

Year of Miracles - Endocrine System Reboot

Good morning everyone and welcome to Year of Miracles. Today, we are going to be knocking it out of the ballpark with the endocrine system. It has been a really busy increasing week. I have to apologize. We were going to do 10 minutes before the class moment of miracles and I even had my staff remind me yesterday. Honestly, I've done like 20 things before class and I forgot to sign on. I'm so sorry.

Next month, without a doubt I will be signing on for our moment of miracles extra 10 minutes of prayer and singing and poetry. We'll get that in there. I am sorry, you guys. I know a few of you sign done early. Welcome to class. We're going to get started.

I only see three people signed in. Let me just see if there's something. Let me check and see. Oh, there's 45 people in there, so just three people have said hello. Let's see. Do use the chat box you guys. Let me know that to chat box is working. I only see three – three names in there.

Okay. Let's get started. Again, we're going to be doing the – the endocrine system and let's start with prayer. Mother Father God. Angels, golden legions, guides, gods, goddesses, saints, and sages of the greater and lesser traditions. Jesus and Mary. All the sentient beings who stand with us. The enlightened masters who stand with us to raise our frequency so that we might raise all of humanity. That we might bring love and presencing, regeneration and long long life to this planet. That we might restore humankind to freedom. Freedom and full self-expression but freedom from the prison of spiritual interferences, of programs, of entitlements, and control energy. We see this as a process and we are so grateful for the help on the journey.

We thank you for restoring the glands and organs of the endocrine system. Helping us to overcome obstacles that we might not even have charted or even know about. We thank you for the deep clearing that we'll be doing today and the regenerative experience. We thank you for the gift of cellular neogenesis. Of being able to connect with through the field of amplification, the divine human blueprint cells, the master, and stem cells.

We thank you for that gift of being able to mirror using the light of the cell. Being able to mirror to the surrounding cells so that we will immediately have an improvement in our endocrine system. For the ability and gift of the mitochondria. The ability of starting a cascade of new cell growth. Watching and experiencing and feeling the shifts in our body. Feeling our bodies rejuvenate as our hormonal body, our chemistry improves, and the gland function improves. We know that the glands and organs as they move to a

higher state of functioning, they mirror to the surrounding glands and organs that aren't part of the endocrine system and encourage those glands and organs to move up to a higher level of function simply by being that new set point in the body.

We know that this is one of the biggest transformations that we create all year, eleven glands and organs, all throughout the brain and body. We know that by resetting these at a higher function that they can and do influence higher function of everything in the brain and body. We thank you for the brain regeneration that is going on. For those who have maybe lost track, or the brain regeneration is stopped. They haven't been doing their meditations or they've had some alcohol or pain medication. Today, we know that we will get back on track and get that brain regeneration just restarted easily and without effort.

We thank you for beauty. For the beauty of the natural world. For the beauty that women and men bring into the world. We thank you for the beauty of art and dance and music. We thank you for the lusciousness and gorgeousness of our lives, of how we create our homes, and how it supports us in fully expressing the king or the goddess aspect of ourselves that our environment nurtures and uplifts us.

We thank you for our beautiful families. In this moment in this day, we notice that we are part in partnership with each of our family members especially those we live with that there is a partnership. If there has been separation, we notice that the partnership now becomes stronger as we recognize the gifts that they bring to us. We stop isolating and imagining us as separate from them but rather we're all part of a team. That doesn't mean bleeding into each other but really just we're all working towards the same thing of some kind of joy and love and family life. Fun, happiness, deeper spirit, spiritual knowledge, that we – we are team.

We thank you for helping us let go of blame, an assignment of blame, assignment of responsibility to others for problems. They may be malfunctioning, but we malfunction too. Isn't it wonderful to be a loving warm accepting person knowing that all team members have fragilities and strengths and even superpowers. When we focus on a superpowers in our family we began to really vibe in gratitude and love in a higher frequency because as we separate and isolate ourselves from people because of their weaknesses, we actually lower our abilities in the world. As we partner up and team member and cheer them on and less focus on what's not there, what's not working, and more focus – focus on you did it wonderfully. This is your superpower and I adore you for that.

We thank you for these words. Cherishing, respect, honor, love, compassion, tenderness. We thank you for the frequency and vibration of these potent healing words. We ask that these words be integrated more frequently into our vocabulary, into our language, into our syntax, into our spoken and written language.

We thank you for the acknowledgement that we receive. The acknowledgment from others and that our hearts are open to hearing who we are to others. How we love. How we show up. How we give to them. We allow that appreciation into us. We allow a new level of fortification and nurturing just from kindness shared between one another.

We thank you for our extended families, for the fun of summer, for family vacations and visiting family, and all the complications that go along with that that we grow and learn from. We thank you for the joy of the sunlight and the warmth. For providing for us streams of income whether we're on a retirement income and we get some Social Security and Medicare or we've found ways to run a business and run an Airbnb or have money coming in from an investment or an extra little side job of crocheting blankets for babies and selling a meadow boutique. We thank you for the income that we have. We bless and praise you and enjoy. We bless our bank accounts and we enjoy the flow of wealth and abundance coming in.

We know that all of these things that we've been winding around in this beautiful prayer are related to healing and restoring our endocrine system. As each gland and organ serves not only to function in its mechanical physical matter way but that each gland and organ also has a metaphoric reason for being and for bringing into reality something wonderful. We thank you for that, for that integration of the multi-dimensional experience of our body.

We thank you for the air we breathe, the water we drink, the food we eat, the people who love us, and the people who we love. Knowing that this endocrine system is healed with love. That this is the key to strengthening the endocrine system; to fortifying the endocrine system is love and we thank you for that. We receive the love coming to us and we get it in whatever version is coming we're getting it.

We thank you for the strength of the angels who fortify us. Who come to our trainings and stand with us and love us. We ask that if there are be blessings out of this class for the angelic realm despite the fact that they are not in a body, knowing that the endocrine system is very much like our spirit. If there can be a healing for the angels too, we ask that that take place. That all the sentient beings enlightened spiritual masters who stand with us get a clearing and get an upliftment.

Mother Father God, we thank you for the presence and the power that you bring to us. We ask that if there is some way that we can bless and praise and glorify you that – that – that be done in this miraculous transformative day that somehow, we make things even better for your experience. I know that's such a kind of from a tiny being to this omnipresent being. How could we possibly imagine doing something that would contribute to you and yet that is our intention. That we contribute love, joy, appreciation, and light to the expanding realm of enlightenment for humanity, for angels, and for all of those beings who connect with us in this frequency in love and gratitude and grace.

Everyone taking a deep breath in. Breathing in pink and gold as you breathe in. Breathing out. Breathing in. Breathing out. I want you to just really activate the pranic breath. You're breathing all the way down to the tips of your toes from maybe the top of your head. You're imagining that pranic breath re-establishing spirit and body so that relationship is very strong now. You're feeling very much connected spirit to body.

Breathing in again. Breathing in pink and gold or pink and green and gold energy or whatever is right for you. Green is the male color. Pink is the female color. All the way down to the tips of your toes. All the way through your legs; and your arms; and your fingertips; and your torso; and your neck; and your head; and just feeling restored spirit of body. We thank you, Mother Father God, angels all of you who stand with us. We ask that you hold this light for us to dramatically improve our endocrine system and all the metaphoric purposes of this system. All the function, the chemistry of this system. We thank you for your – your help and your guidance. Amen.

Then together we'll do the love wisdom affirmation. I am free to live a life of spiritual freedom and full self-expression. Liberated in love gratitude and mastery in this body here and now. My spirit is limitless. I am responsible for any limits I experience in this body and have complete access to the divine through prayer and contemplation to release myself from any human bonds I have worn as spiritual clothing that no longer resonate with my essence and [15:31].

Again, just a reminder, if you haven't been in class recently, that I've been talking about this song as being very very meaningful. We – we look at the – the sweetness and the connection. I've used soft the night, but it could be soft the morning or could be soft the day and sweet the spirit. Meaning our spirit, the gentleness of us, and the sweetness of us and the divinity of us. Gentle voices call our song and we've just connected with the angels, Mother Father God with Jesus and Mary and the sentient beings who helped us.

They're calling our song. They recognize us. They're saying we see you in your divinity. We are magic. We are wonder. When we live beyond the veil and I just look at that that

illusion of the physical and veil if you just rearrange those letters evil. I mean the physical reality can sometimes vibrate in a very low frequency. When we live beyond that low group mind group set point. We are magic and wonder.

Humankind, please raise your thoughts. That's what we do in every class. We think about things in new ways. We bring new love wisdom and new interpretation to our life. Bring a plane of peace and love that calm contentment that cherishing respect. We are the guardians of the pilgrims, meaning we are the protectors of the younger spirits. The ones that are more fragile. That we may assign blame to they did it wrong.

Now, we have to look and say we're in partnership with everyone on the planet. That we're the guardians of these pilgrims. That it's our responsibility to partner and help them. To mentor and guide them. To be on the same team with humanity. We are the authors of the play, meaning how life plays out. How things show up, okay.

Let's sing this together. Soft the night and sweet the spirit. Gentle voices call our song. We are magic. We are our wonder. When we live beyond the field. 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.

Then, of course today, we are doing the endocrine system reboot. The 11 glands and organs that make up the endocrine system. We'll be clearing and regenerating all parts. Then you'll see a list here. It's a lot to do so I think the best thing to do is get started on the chart.

We're doing chopping for 70 minutes. If you haven't began doing some hand movement right now I'd like you to do chopping. Then we'll do another four minutes of the drop and that should get us to the point where we can start the regeneration. Chopping looks like this. Chopping. You're just bringing your hands together in prayer position pulling apart just a little bit. Your fingers are held firmly either apart or together. Your chopping as if you're this your hands are a sculpting tool and you're chopping away that which is not you.

