

Crystalline Moments by Coni Meyer

JULIE RENEE DOERING

I was promised the Garden of Eden, but was living a hell, a hell on earth. And it was because I hadn't asked for more...

Kathie Nelson's journey from an insecure wife and mother to international writer and speaker is a path that few of us as women have taken. We often choose a life that we have been told to take either from our parents, our spouses or how we perceive the world wants us to live.

It is only through design that we change who and what we want to be. We all have 525,600 minutes in a year. We can design how those minutes are going to be used or we can default to our conditions and circumstances to decide for us.

The next interview is one that will take the idea of designing our lives to a whole new level. Just like Kathie, Julie Renee was a young mother and had major health issues as a young woman. Hers is definitely a story of being in the wrong place at the wrong time, and from that journey, recognizing her gifts and abilities on a plane that most of us will probably never reach, even though we all have the capacity to do so.

As a young girl, Julie Renee was traveling on vacation with her parents across the Nevada desert when the government was testing atomic bombs. She was exposed to radioactive material that created a life of illness and near death experiences.

Now Julie Renee is a renowned expert on brain rejuvenation having worked with neurosurgeons, psychiatrists and other professionals in that arena.

She cheated death, survived numerous cancers and was ready to give up. Just like Kathie, she spent a year unable to walk and was in a wheelchair.

Ginny, Donna, Karen and Tricia, Kathie and Julie Renee have found their calling from lives that were first by default then by design when they took control of their own destiny. We will probably not ever have to worry about being exposed to actual radioactive material, but we are surrounded by conditions and circumstances that are certainly dangerously radioactive to our lives.

Not all of us want to become authors or international speakers, but whatever the vision we have for our lives, these women provide us with tools we can use to move our lives forward to live the life of our dreams.

I met Julie Renee at a conference on how to present on stage (preparing myself for events once this book was published). She was one of the presenters and when I heard her story it blew me away, I had to meet her. I also knew I had to include her in this book.

In many ways, Julie Renee's story is very similar in the beginning to Kathie's with one very notable exception, her exposure to radioactive material from the Nevada Atomic Test Site.

There are not many of us that can say that and she is very fortunate to be a survivor and go on to be able to offer help to people suffering in all aspects of life. She received enough toxic exposure to turn her youthful health into a fight for her life at age 24.

Here is what she has to say in her book, *100% You Formula*.

"In short order, I had seventeen surgeries, multiple cancers, and five Near-Death experiences in which I died twice. I spent a year in a wheelchair and was told I would never walk without pain and that I would need to rely on canes."

Today, she has a thriving business and has written a textbook used by neurosurgeons and other professionals on brain rejuvenation. She spends her time teaching and helping people overcome all types of health, wealth and relationship issues through her work.

Her work includes clients such as a top-level NASA astronaut, Google VP, Pentagon officials, a United Nations Ambassador, Hollywood actors and even members of the liturgical profession.

Her students include members of the sciences including physics, psychiatry, internal medicine, theology, surgeons, holistic health practitioners and professional people from all walks of life.

Coni: First, I must ask. Do you recall any Crystalline Moments when you were actually exposed to the radioactive material?

Julie Renee: I wouldn't say there were any moments at the time of the exposure, but there were many moments in my 20's when I was facing terminal cancer. One of them was when I was having trouble staying awake.

I went to the doctor and told him I just could not stay awake. I was pregnant and what they discovered was terminal cancer. I was four months pregnant, a born-again Christian and they mentioned the word abortion.

They knew they wouldn't get anywhere with me; they just mentioned it and went on. Right then I made a decision to provide life to my child. I pleaded with God to please save my baby.

What that plead produced was a baby that was born on his exact due date and he was 8 pounds. This was from a cancer-ridden mother that was 5'6" and only 104 pounds. That beautiful baby boy was an absolute miracle of life.

Once he was born, I was in the fight for my life. When he was about 8 months old, I collapsed in my living room. That was one of the times when life left my body. At that point, I was only 96 pounds. They told me that they expected me to die within two weeks.

When I was reaching the end of the two-week period, and they were expecting me to pass, I collapsed again. This time I was alone and no one was with me. Again, I was a spirit looking down at my body.

My thought was, "Oh no, it's over." And then, "Oh no, it's not over." I saw my life fly by. All the scenes of my life fell before my eyes. I pushed myself back into my body and forced my spirit back in.

I forced myself to start eating; I hadn't eaten in two weeks. I'd had multiple surgeries on my neck which had given me a terrible unbearable pain to eat so I just stopped trying.

At that point, I plumped up. I decided that now I know I am supposed to be here for a reason. I know there is something special for me to do here. I'm not supposed to die yet.

