

Year of Miracles_Respiration and Bladder

Good morning! Year of Miracles, yay! We're going to be doing the lungs, respiration, and bladder. So, the bladder, kidney and the whole waterworks down below today. We have a lot of clearing to do. You could start if you wanted to with the doorknob and we'll start in our traditional way. Let's get started with our slides. Welcome everyone!

Mother/Father God, thank you so much for being here this morning and for being an inspiration, a joy, and healing for all of us. Thank you for the love that you bring us and the transformation that you help us to create. We thank you for the angels, the golden legions, guides, gods, goddesses, and the saints and sages from the greater and lesser traditions who stand with us to help us get this work out into the world. Thank you Mother/Father God for your presence and for your grace and your ease on this beautiful morning. We thank you for the air we breathe, the water we drink, the food we eat, the friends, the family, the people who love us, and the people who we love. We thank you for your patience and guidance. We thank you for this constant and steady source of energy, of freedom, of peace that we receive. Amen.

'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 [00:02:59] to [00:04:20])

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

Today we'll be doing the lungs, the bladder, and the kidney. Everything to do with the lungs and everything to do with the kidney in respiration and the water works. We'll be clearing out a lot of emotions in the bladder and in the lungs. The lungs being able to take up space, to exist, to breathe deeply, that's related to some of the programming that we're going to be clearing and also the bladder being pissed off or angry. Having anger stored in the body and living in the body can sometimes cause the bladder and kidneys to fail or break down.

I'm going to put up the clearing chart which we'll be doing first. Here's the clearing chart. Right, permission, and ability to fully clear my lungs and entire respiratory system, to be fully health and working out 100% with full right to take up space and belong, to enjoy breathing deeply in my life, removing all illness and future illness, to have my bladder and

kidneys and my complete water works systems working and fully healthy at 100% removing a tendency towards anger living in my body, removing all disease and illness and future problems in this era; Merovingian amalgamated, controlling, damaging, deceptive, delusion, disgust, evil, intertwined, intolerant, parasitical, suppressing, and addictive.

And then it's actually a couple pages. There were too many spelled out to move them into another column so I've just left that. It's on 2 pages and I'm going to put this now in the chat box. We are doing doorknob. We're going to be doing doorknob probbaly I'm guessing about an hour and then we'll move into regeneration. If we get it done fast, that would be awesome but even if we don't, this will be good. This will be good.

Good morning to Sheryl, Penny May, Jenna, Joti, Leanne, Kathy, Emilia, Arcadee, Trevor, Jean, Sheila, Mary Ellen, Valentina, Laurel, Johanna, Dale, Christy, Gorge, Nettie, Susan, Anne, Nicole, Danny, Amy, Dorian, Cathy... It's so nice to see so many of you here. Thank you for being here. Cathy, "Still waiting for broadcast. Good morning! "

Alright! We are on our way clearing lings and bladder and Adelia will be awake with us for a good 45 minutes or maybe longer so I'm going to have to chase her around a little bit. Just about not even 14 days, June 1st, we have helpers starting. They're just almost here. And then Adelia starts preschool Augusts 28th. So, just a couple more weeks of getting through her wonderful energy that's a little bit taxing.

Eileen, welcome! Alright, so we are working on a clearing chart and then for those of you who are newer to our program, the Year of Miracles Program, we usually do about an hour of clearing or sometimes even longer than an hour and then we go into regeneration, cellular neogenesis. Oh gosh, you're right. Thank you! For some of you who are new, you'd like a demonstration on the quantum pump and the doorknob so I'm going to come up and give that to you right now. The basic quantum pump which you can do for everything is the elbow down at the side and the hand pumping forward. This is the basic quantum pump. On the side it looks like this. That's the basic quantum pump.

It works because there are 2 kinds of physics. There's Newtonian Physics and there's Quantum Physics. Newtonian Physics is the physics that most people are familiar with and that includes gravity and what you see is what you get and things that most people study. And then Quantum Physics is very much when you think about it like what we think about spiritually too. It's the field of oneness. We're all created from particles vibrating and based on how the particles are vibrating, you get a better or not so good response or results. And so what we're doing is not doing energy work; we're actually working with the quantum field and we're rearranging how your particles are vibrating so that they vibrate in a good situation for you. We're clearing away a lot of stuff that doesn't belong in you.

How we're affecting that is we're setting an intention with the mind and what philosophers have known forever is what the mind can conceive and believe, it will accomplish. So we're setting an intention with the mind and then we're doing a hand movement and in this case, I'm showing you the quantum pump and the quantum pump helps us to access the higher frequency of the field. Now one of the things that we love to do in the Year of Miracles is sing because singing lifts us into that field of transformation. So in the lower frequencies where our bodies live, it's pretty stationery. Things are pretty well where they are. Things don't move a lot. But when we get up into the higher frequencies, higher vibration, things move so we're able to shift things more rapidly and so that's where our focus and our intention is is to shift and move things rapidly.

Okay, so that's the basic quantum pump which we probbaly won't use today but we might in the regeneration. We have a lot of regeneration to do. This is the double pump. It looks very much like the single quantum pump but it's two-hand. I do it alternately but some people like to do it like this. You can get a good result doing it this way. I like doing it this way. I pay the harp and when you're playing harp you're always doing 2 different hands. I like to do it opposite. When we do chopping and we have chopping on the schedule for today, chopping looks so much like the double pump except the fingers are held together. And you can see that the hands are about 6 to 8 inches when we start off on the shoulders and then they're coming down. The movement starts at the elbow and then drops forward. And then with the basic quantum pump, the wrist is very loose. So your fingers are just dropping. With chopping, it's a little more like this kind of a movement. It's a little firmer and held more firmly. The change in the field happens on the up movement. So, when we're coming up. The down is just the positioning and the up is where the shift in the quantum field happens.

She's sitting at my feet very quiet here. Unbelievable that we have a minute of quiet. We've had a very active morning with Adelia this morning. She's just go, go, go, go and pull on mommy the whole morning. Okay, so the up movement is where the change happens in the field and then we're doing doorknob now. This is the hand facing forward and the fingers as if they're curled around a doorknob and then they're coming in like this. And on the out movement is where the shift happens. It doesn't matter what speed you're at. You could be at a slow speed or a fast speed. I tend to like to do things fast. You're going to get a good result going slow or fast. I have 7 planets in fire so I think I like to do things fast. Okay, so that's the doorknob.

We may actually at some point do the platter. That is used in one part of cellular neogenesis and also when things are seemingly really stuck. The platter looks like the doorknob as just you keep the fingers extended up and it really is for moving stuck energy. There are specific ways that we use the platter. So, we may use that. It looks like this. It's the hand facing forward and the hand facing in. But right now and for the next hour, we're

going to do doorknob. We get all of our information by muscle testing. We're using the finger on the right hand and then the pointer finger on the left hand and it's between the two knuckles and we're pushing down. My name is Julie Renee... My name is Adelia... No. You're holding this finger very firm. If it were to go all the way when you're pushing it, it would go down to your hand. Not backwards and not side to side. We're going down like that and we're holding the finger very firm. Three should be just a little bit of a loosening when something we say isn't true. We do have muscle testing classes and I'm always working with students. It's a process. For some people it takes a year or more to get their muscle testing down while others just streamline in and get it sorted out right away. Sometimes it's interferences. Sometimes it's programs. Sometimes it's something else like someone who couldn't hear no or couldn't relax their muscles. There's a variety of different reasons why it can be challenging. It's something everybody can do at some point.

Our last muscle testing we gifted 7 charts and further information. I think there might have been 5 charts and then another couple pages of other insights that I had written that could be cleared. It's a process. So if you're one of the people who (*Inaudible [00:17:55]*) I'm going to put the muscle testing information out next. There's a clearing statement you could do at the top of this chart and this would be included in your member's site. I hope everybody's enjoying the member's site. Finally, we've got the Year of Miracles in the member's site. Everybody is accessing the Year of Miracles and being able to review easily programs. That should be nice.