Here we go. I was feeling so strongly this morning that we needed a guided meditation and yet I was looking at what we needed to do. Spontaneously happened in prayer I think we had we did a kind of guided meditation. Like, I couldn't see a place where we could squeeze it in but there we did it. Everybody's going be chopping and I'm going to show you the chart. I'm going to finish up the chart. Actually, should I finish it, or should I just leave it?

Okay, I'm going leave it as is. I've done the first three columns, the second three columns of interferences. We're just going to leave we're going to clear everything. We don't have to identify and get a good result. I've done the first three columns. We're going to take a look at that. Then the last three columns, I didn't get to pull things out. We've got the whole master list on the last three columns which will be fine because we'll only be clearing things that are affecting the eleven glands and organs which look like a lot. It did look like a lot.

Let's go through the clearing statement. Right Permission and Ability to fully in all aspects of my blueprint, clear my entire endocrine system of all impediments to fully regenerate function to 100% both in the gland or organ itself. And then, the function and chemistry it produces to have each part talk to and integrate with each other well. And to get a blissful symphony of vibratory voices raised in joyous celebration of my incarnation. Removing altering, controlling, damaging, deceptive, delusion, demonic, disgust, dominating, evil, harmful, intertwined, illusion, intolerant, observing, parasitical, satanic, and suppressing.

Then, I'm just – I'm going to give you this clearing statement in the chat box. It's for those of you who really like and enjoy having that. Here it comes. Then to just explain a little bit about why I wrote it in this way. The endocrine system and the hormonal function is often referred to especially in women because we have 27 hormones that are kind of rising and falling especially when we're in our fertile cycles – fertility cycles.

They refer to – it's very much referred to as a symphony. You have different frequencies rising and falling. Men also have a symphony. It's a little more kind of the trumpet section and the horn section. Then all the Piccolo's and flutes and all those things that women have we have a few more extra added bonuses in our bodies, ladies.

Then the other thing it's also compared with the function of the hormones is very much similar, very similar to the function of spirit and body. They are kind of like the physical sister of the spiritual sister or the brother-brother whatever you want to however you want to refer to that. So, just knowing that they're related. They're intimately related the function of the spirit embody or the function of the hormones moving in body. They very much have a similar purpose and flow.

We want – as we work on in essence of course, we work on really in every way that we can think of restoring the spirit. We're going to imagine that the endocrine system then creates a hormonal body. It's a new concept to start imagining but if you can imagine yours – you have a like a hormonal spirit body in a way so that there's hormones functioning and doing a job in every single cell in all of your body. There's an action

going on from the hormonal body to all parts of the body, head, brain, neck, torso, arms, and legs, and feet, and hands.

You can just kind of began to imagine I have a hormonal body just like I have a spare body. They function hand in hand as siblings. I think that as the designers created this aspect of us. There was such a blessing in it that it would be something kind of familiar. Maybe putting together. It felt like we could collapse into ourselves easier. This way, I'm saying it in a nice way that we can match into our body better because the hormones are there.

I think when we – and we will be doing chemistry next month, so we'll continue to work on that neurotransmitters. We just want to keep looking at that new kind of way of looking at it like this is a symphony. If you can imagine a great hall with all the different instruments and people playing the instruments and imagine that being – creating this incredible sound that fills up this giant auditorium.

What a symphony does can give you incredible joy or an incredible feeling. Whatever that is. Hormones do do that for us. They do can, when they're functioning well, give us incredible joy and lift us up or it can be a symphony out of tune with the poor conductor can be a painful experience. I don't know if you've ever heard, maybe you know like a Youth Symphony that just really is having a bad day. That's a pretty painful experience if you think about that.

I use symphony on a bad day. That may be what your body might be feeling like right now is a Youth Symphony having a bad day. I don't know might be feeling like this glorious symphony could be that too and that's great. Then you just get a whole new clearing which will be wonderful.

We're going to be chopping for 70 minutes and then we'll do the drop for four minutes and then move on to cellular neogenesis. Okay, and then I'm going to take a moment here to say good morning to everybody and drink my tea. Yeah, I have this usually way to drink. I'm usually doing this while I'm driving because I have an hour driving in the morning with Adelia. I put my tea. It's a keto tea. It's got some different yummy things in it and this is what I start my day with.

Okay. See I've got the computer pretty far away from me, don't I? Good morning. Okay, Good morning Ilmay, Rodel, [27:04], Johanna, Eden, Dale, Jacintha, Penny May, Stephanie, and Elena. Silver, Rain, Anne Marie, Kathy, Fatima, Romana. Laurie, Kristina, Elena, Diane B., Suzanne Ann, Katherine Anne. [27:38], Mary Anne. Okay, I see you guys. Thank you, Martha, Chantelle, and all the rest, of you who are on the call.

Good morning to everybody. I love your clearing statements so beautiful and thank you for the beautiful heartfelt prayer. Again, yes, a beautiful prayer. A beautiful prayer. Beautiful. I think that's it. Gorgeous afternoon from sunny New Hampshire, okay. We thank you for the gift that these – your miracles classes are. Love and hugs to everyone from Florida. That's from Elena. Beautiful. Thank you, guys, for joining me and for knowing that there is greater blessing that we've yet to experience. That we are in a deep process of understanding how everything integrates.

I think one of the things the theme of the summer is what we were working on. And with our with our staff also, we're calling it the summer of miracles. We're looking at how do we integrate the what we know with what we don't know. How do we understand the multiple layers of function? If something isn't going up is there a purpose that isn't being experienced that isn't physical like maybe more metaphoric like a heart.

A heart is also a brain. It has neurons in it just like the brain does. It operates as feeling and love. You can have a broken heart which would potentially make your heart work – work less. I'm actually working on that myself today. I'm going to talk about that for just a minute. We move the computer again. Let me see here. Okay, here we go. There that [29:39].

A long time ago, I had a heart condition. I had an irregular heart. Irregular heartbeat. It skips three beats every 30 seconds. I cured myself ages ago about that. Right after we lost Vergil, the heart condition came back. The doctors have listened to it and said, "Do you know you have this?" I thought, "Yeah, that's a broken heart." When your heart is skipping beats and because I'm so healthy they don't treat it. They just say well it's an anomaly that we want to you know be concerned about but we're not going to treat it. Because I'm healthy and I have a healthy lifestyle but for me I want to just restore that. When you have a broken heart and what was so amazing is I woke up on Monday and for the first time, Monday morning, I no longer felt grief.

I can't say that I won't fill moments of grief, I'm sure. But it wasn't that weighty grieves that I'd been feeling that overwhelmed for months. I think have been four months of feeling sad and grieving for loss of our little boy. That feels like I'm more ready now. My heart can heal. I can feel more connected.

I think the other thing that showed up at the same time was I used to have – I used to experience rather, used experience asthma especially related to exercise. When I lost Vergil it was like that for me. They gave me an inhaler when I had a cold with Adelia. We both had or sick a few months ago. They gave me an inhaler and I realized I hadn't

had an inhaler for like 12 years. Again, it's the lungs represent your right to take up space and to breathe deeply and to live. To have your life. Having planned for baby Vergil for nine months and then having him born blind deaf and cocaine-addicted which I was prepared to deal with.

I was going to just love him up and just make sure that he got everything he needed and then the cruel experience of having the birth mother pulled him away. What happened was she decided not to get permission for adoption. She put him into the system so maybe when he was 12. If she was off of cocaine she could get him back which was very unlikely to happen. But that's what she did because she if he had come to us she would have never had a chance to get him back. She said, well, this way he'll stay in Alabama.

Anyway, that's that part and that feeling like I can breathe. I can breathe deeply. That would be another thing that I'm going to want to work on for myself now that feels like the grief is lifted. I know, even when I talk about that I feel breathless. It's funny.

We have to look at all the glands and organs. The 11 glands and organs of the endocrine system and what their purpose is. We know chemically what their purpose is. Now, perhaps we also need to look at metaphorically healing. Activating transforming anything that has waited those glands and organs down that has caused them not to function. I don't know that I have every answer for everything, all 11 glands and organs, but I do know that they have a unique and specific purpose.

The ovaries for ladies, we tend to heal from the ovaries. It's a place where we're creating. We're creating that whole areas considered physical creativity. Both creativity and generation generating and activating healing. Doing for others but that can get pretty clogged up if you have a lot of other people's energy in it.

The pancreas has a lot to do with love and the even distribution of blood sugar. I know from that – also that experience and having lost my first group of children and then my second group of children and I've always had an imbalance with my blood sugar levels. At this stage, I've decided there's some herbs that you can take. I don't know everything about everything you can do to balance your blood sugar, but when you heal the pancreas and then restore the function of the insulin and the distribution of hormones that come from the pancreas you can heal. You're going to heal. I think early on when I was in an abusive marriage I had hypoglycemia. I was fainting all the time. That wasn't a good thing either.

Okay. So just some food for thought. I know some of you have made an intention. I got a chance to review those of you who had taken the time to fill in the one-minute quick let's find out what you're looking for in this class. Actually, of the hundred and thirty-five students we had only ten let me know what they were looking for. Hopefully, I'm going to get what you guys are all wanting from this and certainly for those of you who are just like, "Yep, I want the endocrine system restored." That's great we're on track with that. A few of you said heart or thyroid. Absolutely, we're going to be regenerating heart and thyroid. Thank you.

Okay. I'm going to put the chart up. Actually, before we do that why don't we look at some images of what we're clearing. Here's just a simple, at a glance, endocrine system. The one difference this is a girl. Of course, there it is. Oh, there. We have the boy. The testicles here but everything else is kind of the same.

Hypothalamus, pineal gland, and pituitary gland. Parathyroid and thyroid. Adrenal gland. Actually, the heart. It's interesting, they don't put the heart. Heart and stomach are part of this. Pancreas, ovaries, and testicles. But the heart and the stomach and the liver – heart, stomach, and liver do have some hormonal function so we're not excluding those. That's interesting. okay so this one doesn't show the heart either. The heart does though produce – but the hormones that come out of the heart are actually just numbers. I mean the assignment of numbers is what it is.

