

## **Fifth Immersion Special 4-hour Session**

Good morning. I wanna welcome you to the last of your ruby immersion training. After this class, you will be receiving the PowerPoint and I've also got a word document. So you can go through the check list on your own.

Today we're gonna be talking about human chemistry and basically the real vitalization formula. Now when you're going through the human chemistry reboot, you're gonna realize that it'll take potentially 12 to 20 hours to really do a good job and you still make me need to do regeneration of glands and organs, the different locations that provide human chemistry.

So, I'm gonna give you the very basics. I've worked out the formula a few weeks ago and I have to say it's amazing. I've gotten through much of it myself and my chemistry has radically improved. So, I'm very excited to be showing the formula. The step-by-step. And I will provide for you the word document that you could just check off one by one, as well as this nice PowerPoint.

So please sign in. Let me know who's here. I can see that half of the students are here. We have 10 people registered and 5 people in. So let me know who's here. And I don't have the chat box open, that's why I can't see. Hi! "Gilas here." Okay. Wonderful. This, by the way, is a 4-hour class and we'll be at least getting through the very basics in the 4 hours.

Okay. Just waiting to see who else is on. So, please just sign if you can. Just-- All you have to do is say, "Hi." or "It's me" or-- 'cause your name will show up. So just so I know who's on the call and then we'll get started.

Alright. We'll-- Then we'll start in the field of amplification. The-- Oh good. Nina. Great. Nina. Wonderful. Okay. So in the field of amplification, we're gonna clear demonic curses and evil spirit curses. So these were the two biggest culprits that I saw. Here we go. So we're just gonna go ahead and pump demonic curses and evil spirit curses. By the way, we'll also be clearing in that-- Lucifer stops. So we're gonna-- I'm gonna add that to that slide. So the Lucifer stops which are in-- they're in the field of amplification. Yoops! Oh oh oh. So let's see. Through-- You can't see what I'm doing but I just added that one. Here we go. On to the PowerPoint. There we go. ... Good. And back to you.

Okay, so. Pumping Lucifer stops. Demonic and evil spirit curses. If there do happen to be any soul contracts or soul contracts of others negatively affecting your chemistry, you can also clear that but I didn't see that was a particularly significant issue in chemistry but you can, obviously, you can do it.

What I've been looking at is that Lucifer stops are in the blueprint itself but we can clear the relationship-- think the next time that we gather or I have a group of people that I have a high energy vibration. I'm gonna go back in to the blueprint and remove the Lucifer stops from the blueprint itself.

I'm a little tired today. I taught for 3 hours yesterday and then taught meaning during activations and then had something like 20 job interviews with people. So you ... on an early on Saturday morning but we'll be doing a good job of removing the Lucifer stops more the-- get there physically. Also to let you know, a decision has been made about the-- where the location of the class. So we will do your emerald class at my home and I believe that it's November 8th and I believe that we have that up on the website, the date. If not, we'll provide that for you with the replay. That-- we'll be meeting at my house. We'll be meeting in different rooms so we won't be just in the little room. My furniture will be here. The painters are arriving next week and the whole house will be painted in 2 weeks. So very exciting.

So we'll-- we have some outdoor locations. You'll wanna dress for mild weather, meaning it won't be summer, obviously, November 8th. Also just to let you know if you're interested either in being a diamond and like an angel, helper, ambassador, you wanna help in the back of the room, that-- those positions are available for London currently. And if you wanna review the diamond class; not to be helper but just get in there and just feel great and get all the activations and not be worried about, you know, you're job. That-- all review classes now are 997. So if you wanna review the ruby level and re-do the next ruby level you can come in at 997. The diamond level at 997, so. Review is now available.

Hey, Nina. You gotta really take that conversation somewhere else. I appreciate you asked it and I'm gonna show something that's gonna be so interesting to you. Remember how we removed the archon stops? The archons had taken our vision and that those were reptilian race, and then there's Lucifer. These people and beings, entities exist, and whether they're aliens or they're part of this dimension or they're demonic. They exist, so.

Religious system beliefs in it or not. Doesn't really matter 'cause it exists on this planet. So kinda think about it more globally like, you know, potentially Lucifer is from the angelic-demonic realm. You know, there's the-- so, you know, anyway. I just wanna say that, it's just stuff is not about belief. I know Tommy had said to me, he doesn't believe in demons and I said, "Well you've got 12 of them. They're in your skin." and he muscle tested and he did have 12. So even if he didn't believe in it. They were still there. So this is a universal, global-- doesn't anything to do with Christian, mysticism-- we're clearing stuff that affects the blueprint.

I was looking at the Lucifer stops and they affect about 70 percent of humanity. So it's a hundred percent of humanity in the blueprint itself but it's 70 percent of human race has the Lucifer stop and it affects a lot of things, so. Actually Nina-- I think, what we were doing in your session, I did clear Lucifer stop on something related to family. Beings being able to get in and out of your body, so. I mean ... will be taken out of the blueprint. Just like the archon thing from the reptilian race taking our vision that needed to be cleared. So it's just that.

And when we talk about things, we're not really talking about religion, we're talking about talking about energies and some religions have defined energies. And so I think the Sikh tradition defines less and then the Hindu religion defines so much. It has so

many gods and goddesses. You know, different ceremonies and formulas, so to speak, for dealing with different challenges, so. Yeah. Hope that answers your question.

And really being open-minded is helping me track down the things that prevent us from going to full expression. So I've been testing and there's 3 things I haven't discovered yet and so I'm really on a mission. Is it in the blueprint? Is it in amplification? Is it in the physical body? Is it in perception? Is it in bloodline? So, you know, is it from the spiritual pest and parasites? You just have to really-- to really take this to its fullest level. Have to be really open to whatever shows up. And open meaning that humanity has existed for a very long time and we've been very blessed to occupy this planet.

There are many other things that occupy this planet right along with us and some of those things have been such a blessing like the angelic realm, and the guides, and goddesses and gods from India, and the Supreme Being. And, you know, there's many-- there's 7 levels of angelic beings. So probably 7 races of angels. And, you know, you think about we're in the-- we're occupying the same space and also different alien races are occupying the same space. They might not be embodied but they're occupying the same space. And so when you look at that more cosmically and like, "Okay. So that exists." So it's not a belief. It is. It's an-- It just is. We're not alone in the universe. Humans are not alone in the universe. There are many, many other things that exist. Let's see what's come in.

When you clear a Lucifer stop; you clear a Lucifer stop, not the 7. And like I said, I'm hoping to remove that from the blueprint. So we remove it in the field of amplification as a Lucifer stop. I'm giving you more information. So this is new. You haven't had this in your 7, but we're really getting it more sophisticated as we go. If I can find more of what it is. When I have about one person-- I don't know. We got probably 6 or 8 people that really haven't gotten the brain regeneration. Even though I've done what I need to do with them and so that's looking at what are the things that are in their space that allow them to not have the full regeneration that other people have. Like, I've done everything. We've cleared everything.

So, you can add it as something to check in the field of amplification but it's not actually an amplification; it's in the blueprint itself that we're gonna go in. I'm gonna go in and remove it, so. It's affects people because it's of their blueprint in a negative way. So, some beings have gotten in and messed with the blueprint. And I see one of my roles in the next figures is to correct those things that were messed up in the blueprint. In the meantime, you can pump it out of the space for the individual who has the problem. That it is an overall affecting lots of people. So I hope that helps.

And you're gonna understand what you understand and there's gonna be things like, "How in the world did I get to a Lucifer stop?" And I was checking, what is this that is so powerful. Is it satanic? Is it demonic? And I got no. It wasn't satanic or demonic. It's the dark. Like I-- Yes dark but that wasn't the definition of it. And then I was like, "Well if I don't say satan--" Which is kind of a group consciousness. It's like a miasms-- satan is, because satan, you know, there's satan worshipers and followers and how everything amplifies because of that.

If I went back to-- Was it from an angel? Was it from a demon? Lucifer, in Christian mysticism, Lucifer sat at the right hand of the Supreme being and helped oversee the planet. The development of humanity and was a-- what was considered a fallen angel but he sat at the right of god and helped like a son or a business partner. And I have to believe in that-- in all mysticism, there's some element of truth that the story comes down, so. If the Supreme Being from another dimension, another plane, another planet helping humanity move along, Lucifer perhaps, also from another plane-- although he's said to be a fallen angel. So perhaps and-- I understand from reading scriptures-- I read the bible 5 times through a kid. That the personality of the Supreme Being changed dramatically. So in our accounting, there have 3 Supreme beings on the planet that take over and they rule for a particular amount of time or oversee for a particular amount of time, and then the next one steps in and takes the position as presiding deity or the planet.

So, it's very complex in some ways. And how did I think about it. It came in my mind. I wonder if it's-- I wonder if I has to do with Lucifer and I got a yes. And so, you think about the role that Lucifer played in undermining, so. Lucifer was at the right hand of god meaning knew everything that was going on and then went to being contrary and so knew everything that was going on in higher realms, positively and could look and maybe undermine things because he had a unique view of things. And in some way, I think, the contrast was purposely created. I don't know. When I look at the relationship of Jesus and Judas and the betrayal; it's almost like there betrayal, in spirituality and in mysticism, has to happen. So that people can step up. We sometimes, you know, when given the choice to step up or step down, we grow spiritually or we digress and perhaps given the opportunity at some point again when it gets bad enough to change our ways and move the other direction, so. I hope that helps.

Oh. Oh, okay. I've never seen Lucifer forever in movies but appreciate having seen some horror movies or something. I hope that explains it. Satan is more like a group mind virus. It's kind of this thing that has been really built up. And if you could think about an energy, that is Satan or satanic an energy, so that's a group mind virus. Lucifer and Satan could be many different beings. If you test like 70 different beings could be showing up as Satan, like 70. Seven zero.

Lucifer was actually a being who was the Supreme Being's helper. Lucifer was like at the right hand. So meaning really was the right of man. And then don't believe anything in the movies. There's nothing. Nothing real or true about what you know about the movies, so. When somebody does fantasy like that-- I'll say fantasy. They're going for the thrill, so. Okay. Let's see. We cleared-- cleared the Lucifer stop. The evil spirit curse and the demonic curse. Very good. So we'll go on to the next slide.

Okay. And the next thing we're gonna clear is demonic energy from all the-- from all of the things that produce chemistry and your ability to produce chemistry. So from the entire body, we're removing demonic energy. Sometimes I see this showing up as-- we'll do a regeneration on the gland or organ and then-- or the part the produces energy and then it won't actually-- you still have to really work to get the chemistry to improve. And I think that the demonic energy is one of the big problems with this issue. So, when you have regenerated something and it's not really doing what it should do. For

example, adrenals and pancreas really need to produce. I mean-- and liver and the heart. I think about on the brain. All these things really need to produce like the neurotransmitters, and the hormones, the enzymes. Everything that we need to really have our body function well.

By the way, I did this process about 3 weeks and it's fascinating to me and we won't be able to, like I said, we won't be able to get through all of it. We'll get through all the details and probably won't be able to clear you to zero on everything. This you'll-- be homework for the next 4 weeks for you to go through it. It took me 12 hours to go through the basic and then what I discovered was that there were a lot of other issues affecting chemistry. So in addition to what we're doing in here-- And I'll show this information with you too. Air, water-- So you must have your air-- air affects your body chemistry. The land you live on affects your body chemistry. Your home affects your body chemistry. Your car. Your office. If you have a company, the corporation or company affects. Your computer. If you have people working for you. If you have, you know, clients they affect your body chemistry. The food you eat. If the shows you watch, if you watch TV or movies. And then that support chemistry, if you play an instrument. If you paint and you dance. Like creative things and happy things. Helping people often supports your chemistry. Other things that affect chemistry, individuals-- so you have individuals in your life-- sometimes its soul to soul match. Your soul to soul communication. So you might wanna go through and clear karma chemistry with the all the people that you're working with.