Okay! And hi to Anise from Sweden and Annette. I think I already said hi to Aileen. Wonderful! Alright, so there are the directions that I just went through for muscle testing. Adelia is making me very sexy pulling my blouse down. Ayayay! Okay, so 2 people have said that the member's site is great. That's awesome that 2 people like it. If you have anything, any ideas like if we can make it better for you, please let me know. We're always trying to work on getting things even better. Obviously it will be better for me when Adelia isn't a monkey hanging on me while I'm teaching but I know a lot of you love to see her and I love having her here at home so she'll probably be hanging in and out with our helpers, so that will be good.

Okay, so we are off to the races. "I love it. Everything is easy to access and I use it all the time." Okay! Good, Robin. Thank you! Alright, so we've got 3 people saying winner! "Member site is good. Thank you." Good, Nettie. Thank you. Should we do some singing to get the energy wonderfully set for clearing the chart quickly? Hi, Anne Marie. It's nice to see you. Okay, we're going to do some singing.

"It's interesting the lungs and respiratory relate to taking up space. I can see that. Can you comment on how they relate to the right to belong?" There are a couple things. One

is being able to be in the body. When you're born, your first breath establishes you as spirit in your body. That's a very, very key and important part of life. Some people are born not breathing and are put on respirators. Infants are put on respirators and things like that. I don't know if there's anybody in the class that has that situation where they couldn't take their first breath and then it's a difficult thing. Spirit had a difficult time establishing itself in relation to the body. But then also belonging and I think one of the things, when people feel pissed off and they're disappointed in life and feel like they're being let down or betrayed or life didn't give them what they wanted and so the opposite is if you can see it in this way which I do is belonging, it's feeling relaxed and happy and like you're where you need to be and I think that's also with the lungs is you're where you need to be. You're here and you're fully established.

I think about that with my own situation; I was 2 weeks early which wasn't so early but my body had some directions and I think as a spirit I was told I really thought I should just leave and that the environment was too hostile to stay in. So I think at 9 or 10, I was considering letting the body die. So my lungs, the deepest I can breathe when they test lungs is at like 500. I think 800 or 1000 is what's considered normal. So I have probably small lungs. I definitely didn't have permission to belong to that family. My mother doesn't even acknowledge me most of the time that I'm her daughter.

Just for a minute. I'm going to take Adelia. She needs to go to bed... We have a little bit of calm now. That will be good. Yes, okay! So all of you are doing the doorknob. I think some of you are just coming in a little bit late like a half an hour late. Let me just re-establish the chart back in the chat box for you because we're going to be singing in a minute when I finish answering some questions. Thank you for these good questions. It's a little bit hard for me with Adelia being so rambunctious this morning but she has gone down now.

Prostate is the Healing the Sex Glands and Organs for Men and we also have Prostate Class and Ovaries: Healing the Sex Glands and Organs for Women. But we also do the endocrine system and the ovaries are part of the endocrine system. "I love it. Can I please have all 3 years of Year of Miracles in my membership site?" I don't think so, Cynthia. I don't think that that's possible. That would take many, many hours for our teach team to setup. I think what we did was going forward, we have our Year of Miracles. And Cynthia, have you been a member for 3 years? I'm not sure if you have. "I was born blue with the cord wrapped around my neck..." Yes, that's having to do with getting established in your body. "It's great! You look beautiful in Coral." Oh, thank you!

Thanks for saying that. We usually do put links on the member's site. That might just have been an oversight. I'll tell my tech team that we need that or project manager, actually. Okay, so I got that in there. That should start then next month, the links in the member's

site for this. Thank you. That's a really good suggestion. I didn't realize they weren't in there. "Endocrine system. Yes, third year." Oh good, Cynthia. Yes, I think we have to be just delighted that they've gotten it together because it's a lot of work. "Link for respiration and bladder is not showing in my member's site either." No, Sheryl. They may not have thought about it so I've just sent directions to them. "Is it okay if I put one of your mantra activations on the background of my computer? Would that help the overall change?" You're always welcome to play my mantras if you'd like to. That would certainly life your energy. Oh, Annette is reminding me. I was talking about my mother not acknowledging me. Yes, that's a crazy experience. I guess we're not going to sing for a minute. I will come back on.

My mother, I think she gave birth to me to have me take care of her. In my 30's, I could see how entangled I was with her in really unpleasant ways that I hadn't created and that weren't something that I thought was a good idea. I unentangled myself and my dad came over and yelled at me for not picking up the phone. I said, "I'm doing a silent meditation, dad. I'm not talking to anybody for 2 weeks." And he was like, "Your mom is crying. She's upset." So she was just running a whole lot of energy in me. But after that because I said I needed 2 weeks, he plugged the phone in and said, "Answer your phone." And I said, "No. I need and have a right to have some silence and to just deal with what's going on with me." And then I went to India shortly after that meditation retreat for myself and I spent half a year in India.

I think that creating that separate 'no, I'm not going to be the person responsible for taking care of all your needs, mom,' she shunned me, and scorned me, and black-sheeped me, and she threatened to throw me out of the family at one point and then finally it came down to she said she had made something for her children and I said, "Well, do you know I'm your child?" She goes, "Oh, be that way then." It was a Christmas decoration and I just was so surprised that she was saying so fondly I made these for my children and then she got angry with me that I said 'I am your daughter.' She didn't really know. There had been times when she doesn't know. She says, 'for my kids.'

Anyway, I have to wonder about that and the way that the lungs developed. I have also been thinking which I think is a great idea for me is how to imprint a new body that has the fully developed lungs and my colon and intestines aren't fully developed. And apparently my ears, I've had my ears checked out recently and the canals are like a child's ear canal. You can't really get in there with instruments to look and see what's going on in my ears. And my throat, they paralyzed my vocal cords by putting a tube that was too big down my throat. I always say just use a child's tube if you have to when I was having surgeries. Don't put a big tube down my throat because my throat isn't big enough for a big tube. So I think about that re-establishing my ideal body to live in for hundreds of years would be gently over time but using the quantum field and particles vibrating in a better

situation for me, that would be fully developed lungs, wouldn't it? And that would be the endocrine system working beautifully and it would be a fully developed digestive system. So not just working with what I already have but also establishing what the benchmark for humanity is. I was born without a xiphoid process which is a little protector bone at the bottom of the sternum protecting the heart chakra and that area. That's missing. I've got no patellas on my knees.

I don't know if I was in a hurry to get here. My mom was pregnant with twins and she didn't know it because they didn't do ultrasounds back then. I had a twin brother that left at 3 months. She had some bleeding and I was left on my own. I also think that might have been some of the depression already on in my life is to not have the twin that was going to come in and share the journey with me. Anyway, that's a little bit of my story. The lungs are underdeveloped and that right to belong, I've established for myself. And Adelia is very confident. She might get in mischief. She's just a normal toddler. But she had such incredible confidence and self-assurance because she has got a secure attachment with me. I'm her mother and she knows it. She's loved and cared for. I think that secure attachment is really, really important.

I was even thinking the other day when I was thinking about secure attachment, I was thinking about the impact and I was curious about how many people feel that they had a secure attachment with their parents or their mother and that they were really loved or nurtured as they were brought in because I just wonder if feeling isolated and alone or feeling rejected or somehow put the side by parents. Even the children should be seen and not heard, which I don't believe in at all, obviously. You see Adelia running around and I believe that she should have her opportunity to be seen and heard, be a little person and have her feelings and all of that. But I wonder how many people who have challenges owning and relating to their body. I just wonder how many had a non-secure attachment style. Whether it was completely like isolated or rejected and I just wonder because we weren't taught necessarily how to love ourselves and enjoy our body. Adelia gets a regular, "Oh, you have such a pretty little body." And she gets regular encouragement about her being smart and funny. So she gets regular conversations about what cute little ears you have and an adorable nose, and i just love your toes. She tickles easily and she has a little box right here. We call it a tickle box. She giggles when it starts and then she wants more so we go to the tickle box and then we find all the tickle places on her. And she goes more, more, and more. She likes the tickles.

