing your skill level and results dramatically.

All were asked to meditate 30 minutes daily using the meditations provided them. These meditations were all high frequency meditations, recorded in a sound studio with harp music behind guided meditations and imagery. They were not specific to brain regeneration, but were used to have a good clear out of negative energies and stressors lifting the participant daily into the quantum field of transformation.

Based on what I knew from all the one-to-one work I had done in the past, I imagined a good result for all participants. It was my intention that everyone get long lasting improvements in memory, sleep, less or no headaches, speech and vibrancy (the opposite of depression).

It was my intention to keep participation in the study super simple. Each participant received an email reminder to fill out the monthly intake, encouraged it would take no more than 5 minutes and would receive a bonus meditation for helping. There was an opportunity for them to report how they were feeling, what they were noticing, and in the course of their lives, how they were experiencing the changes in the brain. Some of the participants also were supported by my staff with personal reminder calls and help filling out forms when needed.

How to Meditate Effectively

It is no secret that neuroscientists study meditators' brains to understand why the practice can have incredible effects on the entire human experience. What you might not have heard is just like an athlete exercising a muscle, the meditator exercises the brain and the prefrontal cortex physically grows.

Do not worry! This is not something you need to stress about. In fact, it is something to be excited about because your brain functions will improve and you don't need thousands of hours to achieve this great affect! Even better news is, in as little as 5 minutes once or twice a day you'll move toward a stronger brain, with more happiness, connection with the world around you and peace.

Studies show that after meditating people feel calm and peaceful. They display a heightened awareness and compassionate empathy. I like to think of these meditative results as evidence of an individual's refueled tank; he/she has successfully stopped 'slogging' through life, barely surviving from day to day, and come back as a stronger human spirit in a physical temple. What happens then

when people meditate regularly? *Consistent acts of greatness, generosity and kindness brought on by connection with their own divinity.*

Research shows that meditation permanently rewires the brain and increases the body's healthy hormones, lowers stress and improves immune function. In other words, your chemistry works better when you're taking control of your brain, sweeping out the cobwebs (negativity, noise, etc) and sitting in your control center every single day!

If you are a multi-tasker like me, with your brain overloaded with the chaos of daily life, good news: meditation is the brain detox you need! As you still the mind and mute the barrage of thoughts, music, game noise and traffic, as you drop deeply into your essence, you activate the parasympathetic system. In this place you grow younger, clearer and radiantly wonderful!

Let's explore how to meditate properly for best results. Find a comfortable quiet location where you can close your eyes and completely relax and focus inward.

As you prepare to go into your Quantum Shift allow your breath to deepen, breathing in pink and gold energy to signal to the brain and nervous system that this is time for you. Let go of any extraneous worry or concern and allow yourself to drop deeply into the process. Each meditation has a special focus but all of them will ground you. Breathe deeply in and out to begin then allow yourself to take the journey.

You may wonder why these meditations feel so extraordinary and differ from others you have tried. You are experiencing my own unique meditation, listening to my voice and listening to my playing the harp. This unique situation positions the meditations perfectly in sync at a high elevational, vibratory rate. This rate is sometimes referred to as, Christ consciousness. Rest assured, my voice can, and will take you where you need to go.

I have energized each activation so that you will feel profound shifts, you may tingle and feel cool or warm or you may feel completely and totally at peace. Anything you experience is wonderful.

Some people tend to have more sensations than others. Don't worry if you are someone who doesn't feel much. Mindset and certainty will help you with your *Quantum Shift*. I promise that you can't get it wrong. Just follow my voice, take the journey and you will complete the process. At the end of the meditation, you will return to a much better place than where you started.

Here is your checklist. Read this through a few times and do your best to forget about being perfect!

1. Give yourself uninterrupted peace - turn off your phone's ringer, lock or close the door.
2. Be sure you are hydrated, avoid sugary or caffeinated foods and beverages as well as alcohol prior to Your meditation.
3. Best position: Sit comfortably, spine erect, feet on the floor. Alternate postures: a. cross-legged (lotus position) b. resting on a bed above covers or c. on a sofa.
4. Breathe in 3 cleansing breathes of pink and gold energy.
5. Relax and follow my voice.
6. In the beginning of your practice the process will appear to move very quickly, however once you are used to moving rapidly your inner guidance system will adjust and it will become natural.
7. As you come out of meditation observe your body, emotions, feelings You can journal any insights or awareness that are coming through as you bring yourself back into consciousness .
8. Although you can jump into a meeting right after, if you are able to sit quietly and focus on the outcome you are looking to create from the next thing you do, you will find that you begin to experience grace like you never had before. You begin gaining great power to create outcomes you desire!
9. As meditation completes, it is helpful to rub your hands on your legs, feet, arms, neck, belly and chest to feel fully present. There are no rules, some people tap on their body and enjoy the energizing feeling of finger tips on reawakening skin .
10. Know that you can create a quantum shift .
11. The more you practice the better your meditation and quantum field skill becomes.

