

Year of Miracles_Metabolism and Immune System

Hi and welcome to Our Year of Miracles. We'll be doing immune and metabolism today. This is Princess Jasmine, Adelia Rose. She is in her princess outfit. Anyway, it's so nice to see all of you. Welcome everyone to the call. Alright, so here we go. Good morning to everybody. We'll start with a prayer.

Mother/Father God, we ask for your presence today as we clear the obstacles and blocks to having the very, very best immune system and the very, very best metabolism. We thank you for the beautiful glands, organs, cells, and chemistry in our body that already works so very, very well and provides so much for us. We thank you so much for our friends, our family, the sky, the air, the earth, the water, and we thank you for everything that we have. We thank you for our technology that allows us to come together. We thank you for the quantum techniques that have been shown to us and that we are now able to use to help ourselves. We thank you for the angels, the golden legions, the guides, gods, goddesses, Jesus, Mary, saints and sages of all the greater and lesser traditions, and all of those who stand with us to help us get this work out into the world and to really transform ourselves into free, whole, fully self-expressed beings that we might return now to the Garden of Eden and be at peace and be in joy in bodies that live a very, very long time and minds, brains, and bodies that are youthful and fun to be in, full of vitality. Thank you for all of the blessings and all that you are giving to us today and all that you have planned for us in our future. Amen.

Now we're going to do the Love Wisdom Affirmation.

'I am free to live a life of spiritual freedom and full self-expression; liberated in love, gratitude and mastery, in this body here and now. My spirit is limitless. I am responsible for any limits I experience in this body and have complete access to the divine through prayer and contemplation to release myself from any human bonds I have worn as spiritual clothing that no longer resonate with my essence.'

(Sings in Sanskrit from 00:04:02 to 00:05:09)

Om, peace, peace, peace. May the entire world be filled with peace. Tathaastu. So be it.

Okay! We are going to first look at one of the charts. We're going to look at metabolism first. The whole range of biochemical processes that occur within a living organism, metabolism consists of anabolism which is the build up of substances and catabolism or the breakdown of substances. The term metabolism is commonly used to refer specifically to the breakdown of food and its transformation into energy. Here's an example, a chart that someone has created. I grabbed this off the internet for this morning looking at it and

going, "Okay, I think I get this." The complex process of metabolism starts by eating food and that food is turned into energy. As it is breaking down the sugars, it releases an energy in the body and the cells of your body use the energy to perform functions. It goes through the digestive system and the complex protein molecules called digestive enzymes break down the carbohydrates and sugars and then the fats and the fatty acids and proteins into amino acids. And then the enzymes include your cells and more enzymes meet up with these compounds and undergo various chemical reactions. And finally the energy store and reaction happens to release energy for immediate or future use. Most other energy is stored in the liver, skeletal muscles and body fat.

So, these are things that we'll be addressing in our clearing today. And if we have time, I've done 2 big clearing charts and if we have time, we'll work on some regenerations too although all of these glands and organs are included in other days. So we're going to really be working on clearing the processes of metabolism and the processes of the immune system. We're going to look at the metabolism chart next. Here's your metabolism chart. What I'd like is to see you doing the doorknob. Let me read the statement for you. We have so much in advanced spiritual interferences. This is just a very, very intense and very big list of the 9 through 40. Right, permission and ability to enjoy healthy and functioning metabolism, to have each process in my metabolism at 100% function giving me great results, energy release, digestive enzymes, liver, skeletal muscles, body fat, thyroid, energy store, to have a great energy integration producing great results with a body I love, warmth and sustainable energy, to naturally know the foods that will best support my metabolism and to always choose great food that are truly serving me and fuelling me in the very best ways; removing amalgamated, controlling, damaging, delusion, dominating, harmful, illusional, and parasitical.

And then the areas of the blueprint as you can see are perception, essence, matter, energy, genesis, and amplification. We are doing the doorknob. I am going to put this into the chat box in just one minute please. I just wanted to call your attention here to the 6th column. You can see that actually the 6th column filled 2 pages. I condensed it by making multiple rows so that we could get everything on to one chart so we could see it all. Not so much in the programs and anchors and things like that. It's more in really the advanced spiritual interferences. There we go!

We're going to be working on this. Oh, I can make it bigger too. I know probably some of you need that chart bigger, right? I'm sure I can do that. That looks a lot better. Okay and I'm going to say good morning to everyone now. We have just about 97 students today. We are so close to 100 students so that's really, really fantastic participants and community members. Good morning to Kathleen Lou, Lisa M, Carolyn, Annette, Jean, Emilia, Dale, Karen, Leann, and Louisa. Oh, hi Louisa! Welcome back. Sheila Taylor, Mary Ellen, Kathy, Bee, Julie C, Lemee, and Nicol, Severina, and Arcadee. Hey

everybody! It's nice to see all of you. Valentina, Christy, Laurel, Netty, Jenna, Flora, May-May, Martha, Diane, Maryann, Paula, Amy, Petra Sophia, and Sue Lorraine. There she is. George, hi George! And Sean. Yay, Sean!

"Quick equation for you. When you experience any immune challenge, what's your method of dealing with them?" Well, I try not to experience them. I'm pretty proactive so with Adelia and going to all the little toddler events, I'm taking some extra vitamins. We're going to be back in just a minute. Adelia has a little need that needs to be addressed right now. I'm going to put some music on and I'll be right back, okay? Here we go. She waits right until we go live to have this need occur. I think it's something unique to the class. *(Laughs)* There we go. We'll have some music just temporarily and I'll be right back to answer more questions and say good morning to folks I haven't said good morning to yet. There we go. And Raju and Anne Marie! Okay, very good! Please pump and we'll be right back.

(Music playing in background 00:13:45 to 00:16:32)

Oh great! Okay, 2 Jennas and they happened to come on to the call at the same time. How beautiful! And sign in at the same time, so welcome to both Jennas. We're happy to have both of you. So Jenna McLean and Jenna Terno. Okay, we are doing the doorknob. Everybody's doing the doorknob. I'm going to come on now and demonstrate how to do the doorknob. Let me turn the music off. Here we go. Elbow is at the side. We're going to do first the quantum pump. Elbow is at the side and the hand pumping forward. That's the basic quantum pump. We're going to do the basic quantum pump. And then we're going to look at the double pump also because we'll be doing both of those today too. And so if your arm or your hand gets tired of doing doorknob which I'm going to show you in just a minute, you can go to the basic quantum pump. And then the double pump is two-handed and double-fisted here. This is the double pump. With the quantum pump, the shift in the quantum field is happening in the up movement.

And then we have something we call the platter which we don't use very often but we might use it today which just gets stagnant energy moving again. This is the platter. That's what that looks like but what we are using right now is the doorknob. It's very Asian of that hand movement but with the fingers curled. It's a very, very powerful movement. It is actually are most powerful hand movement for removing spiritual interferences. So this is the doorknob. You can do it with the hand facing forward and the hand facing in, just back and forth. So it's just out and in, out and in and then my hand goes a little faster. It is fun to do it. Very good! And let's look at chopping also. So we did the double pump which is the fingers loose and i do alternating but you can do double pump this way. And then you can do chopping with the fingers held firmly together. Whatever is going to be most comfortable for you. Between the double pump which are the fingers loose and chopping

which are fingers firm, it's only about a 4% difference on what we do for chopping. So if the double pump works a little better for you, just do it. It's such a small variation of effectiveness so just go to the one that's more comfortable for your hand. And then with platter, it's on the out movement and with doorknob, it's on the out movement. With chopping, the shift is happening again on the up movement.