So having that beginning and having that secure attachment is so important too and I think that it's very important with being able to relate to your body and knowing your body. And then it's not just up to your parents. We take over, right? We own our bodies now and we're grownups and so how do you create that secure attachment, releasing the past and that's what I brought in to learn and maybe that helped me to be the person I am

which I'm sure it did. I'm sure all the struggle and striving had me become a powerhouse. And I just wonder, sometimes create a lot of challenge so that we get our work done in this lifetime. So maybe I definitely picked a mother and a father who took me to my absolute edge, to my absolute limit of rejection, and scorned, and shunned and all that stuff. There were beatings and locked in the closet, tied to the bed and all kinds of things really on a daily basis. There was a lot of cruelty. And so people own their bodies differently. They might gain weight to say I have a right to belong and it's kind of just an expanding of me so that I can take up space in a physical way and in more of a body way. So, some people gain weight.

Okay, I'm going to read some of the comments. I'm going to put the chart back up for a minute here and then I think we should do some singing too. I really do. Cynthia, thank you so much for being in your third year. I really, really love and adore you for being here with us and being on the journey and making a difference both in your body and the mirroring that you do to everybody in the world. So when you're out in the world, people are getting a lot of this quantum activation program because your body is mirroring and sending signals of joy to everyone you're interacting with. Annette, "Thank you so much for sharing your experience. Much love to you and thank you for all the explanation about belonging and attachment. Even more amazing that you have come to share what you are now." Thank you! "I was not nourished by my mom very much." Anne, "It's great to be with you again." Hi, Anne! I'm happy you're here. Amy, "yes, definitely. Not secure attachment." Okay. "I was told it was a good thing I wasn't pretty because pretty girls rely on their looks to get by and I would have to use my brain." Hmm, interesting. I agree with Annette at getting better and better every day. Good for Nettie. "I'm so happy you have been able to heal so much of what happened. It shows us what is possible." Thank you. "Every day in every way, more and more whole." I love that!

Okay, a Call to Lighten. Let's see where we're at. We're at about 50% on the chart. I have to share with you guys, I think a few of you are working on skin. I know I'm always working on skin and I've been doing something revolutionary with myself which is silly because I should have done it a long time ago. My face which I almost have no makeup on, you guys but I have a little eye makeup and lipstick and a tiny bit of lightener under my eyes today. I have been when I'm meditating imagining just pink into the surface of my skin and it's really changing the look of my skin. I had some dark spots here and here when I did fertility treatments many years ago. I had a lot of acne from the fertility treatments. My skin doesn't make acne but it did from all the extra hormones and that just dried up and fell off. There's a little tiny bit there but I just am really looking at something really changing in a significant way for me. I've always had nice skin but I can really see like when we turned on the live stream I didn't have any makeup on at all and I look at myself and I go, oh my gosh, I look really amazing and all I'm doing for that right now is just doing every morning for about 5 minutes just imagining breathing in pink into my face. So, just

imagining pink in the facial skin. So, if you want to experience with that and we do work on skin and I think that's in the December class. But if that's a project that you're working on and you want to work on your skin and maybe your arms, I've been working on putting pink into my arms though I'm not seeing the changes fast in my arms but maybe because I always am working on my face and I have not really worked on my arms before getting this started. You might want to try that. Anyway, it's a little experiment that I'm doing on myself that you might find fun too.

Let's sing a song and then I'll respond to some more comments.

[Singing]

Soft the night and sweet the spirit

Gentle voices call our song

We are magic, we are wonder

When we live beyond the veil

Humankind, please raise your thoughts

Bring a plain of peace and love

We the guardians of the pilgrims

We the authors of the play

Soft the night and sweet the spirit

Gentle voices call our song

We are magic, we are wonder

When we live beyond the veil

Humankind, please raise your thoughts

Bring a plain of peace and love

We the guardians of the pilgrims

We the authors of the play

Okay, let's go to another.

[Singing]

In the stillness, In the quiet

In the open heart, there I am

I am essence, I am breath

I am light of God, I am, I am

In the stillness, In the quiet

In the open heart, there I am

I am essence, I am breath

I am light of God, I am, I am

(Humming)

In the stillness, In the quiet

In the open heart, there I am

I am essence, I am breath

I am light of God, I am, I am

Okay and let's take a look at the chart and see where we're at with the chart. I'm saying a little prayer for everyone on the call. We're almost through. We're at 96%. We will finish up here by 10 o'clock. Is that the case for everybody? Has the screen frozen with no sound? Oh, okay. Annette, that's probably your browser. It probably isn't us. Okay, so we're going to focus in here on getting this done and then we're going to take a little break and we're going to go into cellular neogenesis. In the meantime, I see that I got a support reminder here. Please don't make personal comments that are recommending something else or teaching points. This is in the chat box and we're not chatting back and forth with each other or giving other people advice. This is sanctuary space in the chat box. I'm going to be the exclusive teacher. I'm so happy to have your comments and your questions on the topic and if I'm talking about something, I always welcome that but no teaching points please. No links put up there and no talking to other people while the class is going on. This is really sanctuary space. I know other people use the chat box differently. The chat is for me to receive your comments and hopefully give greater understanding and also to just have a dialogue. The chat box is not for posting teaching points that you would like to make. So anybody who has teaching points, that might mean that you're ready to have a class that you'd like to teach but not in the chat box.

"Had a childhood of abuse from mother. Thanks to classes, cleared massive and in a much better relationship with my mother. We are now not attached and in a good way." Beautiful, Penny May. I know you've worked really hard at that for a few years. That's so beautiful to see that transformation. Anne Kay, "My mother had meningitis when I was one and the neighbours looked after me. As a child, I did feel insecure about my mom leaving and not coming back." That makes sense. "I developed a rash on my arms and legs. Would visualizing pink clear it?" Probably not. "I would like to know what is causing it?" Johanna, this is not a class that we really deal with legs and rashes. This is our lung and bladder class but I can give you the information. It looks like an allergy. On those kinds of questions, when you have a question like 'I have a rash' and we're doing lungs, you could ask a question to support. I always answer all the questions. Please use support. You're very, very welcome and invited to use support and you'll get the answer the same day mostly. I mean we don't have support 24 hours a day but...

Okay, so we're going to just work on this for another 2 minutes or so. I do see an opportunity while we're going through the process of cellular neogenesis on the respiratory system and water works system, I could do a human blueprint activation both on kidneys and on something with respiration. I think we'll add that as an extra little gift here and see if we can make some improvements that would make a difference for everybody and everybody on the call especially.

"Are lungs related to skin?" Well, I did teach about breathing through the skin. Yes, I have taught about that. I had a fellow who was born without the connection between the heart and lungs. There's a big vessel or whatever that connects the heart and lungs that wasn't there and he just had 3 little veins and he was always blue and he was always on like the heart and lung transplant list. He came to work with me and I was able to get him to the normal range. He was always in the 70's with blood oxygen and I got him up to 89 in a few sessions by expanding those valves and then also having him breathe oxygen through his skin as well. But that's kind of an extraordinary thing. I mean we can use any part of our body to do something other parts of our body are doing. Why we don't do it is because it's kind of like we believe that the lungs are going to be the thing that provides us oxygen. But if we believed that our skin provided us oxygen also and that we breathe through our pores, that we could access a lot more oxygen through our pores.

