

Julie Renee's Year of Miracles - Healthy Bones & Muscles

Good morning and welcome to year of miracles. We're going to have a wonderful day today. We are doing a clearing chart. Let me just tell you chopping. If you want to start right now even before we get to the chart, you could start chopping right from the very beginning. We're going to get going right away. There's a lot to cover in muscles, bones, ligaments, joints, and connective tissue. So, we're going to get started right away.

Mother, father, god, angels, golden legions, guides, gods, goddesses, saints and sages of the greater and lesser tradition. We thank you-- and Jesus and Mary, and all of the masters who stand with us to help both our embodiment of this work and get this on a deeper level into humanity.

We thank you for your support and your love, for your enthusiasm and for just standing with us in our miraculous power. We thank you for the air we breathe, the water we drink, the food we eat, all the things that we smell, that nourish us. All the things that we see that are beautiful and feed our spirit.

We thank you for a loving touch. For people who kindly hug and caress us. We thank you for the people we love and who love us. We thank you for all the wisdom and knowledge and learning that we're gaining as we move through our life and through these days in the academy. We ask for special blessings for each person today that they might get a full miraculous tune up on their muscular skeletal system. We ask for miracles for each and every person. Amen.

"I am free to live a life of spiritual freedom and full self expression liberated in love, gratitude and mastery in my body here and now. My spirit is limitless. I'm 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."

"Soft the night and sweet the spirit, gentle voices call our song, We are magic we are wonder, when we live beyond the veil. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play."

And again, today, we are doing muscular-skeletal system. By the way, this gorgeous image right here is what a bone stem cell looks like. Isn't that amazing? It's so beautiful. And imagining out healthy bones, our healthy muscles, and our healthy joints just giving us that clear direction for moving into an even more powerful place.

Now, we do have classes that I teach one like there's juicy joints and supple spine. So, those are in addition to this that you could work on if you really want to work on the

specific areas. This is going to be an overall fabulous tune up. You may want to actually do those also.

Really your knee joints are always giving your trouble, this is going to be a wonderful clear out and we really focus in on every joint in the body in juicy joints. Or if spine has been an ongoing challenge for you, supple spine would also be such a wonderful adjunct to what we're doing today.

And I always say you know, I'm always working on more than one thing, right? I'm always-- if I'm working on something for myself, I do up to ten charts. So, some of that didn't go into the share when I push share, so let me try that again. My share button isn't working. Oh. That worked. Interesting. Okay. That's-- we'll have to keep an eye on that and see what's going on there.

So, the share button I pushed three times, staff, just so you know, to get that up there and the third time worked. Okay. And here is the statement for today: right, permission, and ability to remove all degenerative or disease. Sorry. And conditions from my bones, muscles, joints, tendons, and connective tissue.

To fully-- interesting. And completely in both form and function restore the entire muscular-skeletal system. Removing altering, amalgamated, compulsive, cruel, deceptive, demonic, dominating, evil, intertwined, intolerant, satanic, suppressing. Now, just to remind you to have a full clearing statement, we look at right, permission, and ability. That's always at the beginning.

Right, our permission, and ability, and those come from different places. By the way, we go over that clearing statement in the clearing statement class which is coming up January, February some time. So, if you're wanting to know how to make a clearing statement, it always includes right, permission, and ability.

Then we're going to look at, in a clearing statement, whether removing something and upgrading something to complete in both form and function restore the entire muscular-skeletal system. So, we're removing disease and conditions from bones, muscles, joints, tendons, and connective tissue.

Rather than-- and you could. If you're making a statement of yourself, you could say to fully and completely remove osteoporosis, osteopenia. You could, you know, whatever your condition is you could specifically put that in. But since we have almost two hundred students in this class, we're going to cover every single thing by saying degenerative, diseases, and conditions.

So, that's going to cover everything. And then I did add to this which we had a special requests from one of the students to add connective tissue. So, we added that to the

chart. And then to complete the clearing statement, at the very end, there's another removing.

So, removing here and right, permission, and ability too. So, those are things that you have to have in a clearing statement. Right, permission, and ability to, and then you put your statement in. Removing. What we're removing is the nature of issues. All the nature of.

And I'm just going to show you quickly on screen, so you just know what I'm selecting and muscle testing from on this problem. So, muscles, bones, and joints, and connective tissue. This is the nature of list. This is what we look at in the nature of. And as you can see in the chart, there is a lot of the list. It's not a big list. It's a list of like twenty, twenty-three, I think or twenty items. Twenty-three items something like that.