Alright, so that gets us started with our pumping. I believe that most of our training will just be on clearing these 2 big charts. We've never done it before on either of these. We're creating an environment in our body that's going to really work better and how we're doing it is by removing all the obstacles, all the blocks, all the challenges, and all the problem energy from metabolism and immune. I was looking through the list and we'll see what divine guidance shows up but we might maybe do some pumping for the chemical reactions. That might happen towards the end. It does look like we're going to do a blueprint activation too. I didn't have that planned but I can see as I'm looking, I could see that there's an opportunity for the immune system to have some big improvements in the divine blueprint. So I think we'll save that for the second portion.

Okay, big comments here. I see Raju from Reunion Island and Joti. "Julie Renee, I'm so happy to be in class live. I started on my cell and could not grasp the chart in the chat box." Okay, you might mean grab. We'll put the chart back up in just a minute for Joti. Sean, "A lot of people think that our immune system has to fight against germs and bugs and viruses which have always felt strange to me because it is kind of looking at life as a battlefield. What are your thoughts about this?" We're going to go into immune system but it's really about having intelligent protector cells that can discern what belongs in your body and what doesn't belong in your body so it can disappear that which does not belong in your body. It's kind of the same thing that we do with clearings, right? We remove things that aren't us. And so that's actually what the immune system also does is it removes things that wouldn't support us in being healthy. And so for people who have autoimmune which I had, you always want to have that sophisticated -- You want to protect yourself but you want them to be able to identify what's you, what's important, what should be there and what's not necessary and should not be there that's causing maybe problems for the body to break down. We need a sophisticated and intelligent immune system that can discern what we need and what we don't need and then disappear it. We don't look at any of the clearings we do as a battle. We just start disappearing them. That is my opinion, Sean.

Jenna, "Will this help with stomach and acid production which I've been told for me is low?" I don't think so, but let's see. No, I don't think so, Jenna. We did work on digestion and that would have been a perfect place to have that in. We are working on chemistry

next month so we'll see. Sean, "Also, am I right in thinking we can pump up our immune system to 100% but I'm pumping up my life force. Is there anything else you would recommend if we have immune deficiency?" Well, we're going to look at the immune information in a little bit so if we could save the immune stuff for when we're working on immune and we'll work on metabolism first since that was just the order I had set it up in the slides, the second half would be on immune and the first half would be on metabolism. Would that be alright? "Oops, yes grab. Thank you." Okay. Do you want me to put that back in? I'll put the chart back in one more time for you. Here we go. It's a really big chart again.

"Hypothyroid is an auto-immune condition?" It could be. I get it is. We're addressing thyroid in metabolism today and we're addressing thymus in the immune system today. "To me it feels more like weeding a garden than (*Inaudible 00:25:25*)." I love that idea, Flora. That's it. You're removing that which doesn't belong. "Thank you. I so appreciate it." You're welcome. Alright, we're going to go back to the chart now.

"That would be the first time I've truly heard her use words. So wonderful!" Yes. Some words have definitely started this week. She had said bye. It sounds kind of like an explosion when she says it but she said it at the right time but it sounds like an explosion. But it's the right time so I know that she's working on bye. She can say Adelia now but it's a little bit different version. Petra Sophia says wow. Kathleen Lou says yay, Adelia. And Julie C says I love hearing Adelia speak. It's fun watching her grow. Yes, it is. I'm getting mother's helpers coming in the house very soon. Some of that is lined up so it's going to be really nice for both of us. She'll get all the attention she needs and mommy will be able to work and someone will give Adelia attention too.

I'm thinking one of the things that would make the class really nice this morning is if we did some singing so why don't I pull up the song book so we could do some singing. Let me go back to the slides one more time and we can just talk again about metabolism just a little more. I got up this morning at 4 and I was really looking at what metabolism is because I have always thought that metabolism was related to how the thyroid directed the liver and how the liver processed things but I didn't really comprehend it. And looking at that simple chart and then starting to understand how the whole process works and energy is delivered into the cells and how important enzymes are, I think one of the things that I've really in my life had ongoing challenges with is producing enough enzymes after the nuclear radiation exposure. Some of you have had some radiation contamination too so that's one of the things that we really want to work on is our enzyme production.

One of the things I do to help with enzyme production is I got a super duper juicer and I make fresh green juice, fresh carrot juice, fresh apple juice, also citrus orange and grapefruit and I drink that on a daily basis. I get some extra freshly squeezed enzymes

from fresh organic fruits and vegetables. The green drinks are so wonderful. I use things like lettuce, and celery, and kale, and chard, fennel, and parsley. Just anything green that looks really healthy or fresh when I'm in the store and then I grind it all through the grinder. For me, I'm not as fond of the flavour of a green drink so the fennel really helps make it yummy but I also will add just some apple juice. Maybe 30% of it is apple juice or carrot juice to the green juice and it just is very palatable and wonderful. And then the frequency is extremely high of the green juice I know wheat grass juice which I don't make but I do occasionally when I'm in a place where they're making fresh wheatgrass juice, I eagerly get that. That is the vibration of our blood. Like it's 70 megahertz or whatever that is. That's a very, very high frequency. Fresh squeezed where you drink it right away, you're going to really help yourself by giving your body the boost with the extra enzymes. And then there are things like coconut yogurt also but I have a dairy sensitivity so I don't want to load myself up with dairy. So those are things that you can do or there's something that's called pearls that helps with just good intestinal flora and fauna whatever. Not the fauna. We don't need fauna. So, I use some of that too.

Philip says hi. Petra Sophia, "How did your interview go yesterday?" The interview was beautiful with Darius. It was really wonderful. You should listen to it. It's a replay now. "Does it help to remove (*Inaudible 00:33:41*) and skin lesions from the mouth?" I don't know what that means, Valentina. Does the process that we're doing do that? No. We did work on the mouth though last month in digestion. We added mouth in there; mouth and gums. This is more the chemical process of metabolism. I think that's what you're asking and no, I don't think so. "Adelia is so sweet. She has me giggling a lot." That's Netty. "I love hearing her talking. Thinking if Julie Renee can adopt children, maybe I can too." Why not, Netty? "Mint and lemongrass is a great flavour too." "What do you think of freeze dried grass? I use amazing grass with fruit and fennel." Yes, it looks like they're effective. I think that you have to look at how rapidly if it's broken down, how quickly it's freeze dried like if it's kind of instant where they're capturing the life, I think it can be quiet good. "What was the homeopathic product you suggested to help absorb water in a healthy way?" Oh, that has been like 8 or 9 years ago but it was from the company Energetix and it was something like rehydrate or something like that. Maybe it was rehydration? I think it might have been rehydration. The company is called Energetix. You might Google that. Just do a little bit of research on a product that would help. I think now there are some wonderful things and I don't use that because I use a structured water. I use the Whole Health water filter and the Whole Health structured water mechanism so the water is very wonderful and very absorbable and the body wants it. It tastes really good and it feels really good.

"In pharmacy school, we talk about ADME which is absorption, distribution, metabolism, and elimination or the 4 phases of foods or drugs moving through the body." That's very helpful. Thank you Katherine. Very interesting. I'm enjoying the process. It might have

been like July, I was looking into the future and I saw that I've started working more with Science, with the facts of Science because we had done so much mapping that now I could with intelligence understand what our system is and how to integrate Western Science. And this morning, it was just like coming to me that this is what we're doing now is we're looking at the chemical process and we're looking at the systems that are defined, how things work and then we're saying let's interact with that information too and not just the regeneration of the body but the clearing of the obstacles of the functions of the body as related to how it's defined in Science. I was having a kind of like I think I predicted this. I said I would be and I did go through a tremendous amount of mapping and charting and we're still doing it on all the interferences and all the anchors and all the emotional programs and brands and labels and all that. It was just huge last year. And then I said that we would start interacting with Science and medicine, but really it was Science that I was looking at last year when I had this vision and this knowing coming in and sure enough, it's happening. We are definitely going in that direction of being able to really begin to understand for me because I don't have a Science background. It's exciting.