We believe that the thyroid is creating the T3 and the T4 cells. I don't have one yet; I've been attempting to grow one for a few years, it was surgically removed but I have thyroid cells and they're coming out of the thymus. So I do have the cells that are produced from the thyroid are being produced from my thymus. Your endocrine glands can produce if you ask it to or if you demand it to in a loving way like I need this. Like testosterone for women, it's ovaries and adrenals. If you don't have ovaries, you need your adrenals if your adrenals are taxed so you want to bump up the testosterone in your body and that's where it's coming from. Why do we want testosterone? We want testosterone ladies because it gives us our drive and our momentum and helps us maintain our muscle tone. So if you've lost your drive, like you used to have passion about writing or you used to have passion about teaching or healing or running or anything and you've lost that drive, some of it could be chemical. Some of it could be the adrenals being taxed and then you not producing or not having the ovaries working anymore and producing the testosterone you need to get up and go. So a lot of times I'll check that when people say they have no momentum. I'll check to see do they still have testosterone in their body. And men need it too and men's testosterone wanes as they mature also.

The only things we're going to be processing are the kidneys and the bladder. We're not doing anything with the stomach. That's part of the digestive system. We're going to do the kidneys, and the bladder, and then the tubes and the urethra and all of that like the connectors. And the uterus or uteri that are between the kidney and the bladder and then the system that delivers the fluids out of the body, we're going to be working on those. We're not going any further up than what we're doing there. That's covered in other classes.

"I must be clearing a lot. I seem to have a lot of exhaustion now." Get up and breathe. We're going to take a break right now actually. It's 10 o'clock. Hi, Kathleen Lou! Hi, Betty! Get up and breathe. I'm going to put the chart in one more time. Actually, no because

we're done with the chart. We're going to start next with cellular neogenesis. I'll the cellular neogenesis chart up and we're going to take a 5-minute break.

(Break. Music playing in background from [01:01:45] to [01:07:04])

Okay! Welcome back everyone. We're going to start now in with cellular neogenesis. We've already done the clearing and prayer so that is our first couple steps. We've done that so we're going to move on to working with the master and stem cells and that's going to take up quite a bit of time here. Everybody is going to be doing the double pump. Let's go ahead and do the double pump. That's what we're going to be working with is the double pump. We'll come back to this in just a minute. I'm going to just show you what areas we're working in in the slides. I've got the pictures set up for us here.

With the bladder and kidneys, we're going to be doing bladder, kidney, urethra, and uthers or however you pronounce it. And with the lungs, we're going to be working the whole lungs. So the nasal passage, oral cavity, larynx, pharynx, trachea, bronchia, lungs -- We are not going to work hard on ribs. So we're working on getting the master cells up right now. That's what we're doing right now is the master cells in both the lungs, kidney, and bladder. We do the heart in a different system. Actually we do the heart a couple of times during the year and we do ribs with the muscular skeletal system where we do the bones.

Hi, Anita! "Why is it that sometimes I almost stop breathing? My breath is kind of shallow. Anyway, I always thought it was because I lived in L.A. Sometimes I do actually stop breathing." Well, there's called automation system which is a system that automatically keeps you breathing and keeps your heart pumping and those kinds of things. So it might have something to do with your autonomic system. It looks to me Jenna like emotions. I test emotions. There could be emotional anchors. You do want to breathe deeply obviously. That's one of the things that we're working on is breathing deeply. Okay, so double pump everybody.

You might here a little bit of complaining. Adelia is 19 months and she thinks that she's done with napping. Just yesterday she asserted that she was not going to nap and spent an hour and a half complaining and not sleeping. I finally held her and said you have to sleep and 5 minutes later she was sound asleep and slept for an hour and a half. Toddlers! I love her.

Bee, "First hour. Got the time wrong. How do I catch up?" I think Bee, right now, just stay with the class on the regeneration and then go back and do the replay right after class or as soon as you can to do the clearing. "Does larynx include the vocal cords?" In this case I'm testing no. So even if they are there in that area, we're really just working on the mechanisms that are related to the breath. I guess vocal cords are on some level related

to breath. Are some of you needing the vocal cords regenerate? That doesn't seem like that would stop us or slow us or prevent us from finishing. Does some of you want the vocal cords in there? I don't see another class that would make sense to put it in so we could add them here. That was from Leon. Leon was asking if we could do the vocal cords. Let's just include that. We'll just have that intention that the master cells from the vocal cords also get addressed.

It seems like we're going to have a cool mountain spring day today. It's very overcast and some cold ocean breeze. Okay, so we are including the vocal cords. It seems like Annette, when I look, there are different levels or dimensions of the blueprint so I think it's a really good question. I've been pondering that myself recently. There's the divine human blueprint and then there's the human blueprint and I think it keeps going down. I don't know but I tested there were like 40 blueprints. Let's look at that while we're working on this. I think that's a really good topic and it's one that I haven't had an answer too other than I've been just like, oh that's interesting.

So there's the divine blueprint and how many divine blueprints are there? There are 3 levels. There are 3 unique blueprints. Is it related to frequency? Is it related to realm? Is it related to dimension? No. It's related to divinity. And what makes it divine as opposed to -- I'm just asking the question. I'm not asking you guys. I get a no. I get a no for you, Penny May. For Nettie, on that singing voice improving, maybe 4%. I don't think a lot though. Okay Danny, hopefully our support team will comment to you. I don't know what to say.

I'm just going to ask a couple to the universe. So there are 3 divine human blueprints and are they created by different people or by the same creator? Same creator. And on the divine, is that related to our spirit? Yes. And then the human blueprint, where we don't use the word divine, how many are there? 44 human blueprints. Is that related to our spirit? Is it related to our body? It's related to our body. And is that by the same creator or were there different creators for the human blueprint, the 44? 6 different creators. Alright, well this must not be very interesting to you guys so I'll just shrink this down and I'll work on that later because it definitely is something I'm interested in but maybe it's a tangent that we don't want to do right now. Danny, you probbaly have to refresh. I'm not sure if you're getting response from our support but you should probably refresh because everybody is seeing. I don't mean to belittle your situation.

There's just so many questions on 'will this, will this.' Let me put this back up so that you can see what we're doing. If it's in there, like we're doing sinuses, then it would include the lining of the sinuses. Right now we're doing nasal passages and it doesn't look like we're doing sinuses. We're doing the oral cavity and the nasal passages. Mucous membrane regeneration in the nasal passage? Yes. In the oral cavity? Yes. And Penny

May wants to know about her problem with past lives. Past lives, 2% and 4% on childhood. I answered Arcadee. "Who else could create the blueprint?" If you were in Essence, you learned that were a couple races in addition to our race that helped developed our spirit so that they could be spirits that lived in body and so there are friendly races that are very similar. There were 3 races developed out of the same intelligence cloud and 2 were forerunners to the human race and the designers helped developed our relationship of spirit to body.

Louisa, we're about 96% clear on the chart. Okay, George. I don't know if you've got some allergens around. Good, Danny. Good! Okay, so here is what we're covering. Here is the list - nasal passages, oral cavity, larynx, trachea, bronchial, and lungs. That's the list. And then the other list just so you have it is bladder, kidneys, urethra, and uthers. We're working on stem cells and master cells right now. You're working on the regeneration right now, Louisa. Penny May, you're at like 86% on your respiration so there's probably a few things yet to work on and clear but you're doing pretty well. I think you're doing pretty well. Prostate is in Healing the Sex Glands and Organs for Men. There's a prostrate class that you can buy. It's a home study program. We did it 2 years in a row so you could also but that program just on prostate.

Here were the questions I've asked. It looks like a fee of you might be interested. If your computer freezes, or your screen freezes, or your chat box freezes, just do the refresh. You might have to close the browser out and reopen it up. F5 is refresh and if it doesn't work with that, you might close it down and open it up again. I'm seeing all of that and it's taking me away from what I want to share with you. But I want you to see everything so that's what you will always do. You will always do F5 for refresh and if that doesn't work, you close out your browser and open it back up. If that doesn't work, go on the phone line. You can suggest a message to support or trainings@juliereenee.com and they can send you the charts so that you have them because everybody has them on the team. So if you need them and you cant see the screen, you can send a message like I need the charts for the day and they'll send them to you.