Okay. The thymus on top of and here's the heart right here and the stomach right here. Parathyroid and thyroid. Adrenal glands, they're not quite even. Okay. Ovaries and testicles. The one side is female the other side is male. True androgyny, right?

Okay. That's our master cell. We're not quite there yet. Okay, then we'll go back to the chart. Everybody chopping please. Dale, it's easy to miss the one-minute survey because it looks like a reminder. Could you mark it somehow? When you send it, I almost didn't open it. Yeah, we can. Todd could you ask Kim to put an emoji in the... I thought we were going to do that, but I don't know how it happened. An emoji in the ten of the one-minute requests. I was just going to write to support with what Dale said. Okay.

Bless you dear one. I released grief in May and I'm now ready to move forward. I am grateful for these classes and they have helped a lot. Wonderful. In traditional Chinese medicine the lungs are associated with grief. Well, that makes sense then, doesn't it? Irregular heartbeat and having trouble breathing that makes a whole lot of sense.

I love your clearing [38:39]. It is so beautiful. Thank you, Chantelle. Thank you for this beautiful heartfelt prayer. Okay, a beautiful prayer. Good. Okay, I think we got all the comments. My heart and lungs are also better than last year so progress in the heart area. Anne Marie, I'm thrilled to hear that. That is so wonderful.

I took it that it would be helpful if I do the sixth column. Columns four and five I can leave as they are but column six let's identify what needs some more clarity on those. I'm just going to do that while we're pumping away. Everybody pumping please. It's probably going to give us some insight, I'm guessing.

That's all what's in the – that gives us our sixth column. As you can see, I did – well you can't really see. Let's see, here. I did column one completely. There's column one. The emotions, there. The actual – the most affected by this are Matter, Genesis, and Amplification for this clearing for the blueprint. It's quite a few emotions obviously, I think the endocrine system is a lot about emotion and rights. The endocrine system is about rights.

Hi everyone. I've been on the phone line. Good. You're welcome Carol for the beautiful prayer. You're welcome. On column two, there was quite a bit in column two. Also, a lot of entitlement showed up in here. A lot of timeline and prophecy stuff. It was a long almost two pages on the column two. Column three, I did do the anchors and we've got almost two pages of anchors too. A lot of anchors but that's also because we're covering a lot of territory. We're looking at a lot of stuff. It's the chart, and Julie Renee are really fuzzy for anyone else. Oh.

You can change the title of this one, right? Let's see if it has... Since we're just going to be chopping we've got about 14 minutes and yet before our first break. I think what I'm going to do is I can easily get these two columns done. We've got it exactly identified what we're clearing. I think that's the next thing I'm going to do. I'll have some music and you guys can do some pumping. We'll just continue on with the clearing. I'll just identify the spiritual interferences.

I've completed the chart and also then I did the back-up chart so just to let you have a glance at it. It would be the whole master chart with the clearing statement on it. We've got both. We've got the one that's specific to the needs of this class and then we've got everything covered. Endocrine B is here and everything on the master chart. Our first one is now fine-tuned for our class today. You've just made contact just in case there's some little piece of something that doesn't make it on to the chart that we're following for the day.

At the expense – oh, there's – I actually think there is a lot of glee at the expense of others that would be like it has to do with competition. I think that there's a lot of happiness at the expense of others. You think about all the different ways that people are competitors and they don't like each other. Are not – even on the same team they're not on the same team a lot of times. It's everybody in it for themselves. I think that that's definitely unacceptable frequency on the planet. I don't think that we all, that a majority of people on the planet have that not all for one and one for all but rather I've got to get to be the best I can be over and above what anybody else can be. Rather than setting the bar of competition of getting better yourself it's getting better than the others.

Yes, Aleena. Uhuh. Maybe. Let me check Johanna. Nope. I think that prayer. I definitely felt the angels really fortify our community. I don't feel any extra people here today. Let's do a love novena. That's a beautiful thing to do before a break. I greet this day with love in my heart. Excuse me. Tickle. Henceforth, I will look on all life with love. I realize 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, yet I love the darkness for it shows me the stars. I welcome happiness for it expands my heart. I endure sadness for 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. Yeah, exactly. Well it was a concept that I touched on a little bit also.

I'm glad you brought it up because I've been thinking about it a lot too in our prayer. We aren't – when we become the guardians and when we become the mentors and when everyone is on the same team on some level and that they're not separate up from us because they have a fragility or weakness or they're different than us or they look different than us but we're on the same team. Life takes on a very different flavor because then we feel protective and warm towards people. When you isolate and separate like this person has these flaws or they do things very differently than I do, I don't – I'm separate from them.

We are separate, so I don't want to say I want to like have us collapse into each other but that they're part of a human race. That we're part of a human experience. We're part of the whole human race whether you're a human spirit or an angel spirit or an elf or a dwarf spirit. I know we've got a few different spiritual beings in the community that live in a human body. [56:06] you are all welcome here. Whatever version of spirit you are but you're in a human experience. If you're in a human body or any human experience.

When we begin to just see that we're all on the same team. They were all part of one family. Life becomes very different. It does really become different. I know as having some really big stressors with Adelia and likely she felt my grieving. I'm sure that her

behavioral issues really flared because she was also confused and feeling stressed about everything.

Feeling mommy not her normal mommy but mommy struggling. I got to be really feeling like I was in an abused adult. That's actually been going on for a year where I just feel like it's, what is it called? Child abuse. Reverse, where she's abusing me and hitting and kicking and biting and all that stuff. More recently I felt like God or the angels showed me, it just felt very clear to me that we were on the same side.

A funny thing which was mortifying happened I was explaining to her I won't say who because you might know who it is, but I was explaining to a friend in the family about how she kicked me in the face like two weeks ago. She kicked me in the face and then punched me. She's learned how to make fist and then she punched me like 20 times and my ribs.

There are days when I feel like I don't know if I can handle this and then I think. Well, the behavioral therapist said that it would flare up for about eight weeks and then she'd start actually getting better. First, she's got a test everything and make sure that it's really that things are really changing with us.

This person said to me, get rid of her. Just get rid of her. She's killing you. You've just got to give her back. Give her to the system. Give her to the foster system because you can't take care of her. She's going to kill you. Like energetically I'm going to be so tired that she's going to kill me. He knows better. I mean that would just ruin Adelia and me. We would never survive that. That is not a solution.

I started thinking, "Well, why would you say that?" And I started realizing that he was thinking he was on my side and that she was the enemy. The two-year-old is the enemy. I got to thinking, well somehow, I've represented that I'm suffering, and he thought he was being a champion to me and saying get rid of her.

I thought that was a horrific piece of advice and told him you're not our friend right now. Please don't communicate with us. When I am willing to talk to you again I will but the advice you gave me was horrific and I don't want anyone in our world that would say something like that to me. I wouldn't say you're doing a great job. Hang in there and just listen to me.

But I could see that I had on some level had it that I was feeling abused by Adelia. When I shifted to were on the same team and we want the same thing, Adelia has some fragilities and some wiring in her brain the way; that she was born; the way that she

went through some drug exposure when she was in utero. Right now, we have to we have to learn how to be together with those short-circuiting things. Now, she's had brain regeneration a couple times.

A lot of things have improved but she's also in the terrible two's. She's in the mine on everything. I have to both take into account the alterations that I may not know how to handle and need to get help showing me how to handle. I can do all of what I can do on my part. I was thinking about this, like she's in some ways the weaker member of the team even though she is very strong and very willful and powerful. I have to look at it like were absolutely a hundred percent of the time we're a team.

I have to make sure that I help her be successful. For example, last night we went to a barbecue I arranged to do this Country Club thing that we joined this Country Club and my cousins were visiting. We all went together. There were a few little kids that were kind of running crazy and Adelia looked at me like, can I play? I let her go but she wouldn't respond to me when I said, you have to back.

She and four little boys ran out in the golf course where they were still golfing. She was so upset with me. I called her a few times. Adelia, please come back. You can't be there. She just wouldn't. She wanted to hang with the naughty boys. I went after her and I hooked her harness back up and she was crying like I want to be with the boys but it's my responsibility to make sure that she's successful.

When I could see that she could handle herself and stay in one area like the dance area the harness came off. When she started taking off in different ways just like I'd say you have to see where mommy can see you and she'd run outside or something then the harness went back on. It's my job. She's my team member. I got to really protect her and make sure that she's okay so that she doesn't have a lot of negative feedback from mommy.

She said to me a couple times yesterday, I'm naughty girl. I'm naughty girl. I said, no. You know mommy doesn't want that. I want you to be happy. There're so many things that you do all day long that are really good, honey, that we're going to focus on that. I started thinking about that little dynamic between us which is huge but how that reflects everything in life. I know we always –we've been talking about this for six months now. Maybe even longer about when you assign blame of any kind to anyone for anything that's wrong in your life, any stress, or anything you weaken yourself. Because your position is a position of you've handed the power over to them. You've assigned the blame to them. Now, you've given them your power.

What we always want to do is look at how we can take responsibility and then for in this case how we can really see the partnership even in the fragility, even when things are falling apart, and that can be in any way in life. We have Airbnb guests that drove all the way up from San Diego yesterday. He communicated a few times and then finally we made it. Oh, thank God, we're here. We're so tired. I said, you know what, I just felt like this extra. We're part of the same team. Feel free to use the hot tub.

I've never extended that to anybody, but we have a little shower in the cottage and it has hot water for like three minutes or so. It's a quick shower. We have a water shortage here so that's it set up on purpose to be that way. As I said, if you need a soak just feel free to use a tub and just you know. He said, "Oh my, thank you so much. Yes, I definitely want to do that." Just that little extra feeling of protection and I could give this to him is we're on the same team. You're not just a guest. You're a guest who's going to be provided for here.