Oh Maryann, maybe at our break I'll go look and see which one I got. I just muscle tested and he gave me like 10 choices and I got the one that came in highest for me. Maryann, do you know how to muscle test? Can your muscle test for yourself so you'd get a recommendation. Patrick Durkin I think is his last name. He is the water man and he would kind of match you up with what he thinks is good. He'd give you some choices and then you can make a choice based on what he's recommending. That was how I approached my buying water filters. "We get spring water straight from a spring in the country. Does that have natural structure? Is it absorbable?" Yes, I think that's great. That's really lovely water. What I've done which I don't know if all of you can afford but what I've done is I've taken -- Even though we're way out in the country, we get city water because we're at the top of the mountain and they're thinking of drilling a well but they said it would be at least 200 feet to get any water and maybe even more than that and that's thousands of dollars to get down to the water, so I said we'll make the water the best as we can, the water that we have. So I got this super duper, really fantastic water filter that's 4 big canisters. It's like 4 feet tall by 4 feet wide and a slit across so it's very big with these big canisters and the water goes through all of the different filters and comes out really pure. There are no additives or no extras in it. And then from there, it goes through the structured water mechanism which is maybe about that big for the whole place. It's supposed to last for 700 years and that's amazing.

Oh, train strikes in Paris. Oh, that's too bad. Okay, singing! I forgot that was what we were thinking about. Okay, so one more time. Let's go through it one more time. We're learning as we go on metabolism and then let's do a little singing but one more time we'll look at the slide on metabolism. We start with the whole range of biochemical processes that occur within a living organism. Metabolism consists of anabolism or the build-up of

substances and catabolism or the breakdown of substances. The term metabolism is commonly used to refer to specifically the breakdown of food and its transformation into energy. And then that energy is going to go into your fats, into parts of your body, and it's going to go into your skeletal muscles and into the liver. And then here again is the complex process of metabolism. Eating food filled with energy, so you want to eat food filled with energy. We were just talking about green drinks, wheat grass, and fresh-squeezed juices. By the way, just so you know that all those really fresh and lively foods that are just filled with life, the outer edge of the grocery store or your garden, those are the ones that have the most potent life and also are the ones that help you stay healthy and keep your metabolism going beautifully. So it keeps your body on track and gives the task to the body to break down the components of food and then releases energy. As you're breaking down sugars, energy is released. Further the cells of your body uses energy to perform their function. And then the third phase is digestive system, complex protein molecules called digestive enzymes break carbohydrates into sugars. For example, glucose and fats into body acids and proteins into amino acids and then enzymes meet up. So inside your cells, more enzymes meet up with those compounds and undergo various chemical reactions. And finally energy storage, so we're storing the energy that we're not immediately using. A reaction happens to release energy for immediate or future use. Most of the energy is stored in your liver, skeletal muscles, and body fat.

So that's a simple but good for us explanation of what's going on with our metabolism. The areas also that we're really paying most attention to are the energy release, the digestive enzymes, the liver, the skeletal muscles, the body fats, thyroid, and energy store. We're about 70%, Petra Sophia. You're welcome, MaryAnn. Louisa, for me, where my body was severely traumatized by radiation, yes I've cleared allergies and still if I drink milk, I notice that my skin looks a little bubbly looking and I have some inflammation As a matter fact, most people who drink dairy could potentially have some additional inflammation. Dairy, wheat, and sugar are all causes of inflammation. So I am not going to just deliberately eat things that aren't great for me. They're not high on life force. They do have some wonderful elements to them but not things that I need. Dairy is needed for young children to build bones and muscles but we're not young children and we don't necessarily need dairy for anything. "How do sensitivities affect metabolism?" Well, if you're not putting in high, energized food, you're storing fats. If you're eating food that's high in fat or polysaturated fat or fats that the body is confused about, it's going to store more fat. You're going to create a place of inflammation and a place of storing things that you don't necessarily want to store. You might not necessarily need all of the stuff that's in dairy. That's one of the reasons that I put on the chart that we would naturally know but I also think you need to do your research and see what your body needs or what your body is looking for. I think that that's also very important.

And then in metabolism, we're using energy and then that energy, human energy is used for exercise and for moving the body and locomotion. So that's also where we look at metabolism like do we have enough energy to exercise and that's part of our metabolism and that's getting the metabolism revved up where it's working really well is exercise. It might, Carolyn. But I think really a focus clearing on what happened with your thyroid to cause a problem that you needed to get on medication and then working for hypothyroidism and then working on regenerating the thyroid, that would be more likely to cause you not to need so much thyroid medication. I know my need, even though I have not been successful at growing back, I have zero thyroid tissue -- I don't think that's true. I think there is thyroid tissue but I think it just shows up not in my neck. I was at 150 mg of thyroid and then he put me way down from then 100 but I'm on that top range of that so I could probably go down to 90 without a problem. I had my entire thyroid removed. I have been working on growing it back. I haven't had a lot of movement on the dial but I think what we're up to in this 2018 year is giving a lot of new information. We've got a lot of new stuff to be working on now. Dairy is okay for May, Flora, but not for you. Is it good for you to help keep you nourished? I think it's only 40% good for you, Flora, the idea of nourishing you and I think that that's related more to emotions. It's like a happy emotion for you more than a truth about the milk itself. Petra Sophia, I don't know that you have a problem with milk. I think you could work on your muscle testing to see what's right for you on a daily basis. "Can children have human milk only and not from animals because the molecules in animals aren't well-absorbed at all by humans?" Yes. I see Marlo drinks almond milk. You don't get the same things in almond milk that you get in milk, milk. But also I think milk is really important for younger children and not necessarily for adults. I think milk becomes something that is nurturing and it makes you feel happy. They do say that milk cheeses, they produce the same happy feelings as chocolate does. I mean there are reasons that people like milk and milk products but there's also is this really necessary to my system. For a lot of people, it just isn't. In my system, it's not helpful for my system.

"I wonder what I could eat instead of milk that would make me feel and hopefully be replenished?" You know, I don't know Flora. I could see that having green drinks would replenish you but I don't know if that is a feel good thing for you but green drinks would be good. "Adults don't need milk..." That's from Annette. "Does this mean cheese as well?" Well, it's a milk product and so I mean you just have to think that cheeses are for the most part the taste and the delight of eating cheese. I mean cheese is fun to eat but is it really a big contribution and it has sugars in it. It has the milk sugars in it. It has lactose. I mean the foods that are really going to fuel your body and give you a good, strong working metabolism are from the outer rim of the grocery store meaning the colourful fruits and vegetables. That's going to give you a lot of fortification. How about we sing something? Why don't we get some singing going? We've done quite a bit of I wonder, I wonder on the milk and sensitivity conversation. I think when you're looking at

metabolism, you're looking at the foods that really and purely fuel you and then the breakdown with the enzymes and then what's stored, so what's used and what's stored, and then the use of it, so exercise.

Oh dear! Okay, we're right at the hour and I promised Adelia some juice. We're going to take a 5-minute break here. I'm going to go get Adelia a glass of juice and we'll be back. Get up and stretch. Get a glass of water or tea or whatever you'd like and we'll be back in 5 minutes. You could keep pumping though. Please do keep pumping.