And, you know, there's another thing that I discovered as I was doing this which is that-- and so we're-- by the way, we're clearing demonic energy. I'm sure you all notice that. Test how-- how much you can be. Like, Can I get to 100 percent? So I had an 80 percent rule that I can work on myself to 100 percent but I can experience 80 percent. So I love for you to get a number for yourself and test and see how-- how high you can get. Okay. Few more people have joined us. Very good. Let's see.

"Prime creator and Supreme Being are they the same?" They're-- they're actually not the same. I test no. And then Nina wants to clear the Lucifer energy and the satanic energy from the blueprint and I would be very Nina. You're gonna open yourself to a lot of attack. Do you remember that I did-- did the clearings and then I was under attack for, probably, 3 or 4 weeks. And I have a great deal of skill to deal with the attack because we're going in and we're changing something permanently, you know. So I think it would be better when I have a lot of energy and we're in a room together, you know, doing our work. That would be a better place to do it. And in the meantime, you know that it exists.

Yeah. So, Nina's checked that she could get to 71 percent on, you know, how healthy she can get and I was looking at that. That the evil spirit curses, you clear that, that sometimes has to do with the stops. Sometimes it's the Lucifer stop that has to do with the stops. So, that might be something that we wanna also work on. It's not part of this class but you could work on it yourself also, so. If you're testing that you could get to 70 percent or 80 percent-- I could get to 80 percent. I have the 80 percent rule all the time. That food could be 80 percent for me and my body could get to 80 percent which isn't bad but why would I wanna stop at 80 percent, so. Okay. And I get that the demonic

energy is clear. So we'll go on to perception next and I've added another piece into perception.

You might notice that I'm starting to break things in to groups, so. The field of amplification would be one group. So we'll go back here just to review for those of you who came out a little late. So we're clearing Lucifer stops, demonic curses, and evil spirit curses, then we've cleared demonic energy, and now we're into perception. And in perception, we're looking at memes in the billions on chemistry problems. Miasms were also an issue. Black magic, things that we say about our self. We're notorious for saying things about our self that affect our chemistry. So that's something that you wanna really be paying too. What are you saying about yourself. Than to say less, than to say more and put yourself into a hypnotic stupor.

And then another thing that I've added into perception which is new is atheist energy. So, no belief in restoring the issue to a 100 percent but chemistry, especially, this would be an issue and it does pop-up every once and awhile in other areas. You have doctors that say, "You're gonna be on pill for the rest of your life." or "You can never do this. Once it fails, it fails." So, you can test for your own. For each of you, you know-- we're going through the things that block chemistry and then you could work on each one, like, your 12 neurotransmitters, all of your hormones, your enzymes.

You could go through and clear each one which would go much faster that what we're gonna do with the big clearing but one by one. You could clear it and see. Do I have atheist energy 'round producing thyroid hormone in my body? No? But I only believe that I can do it. So, this is interesting. In relationship, the atheist energy, I only believe that I can do 60 percent of what I need. So isn't that interesting that that's what my-- my belief is. So I'm gonna clear that so that my belief is that I can produce a 100 percent of the thyroid hormone. 'Cause even if my thyroid didn't grow back, which it is growing back, I could produce it out of my adrenals or, you know, my pancreas or something. You know I could-- I mean there's nothing that say that one of the, you know, glands couldn't produce a hormone. You could just get a hormone going from another gland even if the thyroid were missing. Surgically removed.

Then we have curses and past lives in perception. And always, when you think about past lives, it's not past lives them self. I want you really to think about is that the thought forms from the traumatic episodes that go into perceptions. So it's not the past lives them self but its thought forms from something that was traumatic.

Oh yeah. Nina, when I do, like the spiritual parasite classes, I'm swarmed. I'm literally-- everything is swarmed. And I am capable of removing everything, so. I think that it takes great courage to be a teacher and to say, "I'm willing and fearless." and then also to know, like-- I had a very full week. It's a very good week. Not complaining at all. It's been wonderful, but I can see that my body is really fatigued today. So wouldn't be the day to go into the blueprint and remove all the Lucifer stop. And some-- one of you actually saw (watched) what was happening and said I was covered with blood and knives and demons cutting and slashing me, so. When you saw me in the blueprint in our diamond level. So somebody came up and actually remember who is it, so I won't mention it, because she didn't mention it in class but one of the -- one of you students

had, you know, witnessed what actually was going on with me. That I was under attacked and I've dealt with it, you know, because I'm here to make a difference and I am fearless and I think sometimes when you're gonna make a difference across the board with humanity it takes courage, you know. I always use to think of myself as Xena warrior princess on the astral. I had to do some battling.

And I don't really like to even create that in your mind, the dichotomy of good and evil. I would much prefer always staying with the lightness and just understand that there are things that need to be taken care of, that take great skill and power to do. And I think the other thing is, I have been working on the belief system itself, so. If you don't-- not like unaware but you no longer participate in good versus evil. That there's-- there's a battle going on. That you only believe in light or you only believe in love. Not [Inaudible 00:32:24], it's some else. It's something that you're aware that those other dimensions exist but they're not of your world anymore. I think that that's where the greatest power, the greatest strength comes from. So if that makes sense to you, guys.

I think one of the things I've been really looking at is; every thought, every thought, every thought. Discipline everything I say and everything I do, and who I tell what, and what I say because what I think is that we are all powerful beyond measure and we stop our self from having that power by saying things that undermine us. And that when we are really using our words and our thought forms to create this magnetic pole for our greatness, for full self-expression, for divine connection, then that's what's gonna show up. So you have to look at what the conversions are that you're having, and what you're saying about yourself and of yourself because everything you say reflects about how you feel about yourself. Yeah.

Oh. You're welcome. Very good. Okay let's see. So, we're working on at least in perception, just to remind you again what we're working on now is memes-- oops. Jumped ahead here. Here we go. Memes, Miasms, Black magic, Atheist energy, curses, and past lives. And we're about 70 percent clear with that.

You know, Elena, what I get with the Prime Creator is the Prime Creator helps with the creation in humanity itself and the Supreme Being is really overseeing 3 planets. So it's the-- kind of the-- I don't know. The guide. The-- The way we-- you could think of it maybe is like the president or something or the king Supreme Being. And the Prime Creator, also affecting the human realms, overseeing all the human realms. The Prime Creator. So both of them working kind of with the same group but in different positions is what I see.

Okay. We'll do a shout out to Anne. I know Anne is listening in on the phone. So she won't be able to be in the chat box but we love you, and Dancy Haruko, and Svetlana. I- - and Killa is here. Hi, Killa. And Snezana is here. 'Kay we're almost through. We're over 90 percent through on perception.

I will answer that in a little bit, Nina. Not sure. I have to think about your question 'cause it looks it's 3 different questions in looks like. Okay we're gonna go on to clearing DNA next. So there are actually small number to clear in the actual DNA program which is what we do with the side sweep, and then the second thing is that there are telomeres

affecting the issue, so, about seventy. Seventy percent of chemical imbalances is related to or in the DNA problem. 70 percent of the DNA problem is related to shortened telomeres and so we would be rebuilding telomeres. So let's, first of all, clear the DNA programs with the side sweep. So we'll do that. And then we'll talk about what's involved in rebuilding telomeres after that. So we're doing the side sweep right now for the DNA. Anything affecting poor chemistry. Anything preventing 100 percent chemistry. Okay.

So, one question is, "How can we clear inflammation?" and I think the second question is, "Is it like cholesterol SPS." I don't know what SPS is-- Oh. Spiritual Parasites. Inflammation is often stimulated by an imbalance in the body and you would wanna check, like, your PH and your acids in the body. It could be also related to an allergy and/or sensitivity. So if you test for the foods that you eat, the air that you breathe, the water that you drink; you're gonna get some interesting information. I just took out any kind of gluten-free bread.

I was eating gluten-free bread. My body wasn't responding really well to it. I was kind of puffy. It's so interesting 'cause if you take everything out that you're sensitive to and you fast for a few days and then you add things in; your body will alarm you. It'll tell you, "Hey. Don't put that in. That one's gonna make you puffy or inflamed." Spiritual parasites can be part of it but you really wanna look at what's going on with the chemistry and what-- what do you need to do to bring, like, the acids in body into balance. It won't necessarily be just the tune-ups but it might need a response, like it might need supplements also.

What we're doing today is we're clearing anything that would prevent you to a 100 percent in your chemistry and then the next step after that would be to tune up chemistry one by one. So if you're doing your thyroid. You do the T3 and the T4 and whatever else; whatever other chemistry came out of the thyroid. If you're doing the pancreas, it would be the blood sugars and whatever else came out of there. In your ovaries, progesterone, estrogen, testosterone, you know, all of the andu-- Andrew something. All of the hormones that came out of there. Your pineal gland, your pituitary gland, your neurotransmitters from your brain, the enzymes in your stomach and in your brain and liver enzymes, and gull bladder. You know, so you go on by one and you're gonna tune them up and get them, also producing at a 100 percent. So if there's something in gland or organ that was not functioning well. But I see inflammation is often related to the foods that people are eating and sometimes related to allergies, and then spiritual parasites make hay, you know, they really jump in there, especially entities jump in to inflammation.

And then cholesterol is-- cholesterol may have something to do with-- I mean, obviously, cholesterol has thought as, you know-- the main cause or problem of cholesterol is thought to be your diet, and then DNA, and it can also be related to imbalance in the thyroid having too little of the thyroid will allow your cholesterol to go up. You know, each of those is a different situation.

Okay. Thank you. "I've been thinking the Prime Creator is one for humanity, and Supreme Being can be changed, as you said three times already, but also the change of Supreme Being, our DNA those times was altered also." Thank you. Well I don't know



exactly if you're getting Satan and Supreme Being. I'm not sure. Oh. Maybe you're just talking about god DNA. Our god DNA. The change of our Supreme-- I'm not sure. Elena, could you say it in a little bit differently so I understand it. That'll be cool and you're welcome. I think have inflammation in the brain despite rejuvenation. I really don't get that, Nina. I get 2 percent. So maybe it's not inflammation, maybe you're using the wrong word. Pain. Swelling. You know, try different words 'cause the inflammation is a no. I think one of the things, it looks like, is overcrowded. It looks like maybe there's 3 spirits trying to share your brain with you. And don't freak out anybody if that's happening to you. Certainly happened to me. A lot of spirits wanted in on this body. So it's just a matter of might take year or two but you just totally own your body. Don't get frustrated. Just keep owning your body. Be gentle with yourself and know that you will own your body. You will be the one who owns the body and that you will be able to kick them out. Okay, we're about 70 percent on the clearing the DNA programs. Yeah. There you go.

I just wanna check in with your guys. I'm not getting any student check-ins and next round, which it starts next month, you're required to do check-ins to graduate. You don't have to do them but if you're wanting to graduate with the certification; you have to do them. So if you wanna graduate with the diploma and that's another things you don't have to. The check-ins are definitely required in the emerald level. I need to see that you've worked with 10 people and had a positive result to certify you as a quantum health activator. Are you getting-- can you just let me know if you're getting the emails and maybe you're not getting them. The purpose of them coming out of Infusionsoft is that they in your record. So that I can do back and see who's accomplished what. So anything you've already reported is in your record. And I wanted to just kind of start getting used to doing it because emerald level that's where we're really starting to work with people and-- unless you're going through just to graduate and then it's different.