Thinking about that with – it's been really interesting to have Airbnb guests because I'm extremely private. Some of you might know that we don't have a lot of company at the house because I'm very private. People say, well you can rent out some rooms or have a nanny live in the house. I'm really private. I'm a private person. It would be hard for us to do that.

And yet when I'm looking at what would be best for our family we're going to close off the lowest level which is a spa level. Where we have a steam multiple. We've got a waterfall shower and multiple showerheads steam baths walks out to a hot tub patio with a fireplace. We're going to start renting that I think in about a month. I need to get the bedroom furniture in there. A little refrigerator and microwave in there. We'll start renting that also because that will help our family.

It will also help people who come here because I have a massage table that can be included in that spa experience. They can come and use the hot tub, the steam, the shower, the back door, and the back patio which we almost never use. If we're going to do a party we'll use it but just the two of us we don't go down to that big patio, that's a party patio. Thinking that will help us but it will also help humanity.

If it's not me and them which is introvert. I think that's maybe part of the thing that I've been talking about is introversion. Int being an introvert or being an extrovert. For me I'm an introvert. I see myself separate and I see them separate, but if you see them as other humans having a human experience and wanting to provide something beautiful for other humans having a human experience is very different.

So, just having this conversation. Having wanting to stimulate that idea with you too, it's like love wisdom being on the same team. Who is it right now that you feel very separate from or in conflict with? Who do you feel maybe a roommate or a sister or your parents where you don't feel partnership with them? How could that happen and if you took on the wise elder role, could you feel in partnership? Which wouldn't mean that you'd agree with and behave like them, but it might mean a sense of more generosity and more ease as you related to them.

It might mean, how can I help make your life better? Might be more listening to them, presencing them but they'll feel it. There was an experiment if you sat next to a person, this experiment we did in – what's the landmark? What was it? We used to be called [1:10:13] so landmark education program. It used to be called [1:10:16] and then they had another name for it.

You'd sit next to a person and you'd think, you're a jerk. You're mean. You're awful. They'd be telling you something wonderful about themselves and you just think jerk, jerk, idiot, idiot, stupid, stupid and you just think these thoughts to them. The thing is that people who were sitting next to you who were saying, "Oh, I'm just so excited about this." And they'd feel that you didn't say anything at all. You just said, "Jerk, jerk, jerk, idiot, idiot, stupid." They would feel really uncomfortable in their skin and afraid of you by the time the minute was up that you had been thinking mean thoughts to them.

The truth be told is thoughts or things. When we think whatever we think it's picked up. The frequency is picked up by others. You have to begin to realize and even sometimes Adelia, well, she'll notice that I'm a little frustrated because there'll be a driver that's going - is afraid. Obviously, afraid. It's on the road going over the mountain. We have to go over the mountain four times a day. It's a big mountain pass and people who live here go 50 miles an hour over the mountain. People who don't live here sometimes go 20 miles an hour over the mountain and they don't think about pulling off and letting you by. They're just afraid. They're probably holding on and white-knuckling the steering wheel and they're like, "Oh my God! I'm going over those mountain post."

For people who haven't done that before, I'm sure. I'm sure it's intense. Adelia will notice because she likes to go fast and we're not going fast, and she'll say, "What happened mommy?" I'll notice that all I have a "Please move forward" kind of intention for that person. When Adelia asked me, the immediate thing I say, "You know what honey they're probably scared. It's probably their first time over the mountain. We just have to be patient and they might move. At some point they might move aside but we're just going to go a little slower today."

That also reminds me, if I'm speaking to a two-year-old about what happened it's going to be a generous speak. Sometimes your thoughts can be like, "Oh gosh! I wish this person would just get out of the way." It can be kindness like, they're afraid. If somebody's driving that slow on that road they're afraid that's obviously what it is. We can be kind and kindness because they'll feel everything. People feel it. Whether you know it or not it adds to their fear and anxiety.

So, just some food for thought on love with some... Oh my gosh, and I talked through our break. Right now, we're going to take a break. We may have gotten to the point... Are we at the? Yeah. three more minutes on chopping. The chopping will finish and the break. We'll do the DNA. I think it's the drop. We're going to do, when we come back for a couple minutes and then we'll start on their regeneration.

Thank you for inviting this conversation. I know that when I go off on these tangents that they're important for the class. Thank you for those of you who are really wanting to hear this conversation today. I think it's really important. It's an important exploration of sharing the planet with others and being the wise elders not separate from. I know a lot of groups they separate. They isolate. They say, we're the chosen ones or were the whatever - our group. What I really want to do is say we are the chosen ones who are the guides, the protectors, and the mentors. We're the ones who are the guardians and so as you take that guardianship role, you take that partnership role, you take that team member role, or team leader role, life becomes very different and more wonderful than ever.

All right five minutes. We'll be back at 10:19. If you want to you can start doing the drop in the middle here. The drop just looks like this. If you want to you can do the drop or we'll finish that up when we come back from break. Okay? I'm going to put up the chart, so you guys can see. We're almost done.

We are back. In case you didn't notice. I'm just getting the cellular neogenesis chart up. We'll turn the music off and we'll get going. That was so quick but needed break. Let's see. I'm doing this chart. This chart looks and done. Oh, let's put up the cellular neogenesis chart and we'll begin cellular neogenesis.

We've done the pre-work and so now we begin using the double pump. Everybody doing the double pump. The double pump is coming off the shoulders. Let me show you that. We're going to start working with the master cells, and the stem cells, and doing the double pump. Double pump. This is a double pump. That's we're going to be doing now. As we work with the master cells and the eleven glands and organs.

We're not doing the drop anymore. That's done, Stephanie. It's just this movement. It's a DNA movement but it's all done. I just checked the chart is done. We don't need to do that anymore. Let's see. I want to show you the next thing.

We're doing cellular neogenesis. Everybody's doing the double pump. I wanted to show you what the brain study is now out. We've got a tremendous amount of media requests for interviews. We'll be putting interviews into the calendar forever. Looks like lots and lots of interview requests. This is – I believe this is up on the website. It's 35 pages. I think it's – you can buy the PDF for \$3.99.

I have kind of refined. We've got that wonderful cellular neogenesis chart, but I've refined the information even more. The part that really changed was where we start talking about the cascade of new cell growth. I think we have to go back up one, here. That would be our third step which is a little down the road. I mean we've done really the pre-work is the clearing.

Step one is what we're doing now which is pumping to match the blueprint perfected cell for stem and master cells. Then we do mirroring. Cell to cell mirroring with the light of cell. Then the cascade of new cell growth from Lily restored stem cells and master cells using the mitochondria. Each area is drawing out something. The whole thing takes place in the field of Amplification and is supported by Genesis. Genesis and Amplification work hand in hand here and obviously Quantum is stimulating the transformation.

Where we often think, "Ah, 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 and master cells. We progress to new growth cells 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 1, day 2, day 3. As long as 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 at least by the third day. And likely for new cells are coming out if you're not doing meditation from the same stem cell that did eight new cells days 1 and 2.

You can see, over time, the refreshing of new vibrant healthy cells builds to hundreds or even thousands of newly regenerated cells all functioning at a very high rate from this

very intelligent high functioning master and stem cells. Then explaining that we're using the mitochondria to stimulate the cell – the new cell – the cascade of new cell growth. For sometimes – for like the brain, it's over 200 days.

I just wanted to share with you that the brain study is officially out as of yesterday. I believe it is on the website. Oh, yep, Todd put it up. Right? Our brain study is out. My intention is also to continue to work on that and turn it into a brain book. This is just 35 pages. It's basically what we needed to get established as a study. I did it more like a study. A book that would follow – would have details about our transformations. I would be more written in more of...

Anyway, it's written in a comfortable style. You can easily read it and not feel like you're reading a medical journal. It'll be nice for you. But my idea would be that I write maybe a hundred and fifty pages on our brain work and what we do there. That's there.

Also, I wanted to just show you something so beautiful. For those who are in class yesterday, you already are aware of this, but this will be going into Amazon probably next week. It's the Origins Book. It's a book of poetry. It's all my authentically my work.

Before. Before the time. Before the time of legends. Before mythology began. Before elements, time, space, and Matter. I am.

I exist in all. As the very essence of truth. My knowledge is limitless. I am the records of all. I am infinity. I'm breath, life, hope, joy. I am surrender. I am all that is pure and true.

And then it goes, In truth. I exist not out of some desire or will. Rather, I exist in truth. You can find me hiding in the belly of the biggest lie. I eagerly await your discovery.

It's 75 pages of beautiful exploration of the origins of humanity. It's really lovely. I'm very happy to be showing that to you. One last thing, if I can find it. I think this is it. We had a little delay but this gorgeous book about Vergie. Our little baby, Vergie, is now up on Amazon and has a new cover which I'm really thrilled with. Hello, Goodbye! I Love You Forever! That's the story. Our story. You can also buy that off our website and or on Amazon.

We've had a really powerful week. A week of transformation, of ringing into creation not surprising right after the holiday. The fourth of July. Freedom holiday. That a lot is offering – being brought out. I think the energy of summer. The burning of the sun. The longer days. All of that has...

I think also we've been doing stuff in our academy. We've done amplification. We've done motivation and momentum and consistency and balance and consistency. All these things seem to be fueling my ability to get more done. That's it. It's a good time. It's a really good time.

For those of you who are intrigued with learning a little more on the quantum pump. There's – first of all, I'd like to let you know that there is a class mastering the quantum pump. That goes through all the pumps and in great detail. I've just made a training video for new people who are coming into the program and then don't have an experience.

I believe that that will likely be up on Monday. You can write support. It has a quick demonstration of each of the twelve pumps that we're currently using in class. Well, you have it already. Okay. Great. Todd already has that. I thought there was an intro and outro but very good. All right, that's up. If you want to just kind of refresh in your mind. How do I do this?