(Music playing in background from 00:58:59 to 01:05:09)

Okay and we are back. Actually it's time for us to look at where we're at with our clearing chart too. 88% clear. Very wonderful! I'm doing this right along with you because we've never done this before. We've never really addressed metabolism or immune in this way. I want the clearing too so I'm going right with you. Okay, so for Louisa, is dairy beneficial for you? 10% beneficial for you. So no, I wouldn't need it. I would just let that go. I would stop doing that. Okay! We're at 89% so we should be done in 11 minutes. We'd be done in 11 minutes and we'll move on to the immune system. And while we're working in the immune system, I will do a blueprint activation so that would be really nice.

Adelia starts preschool August 28th and then June 1st, there are 13 year olds that live about 8 miles from us and they're going to come over, 1, or 2, or 3 of them 3 days a week and play with Adelia all day long. So, I will get to really focus on work. And we have an older woman also who said, "Hey, I'd love to take care of little peanut a few days a week while I'm here." So possibly when we get back from vacation, we'll have 2 more days supported until the girls are out of school or until the teenagers are out of school. I'm looking forward to that because Adelia is a very active girl and she needs to go-go and she needs to have people to interact with and mommy has to work some too. Adelia's waist is so small for her length size. She's long like a 3-year old but we need to take her pants in 2 inches. A lot of her pants that are the 3 T's have to come in a couple inches.

"When are you taking a vacation Have you decided?" Oh George, we're leaving a week from today and I think the plane leaves close to midnight like maybe 10:48 at night and we're going to Cancun. Let me come on the screen and talk about it because it's very exciting. We're going down to Mexico. I have 2 time shares and the deal with my time shares, I had timelined us to go and found out that Adelia was going to be born the week of the trip I had planned so a year and a half ago I cancelled that trip and haven't been able to make up trip because we didn't have her passport. So now, as of 2 weeks ago we both have a passport and we are going to be getting on a plane next Friday night, late night and we're flying through the night direct. Adelia's so big; she's not a lap kid so I bought her a seat. It was very hard to do. The airlines believed that children under 2 are

lap children. Adelia is not a lap child. So I figured it out and we're having people pick us up at the airport and take us to the resort. It's a 6-star resort in Cancun. We have 2 big plans. I'm definitely planning to take her to Chichen Itza, to the pyramids. That should be a really fun day. She loves going. She has been talking about the plane and driving and I told her we're going to go on a boat so she's pretty excited about that. And then the boat, I'm wanting to take her out to the island. Cozumel is right across from Cancun and there's such a beautiful energy with the local village people or island people rather who are a blend of a Mayan and Mexican. I had a beautiful experience. I wrote the version of Your Divine Human Blueprint, I wrote a lot of that down in Cancun and Cozumel. I had a 3-week vacation. It took me 11 weeks of vacation time where I wrote 8 hours a day to get this big book written. So we're going to where that magic was happening.

And then I think, we'll see, I don't have a lap top currently, I have this big and fancy super computer here but we haven't really needed a laptop because we really don't go anywhere with children. But since we're doing this adventure, I may purchase a laptop today when we're out and about to bring a laptop with us. I'm looking at a Mac book to bring with us. And then the resort has pools and it has a beautiful, gorgeous beach, a sandy beach. The water is the Mediterranean so it has that beautiful kind of teal blue color down there. We'll be swimming. Adelia loves water but she hasn't officially learned to swim. She'll be having mommy give her swimming lessons and they have youth counsellors down there and I'm hoping to get her active with the counsellors. I want to get some better water wings, more like a little life jacket water wings so when she jumps in because she can paddle like crazy but she doesn't know about swimming yet so I'm going to keep her safe. I had a friend of mine from church who had 4 kids, different ages but all within a couple years of each other and she just had them all in life jackets like water wings with the belly back on when they went to the pool because she couldn't possibly manage the 4 kids all at once. So, it's a great idea and I agree with her. As Adelia jumps in and I've been looking between a life jacket and a fancy water wing that has front and back to see what she can manage. She'll be in the water a lot. And then when she's sleeping because she loves to nap, she's still doing about 3 hours of napping a day and she goes down around 6:30 to 7 at night so there would be time for writing. Probably not necessarily lots of invitations to come to classes but actually working on 2 books that I'd like to finish up. The Brilliant Brain book has been written and I'd like to just fine tune it and make it stronger. It was written 3 years ago. And the 7 Stages of

And the 7 Stages of Love which I started years ago, that's very close. I think that only has about 4 hours of writing left. So what I've been thinking about doing is buying the laptop and uploading those 2 books in there and just having my vacation time just sitting out on the patio when she's napping, looking at the ocean and doing some writing too. That would be wonderful! And then we have a second vacation, George, planned. Since I'm 3 years behind and I own 2 time shares, I got a vacation planned in Nueva Vallarta, outside

of Porto Vallarta in November and we should be able to do that. We'd be kind of in the running at that point for a baby but my adoption filing in June usually takes about 4 months before you go (*Inaudible 01:15:02*), so I've got a nice 12-day vacation on a white sand beach in another 6-star resort and somewhere that I've gone for 16 or 17 years that I really love. They have a wonderful, wonderful children's program and there are activities every day and night. There's music and they have a lot of stuff going on for kids. She'd be 2 at that point and hopefully talking.

So, that's my plan and then I have to set up some early things for maybe January or February also for us and we might have to cancel and lose some things but I think it's really important that you have some getaway time and that you actually take real vacations. We've done some stay vacations which have been good for us but I personally really enjoy being at the ocean and the warm weather for 2 weeks. And you know being in a bathing suit or being in shorts and a tank top or something, that's joy to me. And then my other time share is a royal holiday so that's Royal Caribbean, a cruise. If I had a baby, I wouldn't take a baby on a cruise a few weeks after having a baby, after integrating baby into our family but I can set up some things either in the US or leaving from the US that wouldn't need passports. I'm thinking to set up next year also so we have some real time out and about. And then also my idea is when we do move which we've had a little bit of a delay in moving, we've gone through a very slow couple months here and I checked with my neighbours who have their house for sale a hundred numbers down from us, they're about 3 quarters of a mile away and they said they've had no showings either so it's just a really quiet market here but I've been told that it picks up after the 15th of April and coincidentally, that's when Mercury retrograde is over. So we're going to have just our 3rd showing in 8 weeks. Our 3rd showing is this afternoon. The first 2 just were kind of getting an idea of what's on the market. So, it has been pretty quiet. We don't know when we're moving but when we're moving, and then I'll be hiring a mother's helper basically 40 hours a week. That will have someone in our new home that will be there helping with the laundry, helping with the dishes, putting the kids (*Inaudible 01:17:54*) if I'm working. So, that will change things but in the meantime to make things more manageable, as I was saying to you guys, I got the teenagers lined up and then a mature woman and she signed up for preschool. So however long it takes to move from here, we'll be getting some help in place. It's harder out here because we're so far out in the country but I'm doing it and I'm feeling really hopeful and happy about that. It's been a little bit taxing. Adelia is not always a happy girl with all the teeth she's got. She's got 16 teeth and kids her age don't necessarily have 16 teeth. They often have 6 teeth. And she's cutting the molars back now. She started chewing her finger in the back of her mouth again. She'll have 20 teeth when those molars come in and that's it. There are no more teeth. So she has been teething and with growing pains. She's a quarter of an inch off the growth chart so she can get pretty cranky sometimes.