So you'll have to let me know what you want to do and I'll obviously know if you're making reports or not making reports, but we had them setup so you could do them on weekends. So I think they come on-- Fridays will be easy for you if you had time in the weekend to spend about 10 minutes and just write down what you've done, what you're working on. There are some questions just really simple. Can be 2 paragraphs a week. Just so I can see and keep a, kind of a finger on the pulse, so what you are doing and what you need help with. And if you send a really long report, it's gonna be really hard for me to address it in a way that's gonna be really helpful. Long things-- understand that it takes me time to read. If you send me a couple of pages of a report, I don't know if I have a lot of time in my day. Understand my schedule's very full. So bullet-pointed questions. I work with these people. I've done these processes. We're working on improving chemistry. Whatever. And then my questions are 1-2-3, and that way you'll get fast responses from [Inaudible 00:48:38]. If I see something that's relatively short and I can answer 3 questions. Work with a sentence or two and just give you a good direction. You're gonna get it instantly. Okay.

So, here came some things. Ah. Marlene, Hi. Welcome to the call. Marlene is here. Yay. Okay. "Guess what happened to me. Spiritual parasites came in when I was vulnerable due to cigarette smoke sensitivity. Feel there was something that came and took

control." Marlene just got back from Las Vegas and she's sick and whatever. And Spiritual Parasites. Spiritual pest. Yeah. Aliens probably. So If you want to distinguish-- and I get that in our group. In this level you can. Spiritual parasites and pest. So what you had were pest. They were aliens. So the parasites are the things that kind of feed off us, and then the pests are the ones that just make havoc in us, which are probably worse 'cause they jump in the aliens. So what you had is pests jump in to you and wreck havoc.

Were you meditating twice a day in your room and were you going for walks? I think when I have to be in Las Vegas to do-- occasionally I have to go to meetings there and I make a really a point of doing a good clean out in the morning and at night every day. And I also make a point of going for long walk. I'd stay out in Henderson and out in the Lake Las Vegas and I will get up at 5 or 6 in the morning before the heat really happens and walk in nature or walk by the lake. And just ground myself in a physical body related to planet Earth. I think the aliens and ghosts are like rampant in that area, so. Yes.

Nina. "I do not do check-ins because I was not receiving emails. Not sure why I dropped off. Marlene added me manually but still not. Checks in email coming in so we'll do email with myself every Friday." We really need you to do it in your file. Not so send you an email but I'm gonna have Marlene check the next four weeks. Marlene, so that you manually check that everyone in the group had gotten-- it's just not that hard. There are 10 of us now, so. There are 10 of you rather. Tommy isn't in the group. He hasn't been able to do what he needs to do, so. We've say goodbye to Tommy unfortunately, and then Kathy has made a decision to step out. She's trying very hard to get back to work feeling like a lot of energy with the group and just not really able to find her way but she has said that she wants all the training. So that's interesting. We'll send it to her when she's ready and she's been in some overwhelmed but also she had not been working for a long time and she's not working full-time. So, I think that got a step up for her. So I know you guys when through kind of a vortex of energy in the last retreat. Next retreat is going to be amazing, and you're gonna have a lot of breakthrough and you're gonna have a lot of good juicy energy.

I had a couple of people interested, not sure if they're coming in or not coming in, to the emerald level. So we'll see. I'll be checking in with the couple of people in this week. So just check and see if they're joining you or not joining you but a couple of people from the last class who are already energy workers and medical doctors. A couple of them. So just gonna let them come in to the emerald class first. So they didn't have to wait 7 months to get into their diamond or their ruby class. So, Marlene, could you just acknowledge that you will make sure the next 4 weeks that everyone in the class has gotten their check-in form. That would be really helpful. Yes. Thank you.

Can we-- other thing about chemistry is water really, really helps us. You know, we do the Sip-16 and water helps tremendously, and then you can do detoxifying things. I've been taking 2 bass a week that are-- with bentonite. So, two cups of clay, and just soaking for an half an hour to 40 minutes, and letting the-- it pulls the toxins out of the body. I've been using a couple of products that are like culation products. One of them. This one. Elena plugged me into. There. Can't see it. And another one that-- another student of mine, Tom Brody, had suggested which one does the body and one does the

blood. So if, you know, toxicity which has been an ongoing issue for me; if that's an issue for you too. That's also possible. Sorry. Achoo. They got a lot of-- some kind of new dust flying around with the summer. I've been season-ill this week. Okay.

"Email went out Friday." So if it went out just make sure that it went to people's email boxes, so. If it's a not open I would just want you to check and see if it's a not open then they might not have gotten it. Resend it or send it out of yo-- I don't know can you forward it? I wonder if-- I wonder if you could send them all to one email address and then forward them all to people. That sounds a little crazy. Is everybody having a problem getting their email from Infusionsoft? Or is it just one person? "I've been receiving check-ins every week on time." Okay, Elena. Thank you. Okay. That would be really important to know because starting next week you're in the emerald level, so. Starting next week the check-ins are required. Okay.

We're not doing auto-immune today, honey. We have so much to cover in chemistry but I guess maybe you're working with someone. "Auto-immune conditions. Do we need to know the root cause of it, usually the root cause of auto-immune condition known. I think." No. That's not true but you can do the list. The list of amplification, demonic energy, perception, DNA, emotions. You can do bloodline. Auto-immune. You'd wanna clear Lucifer blocks. You wanna clear Satanic energy from the body that block energy, and then you wanna look at past lives, specifically, and emotional triggers, and might be some alien interference. We'd really love to have the questions today beyond chemistry but I understand that you've got a client that you're working with and would be helpful to know. Please do ask in spite of the class being on chemistry but it's helpful to really have all the chemistry questions asked here.

Okay. We're coming up at the hour. We're taking a 5-minute break. There'll be a short video for you. If you wanna stand up, move around, get a drink of water, go to the bathroom. I found that-- I get up and actually up and down the steps and move around a little bit, and it helps me sustain my energy. It'll also help you as the spirit not float away 'cause we're doing energy work for 4 hours. So you wanna actually really-- every hour kinda get up. Have 5 minutes of moving around and really get in yourself in your body.

The DNA is a 100 percent clear but the telomeres are-- Let's see. The DNA on chemistry going to a 100 percent. Oh. 98 percent clear 'cause there's a little bit left in DNA. You can keep pumping if you want to during the break. And then the next step, we're gonna do is work on building up telomeres. So we'll take our break now. We'll be back in 5 minutes. Like said there'll be a little video playing if you wanna watch a video and then we'll be back. Okay. See you in five.

**[Break time starting from 00:58:38 and ends at 01:04:33]**

Okay. Welcome back. Good. Alright. So, we're working on the DNA and we're working on our class is-- the theme is human chemistry. And, so let's-- Okay just to review, we've gone through talking about human chemistry itself, Lucifer stops, demonic curses

and evil spirits, Lucifer stops being in the blueprint itself, demon curses and evil spirit curses in the field of amplification. We'd also clear soul contracts, soul contracts of others affecting you negatively in this field. Then we'd clear demonic energy, so that would be another thing. Removing demonic from the body. We've cleared perception, memes, miasms, black magic and-- for the first time we're introducing a new idea; atheist energy, and we've also introduced a new idea; Lucifer stops.

So we've gotten to new concepts and we're currently in DNA. We're now gonna be working on telomeres and rebuilding telomeres. So what we'll be doing now is really having an intention of seeing the telomeres improving. So we're gonna go with a quantum pump, and with the notion that we are improving the telomeres in all of the DNA. So that's really how long the strand is, so. Actually let me put that back on and let's see if you can kind of-- the telomeres them self-- sorry. Here we go. Maybe... I might be able to do this. Let's see.

So the telomeres, this strand-- sometimes the strands shrink and they get smaller. And they get smaller from aging and they get smaller from toxicity, poisons, and the smaller they get they look broken when you look at them. So that-- that is what we're gonna work on now. We're gonna work on improving the telomeres. Let's see. Did I do that? There we go. Okay. So telomeres it is. You can do the side sweep if you want to; for improving the telomeres. So you this kind of-- it's-- you can do that. [Inaudible 01:07:34] And welcome back everyone.

So it's a great class. 4 hours today. I think this is gonna be wonderful to have this knowledge and information. Like I said it's a first time. So, we'll be adding this to a book at some point. I've never added chemistry; human chemistry and how to restore it. So it's not in the human blueprint book. So, working out new stuff. So it's all good.

Remember of an important part of chemistry is hydration. So, drinking 4 ounces every half an hour. So in a 4-hour class, you're-- you're sipping every half an hour and going through 4 of these glasses, so. Let's see. Looks like someone else had joined us. Anybody know about [Inaudible 01:09:38]? Is she missing a class? I'm wondering-- I just don't see her anymore. I know Anne is not on the call but she's calling in. And Svetlana, Lana, I don't see her name either on the list, so. Let me know if you've heard from them. If they were not planning to be on the call, so.

Oh. Coming up in August, we have a class on spiritual parasites, 7-hour class. It's pretty much like you went through in the diamond level. A big clean out. Adding some new things. Obviously I'm always adding new things. We'll be working on stuff like implants, and seeds, and wormholes, and mechanisms, and if there's time we'll be defining different aspects of the different kinds of aliens, the trouble you're in, how to identify them. So, it'll be a full-- it's a 1-day online training. It'll be the first I'm doing a full 1-day online training.

Yeah. Haruko, "Clicked the link to join this morning." Okay, Haru. "Problems getting on but think she is on now." Okay. I just-- I just don't see her name and she hasn't posted anything in the chat box, so. And then, anybody know about Svetlana? ... "Svetlana tell

me she will join us in one hour." Okay. Alright. At least we know where people are. Thank you. You guys are my-- you guys are my team.

So in the future, if you know you're gonna be late, so appreciated and letting me that she'd be on the phone. So I didn't, you know, -- it's not like a worry but it's like "Where are they?" Just if you let me know that you're gonna do this differently or you're gonna be late, that would be so helpful. Make me feel at peace.

So the telomeres are gonna take us quite a bit of time. So we're just gonna be pumping for a long time now on the telomeres. And hopefully, everybody will get a big boost on the telomeres.

When you're looking at the DNA, one of the things you can muscle test if for broken or damaged telomeres, and then you're gonna also muscle test for the percentage of the telomere. How fully expressed it is. So if, you know, 10 percent, 20 percent, 30, 40, 50, 60, 70, 80, 90, 100. 100. Interesting. I have been working on my telomeres and I thought that was one of the significant issues or problems with some of my health issues. And I am-- Swiss cell. I'm taking a stem cell supplement called Swissx cell. I had a few dates with the fellow who, stem cell researcher, who provides-- who created that program, the Swiss cell, which is from sheep placenta from Switzerland. And I do notice it does actually affect the body in nice ways. And then I've been working on pumping and improving the telomere, the length of the telomeres. And understand that to grow younger, the telomeres have grow back to their full expression. That the aging, and the skin, and the organs, and the cells is very much reflected by damaged or shrunken telomeres, so. Telomeres are key to reversing aging. So that's one thing.

Also it's very interesting thing to get the body regenerating at night. Really in the most powerful way and have the chemistry working for you. You need to stop eating 3 hours before rest. So that the body is not working on digesting food; it's working on building new cells. If you're hungry later in the evening, you can have a nice glass of water. One of the things that break the cell down and the body down is sugars, and so having less sugar is profoundly helpful. So, you wanna be thinking about if you're really interested in the going to 100 percent.

By the way, how many of you have followed the schedule? Since the ruby class, you've been doing a regeneration on yourself every week on one area. How many of you are following that and doing that? I was just wondering if it was helpful. If I should keep it in for the next ruby level, or if it just put you into overwhelm in a spin. Yeah. Just curious.