This is just for our students. It's not meant to actually go out in the world. It's meant for you guys to like, how do I do that again? When you're doing a home study, or you haven't quite caught it, or you were distracted. The doorbell rang, and I was demonstrating something. You can look at that video. It's only eight minutes. It goes through all 12 in eight minutes.

Oh! Thank you, Laurie and Ann Marie. Let's keep the chart up just to keep us focused. Remember when we're doing the endocrine system, master, and stem cells. We're in the cellular neogenesis process. When the frontal lobe is regenerating, can there be some anger and mood issues? Like teenagers might experience during their brain development. I have felt like that. I don't know if it's connected with the brain regeneration. I haven't heard that before.

Anne Marie, I think that that might be a demon because anger is not authentically part of the human experience. Like the brain coming up. For teenagers it could be a demon, but it could also be hormone shifting or chemicals shifting in the body. It could be toxicity but for you I'm testing it I think it's Satan. One of the Satan beings. I've just cleared that.

I took the previous class. Does this one has new ones? Yes. The recent class that I taught on the quantum pump had. Is it coming? I don't know. But we have some new pumps. We have the DNA, drop, and we have the half-moon. You can – first of all, you can just look at the eight-minute video. The thing about mastering the quantum pump is

that we're doing the clearing chart to clear so that you're pumping power is at a hundred percent. That's what we're doing.

Oh sure, Anne Marie. You betcha! Oh! Good Penny May. Very good. Acne becomes stronger in class? I don't know, Elena. I don't know. Elena, I don't know that it relates at all to what we're doing today but I do notice that it has something to do with inflammation. That's where I see the source. Actually, is the source of acne is not hormones. I don't think. I don't get hormones or at fault. Something with inflammation and diet. Diet and inflammation.

We're doing the double pump and you'll see it right here. Do you see it in red. Double pump, Chantelle. How about we do some singing? This will get some energy up because I'm noticing my energy dropping a little bit. Are we having some usurpers show up? No, just energy helping.

Oh, mystical temple I sing in your glory. The sacred geometry folds echoing sounds. Oh, visions of... Let's see. Oh, visions of splendor and happy reunions. Through era and friendships that vibrate through time. I sing in your vibrancy, dancing of spirit. I sing in the echo the 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 pleasures 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 age to ages I've sang in your belly. I've cried in my sorrows and rejoice 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, I love this one. Let's do this one. This is for Mother Mary and just the kind of irreverence and sweetness in this one. A tenderness. The divine feminine in a very soft gentle way. She's incredibly strong and yet incredibly connected. I think Mother Mary comes to mind when we talk about this being on the same team.

Mother Mary was a team player and didn't bring a lot of attention to herself. Having really the privilege and honor but also the great responsibility and grave responsibility of being the mother of Jesus. All of what that brought the sadness and the joy and the all of the parts of being a mother to a great being.

Her sacrifice and her love and just the preciousness that she stays here with humankind. She's seen in battlefields ministering to the wounded and dying. She's visually as seen. She's said to be the Queen of Heaven and Earth. That she did make her ascension and then is really in service to humanity. She's on the earth every day serving humankind.

There is a softness about her sweet Mother Mary. I can only respond to her in awe. There is a reverence surrounding her. Precious Mother Mary, I can only respond to her in awe. There is such a holiness. There is such a holiness. There is such a holiness. Pure precious holiness. My heart's filled with ecstasy. My heart's filled with ecstasy. My heart's filled with ecstasy with Mother Mary as my guide.

To me, my spiritual path, I see so much in the Divine Feminine represented in spirituality. Even though we've come from a patriarchal era. Of course, there's a deep love and passion and compassion, respect, and honor for Lord Jesus. For all the beautiful beings who have come out of the patriarchal era.

The Buddha and Muhammad and all the great teachers. The teachers from India and from everywhere. But for me how the Divine Feminine emerged as the underdog. We got to experience the mother in symbology and in the underdog position. As cathedrals were being built these great monolithic cathedrals to Jesus and they'd have a cross with Jesus hanging off. All the men, all the disciples, and everywhere you looked there were statues of great men and priests.

As you see, men and angels everywhere. Throughout Europe there were labyrinths built in these beautiful cathedrals and these labyrinths were walking meditations. They really were very symbolic of walking into the womb of the mother of the Divine Feminine. Going into the depth of yourself. Your spirit self. Asking for your divine wisdom or the wisdom from the angels or God or Jesus or Mary.

You walk the sacred path. it's something that I actually have a wish to do on this property. It's a huge property. It's 3.12 acres. It's not huge but it's big and the land is cleared so a labyrinth could be put in if there were a team of people that came in for a day. We brought in some extra stones and maybe did some planting of our herbs and things in the labyrinth. The labyrinth for me is such a beautiful tool because as you walk slowly the traditional labyrinth that is that my Grace Cathedral, it's at chart. That beautiful. There're many traditional labyrinths, by the way, not just one. But that particular one, I like that shape because I was introduced to that one first.

I always start with a question of grat – first gratitude and then the question of question in my heart. What do I need to know today? It might be something very specific about a concern or an issue. I walk with a prayer hand. I walk with my hands folded. and I walk each step being a prayer. I'm not saying a prayer. I'm just a beach foot placement is a rhythmic quiet journey to my answer to the divine to bringing myself closer to my inner knowing, my inner wisdom. Making that passage and with a big one like in Grace Cathedral might take 20 minutes to get to the to the inner circle if you're walking prayerfully and just quietly one foot in front of the other.

Getting to the center and feeling like being in the womb of divine mother. Maybe just completely encompassed, held, loved, embraced. That in standing raw and exposed standing in the openness, the open heartedness being willing to completely receive, be the recipient. When you think about that the journey of being in the womb when you were in gestation, when you were an embryo, and a fetus, and a babe in the womb. How vulnerable you were and how dependent you were and how all their nourishment came through to you.

And you had everything that you needed. All good things and you were embraced in this warm room. That's very much the way the labyrinth is as I'm imagining that experience and really being able to get everything that you need as at the center of the labyrinth. At the center of yourself.

Then walking out in great appreciation with enthusiasm. A lot of times, I'll have a spring in my step when I walk out. Sometimes I continue that very quiet slow methodical movement but sometimes I'm happy. I've gotten my answer. I feel full. I feel joyous. The

song Sacred Path is about that journey. But I think also metaphorically you can think about that journey of life just coming into deep meditation of moving yourself deeper and deeper until there's a stillness and a quiet. Where you can receive and receive your answers and your truth.

Your sacred path leads me to the womb of the mother. And walking with reverence 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're restored we bring forth the light. Peace and center. Our calm and surrender.

Thank you, Stephanie. Yeah, we have we have lavender. I don't know. We have different kinds of lavender on the property. There is a labyrinth. It's not the – I don't know what the name of that particular labyrinth is but it's not the [1:50:58] Grace Cathedral Labyrinth.

There is a labyrinth here. There's several of those. One at St. Dunstan's that they put in this summer, outdoor labyrinth. There's one at Earthbound Farm's. They have a walking labyrinth that's completely surrounded by and has herbs growing in it. It's very wonderful experience to walk. Not with the hyperactive two-year-old. But, yeah, there are some labyrinth resources here.

I just feel like it any sacred circle, when I look at the sacred circle and that would be possibly the pathway might be laid with ocean washed stones. Maybe six or eight-inch round stones. I could see that. I can imagine that. Stone circle would create a kind of an energetic sacredness. A placement of even more power as we create a sacred circle and a sacred to walking meditation tool on the land. Something that would actually bring more blessings to this area which reminds me we should sing this stone, shouldn't we?

We're almost to the break time. I'm not going to miss it this time. Sorry about that. We're going to go up. I think the stones are pretty close to the top here. Let's see. Oh! Well, let's see where it is. The page. Stones. it's on 12th. I probably just assumed we passed it. There it is. Okay.

The stones of course is talking about the power of the stones. Any kind of stone on the planet that they are ancient beings wise and loving. When you recognize them as beings not just inanimate object, I got a rock. But this stone has a vibration and a frequency has wisdom and knowledge in it. It wouldn't be necessarily a sentient being. It

could be that there is something more a sentient to it but that there is life and wisdom and a whole maybe different kind of education that comes from the stones where the knowledge flows off of all that's happened in past and progressed as the stone has been on the planet for thousands of years.

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

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

The Avebury stones were laughing at me. Taunting me tempting me dancing with glee. Playful stones make love to me. In the circle of the stones. The 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 prayer for 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 peoples 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.

One more time. The stones they are calling me. Echoing through an eternity. Calling out to set us free. The power of the stones. The power of the stones. The power of the stones.

Wow! That was nice. Thank you. I felt that power. We're going to take a break pretty soon but before we do that I'll check and see where we're at with our regeneration. I'd love to hear from some of you who we've just had this conversation a few minutes ago about this sense of... Thank you. Chantelle for responding. Of being on a team. Of being in partnership with others. Of being collaboration. Of being the guardians of the planet.

I'm suspecting a lot of you are introverts like me. I want to know if you're beginning to have a sense of what would be different in your life if you adapted that. If you looked at everyone as some kind of a collaborator, some kind of a friendly being rather than they're separate from me because.

Because I think that's part of introvert's nature. Sometimes we were identifying what that doesn't feel comfortable or safe so I'm not going to inline with that. But I've just – I'm just wondering how that conversation is getting something started and used. Something maybe thinking about in a new way how you could be.

I know we have in front of us a family reunion next weekend. Really looking at, when I am with family who my family led by my mother who has a mental illness saying that Adelia wasn't welcomed into the family and was not welcomed into the family. She has never gotten Christmas cards or gifts from any of the family or really any acknowledgement other than some social media stuff that one of my sister's has done. But no, no birthday cards or no presence of any kind.