"Mexico is a beautiful country." Thank you! "Cool!" From George. "Sounds fabulous and pyramids are so beautiful. Love Cancun and Cozumel as well. You certainly deserve a beautiful vacation time away." Thank you, Karen. All of us do. One of our community classes is coming up or actually several of them are about - Fully Self-Expressed, Best Year of Life, and Living Life Fully in Balance which is addressing the nurturing need of the body. I know Flora who is one of our students who also has been a long time follower and has become a friend of mine and Flora really gets a lot of rejuvenation from taking her family to the beach. We have those wonderful emails back and forth and texts back and forth about the glorious times that she has on the beach and I have to say I feel the same way. The beach is really wonderful and it's a great thing to do with your family. It's also a great thing to do on your own. Beach time is always good. It has been 6 years since I've been to Chichen Itza and there were places that I went that I thought, "Oh, I'd love to share this with my children..." And with Adelia who is a very good walker, we'd bring the stroller but she can walk 2 miles. Let's see, we're 98% on the chart, Lisa. Thanks for asking. So she's a 2-mile hiker and she's really good with that kind of stuff. I thought that this was ideal to take her now before baby 2 arrives. I'm thinking baby 2 is coming in 2019. They said it could happen fast. They said I could have a baby before the end of the year but I don't think that that's the case. I think some time maybe in the spring of next year? Maybe. We'll see.

So metabolism is feeling balanced and strong. When I think about metabolism, it's like you've got yourselves in sync. Your desires for things or your motivations for nutrition are on track with the best expression of you. You've got that worked out. How many of you have a nutrition plan that really works for you where you feel like I eat what my body loves and my body just thrives from it. I was experimenting in the last week or so. From the thyroid, the way it is which I don't have a thyroid, my cholesterol went up and it's in the higher range and the doctor said, "You're just way too healthy to put you on any medication but if you change your diet, that should do the trick." It's funny because he was going to prove to me that I was in danger of a heart attack and then (*Inaudible*) "You're only 3%, you're not going to have a heart attack." Anyway, I'm just working a little bit on my diet. I was experimenting with eating mushrooms. There's a particular kind of mushroom that you can eat, and oats, and nuts and seeds. There are a lot of beans that you can eat and that lower cholesterol. So I was just experimenting with that and all of a sudden I noticed that I've always got this inflammation going on in the body and it just disappeared just within like 4 or 5 days of no wheat, no dairy, no sugar and just eating those every friendly foods that lower cholesterol. So I've been really working on how do I eat a diet or have the nutrition I know I need that is really good for me and makes my body happy and a toddler fuzzy budget wanting macaroni every day and crackers. So I'm just kind of like okay, she loves white bread and butter and those are just things that aren't really good for me. They cause inflammation for me. So, I'm really looking at how I take that to the level that I'm thrilled with my body. And I've done a lot of clearing on right,

permission, and ability to just be able to eat and choose to eat. I like to eat things that are wonderful for me every minute of the day that are really going to highly fill me. And I think it's also about talking about it and being consciousness in and awareness in and making enough time to do the juicing.

Okay, about 30 seconds and we're going to be done. We're going to shift now. So yes, if you've got a story to tell about your nutrition and how it has improved. Today would be a great time to share that. That would be great. I'd love to hear that. And I think that group mind and talking about it and saying this really works for me, I think that that helps, or I've made a decision and this is going for me and I love it. I know I had thought I would do the -- Let me show you the next chart though. I thought I would do the Gerson diet and it felt way too hard to get it done. You're supposed to have juice 10 times a day and make soups. There's way too much. I hired somebody and they made a mess of the kitchen and did a terrible job.

Okay, so we've finished metabolism and we are going to immune. What we're going to do now is right, permission and ability to have a strong, protective and intelligent immune system, all immune features at 100% performance. Tonsils, thymus, bowel, bone marrow, skin, mucus membrane, nose and throat, lymph nodes, spleen, mucus membranes, bladder and genitals, white blood cells, T cells, and antibodies - so all of that is part of the immune system. Removing amalgamated, controlling, damaging, demonic, evil, intertwined, and parasitical. We have a pretty significant chart here too. You're going to be doing chopping on this chart. And then if you get tired, you can just move to just the basic quantum pump.

Alright! We're doing chopping now and we're working on the immune system. Okay, we're going to be right back. I'm just going to put some music on. I just have to help Adelia with something. I'll be right back.

(Music playing in background from 01:28:28 to 01:31:50)

Alright, we're back. Yes Katherine, I agree. Multiple feedback system, that's a good way of looking at it. "My daughter and I are doing a mother's weekend getaway." Oh, that's sounds wonderful, Marlo. "I think I eat 85% correct for my health and my body." Yes, I think you do. Very close to true. "What blood type are you?" I'm a positive. "YES, a lot of juicing changed my life." Marlo, "To British Columbia (*Inaudible*).". Hmm, that sounds like fun. "I found eating vegan really turned my health around but everyone is different. If you want to talk outside of class, we can. I use nutritional counselling." Oh, that's cool Lisa. "I use Eat Right for your blood type by (*Inaudible 01:33:17*) as my foundation. Works great for me and many others I know." Great! "Just did the whole 30. No wheat or any grains. No dairy. Already had done that and then no sugar. That was tough for me but i am feeling

much better and plan to stay away from sugar, grains and dairy as long and as much as possible." Okay. Carolyn, "Focusing on real and fresh food, not processed and cooking more at home has been great." "Eat Right for Your Blood Type is a wonderful book to know foods that are good and ones that you should avoid." Okay. "I reverted to live vegan to some not so good. Looking forward to a juice fast cleanse." Beautiful, George. "Juice Plus has some chewy healthy nutritional candy for children. It helps them want to eat vegetables." Oh, that's a good idea. I'll look that up on the internet. "Eat Right for Your Type did not work for me so I advice trying things and being willing to dump them if they don't work." That was from Martha.

"You may know, he's a teacher of the Live Food Vegan Way at the Tree of Life Rejuvenation Center." So essentially he doesn't believe Eat Right for your Type. Thanks. The research is (*Inaudible 01:34:53*)." "I'm on a mostly raw vegetarian diet with lots of smoothies. I'm trying to find some new and healthy alternatives to eat. I'm an A blood type. I don't like meat." Okay, Anne Marie. Sue Lorraine, "I wish I was an A type. Haha. I made the worst vegetarian ever. I focused on wild Alaskan fish and very little once a month or so grass-fed beef as protein." I think that it's so interesting I think that we are constantly faced with what do we need and almost feel guilt if I eat something that's not on my perfect list. The things is we have to enjoy life and I realize that with just the experiment I did where I was off of wheat, dairy and sugar completely for 5 days and my body was smaller. It was literally smaller in 5 days and I don't know if I was losing weight or not losing weight but the inflammation was gone, I was smaller and I felt better. And so then there's a looking at what do you keep permanently out of your diet? I think I went for 3 years with no sugar and boy, was that good. It was a younger phase in my life but I could see that that's really what I need to do and want to do. I was a vegetarian at the time. But I do need for whatever's going on with my body, it does need some protein from whether it's fish or I was asking a lot of eggs and I think that's probably what put the cholesterol up because I didn't like to eat a lot of meat. We were eating some wish. A couple of times a week we had fish.

For some of us, the nutritional planning is like a science experiment. Your constantly like does this work or does that not work? How much of this can I have? I think we all have to sort it out and I don't think this works for everybody. I think it's a process. I do know the raw juicing is really good for me and it feels really good and I do feel like I get extra enzymes. So that has been a wonderful thing that I've been doing for myself. Adelia gets a different meal plate and mommy gets a different meal plate and then she gets envious of mommy. It's funny how she wants everything mommy has so then she starts trying to eat my food which I love that she's trying that. Sometimes she's like what are you doing mommy but sometimes she really likes it. "I don't eat wheat or sugar or caffeine. It feels so great. I also soak and sprout all grains and beans. I eat a lot of green. I do well on eggs and fish, wild pasteur, poultry and I try to have raw vegetables or steam with every

meal and even breakfast." That's interesting. "Chart in the chat box.' Definitely! "I had no idea nose and throat were part of the immune system. I hope you can tell us how all these parts function and support the immune. Thanks!" "I have learned to have a cheat day once a week. The body and metabolism love it." That was from Lisa. "You do experiment until you find out what feels good. It also helps to have a qualified person who can give formation so it's not so overwhelming."