HAVE FUN!

If you love these short sweet meditations and you can see doing long meditations would be uniquely blissful, I encourage you to visit our website for the full-length transformative meditation directed at improving your health, wealth, love and beauty!

About Meditation

This is the style of meditation which I teach my students: We begin with grounding and clearing tools. Then, we progress through steps to bring ease, focus, and

vibrant health to the practitioner. This meditation is a lifetime practice. For practice Meditation Recordings, you will start with the Definitive Guide to Meditation CD. I have provided you with numerous guided meditation programs. Find these by visiting our website and receiving the free [From Fatigue to Fabulous meditation program](#).

How To Be Unstoppable in Your Meditation Practice: Letting Go of Failed Behaviors

Avoid the hurried and scattered “grab a few minutes here or there” approach. When beginning a practice that will benefit you for a lifetime you need to make a commitment.

Find a regular time each day you can devote to your spiritual growth, regardless of other demands or priorities. This may mean you wake up earlier every day to meditate for twenty minutes before the kids are stirring or routine responsibilities are calling (or prior to bed or during lunch time)? Consider what is best for you and commit to it for 90 days—adjust if necessary, but honor your promise to yourself.

Give yourself a high level of permission to enjoy and experience your personal and spiritual growth!

Here are some things to avoid, and best practices:

1. **Avoid:** Meditating in an ungrounded or active space. **Best:** You want to find a spot (in your home or garden preferably) where you will meditate every day. The energy of this space is dedicated to your spiritual pursuits and self calming. You can still fulfill your daily practice when travelling. Carry a meditation cushion or a 12”X 18” piece of white wool which will become infused with your energy and remember to ground and own the room for yourself.
2. **Avoid:** Eating a big meal just prior to meditation. **Oops!** Food in the tummy is a big distraction. **Best:** A common practice if you feel you need nourishment is to have a cup of Chai or a small amount of fresh fruit so you remain in the bliss zone. Heavy meals will draw the blood and prana (life force energy) out of your head and into your lower chakras, meditation is about lifting up into the upper chakras, and enjoying the seven chakras above your head (checking there are 7 above the head? yes). This is so much fun when it all the energies are in sync!
3. **Avoid:** Sitting in an uncomfortable position or feeling chilled or too warm. **Best:** Intentionally create a beautiful, simple space. Experienced yogis and

yoginis enjoy a meditation shawl and cushion, but it is just as appropriate to sit upright in a chair with a cozy afghan wrap. Remember, these are dedicated moments of special connection with your sacred self. Give yourself permission to be completely comfortable and supported. When dealing with chronic pain, and in this case only, lying meditation is a good choice. I don't recommend this posture for others because lying down is the position for sleep so it then becomes sleep, not meditation ... of course sleep is wonderful and necessary but that is not the goal of meditation. Those who chose the lying down form must be extra diligent to stay present and alert!

4. Avoid: Self criticism and perfect pictures. Ouch! These are the pictures of having to "be perfect," getting it right, or expecting to be an expert immediately or during every meditation session. If you tell yourself you can't meditate, then you will fulfill that command, but let me reassure you that everyone can meditate.
5. Best: It's like exercising a muscle – the more often you work out, the stronger your muscles get. Likewise the more you practice meditation – the key word here being "practice" (not "perfect") – the stronger and easier your practice will become. Remind yourself you are in the learning/adapting phase and that you love the sacred time spent in meditation.

I provide you with beautiful guidance on the meditation tapes. Within a few days or weeks you will remember all the steps and we can enhance your personalized meditation program.

Relax, enjoy, have and fun. This is not serious stuff. It is the fuel for bliss, happiness and deep connection with yourself, the God of your heart and all others!

How wonderful for you to have come to a place in your journey where you can receive this gift of self love, care and awareness!

You are a radiant being of light and your miracle starts today!

As the number one brain rejuvenation expert, I'm very excited to see the transformations we are getting with improved brain function in both capacity and use for clients and students. The unique process of brain regeneration is done through a technique that I developed over the last seven years working with the individual's own stem cells and the quantum field.