Okay. Looks like some questions here. Question. Question 3: "When we finish clearing on chemistry or anything other clearings. Can we clear 7 for sustainability, effectiveness and experience shifts in our physical reality? Will this be effective if we do it this way?" I don't know. You can try it. I've already given you directions on what to do and I'm not saying clear 7 anymore; I'm saying I'm adding things to this. So, I'm dividing it differently than 7. I'm saying amplification, perception, DNA, emotions, and also bloodline sometimes but I don't know about chemistry. Could be. 'Cause you could be-- you could add bloodline. So, we're not-- the 7 we started with has grown. So when you're looking at what to next, what I told you to do next was to check with the glands and organs. You

might have gotten, so. Now you wanna check with are the glands and organs up at 100 percent. Are they capable, able to produce 100 percent chemistry? Is my setting at a 100 percent? You can do the sustainability thing that would be fine. That's another thing you could do but I don't think it'd be near as important as regenerating something or changing the setting to a higher level, so. Glands, organs, the brain what directing the chemistry. That's what-- I would think would be very much more important than the sustainability thing but sustainability could help but I wouldn't probably do that until I rebooted everything else: the glands, and organs, the systems. Yup.

"I was doing it for a few weeks and then stopped." Thank you, Gala. "I have not done it totally overwhelmed." Okay. Thank you. "Yes. I mean with the addition of the 7, of course, I just shortened it for the question." Okay.

Yeah. I've given you so much to work on. For those of you who were joining late, I'm gonna go through this list one more time. Other things that affect chemistry are the air you breathe, so you could have filter so that the air in your home or your office weren't really good for you. The land that you live on, so the land is cursed or is polluted or is a blessing like I'm living out the country. Your home can affect your body chemistry and obviously the chemicals you use to clean.

I know I went into the kitchen, the housekeepers asked me if they could you a product on the stainless steel. I've got like chrome. I don't know what it's called but the-- all my appliances are like stainless steel or chrome or whatever they are. And I just started sneezing, my body went into a react phase 'cause I used a cleaner that wasn't, you know, an organic, bio-identical, whatever, you know. Organic. What are they called? Anyway, you know what I'm saying. So, I'm always using really nice safe cleaners and they obviously use something. It's making my eye red and its like, "Oh my god." So I have to tell them no. She said, "Oh. Can I use it's not organic but it's really nice." And I said, "Okay." ... I shouldn't have said okay.

Okay, so home. Car, your car affect you, you know, the gas comes in or there's off-gassing and the carpets are ... Whatever. So you have to check the car. Your office could maybe affect you and then impression, like, corporation could affect you negatively. So if you're working for a corporation, the energy of the corporation could affect your chemistry. Computers could affect your chemistry. If you have a staff, they can affect your chemistry. Understanding neuroing and cell-to-cell communications. So you wanna clear your energy and chemistry with your staff. And people that you have as clients. Your food can affect your chemistry. Watching, whatever you watch, TVs, movies, shows, going to the movies can affect inversely or positively.

Positive that can affect your chemistry: playing instruments, singing, dancing, painting, being in nature that can positively affect your chemistry, phones can affect your chemistry. And then I've got-- I've got all kinds of names of people and how they affect your chemistry, so. Understand that there are piece of people who are positive force in the universe, and there are people who affect your chemistry and delight you and make your chemistry better, and there are people who are drag on you and those are people that shouldn't be really close to you 'cause your body's going to; a.) Emotionally respond and b.) mirroring, the cell mirroring matching especially if they're negative and you don't

feel safe that you would try-- your body would try to get you in the safety zone, so. It would try to match them to get you in to a safety zone which you don't wanna match if they don't have the chemistry. So there's a lot, a lot, a lot related to chemistry that is deep on in the chemical list. You know, I've got this big wonderful list here for us, that you can also go through.

Positive things, once you're clear. Nutrients. Organic, healthy nutrients and high level of nutrients. Proper rest getting 7 to 9 hours of sleep a night. Exercise daily, once or twice day if you're in a stationary job, you wanna exercise twice during the day. Getting outdoors every day. Let's see. Being creative. Being grateful. Having fun. Doing things that have you feel loved. All those things would help with fortifying chemistry. Okay.

Okay. We're ... on the telomeres. I get that we're 80 percent through. I would check on the telomeres in each location. We're getting an overall telomere reboot but I would also check very specific. So if, you know, adrenals were issues for you, or your pancreas were an issue for you, or your liver was an issue. I would very specifically see what the telomeres are doing in each gland or organ too. So this is an overall reboot and then understand one-by-one they might read lower. So that you wanna really address the problems where the problems are. So I think that I would be really helpful.

Are you guy enjoying the newsletters we've been sending out? At least one or two articles a week and usually a YouTube playlist for the topic. I'm just curious, are they meaningful to you? Are you enjoying them? 'Kay. And I've hired a fresh tech team to come in and sparkle and make the website shine, so. Hopefully the blog will be in much better shape relatively quickly. I'm hoping. So, lots of exciting stuff happening here at the quantum activations headquarters. Flowers have a positive effect in your chemistry.

Okay. We've gotten-- One of the things we've done is we've shifted up to 100 percent in the overall telomeres. Let's shift up the telomeres in the brain, so. For the group, the overall telomeres in the brain being at 100 percent. Let's see. So you test down. For the whole group, we're testing we're at 40 percent now. Some of you are higher on a minus. Higher 'cause I've been working on it.

So let's spend a little bit of time also improving the brain telomeres 'cause that will help with the 12 neurotransmitters. It'll help with how things are directed and let's include in the brain-- Let's also include the glands and the brain, the pineal gland, pituitary gland, and hypothalamus. So, we'll do a little bit more time on the telomeres. I think this is an important step and just we're release-- activating the blueprint and we're elongating the telomeres. So, we're making it so that you were really having this anti-aging effect, where you're gett-- you're actually good on the telomeres if you're gonna be extending back to where they were when you were much younger. And I like said, the telomeres will shrink from toxicity, from aging programs primarily from illness and disease possibly, so. This is, you know, really important to clear.

Wow. I certainly feel that shifting myself. I was at 80 percent telomeres in my brain but I can feel a nice difference.

The flowers like it. I can smell the flowers are like putting out this wonderful fragrance with this energy. Cool.

On the list that I gave you: Air, land, home, car, office, corporation, computer, staff, food, movies, and creative expression. What you would do-- and then name's of people around you. You would just muscle test. How-- how does the air affect me, so. Nina, the air that you breathe affects you-- your chemistry. So you're-- let's see. Positively. Negatively. How does-- let's see if we could just. Let's do how... how much-- what's the percentage of the air affects you negatively. And for Nina, it's 20 percent and for Lina, 53 percent. So Lina, you're in some not clean air. Gilla, affecting your chemistry, 22 percent. Marlene, your-- the air. We could test the air in Las Vegas affecting your chemistry negatively, 96 percent negative. So, wow. That's really toxic are for you. Let's see, Anne. The air quality affecting your chemistry, 17 percent. Haruko, 80 percent. Not very good. Elena, 22 percent. Snezana, 16 percent. And then Svetlana-- I don't know she's on yet. Okay, so. Anybody I missed just say, "Me." So I was just pulling-- pulling a rabbit out of the hat but I'm happy to give you numbers on air. Then we got land, home, car, office. So, wanna-- just test yourself 'cause you can make improvements on that. All of that.

So there are a few things you can check on and then people, so like who you live with. Your family members. Who you work with, you know, however that shows up for you. So you could test and see; Did it have an effect on my chemistry? And you're gonna find that every single person has affect. Negative or positive on your chemistry which I think is amazing.

So, the system; the human design is really created to be responsive and to help us adapt and be safe in a group. So you don't wanna outshine the group, they'll alienate and attack you. So, the body will organically move to match the leaders of the group or move to match the overall 'this is how much we can express our self'. So, understand that with the mirroring process, with the emotions many, many things. We're matching, matching to be safe. To fit in. So, you wanna allow yourself the opportunity to fit in but to have 100 percent. You don't have to-- you can shine. The people can be-- you can be the mystery rather than I'm better than you. You know, you can be the, "Wow. She really has a nice life."

'Kay. So we're still working on telomeres. We're working on the telomeres in the brain, so. And if there's a problem in you owning the telomeres in your brain, like there's 3 spirits in your head. You'll have to kick the spirits out too. So you wanna do some spiritual parasite clearing or spiritual pest clearing. Those clearing to get them out. So, you gotta be able to own your telomeres and have them remain set at 100 percent.

By the way, I don't know if you guys see movies, and I can't say that this is the perfect movie to watch 'cause it has-- it's a spy movie. So it's got, you know, some bang-bang shoot 'em up but it is hysterical. The movie called Spy. I laughed so hard I couldn't breathe. I was laughing so hard. Just, you know, kind of-- I generally don't like base humor but it was kind of a spoof on James Bond a little bit and it's just hysterical. Oh my god. It is so funny. There was a point where I was like laughing so hard. Nothing-- no sound was coming out of me. I was laughing so hard. You know, when you get like that



laughing so hard you can't breathe anymore and nothing's coming out of you. It was so funny, so. Anyway, it just hit me hysterical. So if you wanna have a really good laugh. Go to see the movie, Spy. It's in the theaters now. Really hysterical. And, you know, if your brain can filter out the bang-bang shoot 'em ups, you know, there's nothing gory it's meant to be a hysterical comedy. It's what it's meant to be, so. Anyway. Good for a silly silliness.

Well I only see 2 there now. So you've-- when I looked before there were 3. So, it looks like you're being effective. Just keep going. You know, honestly, it's not a can't believe. I mean, it took me a few years to get those aliens out of my head. That were shouting in my head. Sometimes they really take root and it takes patience and a belief in yourself that I'm gonna have a good life regardless of, and I'm gonna keep clearing until I am the winner. And they've been in a long time. They've been around long time. It might be lifetimes. And we've gotta look at it in that way. That it might be that they've been in there for lifetimes. And it's, you know, you're putting foot down, and if you think about eons and lifetimes and it takes you a year or 2 years to get out, that's a blink of an eye if you look at it in lifetimes. So, just keep going. There's nothing wrong. There's just, you know, you having had that for a long time.

'Kay. We're gonna move on to the next... next phase. And you may wanna come back and work on telomeres some more, but-- and DNA more, but we're gonna move on now to emotions.

And a huge number of programs and thought forms are seen in the emotional category of clearing. So, with chemistry, chemistry is very, very wired to our emotions. Extremely wired to our emotions. And so, right now we're gonna be working on clearing all the thought forms that have been in place for so long around emotions. Like how we feel about our self, how mother felt about us, how our father felt about us, how our teachers felt about us. What we-- made that mean and what the thought forms we put in to place were. And so, right now we're clearing emotions around how emotions affect chemic-- your chemistry negatively.

And when we clear emotions, we're also clearing-- we're clearing the emotional body which is one thing, it's kind of like the etheric body. And we're also clearing the emotional brain, and emotions in like the heart, in the pancreas, in the liver. You know, each of the glands and organs and brain affect the body and we store emotions in the cellular body, so. When we're clearing emotions you gotta think much deeper than just a field like perception. We're actually removing stuff-- cellular information.

So, we're removing stuff and then just like we did the brain you might wanna-- the telomeres, you might wanna do step by step by step. Not just overall. So, maybe, if you had a, you know, problems. You had a hysterectomy of problems with the uterus and ovaries. You might wanna clear all the emotions that are stored in the blu-- your own blueprint about whatever that was. You know, being loved and cherish or creating new life for being able to be balance throughout the year; Many other things that could happen in that situation. Or your heart, you know where you had a broken heart more than once for somebody you really love just betrayed you, that's stored in your heart.