We've got quite a few of them listed on this chart. Okay. So, that's the nature of. So, that's how a clearing statement gets made. And these are the elements of it. So, the intention is set in the middle here and then removing the nature of is at the end. And then clearing right, permission, and ability that's coming from your family, from yourself, from past lives, different areas. So, right, permission, and ability. Each come from a different place.

Then in the first area here. Now, I'm doing a little bit more teaching than I do some times. We do have new students on the call. So, we have a few new people who've just joined us from the you wealth community. We want to welcome all the new students that have joined us.

And so that they're in a learning curve. It's a little bit bigger learning curve because they haven't been exposed very much to what we're doing here and it's three hours together. So, I thought I just spent a little bit more time going over some of the details.

And when I muscle tested at five in the morning for all of you, I've got the places that we're really going to be focused on when we think about this. Matter, genesis, and amplification. So, the body. The physical body, that's matter. Everything; matter. So, everything that's physical in the body. Genesis, the ability to regenerate and grow new. Genesis. And then amplification.

And what's so exciting you guys is that bones, muscles really repair easily. Joints are a little bit more but they also repair. But we've seen such amazing examples of people repairing broken bones on the spot and what they say the quantum activation feels like for them is that it feels like warm oil. Like luscious golden warm oil on the bone. Where there was pain, now it just feels like a warm oil melting into their bones and healing their bones.

And so just know that that mending happens so rapidly in the field with bones, ligaments, and muscles. Like I said the joints do transform and one of the things that we really want to look at with joints, of course, is also inflammatory conditions. So, you want to look at what's causing inflammation.

I recently shifted to all organic products that I used on my skin and my hair. I've been working on-- I've got a couple favorite lipsticks I'm still using that aren't organic, but for most part, I've got very user friendly things that I'm using on my skin. On my hair and skin.

And also I've really worked at my nutritional regime and both supplements, and the food that I eat. So, I'm going to show you an example of a good nutritious start to the morning. You're going to-- you're going to find what's best for you but we want to always, if you're looking at an inflammatory condition in the joint, you want to take care of the inflammation.

Yes, we definitely can work on clearing inflammation from the body. But I also want to say that inflammation comes from things that we do to the body. So, whether you're-- let's see. There we go. Here was-- I posted this. I often do post. I like to cook. So, I often do post my meal ideas on Facebook. So, I know I go through phases where I put a lot on.

So, this was my breakfast this morning. Fresh sprouts, some salmon, raspberries, some pineapple, almonds, and this is fennel here. That's a nice non-inflammatory, and it's a happy meal. This actually-- it's so funny because McDonald's has their happy meals but I think anything is happy about like you're putting in the body that would cause inflammation.

But raspberries actually have an element that's an antidepressant kind of element to it. So, it's happy meal. The almonds are really great for progesterone. Fennel is fantastic for keeping fluids moving through the body. Of course, sprouts are live food. The salmon is wonderful for your skin as are the raspberries. Pineapple is nice for the digestive system. Has a nice digestive enzyme.

So, when you are thinking about what you're putting into your body, what you're starting your day with, you might start thinking about how is the food I'm ingesting, how are the products I'm using. I've got organic hair products. Organic skin products.

So, I want to think am I causing inflammation? I know I've been-- I have a real passion to heal my hands and it's definitely improved over the last few years. They're not a hundred percent there. At about fifty percent improvement. You can see I've got some bent joints that, sometimes, are inflamed.

And so these are things that you can do to improve your joint health. And we really, really go into that in the juicy joints class. So, if you really want to get a lot more focused on the joints, that's where you want to end up.

Okay. Now, we're going to keep looking at the chart. We're doing chopping if you didn't notice. Chopping is like this. Chopping. And I've bet all of you guys have wonderful ideas on nutrition. I know I juice a lot and I've got the big super duper. It's-- it pulverizes things and then it smashes the juice out of it. So, it's like a really, really fancy juicer and I've got a citrus juicer.

Three or four times a week, I'm juicing. Adelia has a fruit smoothie this morning with collagen pea protein and fish oil. I'm really working on getting her to a better place also because she's a typical toddler who wants hot dogs and peanut butter and jelly and fishy crackers.

So, I want to just start making that transition for her and getting her used to you know, wanting to. She loves broccoli. She loves things that I give her that are good. But you know, if she has her choice, she wants another hot dog and more fishy crackers. So, we're really working on just getting her to just love healthy stuff. Stuff that's not too difficult to prepare something that you can throw together kind of quickly.

Okay. So, we're going to put the chart back up. We're going to keep looking at the chart. Everybody is doing chopping. Chopping is this. The elbows down at the side and the hands chopping. We will go over the pumping chart in a few minutes. So, I always felt inspired to talk to you about some of the things that are going on with your bones, muscles, and joints.