I turned it all around in six months. I had gained 50 pounds to the surprise of everyone. I was still very sick but turned the weight issues around. I went on to have more surgeries but the decision was that I was here to stay and I was here for a reason, no matter what happened.

Then there was a Crystalline Moment eight years ago in my garden. It came over a period of a week when I was in so much pain. I'd had 17 surgeries; I'd spent two years of my life in hospital beds; I had been in a wheelchair for a year. There was a 'come to Jesus moment' where I said, I can't do this anymore.

I had worked on my will over the previous couple months, so I finished it. I called my oldest daughter and said, "Honey, I want you to pull the plug if anything bad happens and I will go." She said, "Mom, I don't want your money. I want you to stay!" But I said, 'You have to promise me if any one more thing happens...because I don't want to do this anymore.'

She agreed to do it. But in my mind, I thought that maybe I was going about this the wrong way. I was thinking about it in the wrong way. So over the course of the next few days, it dawned on me that I had begged, pleaded that I would survive, that I wanted to see my children grow up. But I had forgotten to put in the formula that I wanted a 100% healthy life. So what I did, I just survived.

Coni: Yes, the universe gives us what we ask for!

Julie Renee: In that dawn, that wake-up Crystalline Moment, which lasted over the course of a week, I realized that I was promised the Garden of Eden, but was living a hell, a hell on earth. And it was because I hadn't asked for more. So I went to my garden and prayed.

I was convinced that I was willing to die, or be totally healed. One or the other! But I was going to stay in that garden just like Buddha, to pray and meditate. Just like Buddha who was

told that he couldn't be enlightened because he was too wealthy. He was told that no son of a rich king will ever be enlightened.

He stayed there for 40 days and became enlightened. It was the same for me, but it was instantaneous. In the first day, I watched myself start lining up in my perfected state.

Now what has happened in the last eight years is that I've developed a way to access the human blueprint with the quantum field and actually grow back glands and organs that have been surgically removed.

My life is incredible and when people hear my story, they can't believe it. They think I am 20 or 30 years younger than I actually am. There's no evidence, no outside evidence that I was ever sick.

Coni: Absolutely amazing! Was it after your garden experience that you realized you had this special gift?

Julie Renee: I would say I always knew that I had a gift of healing. The wake-up call was the understanding about how much we can control how and how good the gift can be. We make a choice of how we are going to live.

It seems unfathomable. I was going to all of these doctor's appointments, seeing all of these alternative people, and I was working on myself, taking supplements and exercising. I was doing everything I needed to do, but I hadn't changed the program patterns and mindset to be 100% healthy.

I think there's one thing we miss and that is if you don't believe that it is possible, then it is not going to be possible. If you believe you can be 100% healthy, then you are going to move towards a much higher ground than a person who is just surviving.

I'm talking about 100%. So many people want the 80-20 rule so they don't have to live full out. You must live in the realm of possibility that you can be 100%. That doesn't mean that you're perfect. It means that is the realm you live in.

Coni: I remember when you said that you realized you had this gift and how you became ill and went off by yourself. Was that before this happened or was it after?

Julie Renee: Before. I was born a clairvoyant and psychic then at age 32. I went to the Berkeley Psychic Institute. They tested me and could not figure out why all of my psychic abilities were at 100%. They asked me how I could live. They had never seen someone like me.

It was really miserable for me for about 10 years. I had information overload. On top of that, and the reason I retreated to my house was because I developed an extreme sensitivity to the environment. I was hospitalized several times for extreme allergies.

This type of over-stimulation and the sensitivity go hand-in-hand with my psychic abilities. I went on disability and stayed home for a year. I spent most of my time in prayer and meditation. I had incredible insight while in my home. I was living a very inward life, then after about a year, I had gotten the message to go to India.

I went to India and it was amazing. I was recognized by all the gurus. They all knew who I was. One greeted me with, "We have been looking all over for you. I've traveled all over the planet looking for you." I needed to have that trip to remind me of who I was. It was so important to make the journey even though I knew my work was in the West.

Coni: Are there other people in your family who have this gift or are you an anomaly?

Julie Renee: I think being clairvoyant, psychic and having healing gifts runs in families. There are definite signs in my family members. One of my daughters is a healer.

Coni: When you were going through the 17 surgeries, being who you are, did you know what the outcome was going to be before the surgery?

Julie Renee: Yes, I did. I would have visions the night before the surgery of what the tumors looked like and I told the doctors about it. They would be shocked at how accurate my descriptions were.

Coni: Where were the tumors located?

Julie Renee: My thyroid had to be removed in 2 pieces, my cervix, my uterus, ovaries, and my fallopian tubes. There were many, many tumors on the uterus. The cervix also had tumors all over it. There was a lot of pain.