Okay, very good! Well that's our conversation on diet and metabolism. Let's take a look at what if that's set up on the slides here to review immune. The immune system is made up of a network of cells, tissue and organs that will work together to protect the body. One of the most important cells involved are white blood cells also called (*Inaudible 01:40:51*) which come in 2 basic types that combine to seek out and destroy disease causing organisms or substances. The (*Inaudible 01:41:01*) has been artificially divided into innate resistance and specific community Specific immunity is further divided into humeral immunity, the one involved with antibodies and cellular immunity which is orchestrated by T cells. It is essential to understand that although these divisions have helped in understanding and analyzing the immune response, the system functions as a single unit rather than as separate entities or a separate entity. Here are the parts of the immune system. Mucosal membrane in the nose and throat, tonsils, lymph nodes, thymus, spleen, bowel, mucosal membrane, bladder and genitals, bone marrow throughout the whole body, and skin throughout the whole body, and lymph nodes also would be throughout the whole body. Organs, cells, proteins and the nervous system.

Karen says she liked your music. You played really pretty music, Adelia. I'll be right back... Okay! Alright, I'm back. "Adelia's singing brings joy in the air. It makes me smile as I chop." Fantastic! We love hearing that. So, that is what I prepared for us to look at with the immune system. Hopefully that answers some questions. Again, I'm not a medical doctor but we're working on these systems that we've never worked on before so I'm learning right along with you. I felt like in both cases with metabolism and the immune system, it was really nice to have this chart. It kind of puts it in my mind of okay, I get it. I see the network. I see the system. And I think bone marrow has those white cells in it and the veins. I don't know if the lymph nodes have white cells in them. I don't know. I'm not sure. I know I grew back my tonsils. I had lost some of my immune system function but I can see that I've got everything kind of good at this point. The bones are good and the skin is pretty good, the mucosal membrane, the bladder, genitals, bowel, spleen, lymph nodes, thymus, tonsils, and the mucosal membrane in the nose and throat are a little irritated from all the pollen we have going on right now. You're welcome, Karen.

"In addition to eat right, I also find a great value in muscle testing foods and beverages and use that as my ultimate guide. I just wanted to add that note." Yes, that's really important. I think right now with a little bit of extra stress on the body with Adelia's age

and tantrums and the things that she does, I am taking more vitamins that I normally would and I'm feeling that really fortifies me. So even if I'm not getting enough rest some days or the stress level is higher than I'd like it to be, I'm covering the nutrition I need. I've cleared the vitamins and supplements so that I have the right, permission, and ability to absorb at 100% and integrate into my body the nutrients from supplements and vitamins. So that has made a really nice difference. I can say that I'm pretty steady with my health. "Just in the bowels." Okay, Flora. "Please regenerate my tonsils which were surgically removed at age 5 to try to improve my hearing. Zero sinus infections." Oh, good. Tonsils, it's funny because I did that when I was in my 40's before I even started teaching this. I just thought I could grow back my tonsils. I had mien surgically removed at 3 and at 46, I grew them back. It took about 6 months and I had fully formed adult tonsils in 6 months. That was before I knew about pumping. I just knew I could do it and I did it.

"What turns the quest to feel better by reducing unhealthy food into eating disorders like anorexia? Spiritual interferences?" Hmm, the quest to feel better y reducing unhealthy foods? You don't want to reduce foods in general. You just want to take out unhealthy foods. I think eating disorders are motivated by this one -- I'll tell you which. We have a poor body image so that is a very strong idea that gets in a person's mind that she's fat or too big or something. Eating disorders are typically motivated from something around that. They don't actually see themselves for who they are and also not feeling cherished or feeling loved for who they are. Yes, it looks like a sinus infection. Yes, definitely it will help. Julie C, "I'd like to regrow my tonsils and adenoids as well." You know tonsils because when they remove the tonsils, there's still tonsil tissue in the upper part of the palate. They're removing the infected part or whatever but it's pretty easy because there's some information there. Like where you remove a gland like a thyroid gland completely which they don't usually do, they usually remove half but they removed 100% of mine, then there's no information there. And for me then they radiated it for 10 years telling my body that the thyroid was poison to me and it was causing me to have to endure poisoning because of that. So there's a lot of information in my body that I've cleared but that the thyroid is a poison rather than a pleasure or something that's helpful.

"Will this help improve my appetite?" Maybe 60% true. It reads as 60% true. Christy says, "I agree on all points. Thanks!" You're welcome. Gosh, maybe we should do a class for the apprentices on how things are grown back from nothing. Maybe that would be a fun class at some point. But you know for me with the tonsils, I set an intention, I prayed, I saw it happen, I imagined it was true, I knew it was true and then I had a doctor going, "You have tonsils. Your chart says you don't have tonsils. You can't have tonsils." Like, okay but I do. Oh good, Maria. That's wonderful! Jenifer says, "Sounds good." Wonderful! You will have these diagrams also included in your member's site. They will be there for you. And just in case we get there I included just the simple steps for regeneration if we get to the point but I think better to really focus on function and get these charts really

cleaned up and cleared. Regrowing class, oh okay. I looked down and there's a bunch. Well, I'll think about that. I'll think about how I can add that into maybe the apprentice training. Okay! How about we do 'The Stones?'

[Singing]

The stones they are calling me.

Echoing through an eternity

Calling out to set us free,

The power of the stones.

At dawn I walked in a circle of stones,

A solar temple to me yet unknown

'Till by the strength of first morning's light,

Shone the power of the Stonehenge stones.

They grounded the energy of this place

And held us together in loving embrace

While beings of light danced above the space

Bestowing on us their wisdom and grace

The Avebury stones were laughing at me

Taunting me, tempting me, dancing with glee

Playful stones make love to me

In the circle of the stones

*The heavenly chambers from days of old
Newgrange stones were a circle to behold
I knelt in prayerful reverence
For the power of the basin stone*

*I touched my forehead to the rock
It filled me with bright light and talk
Of the ancient people and their ways
And the spirals of the stones*

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

*The stones are everywhere we look
Medicine wheels and monolithic books
The wisdom of the circle flows
In the temple of the stones*

The stones they are calling me

Echoing through an eternity

Calling out to set us free

In the power of the stones

Wonderful! That feels good. As I was singing, I realized I was singing the first 3 verses a second time through, I was thinking about Earth Day and the stones and the tectonic plates and how on Earth Day we've dedicated an hour and a half. Actually Adelia and I were going to go on vacation in the morning, we were going to leave and we decided to stay here and do Earth Day and make a difference. We have 212 people which I'm so grateful for that have signed up but we will make very little impact on Earth Day with the tectonic plates. We would do a good job with 212 people but we won't make the impact on the tectonic plates if we don't enrol about 2,000 people. So for inner circle members, you'd be getting a message from me if you haven't already today about asking to please be sure to enrol and be part of the transformation and help Mother Earth in this very, very powerful way. Ask your friends. On Monday we'll be sending out a forwardable email so it will be written that you can just fill in names and sign your name in the email and you can forward it to your friends. Invite your friends. I'd love, love, love to see 2,000 people in the Earth Day event and that's what we're going to need to shift the tectonic plates. We'll still do a nice job, for the 212 people, if you're one of those people who've already enrolled, thank you so much for enrolling. We will do a good job with dark energies from surface to core. We will get to a lot of it. But to do the serious work where we're working on reversing things that would cause tsunamis and tidal waves and earthquakes, that's going to need a lot more people to do that. How many of you have signed up and how many of you still need to sign up so I'd get a good feel for our group here. I'm thinking that you're all love bunnies so you probably have all signed up. You probably are our core group. If you haven't signed up, please do it now. Please take the time now. We have a 5 minute break. Please go in right now and enrol and commit to helping the earth. It's 90 minutes. It's not a lot of time. We need more. I'll be blasting that whole time but we need more people helping. We just need more people helping. And for all of you who've signed up, would you please, please promise me that you'll send and you'll invite 5 or 10 people. Just go through your family and friends who would be even mildly open to this and ask them to come. I do have a little video explaining what we're doing so it won't be completely foreign. It's a short and sweet this is what the quantum pump is and this is why it works. It's a really simple little video, a welcome video. When you come on and you sign up, you get a little understanding of what's happening.