Adelia, for the first time, almost three years old. She'll be three in October, is going to be meeting the family that rejected her from the beginning. It's a really interesting thing to look at holding them as partners. That they were weaker elements of the equation. That they had fragilities and that not all of them has problems as part of my team, but some parts that didn't support my journey at that point were active and yet they are part of my birth team so my birth family.

How life might be different from me if I don't go back as separate and kind of ready to protect. Of course, Adelia is my main team but these are not – these are not Emmy's. These are people who have had their weaknesses and probably said, "Well, she's never going to forgive me now. She's never going to love me now."

It's entirely possible but that's the new story is that I will never forgive them because I have a daughter who's almost three. Who's beautiful. What if I walked back into that really just understanding that they have their weaknesses. They're part of my birth family team. The part of my team that I can just readily just let it go and have a physical experience with them that's joyful and honest and vulnerable and precious is what I would wonder. I wonder what would show up if that were that happened.

It doesn't even involving forgiveness. It's kind of letting the story just take a different direction. Like that they had a weakness and that weakness is also team members have weaknesses. I have weaknesses. There was friction but that was just a weakness and I

can look at that as that was one of their weaknesses and look at the strong points. What do I get out of the relationship or what have I got out of the relationship? What have I contributed?

I think one of the things that when we look at healing a rift of difference of opinion, different lifestyles things like that is just genuine warmth and affection. I don't know if everything, but my mother refused to talk about Adelia. She refuses to acknowledge that she exists. But even when I was going through the adoption process she said you will not do that. Then she wrote a letter to the adoption agency saying, she will not do this.

It wasn't a conversation that she was willing to have. She just was set on, "No. That's not happening." Of course, if you're not – if she's not willing then that's not going to happen. I don't know that there needs to be big conversations. I think there's just a warm accepting of everyone that just understanding. I make plenty of mistakes in my life and they've made a few mistakes and that's just the way it is.

Life is full of wonder and if we focus on the wonder and appreciate all the good that's what we're going to get more of. I know there are a few of you who already have my gift. I don't think that my psychic – my psychology was made up to feel safe. My mother was mentally ill from birth. From me being born. I think that I had an interesting psychological makeup.

I'm working now at feeling loved and connected in the world and feeling safer now. I don't have to be just an island unto myself on the top of a mountain where I'm safe in my sanctuary and not disturb by others. Maybe some of you are. I'm guessing some of you because you follow me and have some of the same kind of qualities that I have. Human qualities, emotional qualities that are maybe a little similar to mine. I don't know. I'm just making a guess. Could be that I'm wrong.

I think that when we start saying forgiveness we started saying that somebody was wrong and we're forgiving them, or we were wrong, and we were forgiving them. I think that nobody is particularly wrong. I think we have the way that we perceive things. We each come to the table with many lifetimes and our childhood, all different. My sibling, who's a year and half older than me, who decided to go from male to female now as transgender woman.

I had a very different experience of growing up and I did. My older sibling, female now, is very close to my mom. My mom was never particularly close to me. That was really

interesting. My older sibling really despises my father and I was actually really pretty close to my father.

We had we had a very different experience of childhood even though we were only a year and a half apart growing up in the same house. It was completely different. You look at that and you think okay well we perceive and imagine things differently. My older sibling is very resentful of my father. I sometimes think my father has some weaknesses in character, but I certainly don't think he is about a particularly bad person.

My mother is not a particularly bad person either. She came from a very very dark background. Given what she came from and what little permission she had to work on herself. She actually did pretty good. When you really look at it. She was very much interested in beautiful things and in art, to painting, and crafts, sewing, and there were many things that she did she could have used her power. She had some psychic power. She could use it for ill, but she didn't. She did the creative journey and I have to look at that good. Well, given what she had and what no permission, no rights to do to break out of - she did pretty good.

Thank you for those of you who are starting to share about what it might mean to be a partner, to be in collaboration, to be part of a team, to be a family whatever that is for you, and to stop being I'm this way and they're that way. That's the conversation I want to have next. We're going to take a five-minute break. We'll be back in five minutes. We're still doing the double pump. If you saw and you're wondering, "Are we still in the double pump?" We are.

We're somewhere between 85 and 90 percent through on most of the stem cell regeneration. We're doing great. We're right on track. The singing has really helped. Then this kind of soul-searching that we're doing, I think is really important. I think this time of expanded light sometimes it's a stuff we have to do internally and work on ourselves. This is working on ourselves too but its expanding. It's expanding ourselves. It's opening to more light, more connection.

A feeling of greatness of greater feeling - of being God on the planet on some level. Creator God got us on the planet. Not something small and contracted. I have to stay away from that but something bigger. Feel free to put comments in the chat box. If I don't get to read all of them in the next hour, I will. I promise I always read all the chat box, all the comments, and appreciate your heart. Really that helps me to know you and especially if you are aligned with what I'm talking about or you can see something for yourself that helps me even to feel closer to you which is beautiful. We have that kind of

connection. Five-minute break. We'll be back at 12 after and we'll go through the rest of the endocrine system. Next month, we are doing chemistry.

Oh! one last thing. Before we take a break, I wanted to give you a heads up because I'm going to talk to you about this when I come back. We're doing a month for women. It's really the women's month in August. In September we're going to do a men's month. But women just for you to know and look forward to, we're doing a goddess refresh which is rejuvenating, regenerating. All this stuff down here in your belly so the female things. All the female working parts down there, and clearing infections down there too, and trauma and things like that.

We're also doing gorgeous goddess, an eight-part class. We're using the simply beautiful foundational program, beautiful from the inside out, as our foundation but a completely new program. I'll talk to you about when I come back. Okay. Year of miracles, women are going to get that for twenty five percent off today. I'll talk to you about that when we come back. You can keep double pumping, please. I'll see in five minutes.

We're back. I just wanted to expand just a tiny bit more on the forgiveness conversation. I am of to believe that if we feel that we have to forgive or that we need to word necessary to get forgive then we're holding that someone is in the wrong, whether it's ourselves or someone else. If there is a deeper understanding that no one was ever wrong. That each person comes to the table with their own unique set of circumstances. If we have loving, compassion, and understanding that there are other views besides ours. A warmth and acceptance can happen. An acceptance that we're all unique and different. It's a hard concept maybe to grasp that now.

I have to forgive this person because he assaulted me. I had treatment for six months. I had post-traumatic stress. I have to forgive him at some point after a few months. I think that's it, I think we look at he saw it in a different way than I saw it. I experienced something traumatic and he was thinking he was doing something right. It was just – we were really worlds apart in our interpretation of what happened.

He wasn't wrong, and I wasn't wrong. Misguided maybe but from what he knew he was doing what he needed to do rightly. I think it's a big path to take - to take on allowing the truth of what is to exist knowing that everything that we bring in we've authored on some level and can release in a moment of compassion and understanding. It may be that on your path that forgiving something like that is what you need to do to have that step happen.

For me, when I look at the word forgiveness it means for me it means letting go of something I've done to harm someone, or they've done to harm me. I need to forgive myself or I need to forgive others. The same thing I'm thinking about which is a concept I learned really early. I was in my early 20s when I understood this. That there's this word sin that's in the Christian tradition.

Sin, by the way, most people traditional Christians believe it it's something you do against God and you need forgiveness for. I think that anything that we do that is out of alignment with love and honor and integrity, anything that we do that might in any way cause harm to ourselves or others, the sin is something we do against our own divinity. That we are doing something against ourselves. We are free to make that correction and to keep course-correcting until we bring ourselves into that beautiful straight ascension line.

Before that we make mistakes and we continue - would make mistake this way in that way until we find our way. Until we find our understanding. Hopefully, we're able to carry the knowledge and wisdom from past lives into present time into the Incarnation. I think the transformations that are happening for our students here are profound and remarkable.

You will if you are reincarnating many more lifetimes. You will take this knowledge and awareness with you, It's so deep. It's not just had a learning. It's not learning something from a book. We're exploring and we're going so deeply. We're removing with the quantum pumps and the charting. We're removing so much of what embeds the illusion and delusion and confusion. We're removing that and we're standing in a deeper spiritual awakening and awareness.

By the way, for the person who commented on Year of Miracles I – not Year of Miracles. The course of miracles, it's a beautiful course. and I just think we can even take it even further and it probably does in course of miracles. I haven't looked at course in miracles for probably thirty years but it's so lovely. I encourage the study of course the miracles if that's your path. Then wonderful.

I just had been wanting to just explain even what I think is takes it even further. There's a place where nothing and no one is wrong. We're here to understand and to gain knowledge and wisdom and anything that's playing out is playing out because we designed it to play out even if it seems impossible that we had designed to play it out. We, on some level, agreed to welcome it in. When we're clearing our fields and saying no more violence and abuse. We've done – you've come into the violence and abuse class and cleared your field. Not likely you're going to magnetize any violence or abuse.

I just understand, it may have been set up in a past life or may now been set up in this life, but it's continuing on. That's what we're working on in all of our classes is to keep course-correcting. In any challenge there's a blessing. In any challenge we took a challenge on to learn something to grow to grow deeper.

Let's see where we are with our activation with the stem cells. 98%. Just three minutes more on the stem cells. These classes are all about having compassion for ourselves. Beautiful. Food for thought. I certainly connect with what you are expressing from Johanna. Wonderful. I like the conversation a lot especially thinking about the gifts of my brothers and sisters, mother and seeing them as a team. It feels expansive. This is off the topic, but you look so pretty. Oh! Thank you. Color is beautiful on you. Thank you, Carol.

Forgiveness to me means letting go and giving it over to God. Okay. Must one revisit the class to do pumping or can we do the meditations to receive the benefits? You can pump on your own a hundred percent of the time. Anytime you want. You can get – we request in this class, since we're regenerating the body from head to toe over the course of the year, that you do a half an hour meditation a day. If you want to revisit the endocrine system that's about four months you would wait and then you do it again. If you wanted to revisit the class and do the replay in four months you could, but we'd want to leave things alone for the next four months because we're starting the regeneration now. That answers your question, Lori?