What I was looking at here was that there were 3 divine human blueprints and they were created by the same creator and it's related to our spirit and then 44 human blueprints and 6 different creators related to our body. And then I was asking things like is it related to realm and dimension. Dimension I get or something like dimension on the 44 blueprints. These exist in 5 different dimensions. The 44 exist in 5 different dimensions. And then on the divine human blueprint, is that primarily our spirit? Our essence? Oh, okay. So this is primarily essence. So if we were accurate with what we said, the divine human blueprint is related to our essence. And yet, I saw that there were like 15 different versions of human spirit. Is that true? 13 types of human spirits. Is the type of spirit related to the blueprint? Yes. Okay, so we have 13 types of human spirit that all came from the same

intelligence cloud and of that, they are divided into 3. 1 through 6 are part of 1. 7, 8, and 9 are part of 2. And 10 through 13 are part of 3. Okay, so those 3 different blueprints, that's how they work out and they're the blueprint for our essence.

I don't know, Robin. I'm not going to give names to things I don't know the name of. I could make something up for you but there's no point in it. If you were part of the essence class and/or if you were part of the blueprint class, you got some information on the creator God who oversees our planer. He/She came from that same intelligence could; very powerful and wise. So from the same place that we came from and the same place that the angels came from, okay? Let's go ahead and go back and take a look at where we're at with cellular neogenesis. I'll be right back. Keep pumping, everybody.

"Do those of us who are angel spirits have the divine human blueprint?" Yes, you do and in the class I covered that and in the angels class also that there are 15 different types of angel spirits and there are 13 types of human spirit. So, yes. And then I'll just put that in there on that piece of paper that I'm working on here. 4 divine angelic spirits. Okay, so 4 divine angel spirits or blueprints rather and 15 types of angel spirits. Yes, Betty. IT's a type 3 for you. Yes, Adelia is having a difficult day. She has had a couple of difficult days. It's her nap time and she's telling mommy no way she's going to nap but if I take her out here, she's going to be completely a naughty girl so she has to stay in her bed and go to sleep. I told her if she didn't go to sleep, she wasn't going to go lunch with Mr. Thomas. He was our dear friend and they go every Friday but she'd be too naughty. She'd misbehave. So, she understands the impact of not sleeping is not getting to go see Mr. Thomas. I can't take her if she doesn't behave. So, she has to sleep.

The lymph system we're not doing now, Martha. We do the lymph system on another day. We do lymph and circulation system on another day. Do you want to see what we're doing? I'll just show you. I think that will answer some of the questions of when does this get taken cared of. You can all look any time you want at the Year of Miracles page. This is what it looks like and you just go right into the Year of Miracles. In January we do the energy body and we do the chakras, the aura, the human spirit access portal, and then the golden rings. In February, we do flexible and healthy joints. We've never really focused in this year on joints and so we're doing joints. And then March we do good digestion. April we do metabolism and immune system. May we're doing respiration and bladder. June we're doing vision. Actually, it's going to be reversed. Endocrine system reboot is going to be in June. That's next month. It looks like that didn't get shifted. I'm sorry. Vision is going to be in August. I'm so glad we looked at that together. Okay, that's alright. We can do it in that order. Sorry, not to confuse you. Respiration and bladder this month. Vision next month. Brain the following. Endocrine system the following and then happy chemistry. So the endocrine system we're going to do the 11 glands and organs in the endocrine system, - pineal, pituitary, hypothalamus, thyroid, parathyroid, thymus,

heart, stomach, pancreas, adrenals, liver, ovaries, and testicles. That's what we're doing with the endocrine system reboot. And then in September we're going to do all the chemistries. We're going to do neurotransmitters and hormones. And then in October the cardiovascular system, the circulatory system, and lymph. That would be the fluid system that are both providing nourishment to the body and taking water out. November is healthy bones and muscles which goes along with our joints and then skin, hair, and nails in December, which is beautiful. So, that's our line-up. You can just check that out anytime.

I opened up the essence chart so that I could take a look at how many human spirits and how many angelic spirits and then relate that to what we were talking about earlier. We only have 1 of each of those, Annette of the 3 divine and of the 44. I think if you can talk about the pygmies and the really tall giants and you think about the different shapes and looks of body types on the planet, those are the different psychical blueprints, the 44 blueprints. So if you could think about it in those terms like size, shape, color, and like a Chinese person looks very different than a Caucasian person, who looks very different than a Native American person, who looks very different than maybe a Peruvian. I don't know but maybe I'm just thinking like the Mayan people had a very unique look and different region and things. I think when you think about blueprint show up with the color of the skin and the different attention to different glands and organs and how the body is shaped slightly differently or the face or the bone structure is somewhat different, it's still the same bones and still the same whatever mostly but I think that you can start looking at those are the 44 unique and different blueprints. And then the divine blueprint are the spirit part.

Alright! Let's see where we're at here. It sounds like she went to sleep which is good. We can have our Friday treat that we do. Let's take a look at where we're at if we've gotten any of the master cells and stem cells to completion yet. Yes, we have. And the respiratory system? Yes and the respiratory system. Trachea is at 100%. Bronchi is at 90% and lungs are at 100%. Okay, so that would be on the master and stem cells are where they need to be. Very wonderful!

We have a class on allergies that deals with sinuses. We could do sinuses in brain regeneration and we could do it in visions. Those are 2 areas that are pretty close. I'm getting maybe we'd add it to the vision class. That's probably an easier place to put it. I'm going to have that added in the vision class so that we'd do sinuses too there. Sounds good, Penny May. That sounds really good. Let's do some singing. I have my handyman who doesn't realize he's outside the window and he's got like his zone on super loud. It's like a megaphone. He's talking to somebody. He doesn't realize that he's just outside the window blasting. So between Adelia, it has been a very stimulated morning. Her nursery is the room next to the office. I'm sure you heard her complain a little. She's sleeping now because she wants to see Mr. Thomas. She complained for a couple minutes and then

went to sleep. Had I not told her she wasn't going to see Mr. Thomas, she would have stayed awake. Oh, boy! Let's sing. Let's just clear this interruption. Maybe this is part of the lungs and bladder. I don't know but maybe all the extra stimulation is part of that. Let's do something really rousing and fun. This one's super fun, Mystical Temple. This is just about cathedrals, temples, ashrams, and just the experience of sacred geometry, being in them, singing in them, praying in them, enjoying friendships and connection with the divine. I think it's the perfect time for this. That's true, Adelia was exercising her lungs. I haven't heard her that loud. She can really belt it out if she wants to but she doesn't usually go into the volume that she did this morning. Alright! Let's do it.