Your thyroid it's-- you know it's the speech centers, that's really your ability to communicate and being able to communicate effectively, and then it has to do with your metabolism and your body temperature, your core temperature. So that I think, for me, I had the thyroid removed and that was all about me being able to speak up and speak my truth. Yeah. I said that you would remove those emotions, so.

When I was a young wife, actually just married, I had a series of ordeals that went from bad to worse, so. Just really not being heard or seen or being honored as a woman and after 2 weeks of marriage, I decided it was hopeless. I tried very hard to be heard. And the fellow that I married was 6 years older than me and he was gonna do what he was gonna do. He looked at me like I was a child then I would do whatever he wanted. And he abusive and harmful and-- but when I attempted to get him to pay attention, he sat down and laughed at me. Just sat and laughed hysterically when I was--- like my-- I was just like, "I can't take this. It's not working for me." and he just sat and laughed and thought it was very funny.

So understand that, that emotion, which was broken heart emotion. And then what I decided out of that I decided to have to children 'cause that would fill my heart with happiness. And then, of course, I lost custody of my children. So all of that probably needs to be cleared for any kind of, you know, new children, new husband, and new love to come in because these are pieces that are stored or the new love, a new children would be a response to that somehow, so. And I get that that's cleared. Is there anything about that still left? No. So, it probably is all cleared for me. Heavens knows is I've been clearing and clearing and clearing.

We're about 70 percent through on the emotional clearing and then we're going to go on-- you can probably have seen what the next ones are. We're gonna work on depletion in the next round. So, probably go right to the hour on finish up clearing the big bundle of emotions between the cellular body, the brain, and the emotional body. So, it's a bunch of this we're clearing in the emotions. Actually add that information to this. So now we have it.

As I mentioned to you, you'll be getting both the PowerPoint presentation and you'll be getting a word document which as everything in it. So, you'll be getting both.

So, things that you would look for-- I don't know technology, Nina. It might be in your computer. Nobody else has mentioned that they can't see the slides or that it's blurry. So it might be in your computer. Other things on emotions that you would check on the liver it's anger, resentment, and jealousy. Gull bladder, you have a lot of gull. You know being a, kind of, outraged with people or upset with people or the other thing would be feeling dominated people. I think the gull bladder also malfunctions when you're dominated by people. The heart, obviously, all things in relationship to heart and love. The heart actually produces a hormone that keeps the muscles from spasm-ing, so. That's a really interesting dynamic too. To think about when the heart is really distressed, you might have cramping and muscle issues.

The adrenals are power centers; so your energy, your vitality, pancreas, and energy and vitality but it's also-- when you think about, "I'm powerful beyond measure" when

you're willing to stand in power. Your adrenals improve. So that's one thing. Getting your adrenals improved when you're saying, "I'm powerful beyond measure. I'm powerful beyond measure." As well as your pancreas 'cause it's in the center of the body.

Intestines. Stomach, you know, the emotions difficult to stomach. I'm upset. Upset stomach. And upset go hand and hand. Emotional upset. So you think about things that are stored and they're difficult to digest. Painful to digest. Hard to hear, so ears might have emotions. Eyes, I don't wanna see this. I don't wanna look at this. Your face, what of my face and if you're feeling like your face isn't the face you want anymore, you know. So, you can look at thing on a metaphysical level and imagine, you know, what is there that-- what is left of what's traumatized me that's still being stored in my body, and that definitely affects chemistry. So that happy heart means happy chemistry in the body. A happy brain it means a happy chemistry in the body.

Okay. We're coming right up on the hour. We're gonna pump for another 3 minutes on this issue. It looks like we're, you know, when we look at all of the things in the body and I start describing things, our clearing goes down we've cleared a lot less if we're really working on the emotional body. For example, like the etheric body, the emotional brain, the cellular body, glands and organs. The number goes way down on how far we've cleared. Just to move it along so we get through the entire class in the 2 hours remaining; I'll just test and see we may move on to the next topic but you can also test and see how far you are cleared on this.

In the emotional body, you can just check and see how far am I cleared on the emotional body. The emotional brain, how far am I cleared on this. In the cellular body related to glands and organs, how far am I cleared on this? And then you might take this on as a project that you do. It might be 8 or 10 hour project to really clean out everything, so. Even you can clean systems like the digestive system. And I wouldn't-- I'd do the system but I would also do the stomach, you know the whole digestion one by one too. So you could do the system but you'd also would wanna do each part. What I've discovered is doing the system will miss things but it will catch things that are system wide. Where-- when you do it one by one, you catch other things. Yeah.

So we'll see. I'm just gonna make an evaluation on-- while we're on the break on-- how much time we have for emotions, like I said, I think it could be an 8 or 10 hour clearing just on clearing on emotions that are causing problems on chemistry.

That's hysterical. When I test for the whole group, some of you have a lot of emotions. I get it'll be a 30 hour clearing. Three zero. 30 hour clearing. So we won't be able to take you all the way to 0 in all of the glands and organs and systems in this class but that might be something as a goal that you might wanna be working on.

Okay, my dears. We've reached the 10 o' clock marker. So we're gonna have our 5-minute break. 5 minutes now. So we're taking a break right now. I'm gonna put this on 5 minute break. Okay. And there'll be a short video, I think, on the 5 million mind vision. It's not a sales video. Just an interview kind of question. And then we'll be coming back

at 5 after and continuing on with the chemistry. Alright, my dearest. See you in a few minutes.

**[Break time starting from 02:00:27 and ends at 02:06:33]**

Alright. Welcome back and let's go on to the next one. Oops. Let's do that again. Here we go. Alright. And our next subject is depletion and when you may think about the program for depletion it ultimately means the death of the gland or organ. In other words, when we're depleted we can't amplify. So in depletion mode or in the depletion program, we can't amplify. We can't regenerate. So, the program of depletion circumvents the natural order of supply and demand. In other words, normally in a healthy body if you needed more-- so, say you remove all the apples from the apple tree, the apple tree would grow more apples maybe next year. That isn't always the case in the human body. The human body can come to a complete depletion which means there's no, it's like you've reached the bottom. There's no-- there's no regeneration after that. So, on the depletion let's go ahead and clear the depletion mode and the depletion-- let's see. So we're gonna-- the mode and the program is what we're gonna be clearing. Depletion mode and depletion program.

This is a nice clearing. I can feel some shifting going on and definitely some up-leveling with you guys, so. This is really good.

'Kay we're about 30 percent through on the depletion, so. Obviously some of you are very affected. By the way, if you lose sound or picture it's usually in your-- what it is having a fast enough computer. Sometimes your speed will drop off and you'll lose one or the other and all you have to do is just do the refresh on the screen on-- so you'd refresh in the browser on above, and it would reboot it and just bring both of them back, so. Typically, the video feed which is sound and image will go drop off but not necessarily it could be that one of them drops off. And that's typically related to the speed that your computer is able to receive the information from the class. So just keep pumping for clearing the depletion mode and depletion programs from the body, and especially related to chemistry.

Depletion is such a tough one. Oh. Here's a question. "Sorry if this an obvious question but just wanted to clear. As we are clearing soul contracts to DNA plus all the extra stuff we just talked about relating to depletion mode and programs." I don't know the question. I don't understand it. Are you asking if did we clear it out of something else? And the answer is No. We didn't clear out of anything else.

So, we're really looking at the things that are very specific to chemistry and depletion is one of those things, so. You can muscle test and you can see that this is a separate issue in itself. We're gonna go through separate issues related to chemistry. So this is a separate issue. If you wanted to add it in to clearings, you could but it's not necessary to add it to every clearing. Some people really suffer from depletion and some people don't suffer from depletion.

However, depletion, if you have chemistry imbalances, depletion will be an issue somewhere along the line. It's either depletion or an over production. Something's gone haywire. So sometimes-- the fellow I was engaged 2 years ago, the Japanese doctor, he had way too much testosterone in his body and he was angry all the time, and really over-stimulated. Had IBS really bad. So, chronic diarrhea and way too much testosterone. So he really suffered. I mean, I really felt so sorry for him in so many levels. I didn't have the skill I have now. It was like 9 years ago. So, there were things I could do to help him and there are things that I couldn't do to help him, so.

Understand that depletion or over-production are problems with chemical imbalances. Do any of you feel like you have too much of something that your body is producing too much of something ineffectively. It might be-- we're looking at depletion but there could also an over-production of like histamines, you know, because you're always having an allergic reaction.

By the way, I know we've worked on digestion already but I just wanna encourage you to-- if you're having a lot of bloating. That it's entirely possible that if you've cleared up like fungus and yeast, and there's nothing there and you're still having a lot of bloating, it's entirely possible that it's spiritual parasites or aliens. So if you really went to work on it and you cleared yourself for a week every day and really looked at what is related to the later-- later in the day bloating. It might be that. I know it's also has to do with, you know, release of cortisol and sugar imbalance, the bloating. So I know that's, you know, something that we looked at with digestion. It's also part of chemistry but in this case I had discovered that if you remove the alien interference, for me it made a big difference on the bloating stuff. If you wanna be ... interference and then I've gone down to a lighter diet. So, I'm eating less complicated food with a lot of stuff in them and more kind of raw or steamed or one or two things, three things at the most for a meal. So that my body can just digest and absorb the nutrients that I'm giving it and not be confused by all kinds of information.

Nina, we have covered this on the soul contracts to DNA but I understand that you're asking it again, so. Do you remember that the first part of class, I explained about the soul contracts? And I said that the things that were in amplification that were most affecting chemistry were the Lucifer stop or block, the demonic curse and evil spirit curse. And I told you that we weren't doing it in the 7. That we are clearing them in a different order. So, we have done DNA and we've done telomeres. We have done perception. We're doing it in a different order to day, so. Please don't get hooked up on-- I've taught you something on how to clear things and now I'm teaching you new stuff. So, we're not doing the old stuff. We're doing new stuff. It doesn't mean that you have to change the way you're doing things. However, we're not stuck in the past and there are-- there's a lot of information about clearing chemistry and it won't fit in to the box that you currently have. So I'm giving you new information that will help you to be more effective than just doing the 7 clearing. And in the future, we'll be referring to the field of amplification when clear it. We'll be referring to the field of perception when we clear it. Emotions and DNA and bloodline will be along together.

So, we're doing things. We're continuing to grow and learn and you've got a firm foundation now. You've got clearings that you know how to do and you will be able to,

you know, use that solid foundation but you're getting more information and you're getting more and different things that you can use to clear. And I know one of your frustrations is-- Well I've done everything I know to do. So here are some new things that you can also to your clearings if you feel like that didn't do it. That wasn't enough.

So, when I introduced this concept of the chemistry clearing and really being able to restore and reboot chemistry; I said that it was many, many hours because chemistry is a huge, huge part of the body and everything that the body does is run on chemistry, right? And so, of course, we wouldn't just clear soul contracts, soul contracts of other that affect you negatively, demonic curses, group mind, group mind virus, black magic. That would not be enough. That wouldn't clear what we need to clear. If we just did that, we would have a 50 percent clearing. So, understand that I've spent many hours researching for you guys and for myself obviously. I thought it sounded like a really fun project and this is what I've discovered in my research and I'm sharing this research with you. So, you are the first people to hear and it's the first time that these processes, in the way that I'm presenting them, are being presented. I've never presented these before. Other than-- I did do some of this yesterday on the Golden Age: Year of Miracles and it's in a very kind of minor way. We just did some chemistry clearing quickly for them. Not in this complex detailed way. I hope that's helpful, Nina.

Oh and you're asking, "Are we clearing soul contracts to DNA around depletion?" and the answer is No. We're clearing depletion mode and the depletion program.