Coni: You have now worked with so many high level professionals in the area of the brain regeneration. How did you happen to start working with neurosurgeons, physicists and those types of individuals?

Julie Renee: It happened organically. I left real estate in 1993 and started a massage practice and taught yoga. I knew being a real estate agent was not my calling. I needed to be in something that was very calming and soothing...somewhere I could put my hands on people.

I had this powerful energy that was flowing through my body and this was how I could give people healing energy. The practice spread like wildfire. The first week as a student, I was doing practicum and I had 18 massages.

It was like there was this message in the universe. "Oh, there's a healer! Get over there!" I was booked nonstop with my massage practice and people spread the word that I had an extraordinary touch. It kind of morphed and after the garden experience, I developed a way to translate it and teach it to nurses and doctors.

I wrote a book called *The Divine Human Blueprint*, a 600-page manual that has just been released. It is a book on all of the steps for regeneration.

Coni: Can other people learn to do these techniques?

Julie Renee: I have a course online called the Activate Master's Program that is the basic introduction of what I do. I have taken some time off from the teaching I have been doing for the last five years to scientists, doctors and healers. I have developed a program that is designed for anyone to be able to take.

Coni: I come from a completely different background and I'm sure there are people out there with a bit of skepticism about all of this. You have a way of healing and regenerating the brain and other parts of the body. How do you explain how this really works to your clients?

Julie Renee: It actually works by using a quantum pump, so basically my hand is pumping the quantum field into this realm. We are generating a master stem cell and bringing that up to 100%. It is like in topography where a leaf is torn away but you can still see the leaf.

The blueprint for the functioning 100% master cell exists in reality. So we bring the 100% functioning master cell into physical reality. In the minor cochlea of the cell—it looks like a little caterpillar on the outside of the membrane—there is a program for regeneration.

We just push on that regeneration program once we've got the master cell doing 100% and we've mirrored this master cell to this remade cell so they will breed at 100%. Then we grow a cascade of new cell growth for 110-115 days.

We need to take care once we have the regeneration. We need to tell the body that we love it and we want the brain to grow back. Therefore, no alcohol, no pain medication, which are both brain cell killers. Then drinking at least 16 4 oz. glasses of water every day will keep the brain well lubricated.

There are also brain exercises, like Luminosity or IQ programs, learning new languages...maybe a new computer program to keep the cells growing. You will start to have brain leaps. If you can get the brain leaps going for the next 110 days, you can have brain leaps for another 16 years.

Coni: How does stress affect all of this?

Julie Renee: As far as brain regeneration, stress does not stop the cells from growing. But if you're not sleeping or sleeping on high alert where you are not relaxing when you fall asleep, you're circumventing some of the cell regeneration. You only regenerate cells when you are sleeping soundly. So if you are stressed out and you are not relaxing when you sleep, you prevent the cells from regenerating.

Coni: For people that have had a dramatic Crystalline Moment in their life and are searching for something, what are some of the pearls of wisdom you can share with them?

Julie Renee: My surviving status was the moment my doctors stopped believing in me. Maybe they never believed in me or my capacity to heal. There was a point when I went into a recovery group and they told me to stop trying so hard and give up working. That was a moment when my intuition said, these people are killing me. I ran away from them, canceled my insurance and stopped seeing medical people.

You've got to listen to that still, calm inner voice...that voice of truth that says you are greater, so much greater, than anyone has given you credit for. That you are magnificent and that you need to protect and treasure the sacred you.

That means putting yourself with people that love, nurture and care for you. And you, before you are even with those people, must love, nurture and care for yourself. YOU are the one writing the script. So it is you that decides for your life.

If you are just starting the journey through your Crystalline Moment, you may have six months or a year of ups and downs. I'm not saying I don't have ups and downs, but I have a specific regime. I meditate every morning, I exercise every morning. I eat well with my protein and greens in the morning. I'm setting myself up to win regardless of what's going on in my world.

Julie Renee's story emphasizes the importance of listening to that still inner voice and in recognizing when outside forces are not allowing you to live the life of your dreams. Whether you completely understand what she does or not, she has taken energy and healing to a whole new level.

Her important message is to remove yourself from people and circumstances that are not taking you in the direction of your dream. She is the proof that we can strive to live at 100% and that we write the script to make that happen. So the question you need to ask yourself is what does your life's script look like.

She talks about how she was doing everything. She knew how to do but she had not changed her mindset to do more than survive. This is once again proof that what we put out to the universe is what we get back.

Once she changed her mindset from just surviving but living a 100% healthy life, her life changed. Did it happen overnight? No, but when you start moving in the direction of what your life is all about, looking forward and not back, you can fulfill the opportunity that your Crystalline Moment brings.

To learn more about Julie Renee and check out her programs and books, go to: www.julierenee.com.