[Singing]

Oh mystical temple, I sing in your glory

The sacred geometry, holds echoing sounds

Oh visions of splendor and happy reunions

Through eras and friendships that vibrate past time

I sing in your vibrancy, dancing of spirit

I sing in the echo that prances through time

And holding back nothing, my voice raised in splendor

Ecstatically chanting, my voice merged with all

Majestic your chapel, oh holy cathedral

I bow with the reverence, of energy divine

Earth mother holds you and sky father blesses you

And I laugh in the pleasures of reverberating sound

I sing in your vibrancy, dancing of spirit
I sing in the echo that prances through time
And holding back nothing, my voice raised in splendor
Ecstatically chanting, my voice merged with all

Oh church in your structure, I see you the mother
The body of spirit, the goddess in your form
Oh sacred sweet sanctuary, a safe and a warm womb
Embracing our spirits in embryonic form

I sing in your vibrancy, dancing of spirit
I sing in the echo that prances through time
And holding back nothing, my voice raised in splendor
Ecstatically chanting, my voice merged with all

From ages to ages, I've sang in your belly
I've cried in my sorrows and rejoiced in the love
For the memories of spirit are easily remembered
Where the place where the mother, nurtures her child

I sing in your vibrancy, dancing of spirit
I sing in the echo that prances through time

And holding back nothing, my voice raised in splendor

Ecstatically chanting, my voice merged with all

Hmm, that was fun! This is beautiful. I actually wrote this in response to an experience I had. I had this really incredible experience in the Mary Chapel of the ruins in Glastonbury. Those ruins of an old cathedral that is a mystic legend that Joseph of Arimathea settled in Glastonbury and Joseph was Jesus' uncle. He built a small monastery there. And from that, eventually a smaller cathedral was built. It's not just a ruins and in that lower area, they restored a small part of the Mary chapel. I had done some ancient ritual and chatting. I've used some Gnostic worship to the divine mother there. And then Paul Weston, a very amazing mystic was there with me and he actually lifted me up and just set me on the altar. I had this experience of like fireworks of the different incarnations or the different experiences of me the goddess coming through. He said that he was watching as things were transforming. It was this really beautiful experience of becoming the altar or the lamb and becoming everything that the altar represents. Sophia is the goddess of wisdom. She was thought to be the counterpart of God like in ancient Gnosticism. Sophia was the one who provided the material for the soul and then she disappeared into supporting the human race by providing the soul. The logos, the power of the spoken word but also logos, the ancient spirit perhaps of Jesus. So if you didn't have a background in Christian mysticism, that's where that comes from.

[Singing]

I am the altar, I am the lamb

I am receptive, I am, I am

I am Sophia, I am dark night

I am the Logos, I am delight

I am communion, body and blood

I am forgiveness, I am the love

I am the mother, I am the son

I am the father, I am as one

I am the incense, fragrant desire

I am the ashes, burnt by the fire

I am the innocent, I am the wrong

I am the delicate, I am the strong

I am the altar, I am the lamb

I am receptive, I am, I am

There's real power in speaking and singing these words where you claim to be all of what the universe holds. You claim to be the altar which is where we celebrate and hold our divine ritual and then the lamb is the sacrifice. I'm the sacrifice. I am the altar. I'm the support of. I'm the sacrifice. I am the receiver. I am one with The Divine. I am the wise. I am Sophia. I am the soul of all humanity. I am the darkness and I am the light. I am the power of the word. I am communion. I am the offering, whether it's communion with the husband and wife, making love to each other or body and blood, the power of sacrifice. I am forgiveness. I am love. I am the mother. I am the feminine. I am the son and the father. I am as one with all of this. I am incense. I am what is fragrant and beautiful and burning. I am the ashes. I am what's left after I've been scorched and dissolved into just ash. I am innocent, and pure, and perfect. I am wrong. I am the wrong one. I am the one who makes problems. I'm wrong. I am the wrong one. I am delicate. I am the beautiful delicate flower and the intricate delicacy of something incredibly beautiful. Maybe the delicate flavour of fruit. I am strong. I am powerful. I am the power of God living in the body. And when we use these words and we sing them and we sing them with passion, we become more than we are. We take on something so powerful in acknowledging that we are all that the

universe is. We are all that the mystics have known. We master the power of each of those by claiming to be that. It's a very, very powerful song to sing and what powerful words to say.

I've never used drugs. I did use pain medication when I was in extreme pain but I've never used drugs for pleasure. But I do use chanting for pleasure and it's almost like being high on The Divine when you chant like this where you chant with all your passion and with all your heart and with all your devotion and you just let yourself just sync into the bliss and the union. They say that our words, when I use Logos or I am the Logos, I am the power of the spine word and that is God incarnate. When you're using words in truth, then you can create your reality with a word.

Let's check and see where we're at on our chart. I bet we moved ahead on our regeneration so let's go ahead and look at that. We're only at about 30% so we need to keep moving ahead. Hopefully everybody is pumping to their heart's content. You're doing the double pump. Oh, beautiful! "While you were singing I felt like what could have been the sublimation of the saints in prayer." Wow, beautiful! "That is so healing for me. Thank you!" You're welcome, Julie. Okay, so we have a ways to go on this step. This is the longest step so I'm not particular worried. We still have another hour. Do you guys need a few minutes of break? What should we do? Adelia is sleeping. The handyman is working. I'm here. If you need a 5--minute break, let me know. We'll take a break and I'll put some music on. If you want to just keep going, it looks like it finally got calm for me. Let em know. Do people need a break? "Happy to continue. Keep going." Okay. So if you do need a break, get up and stretch or get a glass of water and let's keep going.

We sang this recently. We hadn't sang it in probably a year or two. This song is about the chalice and we talked about this yesterday; the chalice that was used in the last supper with Jesus. I was able to actually hold it. It's a blue bowl. It's referred to as a blue bowl. It's kind of a glass. It was made maybe 3,000 years ago in Egypt. It has red crosses in it in the design. It kind of looks like a saucer. That chalice from the blood, sweat and tears of Jesus when he was taken off the cross, they saved some of that and put that into the chalice and then it's said that Joseph of Arimathea brought the chalice and the power of the blood, the tears and sweat of Jesus into England. And then it was lost and then it was found in the earth by 2 girls and they kept it safe. It has been in England for that entire several thousand years but hidden. And 2 young women, maybe not girl-girls but they found it when they were out and just exploring. The Chalice Well Gardens got built as a result of that in Glastonbury. And then they used it for ritual.

And then there was a point where the chalice didn't want to be out anymore. It wanted to be hidden. The earth had gotten a little dark. I had gone there maybe around age 46, so that would be about 15 years ago. I had been once and Paul Weston who was the fellow

who set me up on the altar, he kept saying, "You should hold the blue bowl. I keep getting that the blue bowl has power for you. Do you know about it?" And I left and I came back a year later and I had really connected in my meditation and I felt like that's true and that I should get an audience with the bowl. And so I sent to the keepers of the bowl at the Chalice Well Gardens and said I'd like an audience and that I'd like to hold the bowl. They said, "Well, don't be disappointed. It hasn't been out in months and months and it doesn't want to be working with humanity right now." They came back 40 minutes later and said, "We don't know who you are but the bowl has granted an audience." It wasn't being kept there anymore. It was being kept somewhere else safe and hidden and so it took them a little while. I was there in the morning and they said to come back at 4 and then I was ushered up into an upper room and that room looked like the Da Vinci painting of the Lord's Supper. It was amazing. I was gifted 45 minutes to hold, connect with, and do a ceremony thing like chant to and whatever I wished with the bowl. It was just myself and my escort Andrew was along with me helping me. He was from England. So that's what this beautiful ballad is about. It's pretty magical. I love sharing this with you and sharing the magic with you. It looked like a saucer. It fit into my hand.

[Singing]

There thousand years ago,

An alchemist did bind

A symbol of the cross

In a chalice blue and fine

A splendid work of art

Came out of Egypt land

Destined for sacredness

Embraced by holy hand

And power was its fate

God's vessel in the land

*For all of Human Kind
To share this blessing sublime*

*Through ages it was kept
And preciously retained
And used for holy work
The chalice found its way*

*The one we know as Christ
Caressed this sacred bowl
And drank from it the wine
He shared his blood with all*

*And on the cross he hung
The sweat and blood did flow
Into this holy grail
God's physical presence flowed*

*Within a year or two
The chalice left Israel's lands
And to Great Britain's soil
In brother Joseph's hands*

The sanctuary he built

The chalice a symbol of hope

But ages passed again

Man plundered our treasured cup

And power was its fate

God's vessel in the land

For all of Human kind

To share this blessing sublime

Lost it did remain

For centuries to come

Away from harmful hands

Embraced by mother earth

And blessed was the land

And rich her earthly soil

Blossoms of love did sprout

To bless all human kind

Safely through the raging storms

Of human history

The chalice did survive

In Somerset County

Oh Mystic Avalon

Revealed this cup to girls

They sacredly revered

This precious Holy Grail

Now women guard the cup

And use it prayerfully

To heal this weary earth

And restore our human family

And power was its fate

God's vessel in the land

For all of Human Kind

To share this blessing sublime

And power was its fate

God's vessel in the land

For all of Human Kind

To share this blessing sublime

And I think about this cup and how it survived and remained hidden. You think about Hitler and some of Hitler's mystics trying to capture all of Jesus' holy relics and somehow right under his nose, they never found this cup. It maintained its purity and its power. So, it's pretty amazing that it was right there under their noses and completely invisible to them.