There isn't a reason that you couldn't. I'm hearing you're thinking. You could clear soul contracts to DNA if you wanted to on depletion. That is not the process I've created but if you want to do that and you feel like that would be helpful then you can add that in. We're already working on the stuff that you've just mentioned the 7 in overall. And this would be one of the things that would be added into the overall, so. It's sort of-- be like if you were in-- so you're in. Okay.

Say, you're in black magic or atheist energy and now you're gonna clear all the 7 on atheist energy. So you're gonna clear: group mind, group mind virus, black magic, curses on atheist energy. It's sort of like that, like you would be clearing and clearing and clearing. You can but this is one of the things on the list. Depletion is related to emotions, so. We cleared emotional body, emotional brain, and cellular body and then we're looking at the cellular body. So this is a natural thing that comes after the cellular body is the mode of depletion. So, you could go and you could just start all over again and just clear depletion by itself but if you did then you could also go and you could clear group mind-- let's see. You could clear soul contracts, curses, all of that on memes, on miasms, on black magic. So you could-- you could be clearing till the cows come home if you wanted to, you could. Past lives. You could clear soul contracts down to DNA. You could keep clearing and clearing and clearing but you could. It wouldn't hurt anything. It would just take more time.

Yeah. I think one of the things-- I think, Nina, you... you really specifically said you wanted more detail and you wanted it in writing the last time I taught a class. So, I am really-- I said, "Okay. I can give this to the students. If this is what you really want. You

want PowerPoint and you want, you know, documentation on things and you want really it's spelled out. I can do that for you." That's what I'm doing.

You guys will have to let me know after the class how you feel about this way of learning. Are you enjoying it? Is it good for you to be, kind of, back and forth between slides and my face and definitely you're learning a bunch of new stuff and so you know? I'm just wondering how it's going for you. And understand that I said this was gonna be a 4-hour class. This could be a whole week long class. If we really rebooted chemistry in 30 hours. I mean, I get that-- on that one subject. That this will, literally, could spend, you know, maybe a week or two everyday from like hours a day. Really working on this to get it to a much better place.

And understand that I did all of these processes and my chemistry's working so much better. I, literally, feel it in a hundred different ways including really having energy at the end of the day. I'm not exhausted and fried and laying on the sofa at 6 o' clock. I'm up and about and watering the plants and going to movie or going out, you know, to a hike or something after I'm done working for 8 or 10 hours. So, my chemistry is definitely changing related to this clearing. So it definitely works but you can go much, much deeper. Everything you can go deeper on and the more-- the deeper you go, the more thorough you go, the better the results as far as I'm concerned. We're doing really mastery level at this point and you could go even deeper. You could go to, you know, 2nd doctoral level if you wanted to do. Okay. So, let's see.

"I really like the class and the new addition to previous teaching. Thanks." Thanks, Celina. "I like it this way." Thanks, Gilla. "I like the slides. I can frame it well in my mind." Very good. And Snezana, "Yes. I like it." Very good. Well I felt that way too. I mean there's-- I'm very visual and I like the, you know, conversational style but it is nice to see things in writing. Now you'll get everything after class. Marlene has it. I'm gonna send her 'cause I've been making some notes on these slides. I'm gonna send her the new version and I'll also send you the word document I've been scribbling on but it'll be nice - you'll just get the word document. Not my scribbles. It'll be nice for you to be able to go through and check off as you finish things, so. We'll send you that too. So you'll have that also. Okay. Let's see here.

We're about 40 percent through on depletion, so. We have quite a ways to go. Let me just-- I'm gonna just double check here on what we have after this, so. Let's see here. We have quite a bit. Yeah. Okay, so. We're gonna have to-- understand that you need to keep working on depletion, when we're not in the class. We have so much yet to cover and we have just like an hour and a half to do them. So I'm gonna move us along but you're gonna have the slides. So, make a note that you didn't get through depletion. You gotta keep working on it. We're about 40 percent through. We've got ways to go. It's gonna take an hour or two probably. So let's move on to the next... next slide and here we go.

So we're moving on the role of love and depletion. So, one of the things that I want you to know-- and just keep pumping. Is that love overrides some of the depletion programs. So when you're feeling happy. When you're a mom and you're loving your child notice how, you know, even when you're thinking ways-- supposedly exhausted 'cause you

haven't gotten a lot of sleep. You're not that depleted. You really have enough energy to keep going to take care of your baby's needs.

Also, just happiness overrides depletion program. So it sort of-- sort of circumvents them. It's fuel for replenishing being able to receive love. And the one thing that you can be working on is really that inner knowing that you are cherished and love. And so, if you weren't love properly by your mother or your father or, you know, your teacher, so. Whatever you weren't treated with respect. That the biggest thing you can do improve that, in addition to the clearings, is to really start affirming love. Telling people you love them and being open to receiving love. So, all of the ways you can generate that sense of love and gratitude and joy and connection with others 'cause I think it's about being accepted and loved and cherished where you, you know, really turn off some of those depletion programs.

We go in to the story of Bernadette and she is a really excellent example of depletion and can't heal. And Bernadette was a young woman who lived in the 1800s and she had vision of Mary, so she became a saint. And she was asthmatic and her parents were really down on their luck and had to-- they lost their apartments. They moved into an old jail cell. One-- a single room that they lived in-- their family, so they had some children. And it was dank and musty. And Bernadette had asthma. Couldn't breathe. So she has these asthma attacks. Anyway, she was out in the garbage dump basically. Mosaviel, The dump yard. Collecting sticks for a fire and she had... she had a vision of Mary. Mary came to her and she saw Mary. And then she continued to visions and became famous for bringing in the sacred healing waters of Lourdes, that people still make a pilgrimage to those healing waters. But in her experience, Mary said to her, "I can't promise you happiness in this life but you'll have happiness in the next life." And so kind of hypnotically impressed upon by Mary; Bernadette understands that her role was to suffer and to help others. And she eventually dies at 36. She's in convent. She had wanted to get married and she had to let go of all of her ideas of happiness and, you know, live in a convent and just pray with a very kind of hard life. Back then it was very astute and hard. Difficult. So she dies of tuberculosis at 36.

And in this you can have happiness. There's a breakdown of natural defenses in the immune system. So if you're running a program of 'i can't have happiness in this life, only the next', then understand that there's no joy in the body. There's no real reason to regenerate. The program will override the regeneration. Will override your ability to heal and you will breakdown, so. It's just, to me, it's a strong example of a program that was set in her mind that she was told she couldn't have happiness and so she believed it and perhaps that was her role. Perhaps before birth, she agreed to have that role. Very likely she did. And in that era, that's what people needed to be inspired and to understand their... their divine connection.

So if you have that, can't heal or can't have happiness or can't love in this life or I'll never be loved, what I'd like you to do is make sure that you clear that because that affects your chemistry, it affects your immune system, it affects your ability to heal, to regenerate, to grow younger in every way it affects you.



Okay. So, we're going on now to the brain and the heart. And love and the stability of love really improves chemistry. Body chemistry. The survival brain from infancy you'll be loved and cherished all your life. So, there are 3 programs in the heart that I'd like us to tune up and these are on being loved and cherished and then how the body easily has and delivers chemistry to the body. So, good chemistry to the body. And you think about the survival brain not-- the survival brain is all about instinct and so when instinct is fortified with love, with that kind of stable love. When instinct, when your survival brain, is fortified with that survival rather than core kind of love. That I am loved and cherished. I'm needed. I am that important. I am a valuable contribution. What I do in the world makes a difference. I make a difference. Just by being me. Those are the kinds of things that we look for and look to clear up there's things blocking or in the way.

Again, with each of these if you wanted to like, Nina, if you want to go through and do the soul contracts to DNA or bloodline or whatever you wanna do; you can clear it even deeper if you want to but right now we're clearing the 3 programs in the heart and we're clearing the survival brain for love and the stability of love and the... also the-- love, stability of love, and proper chemistry or ease of chemistry. Ease and chemistry at 100 percent.

This one seems to be moving nicely. We're at 60 percent, so. Wonderful. We'll go through all the way to the 100 percent clearing on this one, the brain and the heart, and really creating a kind of an ease in chemistry at 100 percent. The stability of love.

But 80 percent now on the brain and heart, love and the stability of love. Ease in chemistry at 100 percent. Survival brain and the 3 programs in the heart, so.

Almost there. 98 percent. Doing great.

Okay. So, we're ready to move on to the next... the next thing on chemistry. And hydration affects chemistry. 30 percent of chemical [Inaudible 02:46:54] in-- not adequate chemistry. So, we've talked about this sip 16 method before. Really you wanna be looking at--- at least 16-- 4 ounces of water a day. Basically drinking half of your body weight in water. Excuse me, in ounces rather not in water. You don't wanna drink 60 pounds of water a day. That would be crazy. So half in ounces. So, if you're not used to our pound system or ounce system; just be thinking about-- gosh. I guess I don't even know how to convert it but at least 8 to 10 glasses of water, you know, preferably 16/4 ounces of water a day is pretty good.

You gotta think about: a.) the brain. The bladder is way down the body at low part of the body. So the water goes through and goes down to the bladder. There's no water being furnished to the brain if you're not drinking regularly 'cause the water gets to the brain as you're drinking it, so. And you wanna you keep... you wanna keep the body hydrated at all times. Hormones and metabolism improve dramatically when you're hydrated. Neurotransmitter function all but disappears. You see the senior citizens who won't drink water 'cause they're afraid of wetting, you know, having an accidental wetting. You know, leaking. And so they won't drink water and their brain function goes way, way down. The neurotransmitters dry out. They shorten and they stop making connection.

So in this area, you could if you-- there's 2 things that you could do for clearings with hydration. One is to clear that you like the taste of water. So that's one thing that you enjoy. So you could clear in the taste of water and that you enjoy the affect of being hydrated. Let's see. And we can move this over here. ... that down. I guess we have to do it this way. And you could also in any blocks to drinking water what you need so. Being able to take care of yourself and give yourself what you need.

Sometimes people really can't. For whatever reason they can't love them self enough or give to them self enough. So, that would be another thing that you could look at. So, if any of those are blocks for you, like, you don't like the taste of water. Enjoy the effect of being hydrated. So if you, you know, like what you associate is, "Oh. I need to use the bathroom oft." And you wouldn't enjoy hydration. And then being able to give yourself enough water. Maybe even being able to have a 100 percent of what you need nutritionally because that would be water too. Being able to have it. So it's like permission. You could clear permission to have all of what you need. And how many of you have had a program running where you just someone didn't have permission that you couldn't pull it together but you knew that were suppose to eat in a particular way, you knew you're suppose to drink enough water, you knew would better to have an air filter in your office but somehow you can't give it to yourself. So, is that problem for some of you because this would be a very good clearing. The permission clearing. Permission to have what you need. Permission to give to yourself. Permission to be fully supported.

May I think that one of the things that I see is that-- oops. You know, one of our depletion issues is that we... we don't give our permission to have it all. So, somehow we've got some kind of program running that we can only have the bear necessity or just what we need. So we'll take a few minutes here maybe another 6-8 minutes and just clear permission to have all of what you need.

Okay. Got it. So, Nina it's a yes. For some reason, scarcity program is running not enough water and the food etcetera. Thank you for sharing that. Anybody else have that issue? I would assume that some of the others of you also have it. Maybe some of you have really feel like you can-- it would have to do with emotions and with family programming too. Like there's enough or there isn't enough or you have to be careful about what you have.

My dad's family, they were so impoverished and there was a week they lived in ketchup soup and was basically water and ketchup and noodles, and for a whole week that's all they had. Morning, noon, and night. And then my dad was hired out as an indentured servant. So that the family could have money. Nina, you have it too. Yeah. Thank you.