THE BRAIN

The brain is an organ that serves as the center of the nervous system enclosed in the cranium serving to control and coordinate the mental and physical actions of the human body.

Brain regeneration involves a six step process. The results are consistent though we see a variance in how much the individual is able to incorporate. When an individual is very ill there is a longer projection for addressing related issues and system wide challenges. Each illness or malady with its own unique causes may be resolved by following the procedures laid out in the protocols found in Your Divine Human Blueprint.

Brain regeneration does not change your personality and in itself does not make you smarter. What it does do is raise the set point of surviving, learning, emotional ease, creativity, understanding logic and problem solving and access to your own genius to 100%. What that means is with brain regeneration you can learn and grow without the limits you were born with....Improving your brain capacity includes the removal of programs that first caused the brain to malfunction.

– Julie Renee

First we remove soul contracts, demonic curses, group mind, (memes) group mind virus, (miasma) black magic, curses, traumatic episodes from past lives, emotional programs and finally DNA. With the exception of DNA you might think of these programs as powerful thought forms negatively influencing our being. Once these programs are completely cleared out, the individual is ready for regeneration.

Step 1 involves clearing the large group of thought forms along with step two DNA obliteration – the removal of harmful or negative DNA programs must be completed prior to regeneration for it to hold. For example if you had a program for dementia in your DNA and left it there – it would still lay in wait to spring up at some future date.

Step 2 is brain regeneration.

Step 3 is the removal of all dark energies and spiritual parasites. Spiritual parasites are the topic of an entire book, so suffice it to say – just like the unseen dust mites that live in your eyelashes – there are entities and the like that inhabit the body and brain. We clear these out using the quantum field. The experience is usually very pleasant.

Step 4 is cell regeneration. The proper name for this step is Cellular Neo Genesis which is a process which requires working with the master cell – one brain at a time. Starting with brain on the survival brain (also referred to as the reptilian brain) using the quantum field we bring the master cell to 100% God state. The process might be understood better by thinking of an image of a torn leaf. Using kirlian photography you will also see the image of the torn away part of the leaf. It still exists. You've likely also heard of amputees having phantom limb pain. It's because the limb and the emotional trauma related to the limb have continued to exist. The human blueprint in its perfected state exists as an accessible template from which regeneration is possible.

Step 5 involves mirroring the healthy master stem cells to all surrounding cells. Amplified with gold energy this helps the fatigued and low functioning cells take a big step up and function at a much higher level.

Step 6 is where the magic and transformation is amplified. Up till now we have used the quantum field to clear and restore we use the field of genesis in the restoration of cells and finally in step six we use the field of amplification to promote the cascade of new cell growth. This process is stimulated by activating a program for regeneration of cells in the mitochondria.

Part of this process is to mirror the healthy 100% restored stem cells to the surrounding cells. This mirroring delivers a big boost to all the surrounding cells. The mitochondria is the fuel generator of the cell and it is in this part of the cell where the program for regeneration is contained. This mechanism supports us to begin a cascade of cell growth. From brain regeneration's inception we were originally getting 70 to 90 days of cell growth and years later we are witnessing cell growth up to 150 days. This is an extraordinary breakthrough from which the client, whether healthy and alert to begin with or a traumatic brain injury survivor experiences profound and very deep shifts and changes. We have created a foundation for incredible renewal and revitalization!

Steps 4, 5 and 6 are repeated in each brain.

- Survival Reptilian
- Emotional
- Creative
- Logical and
- Genius

One of the most popular results of this generation is the quiet mind balancing, Participants experience a deep peace and a new 'emotional generosity'. Life

continues to happen with it's ups and downs yet people who've gone through the brain rejuvenation process experience an incredible sense of well being regardless of their circumstances. Most folks are 100 times more able and ready to cope with the challenges that arise with a sense of ease.

Additional benefits include more brainpower to solve problems and expanded sense of creativity and divine connection, clarity and sharper focus, as everything in life seems to work better. The freshly (grown) brain finds excitement in learning – it's easier to grasp new concepts and ideas. Life becomes more enjoyable as the 100% brain capacity returns the individual to their natural divine intelligence.

Brain regeneration is truly the wave of the future and is for everyone. If you think about being a child ~ your brain is constantly growing and making brain leaps ~ why would we want this to end in our 20s and live with a brain that no longer gets stronger and smarter? This technique allows you to regenerate and if properly nurtured will continue to improve for up to 20 years! Imagine your bright future. We are using both cellular neo genesis and DNA obliteration to successfully grow 'new brains' for every participant with 100% capacity as the final result for each and every participant.