Good! I see a lot of people have signed up. How many of you can raise your hands and say I will send to my friends and I will invite my friends. Mother Earth needs us and she needs us in a bigger way than we've been showing up for her. Last year we had like 118 people and we had about 78 people on the live call and we did some good work. We were working with the atmosphere. But when we're talking about billions of people affecting the earth, we need more people to make this change. The change that we're better together. It even says that in scripture that we're better together. Alone we can do something. Together we can change the world and that's really my heart's desire. So Monday, for all inner circle people, you are all inner circle people, you'll get an email that you can forward on to your friends. I'm waiting until Monday to send it because we have mercury retrograde on. So I thought on Monday people might be more able to take action. It won't be under the spell of mercury retrograde. You guys are all enlightened so you're not under the spell. And then we're really working on the stuff of the past, the stuff that has traumatized the earth so much that she's shaking, and quaking, and flooding, and waving. We're doing goodness and taking some of that human damage out of her. So, thank you, thank you, and thank you for anything you can do. Put it on social media, email it to your friends, call a few people and say hey please join me, I'll send you the link, can you do it? Whatever you can do to get the numbers up. And then we're going to advertise on Facebook and we're going to keep pounding away on our list. We have like 15,000 people on our list and we have 200 people signing up, so there's something missing. It might be mercury retrograde but there's something missing. We need more people. And I honor all of you who have signed up. Thank you, thank you, and thank you. All of you who are saying you will send, please do send. Please do and thank you, thank you, thank you, thank you.

Alright! Take a couple minute break. I'm going to go get a glass of water. We're going to continue on on the clearing chart. When I come back, at 11:30 I'll do the blueprint activation so I'll have enough time to really get back in my body before the class is over. We'll do a blueprint activation at 11:30. We'll take a 5 minute break now. 11:10 we'll be back. But you can keep pumping right through. If you want to keep going, you can keep going. I'll put the clearing chart up right now. And if you haven't already signed up, please the link is in the chat box. Sign up for Earth Day. It's free. It's just you committing to help. You can do it.

(Music playing in background from 02:04:34 to 02:10:16)

I'm back. Thank you Maryann and Flora. Yes, they've been asked. I think we had talked about that in our team meeting yesterday. They haven't obviously sent them even though they said they would so I think what we're going to do is wait until Sunday when Mercury Retrograde is over and then we're going to kind of do a push and say hey guys, you said yes, so here it is again, please send it. So yes Marlo, Jack said yes and Darius said yes.

These fellows love me, Jack and Darius and they would do what I ask. I think there's just this stagnant energy so I'd be a little more strong with them like, "Okay, it has to be sent now." And who should I send it to to make sure it gets sent. I think we'd do that on Monday when retrograde is over and it's closer to the event so it would be more meaningful. It's at the end of the week which is a week from today. Oh thank you, Arcadee. I really appreciate that. It means a lot to me. "Once you sign up for Earth Day, (*Inaudible 02:11:55*) sends you an email with a video you can share?" That is correct, George. Thank you. For those of you who want that video, I think if you've gotten the welcome letter, I'm just not sure that we have a separate -- It might be set up on a different page. If people want to share it in Facebook but you can certainly forward it to people. And the page maybe a shareable page on Facebook. It would be interesting to take the link. "Here's the link to the video." Okay. But does the video have a sign up because that's what I don't know.

We'll continue to work on the chart for those of you who are wondering what are we up to in addition to talking about Earth Day. Okay, so there is a link. This is not the video they were asking for though. The video they were asking for is the one that comes in the welcome letter that shows them the quantum pump and just kind of a little orientation video and that's in the welcome letter after they sign up. Yes, I'm here. Can you not hear me? I just hadn't turned the camera on but the microphone was on. Oh good, Penny May. It's nice to see you. Okay, so the video that support put up, I'd prefer that you actually share the page rather than the video, but you can share the video. It's just that the page is really nice. Let me show you the enrollment page. I bet all of you have gone to the enrollment page but if you haven't, we'll just do it really quick and then we're going to focus on immune some more. Here's the Earth Day page. Here's a little message from Jack. (*Video message playing 02:15:12*)

We are actually making great progress on this. We're 70% through on right, permission and ability to have a strong, protective and intelligent immune system, all immune features at 100% performance - tonsils, thymus, bowel, bone marrow, skin, mucus membrane, nose and throat, lymph nodes, spleen, mucus membrane in, bladder and genitals, white blood cells, T cells, and antibodies - so all of that is part of the immune system. Removing amalgamated, controlling, damaging, demonic, evil, intertwined, and parasitical. Is anybody feeling a shift?

I asked my project manager and she did send me the YouTube link. Okay, perfect. There is a link to the page. Let's see if I can just type it out since she sent it in my cell phone. This was the one you guys were asking that's the welcome page. It's okay, support. I was wanting to get them to the page rather than send them to YouTube. That's what I was looking for and that's what I got.

"My sinuses are clear." Oh good, Joti. That's great! "Jack's message gives me chills. Ditto. Thank you for all you do, Julie Renee." "Feeling lighter now." "Yes, feeling lighter and feeling tingly throughout my body. Does this count? Felling tingly throughout my body." That definitely counts. Okay, so the one that I put up that says Julie Renee Doering and then the http link is the one that will take you to the welcome page so if you wanted to post that on social media, why don't you cut that one out because that would have the details you were saying. I think the only thing about that is with the welcome page, you've already enrolled but it does have the video there and the explanation of what we're up to, why we're doing it, and how we're doing it. The only other thing would be to make sure that they get the page to the enrollment page too. So if you put that up then also put up a page there to sign up or a link rather to sign up.

"It's interesting how few people really do get active for even these important things and so many people say they're interested in enlightenment are not active in helping." Yes, it's a little bit puzzling to me but everybody's got maybe blinders on and I need to do it for myself but once a year we can do this. I can show you the little clip here while we're pumping. Everybody keep pumping. I'll be going into the blueprint in a couple minutes now too. *(Video playing from 02:22:00 to 02:25:40)* Okay, so that's the welcome video. So if you wanted to also have access to that, you have the link. I put that up.

Okay, I think this is a perfect time now for me to be looking at going in the blueprint. I'm going to be doing an activation for the immune system. There's our directions for me going into the blueprint. It's an immune clearing. But I'd like you to keep working on this clearing that we're working on right now, the immune clearing with chopping. Just keep chopping.