We're at 63%. We usually do the human blueprint activations about 15 minutes before the class is over. Jean is asking me. So in about half an hour, I typically do that but let me just test and see if I should do that earlier than half an hour? We usually complete the class with that because I'm not able to speak very much after. It's harder for me to speak after I've been in the blueprint. It just takes me about 20 minutes to reboot and get back into my system well. We're doing both, Christy and we're at about 62%. We're doing everything that I showed you in both lungs and the bladder/kidney area. We're doing all of it and we're at about 62% right now.

This sacred path is about the labyrinth. How many of you have walked a labyrinth? You can probably relate to this if you have, The labyrinths were setup, there's one in Grace Cathedral and the same one in Chart Cathedral and over 270 of them throughout Europe and hundreds of them now in the United States because there was a labyrinth movement about 15 years ago started or 20 years ago that started and so labyrinths were installed everywhere. And as you go in, there are moments you're progressing back and forth and sometimes you're very close to the center and sometimes you're way out on the outer edge and that's kind of the way it feels in life about being really close to the center and to the Mother, back into the womb of the mother. And then all of a sudden you're back out and living your life and slugging through the muck and then all of a sudden you're back in the center again. The labyrinth is used to pray and to meditate. It's a tool of walking prayer. You can ask a specific question and by the time you finish the labyrinth walk, you've gotten your answer. It always feels renewing to me. It always feels amazing and incredible. I've built labyrinths. We don't have a labyrinth on this property but it probably would be good to do one on this property but I've had labyrinths in other locations that I've lived in.

Fantastic, Jean. Fantastic! Alright! Well, let's sing this song about walking the labyrinth, walking into the womb of the mother and discovering my soul path and letting my encumbrances and my heart just providing and uncovering the mysteries of the universe, experiencing the love and the brilliance and experiencing being one with the divine feminine, restoring myself, bright light and peace to my center and calm and just rebooting myself.

[Singing]

Your sacred path leads me to the womb of the mother

And walking with reverence, my soul path to discover

On days when I worry, my heart encumbered

I look to the labyrinth to revive and uncover

Oh sacred path the journey for life

Let my steps with the spirit be one

The love is brilliant on the path to the mother

And when we're restored, we bring forth the light

Peace and center are calm and surrender

And just take a moment to feel yourself on a labyrinth. If you've never been on a labyrinth, it's quite a beautiful experience. Maybe you're in the center now and you've spent your 20 minutes walking and contemplating, and paying attention and not paying attention, and listening and just hearing the silence, and hearing the answer, and just allow yourself to feel the presence of the labyrinth, the spiritual tool that has been gifted to us to use. I'm not going to sing this one but I am going to read it because I think it's so beautiful. It's very dissonant. I need the harp to keep me on track with the melody of this one but I think it's so beautiful and so worth it while we're in kind of in the feminine healing space to read this too.

I have been and will continue

I am the ancient of your womanhood

Mankind has honoured me, mankind has scorned me

Yet I continue, continue to be

Hold to me tightly, reach for me always

I will protect and preserve your sweet soul

For I am the vessel, I am the chalice

I hold the spark and the light burning in you

Walk with me precious, I am the Mother's voice

I am the sanctity, I am pure love

And again, this will tie into what we were chanting about earlier when I had said the Gnostic mysticism talks about Sophia, the mother who gave herself as a vessel or a chalice to hold the spark and the light burning in you, the soul. That was part of that mystery that's so beautiful. I'll just check again on where we're at. We're at 82%. I don't know, Lisa. I'm not going to check probably for a few days and just hopefully we get some more people. I think we had 1 or 2 more people sign up yesterday so it might be 16 or 17 people. We did not have a big crowd unfortunately sign up yesterday. So for those of you who didn't hear, a few of you probably didn't hear, the How to Create a Statement and 'the nature of' will happen if there are 30 students. I think we have 16 or 17 right now. So if that was something you were thinking of signing up in and you haven't yet, please go ahead and jump in. I think that would be perfect timing right now because we'd really love to do that class. It needs more people in it. It might have just been my good idea. I just felt like everybody would want to know how to do it. So if you're one of the people who said I'm kind of interested, let us know that. We want you there. We need 30 people to do the class. It doesn't make sense on a number of different levels to do it without 30 people in the class. Please do sign up. We need 30. If there are people who are intending and haven't signed up yet, please sign up.

"Heart opening and love pouring in." From Johanna. Beautiful! Great! I see a couple more people signing up. You know, I just feel like I'm filled with divine inspiration and I'm constantly getting new ideas and that's in my astrology. I'm 7 planets in fire and I'm like wouldn't it be amazing if we did this and this and this? And I check in with spirit and I check in with the community and I'm usually on track but sometimes the community might need it and want it but they didn't respond to it. I am also intrigued. This is something very interesting. We've been doing some amazing community classes and they're now \$29 for 2 hours. So, that's \$14.50 an hour and you have it forever and then you get support

materials. So, there are always some meditations and articles and things. This time we're doing something on happiness starting with balance. And I think when people think of happiness they go that's old news; I don't need to do that. But the funny thing is when I hear about people being happy and I hear reports, I heard a report that like 90% of people are lonely or there's like some epidemic level of loneliness and a sense of isolation. We're going to be working on transforming that and really looking at what it takes in a human body to be delighted or to be fully expressed. You're going to be going through the book, our balance wheel book and the home study and I'm going to be doing it with you because I need to bring balance in with another baby coming and Adelia at her stage and so I was like I'm so glad we're putting this on the schedule.

And then I saw that we had 17 people sign up for the class so far. I bet a rabbit comes out of the hat and I bet we have 200 people again in the class but it's just always curious to me because I get these inspirations like we have to do this... The link for that, Martha, Happiness Starts with Balance is in the chat box. It's right there below what you put in. Anyway, it's just a curiosity to me because I want to teach hundreds of people. I want you to have it in yourselves and have it go out into the ethers. And the larger the numbers are, the more rapid we make our goal of 5 million. I might need to stay 700 years to make our goal of 5 million if we have 19 people in a class. So anyway, I think we can do this faster. Alright! That's the story on that. Oh, is Jackie Fray in this class? Saturday, for those of you who are in Essence or those of you who put it in for the contest we had on naming the community Saturday, the announcement goes out on who the winners are of both the spirits needing the most attention from essence and who the winner was who named our community call. So just watch for your email on Saturday, if you're part of those competitions. It's fun. Also, we're having a graduation coming up that you'll be invited to in June. We have 7 of our students graduating. 2 are graduating in their 2nd year and 5 graduating first year. It's going to be different than our graduations in the past and we're going to have quite a celebration. So I'd love for you to come in, our inner circle people come in which all of you are and really support the people who have made that commitment to train with me on that level of apprenticeship.

Okay, 84% on all the stem cells and master cells. We're at 84%. Maybe Nettie, it won't be anything like the DNA of Happiness. It would totally be a completely different class. "You would look even younger in 500 years." (*Laughs*) Yes, that's true. It does improve when people reach a certain level. It does. We're in the low 90's right now on the stem cells.