Trusting. Obviously, Elena. Trusting. Jules, that being aligned with sacredness of the earth that you will ask and invite each of the stones which whether each wishes to form the beautiful graceful labyrinth in your property. Unlike some of the labyrinths out there where stones are hurriedly thrown together into a labyrinth. Interesting idea. I have this idea, Elena, that all the stones want to help me. It's very deep in me that I have a relationship with stones.

It's amazing how energized they are around me. We shall see. We shall see how that comes in, but I think we can do a blessing on the sound. Obviously, if the stone doesn't want to be part of the prayer circle I would. I couldn't imagine it though because I used to have such a partnership with them. I just received five minutes ago my foundation and all, grad gift. Thank you. Much love to you.

Oh! Wonderful, Shirley. I finally got to you. Oh! my goodness. That was a long journey. You are welcome. I feel very close to your way of thinking and feeling can identify with mostly everything you are sharing with us. Beautiful. Thank you for sharing that,

Ramona. I think sometimes also when we're introverts it's even hard to speak. Thank you for doing that.

Very interesting food for thought. I too have a tendency to be off by myself as does my husband. It's one of the things we share a love of quiet time. Quiet time together especially. I have never thought about the concept of forgiveness as potentially implying that someone was in error, but I know when I want someone to say I'm sorry I feel like they made a mistake. I'm interested to work more with the concept of strengths and weaknesses as parts of the team. Seems much more forward-looking rather than needing to recover from something in the past. I like the idea that I can review my past, myself, and create the future in partnership with those around me. Very interesting concepts. Beautiful, Martha. Thank you for sharing so much.

Ingrid, yes. It's about forgiving your misperceptions. Yes. Beautiful. Yes. I understand that. That may actually make sense. Yeah, I like the idea that people who have been problematic for you may have agreed before incarnations to help you learn something you needed to learn. It helps me feel the collaboration with people I tend to suffer itself from. Beautiful.

Chantelle, when I take the time to reconnect with my divine essence and I realize I get pissed at people because they drive too slowly, etc. and I remind myself that we are all interconnected part of a team. I start sending blessings to people. I treat others with compassion courtesy and basically the way I would want to be treated. When I do that I feel strong sense of connection to God. I feel more peace within me and that is just me, but I feel that this is one of the ways to reduce the chaos around us. Uh-huh. On the freeway, in Costco, etc. and makes the world a more peaceful loving place to live for all of humanity. I agree Chantelle.

Catherine, beautiful mind set for the reunion to introduce your gorgeous daughter to her extended family. Thank you. Forgiveness is the key from Stephanie. Everyone has their story and we can forgive them for not knowing what they were doing. Yeah. And even just even beyond that just allow that just allow it so thank you. Serious food for thought, I'm going to adopt the mindset especially with my youngest teenage daughter and husband now it's up to me to remember to do it. Angels help. Okay. Beautiful. I think that's all the comments.

Anne Beam. There's Anne Beam. I'm positive thinker, Julie. And I'm a Libra and all goes great for me. And I think positive all the time. And I hugely appreciate your wonderful contribution to all of us. Yay! Anne Beam. Elena, yep. Pretty in purple. Thank you. And Laurie, thank you. Oh! Great. Beautiful comments everyone. Thank you for sharing.

Let's see. Just two areas that are just another moment or two. I'm going to do some blasting and not talk for a minute or so. We'll get those two areas up and then it will be starting the mirroring process. May actually finish this a little early that might be interesting to see if that happens.

Again, just reminding you we're doing the hypothalamus which is in the center of the brain as kind of the producer-director of the body tells a lot of the endocrine system when to come on and off when to release hormones. The pituitary gland is more towards the front like close to the third eye. That's the human growth hormone and other things are there too but human growth hormone is the big Fountain of Youth.

In the back of the head the little pineal gland. Looks like a coffee bean releases melatonin and it's really helpful with sleep. We're going down into the neck we see the thyroid and parathyroid. Now, the thyroid has a big role to play as metabolism, body temperature, energy, lots and lots of weight, and lots of things go on. The parathyroid just really do very very little. They do a small role. They do they deal with calcium in the body. Calcium distribution.

We go down to the thymus which is on top of the heart. The thymus really helps produce your immune. It works on your immune system and not the whole shebang with the immune system but it's largely producing the t-cells. The heart has some hormonal function, so we do the heart and then we go down to the pancreas, blood sugar. Behind the pancreas the adrenals on top of the kidneys. The adrenals, adrenaline, and cortisol, testosterone for women. Little testosterone comes out of the adrenals and ovaries for women. Men, it's largely coming out of your testicles. Then continuing to move down we have ovaries and testosterone.

The liver also has some hormonal features and stomach. The stomach does too. The stomach right under the heart and liver and I think that's it. Ovaries, estrogen, progesterone, ODHA for women. The adrenals and women estrogen-progesterone out of the ovaries. Testosterone men for the testicles. That's very kind of like the major players but there are many many things that are happening with each gland and organ that I've listed. More chemistry than you can imagine. I think that the adrenals have like 18 different chemicals that come out of it not just adrenaline and cortisol. Many many other things come out of it too.

We're at a hundred percent but there are five people that are just less than a hundred percent. Most of the class is at a hundred percent. I'm just working to get everybody to 100% so that we start the mirroring process and then the cascade of new cell growth

with everybody in the same ballpark. Not just a few people hanging back that maybe have really had had poor function in one or more area that are just a little bit slower coming up. Just five people. It's not a huge number.

Oh! Yuki I agree with your thinking on sin. Thank you and you're welcome. Yeah. Good. Good idea, Catherine. Someone who is triggering you is helping you to find the parts of you that aren't yet healed, that aren't yet aligned with your true self, your true nature. They are blessing you by triggering you.

Okay. Let's go on to mirroring and that'll be platter please. Everybody do platter. Then go on to mirroring now. Platter looks like this. In the ancient Greek where the word sin comes from it means missing the mark as in archery. Interesting. It's also curious the word sin and the word sincere are almost diametrically opposed, aren't they? Sincere, honest, reverend, humble, sincerely but I don't know sincere is used very lackadaisically. It's not used with that preciousness that I think it is. it probably is a very precious word that has become very weakened by the way that we use it.

I agree. Lots of precious words are trivialized like hope. Jenna, I do understand what you are saying and in a lot of ways I feel the same way. I'm beginning to see what my path in bringing something to the table but I'm still struggling with my introvert nature. I still have plenty to forgive. Okay, Jenna. I think in an instant it can shift and I understand there's maybe some commitment to staying the way you are because it's safe somehow. Could be that it is safe.

Okay. The mirroring is done and we're going to move now into a cascade of new cell growth. We went through the new explanation. I will eventually get that into our cellular neogenesis chart. It isn't there now yet but understanding that the actual cascade is from only the stem and master cells. Not from all the new cells that are being generated that are just worker b-cells. They don't they don't create new cells.

The stem and master cells are doing a great job of continuing to create new cells. Usually in the endocrine system, it's not everywhere because different glands and organs have longer times but about approximately we're looking at four months on the endocrine system. Every generation. Next month will be ideal. We'll have been two months into the brain regeneration and a month into the endocrine system when we take on the chemistry. I think that'll be really wonderful. It'll be set really well for us.

We've got about nine minutes of pumping here. We're going to be done at about thirteen minutes. We might finish up a little bit early. While we're doing the double pump

or platter, either one for the cascade of new cell growth. Let me just mention a couple things that are unique and coming up.

I have mentioned we're having a woman's month in August. A 25% discount on the beautiful program, which is Gorgeous Goddess. We're going to be doing things really kind of differently. We're looking at like say this part of the arm because we regenerate the body beautifully. We're working on beauty but we're going to be looking at the purpose of this which is a creative channel. It's also a strength and an ability to receive, told and receive.

We're going to be working on the creative channels of the arms; the creative brain; the creative centers here, heart; and second chakra area, womb. When we tune up the creative, the arm and tighten and tone in the skin, we'll be working on a metaphysical level to tune up creativity that week.

Another week we'll be doing face and what you're facing. When I was facing grief, my face looked very sad and drawn. When you're really looking forward to your future, when you're facing something in present and in future that you're looking forward to that you're joyous about, your face sparkles. It changes. It tightens and tones. We'll be working on that.

Breasts parasitical energy can come. Breasts are for nurturing and feeding when we have babies. They can get kind of weighed down with pulling on energy from teenagers or adults or friends or whatever parasitical energy. We'll be clearing away the hanger honors on the breast and tightening and toning and lifting a lot of women who want a little bit bigger breasts. We'll be working on that for you.

But each of the eight classes, it's an eight-part class that goes on for a few months. A couple. Two and a half. Three months. Each of them will have a theme that will expand on something on a deep level, on a multi-dimensional level. We've never approached things this way. We'll be working metabolism and digestion. Of course, we'll be working on the legs and the different features of beauty that we always work on.

But really taking a look at what is the multi-dimensional layers of meaning and purpose in each area. For you, because you're a year of miracle students, we do have a 25% off link. If you want to sign up today, ladies. There's a payment plan and 25% off. I invite you to join in.

The enrollment page hasn't changed yet. You'll have to give me a few more days. We had so much to go out this week, writing wise that I haven't had a chance but probably

by Monday or Tuesday you'll see the new content. You've heard me describe it and believe me it'll be wonderful. Using the foundational beautiful from the inside out meditations and then having these amazing deep clearing activations. Something really spectacular. You mean you are going to teach us to use natural Botox? Exactly. Exactly.

For people who have done simply beautiful or beautiful from the inside out, you were graduates. You will get a half price link that for every class we do, if you're a graduate, you get a half price link. That's yes. Surely you will get a half price link, or you can just ask. Just reach out to support right now. They have the link ready. I'm sure for you the half-price link.