(Music playing in background from 02:30:59 to 02:43:45)

Okay, I've got some details of what I did. I'm back. I was trying to come back and forth and write. I've got some notes here on what I was doing. Unable to self correct when the immune system gets off track. So the autoimmune illness, the body and the immune system cant self correct, that was an error or a problem in the blueprint put in by alien type 7. Let's just look at who that was and see if they're till affecting humanity. A demon, that makes sense. And then I saw anger breaks down the immune system. So for those of you who are prone to anger, it actually breaks the immune system. I saw brain nerve sensory center and then I saw this kind of a lot of things together, that harmful touch like when some has been abused that stays in the cell memory, the physical abuse and it prevents the proper immune function. It doesn't self-correct. If physical abuse is in the body, the body is not going back to the old state. So I corrected all of these issues. I saw like a black, like a vortex. It was kind of a bar and then like a black hole. It was all black and that was the beginning stuff. I was working up through the back full part of this area

in the blueprint and kind of out almost to the top of the head with the sensory stuff and the nerves and brain stuff. And then there was a gray with spirally things when I was looking at the touch, that that gets embedded. The spirally stuff looks like anchors of a kind. It's like psychical abuse anchors. Let me just see if we've got this anchor. Let's see if we've got what I was looking at, let's see if that affects people, that spirally thing that anchors to the abuse so that the immune system doesn't function properly once you've been psychically abused. I think that that was a common thread that they were seeing when they were doing research in San Francisco State or no, UCF where they were doing some research and were discovering that the women who had fibromyalgia which was an auto-immune illness were all sexually abused. All of them, 100% of them. And there were also men but they were seeing like a huge number. I get that it does something to the immune system.

We don't have it but we should add it. We're going to call it trauma spring. Like a little spring, like a boingy spring. We're going to add that to our list. It very much is part of our list today. We'll add it to our list here on labels under nano-bods. We'll put trauma spring. The trauma spring came from a D8 and they're still affecting us. They're not demons. They're not from our universe but they're here. That's what we got. Is it only current life or can it be from past life abuse? This particular thing that affects the immune system is not from past lives. Oh, you're welcome Kathleen Lou. Did anybody feel or see a shift? It was a little bit tedious. Sometimes it's joyous when I get in there and sometimes it's really murky. It felt tedious today, which is good probably because I have some of the immune things that I've really worked on and improved so much.

"I really have sinus issues but this morning, it's completely cleared up now. Thank you so much." Oh good! "Got a great big nod from the universe. We'll have 2,000 or maybe more..." from Jenna. Yes! Yes, I think our strategy now is waiting because we have sent out to JV partners and we've got 65 JV partners. We've sent out to our celebrity friends. We've asked our list and we've got 212 people and maybe some more now today. So I think our strategy of waiting until mercury retrograde is over and then hitting the pavement running on Monday, Sunday getting it all fuelled up and then going for it. So thank you Jenna for that vote. Joti, "Amazing. Thank you so much for the blueprint visit. Extraordinary." You're welcome. "I felt really heavy especially around the head." Interesting, Julie C. While I was in the head, I was feeling buzzing and columns with light as I was clearing so in my own head I had columns of light and buzzing which was not unpleasant. It just felt like I was really working in something murky and a little bit like a (*Inaudible 02:51:55*) where you keep working until you get it all done. "Yes for me. I had lots of sensations everywhere in my body and I feel much better. Thank you very much for this huge clearing." You're welcome. Good! Good, good, good.

Okay, well we've accomplished the blueprint clearing. We did 3 and I would say they kind of ran together so it's hard to say where one stopped and the next one began but we did 3 clearings pretty significant in the blueprint. Those are done and we got through the metabolism chart and we should be almost through the immune chart. 4 minutes and we'll be through the immune charts. I think we had a really good first run at metabolism and immune. I can see that next year I might have even more insight, since this is the first time and I'm asking questions like a newbie on some level. I'm a teacher obviously, a mentor and a spiritual guide but I haven't looked into this in any significant ongoing way. So I think now that we've opened the door, there will be more coming and next year there will be even more things that we'll do but I'm thrilled with what we got done today. I think it was really, really good. "I had thoughts of immunity enhancing the skin." That was from Joti. Good! "This morning I had a big chest cold brewing and now it's gone. Just fatigue remaining." That's the body wanting to just rest too. "Thank you for your work." You're welcome. "Thank you so much." You're welcome, Leeann. "It feels like a lotus blooming out of the mud." Oh, wonderful Marlo.

I also want to just honor each and every one of you for being here, for the people who have been here a long time and are devoted and this is their second or third year. Thank you for staying and for continuing to get the upgrades and for continuing to have the vision of growing younger and being healthier and all the miracles that you create that create a new group mind for all of us. Thank you for the people who have been here this year in 2018 and who are for the first time really experiencing something amazing. And for those of you who just joined this month, I want you to know how much you're loved and how important you are to our community and how happy I am that you're here. All of the students are happy that you're here. This is a loving community. This is a community that we stand for each other and stand for our miracles. I'm so, so grateful that you're here, that we're making magic together, that we're pioneering and mapping new things. I got up again at 4 this morning and was researching how do we approach this and this was my best approach for this first run through, I'm thrilled. I think we've done a really good job. It would be interesting to see what changes happen. So try to keep track. If you keep a journal, keep track of what's changing in you. You know like from digestion and from the other things that we've worked on. Try and just notice when things are improving. I actually had some realizations of like wow, there are a whole lot of things that have really shifted for me and people look at me and go wow, you're there. No, really, I'm always working on myself too and I can see improvements for myself. It's really exciting. It's exciting to pay attention to it and to celebrate it.

Okay, are we there? 98%. Okay, just another couple minutes. Everybody is continuing on. Just another couple minutes and we'll be all done. George says, "I'm so glad you found me somehow." I am too, George. I'm glad you're here. And Kathy and all of you are saying thank you, Kathy, and Laurel, and Lemee, and Sue Lorraine. You're welcome.

Carolyn and Lisa. "Does a balanced immune system help reduce inflammation in the body?" I think it's 2 things. I think it's kind of a chicken and an egg which came first but yes, I think they go hand in hand. You're welcome Dale and Arcadee. You're welcome. Anne Marie, "This is a really important topic. Thank you." You're welcome! Okay, I think I've got everybody's comments. That's wonderful. Thank you! Thank you, thank you, and thank you.

By the way, I would love for all of you to be in the Muscle Testing Class. I want you to start being able to get your answers. It's very reasonably priced. It's an hour of your time. You'll be getting all of the past charts as well as the chart I create for all of you. I really suggest that you sign up sooner than later. I'm working in the field with people so as you know when I prepare for class, I'm looking at the class list. So I won't be just doing it at the last minute. I'm going to be putting it together over the weekend and I would love to have a majority of the problems on to that list so that we'd get that charting done so it's really, really accurate and that we'd get some beautiful results for all of you. That's the muscle testing which is very, very inexpensive just like our community classes with very low tuition. I'd love to see all of you in that so you can start really asking and getting your questions answered and getting them answered correctly. For those of you who are in the blueprint class, it's pretty amazing and the vitality class is just off the charts. It's very wonderful and exciting. Thank you for being part of my world. If you're a Year of Miracles student, I love and appreciate you. I'm glad you're here.

99, almost there. Okay and the best thing I think to share on Facebook is just go into my website and grab the enrollment page. You can go to events and then just click on the event on the 20th and then you'll just take the top link off of the page and that's probably the best way to share on Facebook for those of you who are asking. I don't know about the welcome page. It's probably not set up as a public page so it might not have any pictures with it. I saw someone say, "Hey, it's not working. I tried to share it." Just share the main page and that one will work for sure. "I feel warm and there's a process going on here." Very true, Anita. You're welcome, Betty. And Netty is so happy and feels blessed. Okay, 100%. Oh my God, it's a miracle. We finished on time!

[Singing]

May the long time sun shine upon you, all love surround you.

May the pure light within you, guide your way home.

I love you. God bless you. Have an amazing day and an amazing weekend and I'll see you soon. Bye-bye for now.

[END OF TRANSCRIPT 03:00:08]