Yeah, so. Then would be in your bloodline and your DNA. That those blocks it would be in group mind and group mind virus. Those blocks. Permission to have all of what you need. So when you're clearing this, you can intentionally clear this and just-- you-- a:) can go through soul contracts down to DNA and bloodline or you can just intend that all the program wherever they are located in the amplification, in perception, in emotions, in DNA, bloodline. You can just intend that you get to those programs rather than going through each one or you can go through each one. Both of them work. In this case I

wouldn't be overly concerned about going through each one to check if you've got 1 or 2 or 50 programs. I would just do a clearing with the affirmation that it's all getting cleared and then you can test. Is it clear to a 100 percent and if you miss something, you can go back one by one.

Yeah. Bloodline. Yup. From now on when you're doing DNA, under the DNA you add the bloodline. So you do both 'cause the DNA and bloodline are separate but they are what's passed on, so. Your blood pulsing in your body. Living in your mother's body and then being born, you are of the bloodline of your mother. So, yeah. You have the bloodline and then the DNA and all the programs, so, you've got both of them coursing through your veins, so to speak, in your body.

And we're about 70 percent clear on permission to have all of what you need. Give yourself and be supported physically, chemically, and emotionally. Being able to give yourself what you need. Enjoy the affect of being hydrated. Also that you enjoy the taste of water.

Well, it's not necessarily a more straight forward way. What we've done is we have cleared things affecting you. Soul contracts down to DNA already. And now we're also doing additional things with chemistry. So you can... you can do soul contracts down to bloodline, DNA but you can also just effectively clear all the programs related to this and then double check. So, back yourself up or double check to make sure you've gotten everything. We're just coming up to the hour again. We'll have one more 5-minute break. We'll be going into the energy body in the next section. So that should be super cool. We're gonna go-- let's see. Here we go. So, our next one is working on energy body and chemical depletion. So what I'd like you to do during this break is get up and move around, get a glass of water. You know, I've really moved around with all your body. This is a long time of doing an activation. So, I want you to, really, to have your spirit in your body. Feeling really good. I want you to take good care of yourself. And we'll have a one more hour and we'll be going through both. The energy body and then some directs on cellular neo-genesis, so, on how you would approach helping restore chemistry using the cell regeneration, and also on chemistry and the energy body. So, okay. I think we're ready to take our break so I'll set up for that. So we'll just.

**[Break time starting from 02:59:18 and ends at 03:04:45]**

Okay and welcome back. And we're working again on human chemistry. So just to refresh your-- in the human chemistry class, revitalization formula. And so we are in our 4th section and we have moved through a whole heck a lot of stuff, and we're now in the energy body and chemical depletion.

So let's talk a little bit about the energy body and thinking that our next class maybe really dedicated to entire restoration of chakras and really learning on a much deeper level. What the chakras, the nadis, the aura do for you? And really giving you the deepest possible education you're gonna have on chakras them self and also on the

function of the aura and what's happening with the energy body. Those specific things that are fuel generators.

So, when we look at the energy body. When it is ... or when we have a lot of attack energy in our aura or chakras are really depleted. Understand that, that is supporting. It's like we're marinating. You know, like our aura, we're marinating in our aura. So, if your auras got violence or funky stuff, if your chakras are tuned down or toned down or dark or hacked off, understand that the energy body does contribute to chemical depletion and it also reflect chemical depletion.

So we'll start with the chakras and really each of the chakras is dedicated and devoted to providing energy and information to that part of the body. So, it will provide energy to the glands, the organs, the systems. And then the little Nadis, the mini-chakras, they're actually going to be providing, you know, little kind of energy boosters. There's like 260 little mini-chakras in the body that are gonna be providing more energy to the glands, the organs, the systems, the valves, whatever. Whatever they're supporting. The parts of the brain. So, we want the chakras tuned up to a 100 percent and really feeling strongly that that'll probably be our next class is to really go deeply into the energy body. We've done a lot on the physical body.

So, chakras have a great affect on the chemistry and well workings of the body. The aura has a tremendous effect on the chemistry. Now what we're gonna do right now is do a clean up on the aura. And, let's see. I think we're clear of violence and being unloved and some of those kinds of things. So, clear disharmony, clear violence, the sense of not being loved, Irritate. Let's see. What else could we? Go. Hatred, greed, jealousy, anger.

Okay, so. I'm just putting in here some of the things that might be in your aura. You might have put them there. They might have gotten in your aura from somebody else putting them there. So, the list that we have is: disharmony, violence, sense of not being loved, irritation, greed, jealousy, anger, hopelessness, depletion, deprivation, starvation but along those line. The things where, you know, suffering-- extreme suffering, extreme denial, those kinds of things. We need to clear. Clear from the aura. So let's go ahead and do that.

And so what we're doing is we're really brightening up the aura by removing all of these-- that could be from something you've agreed to. Something you've watched. Something you've felt. A suffering you've gone through. It could be something in that others have put in your aura. I know I have to clean out occasionally people's jealousy. I don't believe in it, so it doesn't show up a lot but sometimes people will put jealousy or they'll put irritation or envy-- that's another one. Jealousy and envy. People will put envy. And so, it'll just be around me even though I didn't put it in. The violence and disharmony, you know, maybe what you grew up with. Maybe it's from your parents but maybe it's from somewhere else too.

So you just wanna be clearing this from the aura. One of the things that you can do is you can set release valve down at the base of the spine and the plug the aura in. Kinda stuff the aura into the grounding cord and set that release valve on the loose and just

release all of it. That's another way to clear in addition to quantum pumping is just see all of these going out the aura. You can also release dark energy. So that would be another thing that you could clear. Like a dark-- oop. Let's not do that. Here we go. You could remove spiritual parasites.

And this is really nice. This is sparkling everybody's aura up. Once you've done that clearing and you've removed all of these stuff, you might want to really see like brighter beautiful spiritual colors coming in for you with this particular image, like the gold and oranges and I like the rainbow color behind the body but whatever it is for you I think every person going through an incarnation will go through different colors that are really wonderful for them, so. You would wanna activate brilliant colors. You wouldn't necessarily have to say a color, you could just say, "I'm activating brilliant colors." and then you could observe what the colors are. So I think our next class will go through the aura and the chakras will go through. Meaning of colors and really tune up the energetic body. These two main players in the energetic body.

And as we're clearing this, you can also intend that they all be removed from your chakras if any of these energies are in your chakras. You can also just have the intention that they're moving out of our chakras.

Okay. That looks good. We'll move on to the meridians and human chemistry. And understand that the meridians, running through the body, really help the body to communicate from one part to another part. So they're in a constant dialog or communication. Meridians can be blocks and, you know, when you have a meridian that's in disharmony or you have an organ or gland on the meridian, that's in disharmony, you'll know that the whole body suffers. So you could do just an overall tune up on the meridians related to body chemistry.

Oops. Sorry about that. Okay, so. We'll do a few minutes on the tune up related to body chemistry. Clearing the meridians of harmful programs that would prevent the good communication of body-- of the body chemistry. Clear blocks on the meridians, so it's 100 percent clear and able to communicate with all our body parts.

And just keep clearing. We're still clearing meridians. I'm just gonna put this information in. So we have another slide with the 'what affects—it's the things that I've read to you. So we'll go right into the slides too 'cause I hadn't added it in and make that be good. So, air. And just keep pumping.

'Kay, so. Let's see. Where we're at with meridians. 80. 80 percent on meridians. So another few minutes. "Add phone." Oh. Thank you. I will. Thanks. I know it feels like there's a whole bunch of things I'm missing here. I apologize but thank you. If anybody saw anything else. Phones. My list a lot longer but it has a lot of names of people on the list. So there's like 50 names of people, who I work with, and what their overall affect on my chemistry is. By the way, with the aura, one of the things what I noticed was air contamination affects the aura pretty significantly.

Electric devices. Okay. Electric devices absolutely. So let's put electric and let's also put slash any tech devices, whether they're electric or, you know, however they are. Some--

any kind of technology devices. Oh. Also, let's see. Yeah. Yeah. Yes. Staff. So we could put that right there with people, family. And the answer is yes. I didn't go main by main but I put interns, immersion students, and, you know, staff. I didn't put your name by name, you guys. I just put the immersion class and students. And actually you're very high as in a positive influence. I really love teaching you, so. So it affects me positively when I get to teach you all these cool stuff. Okay, so. We're at 84 percent here.

Yeah. I feel really in harmony. Teaching you guys, it's really joy to me and the classes, the expanding classes in different countries in so aligned with my purpose. And so when you're really aligned with what you came here to do, chemistry wants to support that the body wants to support it.

Okay. We're gonna call that good. You'll just wanna double check yourself related to these points. You wanna check them off; when they're at a 100 percent for you. I'm getting overall right at a 100 percent. Which means some of you might be at 90, and some of you are well over, you know, the clearings, so. Should be-- most of us should be at a 100 percent in this. So you just wanna double check. So, I'd love to see you going through each of these on your own and just double checking that you're cleared to a hundred percent.

So in cellular neo-genesis, challenges and full restoration of chemistry are that alien reprogramming of proper responses of the cells and aliens seeds can prevent proper cellular neo-genesis for chemistry restoration. So, what we're gonna do right now is kind of take a look at the class and see if we've got an issue of alien reprogramming, which we do. And what I'm reading is we have, in this class, we have 26 problems-- reprogramming in the group for not proper chemistry in the body. And then seeds, alien seeds, preventing proper cell regeneration for chemistry restoration. And let's see about alien seeds for proper cellular neo-genesis.

Holy shmokes! You guys are gonna be shocked. That's just for our group. Okay. Let's... let's get to work on clearing the alien reprogramming of proper response. 26, we're gonna clear out and then the alien seeds in all of the bodies of the students here. So we have like 10 or 11 people here and we got a whole heck of a lot alien seeds which means them in allowing yourself in your master cells. That's a little bit of a surprise.

This is making a big difference and I'm really feeling a shift again from the whole group, so. Removing alien programming, removing the seeds, I think is gonna make a big, big difference. And it's the-- it's kind of a puzzle, if you regenerate an organ, you regenerate a gland, you regenerate a system, why does the chemistry not return to 100 percent even though the gland, the organ, or system has returned to its full function or full size or whatever and this can be a very important step in cell regeneration and gland or organ restoration, so. You probably wanna add this to your cell regeneration to clear this before you do cellular neo-genesis.

So in addition to the groupings of amplification, perception, emotions, DNA, bloodline, you wanna add this also. And you can add this in on cell regeneration. You could add this in when you're doing the amplification stuff but you want to very specifically, you know, do these 2 things very specifically. So, you're attending to them but they could

grow-- you could clear them when you're clear that. That's where we're putting problem energy like the Lucifer stops too, so. And this we could add that out also in here, the Lucifer stop, is to clear that too. So, if you hadn't already or you're preparing for the cell regeneration.

Good job, Nina. Hold hands. So, understand that we will have cleared a lot from today but there are hours of clearing left. You might just work on one or two slides a week until you get all the way through it for yourself. The think I wanted to really bring home with you today was that there's a lot more than just a quick 5 or 10- minute or hour clearing, and I know you guys know that. On some other level, I've tried to make things very simple for you and when you look at a situation like people have poor chemistry, you've gotta look at it much deeper levels of the problem. And so when you take it apart and, for me it was a 12 hour process, and understanding that I didn't get through everything in 12 hours and then when we were testing on the one issue, previously it was like if you took the time to clear it, it would be about 30 hours of clearing, so, and I think that was related to each gland or organ just being able to have 100 percent chemistry.