Okay and let's see. What else did I want to tell you about that's coming up. Those are the things that are kind of on my mind. At the moment, we have overcoming addictions, obsessions, and compulsions. That should be really good. It's coming up pretty soon. It's like in two weeks or something.

I thought, "Oh! I want to do something bigger on technology." And thank goodness in September we have six hours on technologies. We're really looking at this new actually psychological diagnosis of technophrania, which is a psychological diagnosis.

It's actually made it as a diagnosis of people constantly checking their Facebook and their texts. They're checking whether they're getting a message or not getting message just every whatever. Every six minutes a teenager checks their phone in their waking hours. Over 4,000 texts a month for teenagers and a lot of adults are doing the same. It's an addiction. I am going to be addressing that in the second class which is the technology class.

We'll have Overcoming Obsession, Compulsion, Addiction and that's really working on all of that from the core of who you are and then going on to the technology. That's in August and then technology is in September. Technology is a six-hour class. We're going to be cleaning out the technology, so it doesn't have interferences in it causing problems. We're going to be clearing your relationship with technology and then addiction energy.

We have Overcoming Fear and Anxiety. That class is coming up too. I think for many of you that would be a wonderful class if you run any anxiety or any level of fear that could really make a nice difference for you. It's a just two-hour class. It's an easy class to attend.

Okay. Those are things I wanted to mention to you. That's it. We're almost there. Another minute or two. Should we go out by singing? Let's sing a song. Soft the night and sweet the spirit. Gentle voices call our song. We are magic. We are our wonder. When we live beyond the field. 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.

Soft the night and sweet the spirit. Gentle voices call our song. We are magic. We are our wonder. When we live beyond the field. 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.

If we are doing a class from the record, are we still getting the benefit of group work together? You are. Yes. That's from Stephanie. Then Johanna had a comment here, I see myself in everyone when I find myself being critical of someone I realized that this is something I need to look out within. I'm grateful for the reminder to forgive and love and accept myself. I also see the divine in everyone. I believe that we need to be loved and accepted. I see forgiveness as a gift for me. It has nothing to do with condoning behavior. It means letting go and letting God. Thank you.

Was this also to restart the brain regeneration? No. I was working on restarting brain regeneration for anyone who slowed. This was just entirely focused on the endocrine system, Ann Marie. I did a restart for everyone. Everyone has a nice strong restart in the brain regeneration, but we didn't do anything in class to do that. I did that.

Okay. We have another minute or two. I think we're good. I feel really good about the training. We have a few videos that you can stay on and watch. You can pump for another minute or two of it. It looks really rock-solid. I think two more minutes of double pumping will shore up everybody. There're just a couple stragglers with a little tiny bit left.

Why don't we end now? Just love you so much. Have an amazing weekend and I'll see you next week. Just enjoy yourself and have some fun and feel more connected. I guess that's my blessing for you today. Bye-bye for now. Stay tuned and watch a few of the videos come on for another minute or two.

Prophecy, this is a training to educate you and help you clear prophecy as a problem in your space. Now, there are 16 types of prophecy. We've known about them for about a year. This is the first time we're actually going to be able to have the time to look at, understand, and clear the problems. We've never defined them before.

They'll be a really fantastic chart. Really mapping out how prophecy came to be, each one. How it controls in your space? What it takes away from, suppressants, dominates you? Whatever that is. Whatever that prophecy is doing in your space. Then we're going to be removing them one by one. It's going to be an amazing class. I'm looking forward to it. Only you need to do is enroll and clicking the link below and get yourself started. Okay, we'll see you in class.

Sleep invaders is an ongoing problem for a lot of people. Now, even if you've gone through the trilogy. You've done demons and aliens. And you've done waves, transmissions, and frequencies. I do recommend that you do the sleep invaders class.

We're going to be approaching this a little bit differently than we did last year which was such an eye-opener. We're going to be working with what is happening when your sleep is being invaded. When your energy is being harvested? We're going to be looking at about 20 different issues that happen from invasion during sleep. We're going to be unhooking the anchors from all the spiritual interferences.

Everything that we've got listed from demons and aliens and angels and humanoids. Everything that's on our chart. We're going to be covering everything. We're going to be looking at how they are able to steal your energy or steal your lifeforce or steal light of cell or whatever it is that they're doing in invading your information and your intelligence. All of that. Maybe your waking up tired.

We're going to be approaching it in a new way this year. We're going to be looking at the aspects of what's happening and clearing those aspects from your physical body and from your sleep state. This is a time when your spirit is resting. It's off, relaxed, and resting. This is a time that you're not on guard you want these anchors, these access points removed because you're not there protecting your body.

Even though we're working on that in our trainings, we also want to make sure that there is no access of any kind for a lot of crossed dimensional that are doing this stuff. That we clear their access points, so they stop removing causing rapid aging. All the things that they're doing. Removing our life force. All of that stuff. It's a very very important class. I hope to see you in it.

Hi. I want to talk to you for just a minute about overcoming fear and anxiety. This was quite an issue for me in my early life and in my middle years. I felt very overwhelmed with anxiety. I was afraid of life. Afraid of everything. I had panic attacks. I was on medication for three years for anxiety, extreme anxiety. I overcame that.

Part of that was clearing away all the energies around, maybe spiritual interferences and projected energies in my space like control energy. Over time I developed a very confident and competent nature. Overcoming fear and anxiety begins with you. We start with really just clearing the foundations of fear and anxiety. A lot of times that spiritual interferences. Begin to look at who you are as a competent and loving individual.

We do some reframing of why you're here and why you are maybe out in public. We look more towards contribution than over emphasizing the attention to yourself. That's part of anxiety is just like you feel like you're in a bubble of personal overwhelm. We begin to have you feel more confident and stronger in your body. Stronger related to your body so that you can stand firm and then be a contribution when you're out in the world.

First time we're doing this class, overcoming fear and anxiety. It is a student requested class. It's something near and dear to my heart. I'm looking forward to seeing you in the chat box.

I've got a really powerful class for those of you who are struggling with some kind of addiction, obsession, compulsion issue. That is Overcoming Addictions. We do it every year. People get miraculous results. I want you to look below the video and notice the comments that people are making.

This is not just for alcohol and drugs and cigarettes. This is also for sugar and bad habits, internet addictions, social media addictions, pornography addictions. It covers everything. We're going through and we're doing a deep dive clear out for you on those things. Even TV addiction. On all those things that prevent you from being in charge of you. Okay. See you. Just click the link below and we'll see you in class. We'll get that addiction...

We're doing an advanced entitlements class. How to remove entitlements and get free. It's basically, something's got a hold on me the advanced version of it, 401. We're going to be working for three hours straight on one day. It's going to be a get at all in and understood. We'll be doing clearings on that day. You'll likely have homework. This is entitlements like family entitlement. For me was like 20 hours for me.

I do the blasting, so you'll likely have homework but we're going to go through each one individually. You're going to understand them and we're going to get a good start on them. You'll see where others have control in your life, why they do, whether its financial or sole family or birth family or your spousal entitlements. You'll understand it and you'll begin to clear it.

You'll have the right clearing techniques. The right-hand movements. A good idea of what kind of clearings are going to create. What kind of freedom for you. We've done this. We did this last year. It was fantastic. We're going again this year, deep dive. I'm sure that we'll get some new approaches and new information. We did get one new entitlement. A past life entitlement showed up. We've got one new thing on our list.

Looking forward to seeing you in class and continuing on our ongoing quest to be ourselves. Be fully ourself, in our body without the entitlement energy that changes who we are and changes our result. Usually lessening who we are and lessening our result. All right. Well, all you need to do is click the box below and enroll. We'll be working very hard in our three-hour class. It's going to be fun. I promise. We're going to be pumping away like crazy. I'm going to be blasting for you the whole time to get a good jump start on entitlements.

Well, it's time once again for your Goddess Rejuvenation Course. Goddess Rejuvenation. We've called other more technical names in the past. Honestly, what we're doing is we're waking up, cleansing, purifying the beautiful part of you that's juicy and sexy and luscious. May have gotten a little beaten down or worn out a little bit and needs a refresh. What we're going to be doing is doing a big clearing and a rejuvenation of the female baby making equipment essentially the uterus, the fallopian tubes, the ovaries, the vagina, the labia, clitoris. All that stuff.

We're going to be clearing away anything that is kind of a lower energy. For example, if you've had a miscarriage or you've had an assault or there's some darker energies down there. We're going to clean that up. Also, we're going to be doing clearings on things that maybe are infections like HPV virus and herpes and some of those things that might be troublesome in that area.

It's a wonderful goddess rejuvenation experience. Everyone who's taken this class has loved it. We will be doing some fun things. We're going to be doing some powerful activations for all of you goddesses who are ready to feel juicier and sexier in your body right now.

Hey I bet you are already beautiful from the inside out, aren't you? But you know what? It's time to really activate that gorgeous goddess of you. I know, I've been personally working on that myself. I've been following some protocols with nutrition and have actually lost a little more weight than I have been able to in the past. I'm going to be sharing some of those secrets that I've learned with you. We're going to be doing some activations in the body and meditating for 60 days.

This is an eight-week program. It's luscious. I promise you you're going to get some wonderful results. Of course, we're always in the summer working on skin. We'll be working on cleansing and ways to maybe get the body to let go if you're holding on to extra weight.

That was one of the things. A lot of times people just want to tighten and tone and just feel like they're radiantly beautiful from the inside out. That they look younger and healthier and happier than they ever have. That's what this program does. You fall in love with yourself. I promise you.

After a week of meditating on these beautiful meditations on really activating the goddess in you. You look more beautiful, but you also emit a beautiful kind of I love myself energy, which is intoxicating. I invite you to Gorgeous Goddess be Beautiful from the Inside Out.

[End of Transcription on 03:01:54]