Okay, we're at 98%. That's perfect! I'm going to put the other image up and we're going to look at what has been done so you might get a sense of things here. So nasal passage is done. Oral cavity, no. Pharynx and trachea, bronchial and larynx, done. Actually, larynx

should be in there too. Lungs are done. And all of these are done - bladder, kidney, and urethra. So, just a little bit left. We're in the home stretch.

I have an idea. I have a fun idea. For those of you who are wanting to sign up for the how to make a statement and learning about the nature of from here, from the Year of Miracles and for those of you who've already signed up and like this idea, I am happy to gift to you my Rumi love poetry CD. I have some I would love to send out to you guys. So anybody who signed up who would like that CD, send us a message to support and to say hey I've signed up and for those of you who signed up today from Year of Miracles and we'll see that because we see who signs up each day, we'll send you the gift of a Rumi love poetry CD. It's beautiful. It's very different than a lot of the other things that I've done. I did it quite a long time ago. It's gorgeous. I got permission from Coleman Barks who is very famous for translating Rumi poetry. He gave me permission to use his words, so it's in English and then I partnered with a Pakistani violinist who did a lot of soundtracks for Lollywood which is the Pakistani Hollywood. You can feel it's kind of very brooding and deep. It has a very different feel than other things that I've done but very, very beautiful. And the magic of that CD I have to say is that Rumi himself wanted that done. I became aware of Jalal ad-Din Rumi and then shortly thereafter (*Inaudible [02:40:51]*) it was like Jalal ad-Din Rumi himself brought the two of us together to do this poetry. He was there. We were recording in the Q Studios in Washington DC and there was our 13th century mystic saint with me and I was doing an interpretation, reading the poetry and I was weeping and I was weeping. I was sobbing through it. I said, "We have to rerecord that. I'm sorry. He's here and I'm feeling him." And I did it again and I sobbed through it again so we just decided to keep it. There's one of the poems that you might hear me weeping. It was so beautiful to be in the presence of Jalal ad-Din Rumi and such a privilege to create something out of pure magic and collaboration with a saint from the other side who is saying, "Hey, I'm pulling you guys together and we're going to create something beautiful." So if you enroll in the statements class today as an inner circle person - love you - you'll get the CD. We'll send that off to you. And to anyone who is already enrolled because I think several of you I know have already enrolled. If you want the CD, just send us a message because we won't automatically send it to you if you've already enrolled but if you've already enrolled and you want that CD, you're not going to miss out. Just send us a message in support saying send me that CD. It's called 'The Message.' It's gorgeous. A few of you probably have it because it has been around. I recorded that quiet awhile ago, many years ago.

Okay, well there's that extra little bonus gift. We sell that if you want to buy it too. It's sold on the site. It's sold as a download but you can send us the receipt and say you'd like the psychical CD. It's hard to find my music isn't it? I think it's really hard. We'll have to work on that at some point. The books really show up well but the music, it's harder to find. You're welcome, Petra Sophia. Hopefully, that gets a few of you over the line. It's about

time for me to go into the blueprint. Let's see where we're at, We're testing at 100% on the stem cells and master cells so we'll be going to go on mirroring. You're going to be mirroring and you can do platter or quantum pump for this and then you're going to do double pump or platter for the cascade of new cell growth, So let me just test and see because I'm going to try and do the blueprint clearing with Adelia on my lap. I think I can. If she doesn't get too rambunctious.

The next 2 things are mirroring - platter and the cascade of new cell growth - platter. I'd just like everybody to do platter. It looks like doorknob except your fingers are open. I'm going to go into the blueprint. I found a couple things that I could work on in the kidneys and just in the respiration. Sorry guys but our music seemed to stop. That has happened once or twice before. It could be that if I leave it open for 3 hours it just doesn't work anymore. I think we're going to do this without music. Let me try one more thing that I could think of.

(Music playing in background from [02:47:42] to [02:53:49])

Alright! We got to what I had set out to do. I'm going to stop here because it's really hard when she's pulling on my body. I did one thing with the kidneys in the blueprint and then I did 3 things with respiration. I'm sorry, she kept pulling on me. I was looking at trying to get words to give to you on what I did. First, some of the words were both the kidneys is something from birth. It's something that's set up that isn't quite right. The kidneys is something from birth that's set up that isn't working with well and then also with taking the first breath and being able to breathe better and being able to get the spirit more deeply collected. It was the lungs I was working with. I did 3 things in the lungs. So, those are done. We're going to call that good. I've never tried an activation in the blueprint with Adelia on my lap before so it was a little bit like pulling me in two directions. So, that's done.

Okay, let's take a look. We're in the home stretch here time wise. You guys need me to pump for you. We're at 30% on the mirroring. That usually should only take a couple minuets so let me see if I can blast you up on the mirroring and then we'll start the cascade of new cell growth. Now, remember that it's really important to do your meditations every day. Keep yourself in the field of transformation every day for half an hour. For those of you who came in to the Sleep Invaders Class, I encourage you to revisit that even if you feel like maybe 1 or 2 of the invaders didn't get completed cleared. The idea that we had in the Sleep Invaders Class, we discovered that the spirits that were coming as invasion were taking our energy and our life force and light of cell and some of them were slowing regeneration or causing aging to speed up. So those of you that were participating in the Sleep Invaders Class, I checked this morning and we really pushed and I would say that it was really, really good. I'd say 75% held super strong. I kept you guys an extra 25

minutes for those of you who were there and we probably could have used an extra couple hours to really shore everything up. I'll look and see if I can shore things up on my end here or if we're maybe going to do another little revisit in a few weeks and see if we can tune it up to permanent for everybody. That's interesting that I did Sleep Invaders in 4 hours and I think that should probably been more like 6 or 7 hours. So then I began to think and I know this is not about lungs but I think about our Spiritual Interference Class and I've bumped it up to 8 hours. We may bump it to 10. That's entirely possible that we'll do that because we're working with 45 anchors and 77 of the first 1 through 8 interferences but as it turns out, we added like 15 of those upper level interferences yesterday that come in and invade. So not all of those higher ones are all energy and wave. Some of them are aliens. We're learning a lot. I'm learning a lot as we're progressing through classes.

Let's see where we're at with the mirroring. We're 98% on the mirroring so we're just about done with the mirroring. And from the mirroring, we'll start the cascade of new cell growth. And the next time we get together, Adelia will have a 13 and an 11-year old taking care of her here at the house. They're just going to help mommy and help me keep the house tidy and play with Adelia when she's awake. It's going to be so wonderful! You're welcome, Louisa. "Excellent class." Good, Johanna. "Feeling much better this morning." Yay! "I so appreciate what you do." Welcome, Penny May. "Huge effort." Yes, you're welcome. You're welcome, Jean.

Okay, mirroring is done and we're now into the cascade. We're going to need about 8 minutes I think for the cascade of new cell growth, so we're going to go to about 7 after the hour. We have some videos for you to watch and I'll continue to blast for another few minutes until 7 after and so we'd make sure that we get through the cascade of new cell growth. And then feel free to review all of those details. That will be in your member's site if you want to look at the cellular neogenesis chart, what exactly is happening. We just don't have time to go through all the words again which we've done in other classes so I think you're probably fine but I do like to go through all the details. Thank you so much for bringing up the conversation, to those of you who brought up the conversation on the divine human blueprint, the divine angelic blueprint and then, the human blueprint. It was a fun exploration for all of us I think on looking at how that all works together. Thank you for bringing that up. I found that really interesting. We'll sing and end our class here but keep pumping until 7 after.

[Singing]

In the stillness, In the quiet

In the open heart, there I am

I am essence, I am breath

I am light of God, I am, I am

We love you! Keep pumping!

[END OF TRANSCRIPT 03:01:0]