`So, understand that there's just a tremendous amount involved but you're capable of doing it. You can do it. And when we have enough people who are doing the process, it'll go faster and faster and faster, and eventually it'll be a tipping point where it happens automatically. When you think it, it happens. So, by-- right now, we define it. We pump. We clear. There's quite a bit of, you know, maybe efforting or steps that need to be taken and checking off things and I guess I would call that effort or discipline, you know, going through all of this but understand that as we really-- we're paving the way for things to be better for, you know, generations to come and hopefully we can get this out in such a mass way that 5 million minds are doing some level of this. So that the shifts in group mind for the positive are for the positive.

Let's see. We probably should go to the next slide. We're about 40 percent through on this one. We might be able to come back to it but we're really getting kind of in the home stretch. So let's go through the next slide.

Cellular neo-genesis for human chemistry revitalization. Proceed with the process and pay close attention. One of the things when you're doing cell regeneration, you wanna repair the DNA and the telomeres. Improve the mitochondria program and the third organelle. So these would be areas where chemistry would be affected. So, let's go ahead and do a tune up on your master cells in your body and we'll be looking at repair the DNA. If there are tears in the DNA. Expanding the telomeres to 100 percent in the stem cells. Master cells. Then we'll be removing any chemistry failing programs in the mitochondria. So we're improving the mitochondria which are the fuel generator of the cell and, of course, that gives a lot of electric information to the cell. And then the third organelle, which is an organelle that directs the chemistry so we'll be improving the third organelle. And we'll just do this for a few minutes. Understanding that we probably won't get through all the master cells in your body but starting the repair now can help, you know, tremendously in the future.

So, and then after a 4-hour class on chemistry there's different reactions that your body can have. So, understand that you may be very tired. You may be energized. You may

be cold. You're moving a tremendous amount of energy all at once. So, understand that you may have a reaction or response to 4 hours of clearing chemistry.

Sorry about that. I pushed the wrong button here. Hi. But it all went dark for a second. Sorry. You have to let me know how this-- doing a 4 hour class online was for you. We're gonna be doing the diamond level class and then I think it's gonna be 7 hours a day but I have to make a decision about how many hours I'm teaching. I might do teaching and then give them homework. 2 hours of homework or something in due for 5 hours but let me know how you like the 4-hour format. I think 3 hours is really manageable before it gets to be kinda long in 5 or 6 or 7 is gonna be like whoa. Did you feel like you've stayed energized enough and tuned in? Was it okay to be in front of the computer this long? So, if you send me a message and let me know, that would be helpful. So, I know future classes for us.

Yeah. Elana, "Has chosen the body and even when it's hot outside." Exactly. Things are changing. So be gentle with yourself today. I know I'm heading over to the spa for the afternoon. I'm having an hour and a half massage. I'm gonna be at the pool and the warm soak and really looking forward to a gentle relaxing day, so.

Oh. You felt like time was flying fast. Okay. You know could be it's just for me. I've had every second of my calendar booked this week 'cause we're trying to get all of the 20-minute discovery sessions over before I go on. It's about-- I'm taking 2 weeks off, July 14th through the 27th. So I have every second scheduled all day long from 8 o'clock till 6 or 7. So that might be why I'm feeling like, "Okay." It's a long, long deal. It's a marathon for me but I'm teaching too so it's different.

Nina, "I feel 3 hours is better at a time then we have a 2 hour lunch and then 3 or 4 hours maybe. This is for the diamond course. I feel so tired and only so much information I could absorb at a time before I flat out brain-wise." And Snezana, "I feel 3 hours was good stuff happened at the 4th hour. Shift happened at the 4th hour." So you got a little tired in the 4th year. Yeah. Okay. And Gilla, "The 4 hours fine. I stand sometime and use my legs for vibrating."

Okay. Yeah I think for the most hard part, we're gonna do 3 hour classes. I think 4 hours, to me, I feel really exhausted. I'm gonna go get some coconut water and some nutrients when I'm done. It's kind of different when you're sitting in a class and you can take breaks and visit with people. That's why I'm wanting you to get up and move around and I'm running up and down the stairs and doing other things like say hello to my body with technology, we're sitting in front of the computer which isn't necessarily the best but it's wonderful that we get to not have to have everybody fly every month to do a training. So this works but I thank you for all your feedback.

"For me--" Oh. Let's see. Good. So, I think I've gotten everybody's feedback. Who's written in and if you'd like to send me an email, if you're not in the chat box for some reason, feel free-- but I think for the most part we'll be doing 3 hour trainings and maybe one or two longer trainings during the year but I think 3 hours is better for me too.



Okay. And we're gonna go back to the slides. We're kind of in the home stretch here. [Inaudible 03:48:13] we've covered a lot today. So good job for all of you for staying with it and really we probably could've gone faster but we wouldn't have gotten as much done, so. We'll go on to the next slides simply because we need too. Let's see. So we did. Yes. Oh yes. We were working on the master cells. This is a project you're gonna do for over a year or something. Working on the master cells in your body. You don't have to work on them all at once but we just did a quick tune up. Now, the next slide is the one I was working on a few minutes ago and-- let's see. We can probably make this a little bigger. I bet that's pretty small on some of your computers. Does that make it a little bigger? Oh. Didn't wanna respond. Let's see if we do this. Nope. It's not. There we go. Got a bigger. That might be easier to see.

Okay, so. What I'd like you to do in this section is to muscle test how much your air is adversely affecting your chemistry. In mine-- my air is affecting my chemistry, zero, so the air outside. And then the air inside my house is adversely affecting me, 12 percent. And that would be new carpets, new... new stuff. All that new stuff, I think. Is it? Yeah. 12 percent. So it's the new carpets are off-gassing. I'm having cleaners come every week and vacuum. And then remember that you can ground rugs and furniture and things like that. So you can send that toxicity down in to the Earth rather than having it float up in the air. And then test your home itself, how adversely it's affecting your chemistry. And mine is zero, so my home is affecting my chemistry zero but test and see, obviously, in the kitchen with the new cleaner-- so it wasn't the house itself but the cleaner in the kitchen was affecting my body, 70 percent adversely for the new cleaner they used. So that's obviously gonna go away. Let's see.

The land-- I don't know if I mentioned the land but honestly the land-- one of the things I did was recently I removed all the curses and Lucifer stops and evil spirit curses and anything I could find on the land. So you go through the whole line up of thing and see what's... what's affecting the land that you're on, so. If you're in a condo, apartment but the land that you're actually living on and you can remove the curses and the evil spirit curses and demonic curses and satanic energy and black energy, you know Lucifer stops. And you can really restore the land. You can really bring the land to a place of love and serenity. And the more we do that everywhere, the better.

Understand though, for me the house clearings and land clearings took hours. So, property that wasn't loved and appreciate and had curses on it from this generation and from other generations. So, not just from this era but-- gosh. I wonder how much-- when I looked at it. The whole land was all cursed and I wonder across the board if countries, if we tested, if the land is cursed everywhere. Oh my gosh. I get a yes. So under-- maybe... maybe at some point we could do a kind of celebratory Earth day and do a few hours of clearing for mother Earth and removing evil spirit curses, demonic curses, and things from the land. What we're doing here is removing any kind of problem. Energy. We're gonna be living in land that survives. Supports our chemistry 100 percent. Our home. The air we breathe. The water we drink. The food we eat. So, you wanna test and you wanna shift it and you go, "Well. How can I change my clients and staff?" What you can do is you can, in fact-- you could change their affect. So you can remove karma

and you're gonna change their affect on your body. So you can... you can alter it that way. Okay.

Questions here. From. Okay. "Tiredness also can be a result of solar flare on June 19th. The Solstice on tomorrow. June 21st." Maybe. I get that that's 5 percent true. So honestly I think most of it is from the massive-- but thank you for the information, Elena. It's really interesting. Yes. Tomorrow is summer solstice and I am actually doing an interview at 4 in the morning. I've got a New York show that is a 7 am show that is gonna interview me, so. I got a summer solstice interview. Yay.

So, okay. Let's see. We're a few minutes from the completion of the class. So let's just go through this. You wanna check where you work. Your desk. Your office. The corporation. If you're working for a corporation or if you have your own corporation, you wanna clear that and how that affects your chemistry negatively. If you have staff. If you have clients. Your family.

With food, you wanna really tune up the food, so. You can bless the food if you're eating food that you don't have control or charge over or you can buy organic food and still you can tune up the organic food too. So remember the figure 8 that I showed you. Let's see. I think I can get back to screen of you. One second. Remember I showed you the figure 8, so. You have a glass and you're doing the-- here's the glass. Figure 8. So kind of looks like that with your hand over the water or over the food and do that 8 times. That will help so. And then, you know, you want to drink the cleanest and eat the cleanest food and water. And then you can muscle test also your supplements so you could see vibrationally how high they are. You can keep your supplements, and protein powder and thing likes that in the refrigerator. So you can keep the energy higher and then just be sure throw things away when they're more than 6 months old, when their nutritional supplements-- their-- well you don't have to throw them away but understand that their vibrational level will be lower and they might actually have, at some point, some kind of-- also like a positive and negative effect like they might be somewhat toxic because some of the quality of them are [Inaudible 03:55:32] or whatever are no longer good.

I see more comments here. "How to after effect of others on my body other than karma clearing?" How to alter. Well karma clearing with chemistry in mind, so. What you're wanting to do is you're wanting to stop mirroring. So you wanna unplug the cords and stop the mirroring effect and so by getting into harmony when there's nothing to resolve with them, you're not creating that dynamic. And then the other things is understand that you'll want to clear your energy when you have someone who-- a client that you're doing a healing with. You wanna totally take your energy back and send their energy to them. Unplug from them and send them on their way. So you don't keep them in your space and think about them and how I can do this, differently. I mean you might, you know, have a time on the day when you think about clients and how could I make it better for them but you don't wanna be having them in your space all the time or having you in their space all the time.

I hope everybody is-- who's working you wanna, really-- maybe do the karma clearing each time with them meaning cords, contracts, agreements, the energy exchange, not

necessarily karma, but really cleaning yourself up. So you're not leaving residue of you in them. None of them in you, so. I really want you to be working on keeping it to yourself. Really clean. And then the cell to cell match. The mirroring match that happens especially when we're not feeling safe. So that'll be the other thing is to really being more balanced. Walking in nature-- I'm always saying this. I'm harping on this all the time. Get out in nature. Eat healthy. You know, fill your emotional tanks. Do social things. You know, the loving things that help you feel happy are really gonna help fortify you. So we're talking about earlier with chemistry and depletion and love, how all of that affects you. And so, really pulling out the balance book and working on the balance wheel could really help too. I mean it's being really actively involved in your life and having happiness and filling yourself with that happiness.

Okay. Let's see. Have we gotten everything? I think we have. I think we've gotten through everything. We'll just return to the slides. Here we go. And then we do have an afterglow, so. You'll be getting this; will come out when we send out the replay to you, the whole PowerPoint. And I'm thinking I've added a lot to the power, so, I guess this'll be, instead of the word doc, you'll get the PowerPoint 'cause I've added more. The word doc doesn't have all of that.

'Kay, so. This ends the human chemistry revitalization teachings. You'll want to go through over the course of the month and really do the deeper tune up on each of them. We didn't get to zero on many of the tune ups but we got a good start on them. And next month we'll be starting your emerald, your advanced level training, and the topic for next month will be the energy body; the chakras and the aura, primarily. So, have a wonderful week. Have a wonderful weekend and do please fill out your immersion check-in forms each week. That's a requirement and I love you and I look forward to seeing you soon and just family hugging you 'cause I'm doing it right now. Okay. Bah-Bye, everyone.

**[End of Transcription at 04:02:06]**