So, physical body, to ability to generate, and genesis. We talked a little bit about how bones grow back so fast and amplification, that law of attraction field, and that rapidly transforms. So, that is what we access when we're growing new cells. That's amplification. That's the continued growth of new cells.

So, chopping. Platter could be back up. That's when things get stuck. Platter looks like this. I will come on, like I said, after I get through this reviewing the chart with you. So, in the first column, of course, we have programs. DNA is also part of joint, bone, muscular, skeletal issues. Connective tissue issues. So, we are definitely addressing DNA of others and resets.

Cycles, suffering not for me, genetic covenant, bloodline clan. So, a lot of stuff in here that says it's about family. Let me see that. Shock is in here. Something really traumatic happened to you and then it doesn't heal. I had several people say that they've had some kind of a shock and then their bones don't heal.

I've seen that with people that I've known. My jewelers boss. His leg never mended after a skiing accident which was very upsetting to him. He was just surfing skiing guy and to not have your leg heal is really tough.

Curses, feebleness, misinformation feed, compulsion imprint, disappointment, entitlements that weren't so many but soul family karmic debt, and legal. And then prophecy. We had destiny, brokenhearted, strong hold, and physical location.

So, when we talk about prophecy and physical location, that's kind of like-- it's kind of like a miasm or a group mind in way. It's a little bit different than that but the whole community has an issue or a problem. So, like a miasm.

Okay. And then the second is the emotions that are involved in blocking or causing problems with muscular skeletal system, then the anchors. There's very specific anchors to bones, muscles, joints, and connective tissue. There we a lot. I see three columns of spiritual interferences. There were a lot of spiritual interferences.

I was kind of surprised that column six: waves, transmissions, and frequencies there seems to be just an extra amount enslavement. Maybe weak muscles. You know, when you think of matching feebleness with enslavement and poverty and hopelessness and blocks to permanent showed up. Disturbance, scapegoat segregation.

So, some of that stuff. Heritage miasms. Of course, we see the-- this other one that I was kind of curious about when it showed up was bigotry. Bigotry mean so group mind is bigotry could weaken your muscles, joints, or cause you not to heal. Isn't that interesting. It's a very interesting chart.

Proclamation, decay, dominating, horror, sugar addiction can really damage your muscles and can damage your connective tissue. So, really, really good to get a handle on that sugar addiction. We do have-- we offer that about a year ago, I think. Oh. A TV-- We had a TV addiction chart. We didn't offer sugar addiction. I think I will put in a sugar addiction chart to the beautiful from the inside out program.

So, if you have that, that will be you can find a new chart made in January. Just a minute here. Let me check on my notes. Covering everything here. Okay. Okay. So, we have taken a good look at the chart.

I've put the chart now in the chat box. Chopping is what I'd like you to do. I'm going to come on now and do the demonstration on the hand movements that we'll be using for today and then we'll also be looking at the quantum pump chart so you'll be able to see it in writing as well.

And I want to welcome all of you. Like I said, we have a hundred and seventy-five students. Oh. It's about seventy on the live stream. I don't know are on the phone lines.

So, why don't you, staff, let me know how many are on the phone lines and then I'll have a good idea at where we're at with that. And we're going to review now chopping, the quantum pump, platter. So, a few things that we're going to be doing today.

So, when you-- if you're brand new, you're probably wondering, what are we doing? We're doing a healing. It technically isn't a healing. This is technically an activation. The difference is a-- Oh. There comes our answer. Okay. We've got a few students on the phone line too. Great. Thank you so much, Rebecca. Alright.

So, this is not an energy healing. It's not energy work. Shocking, right? What we're doing is we're rearranging the way the particles are vibrating in the field so that they vibrate in a good way for you. So, we're using a hand movement. We're setting with an intention with the mind which looking at the chart. Setting an intention with the mind and we're pumping with our hands.

Now, this is the basic quantum pump. Elbow down at the side and the hand pumping forward. So, we're-- you know, philosophers have known through time; what the mind can conceive and believe, it will achieve. So, if your mind believes that you're clearing the chart, it will accomplish that.

The hand movements, we have ten specific hand movements. We do have a class on quantum pumping. So, if you want to really refine and improve your quantum pump to a hundred percent so that you're not pumping at twenty percent.

You're pumping everything up at a hundred percent. You can take that class. You can take it as a home study. We just taught it. So, this is the basic quantum pump. Elbows tucked in at the hips down at the side here and you're pumping forward. Quantum pump. Alright.

That is used for regeneration along with the double pump. The double pump are, again, the fingers are loose. Actually, the thumbs are pointing kind of up towards the sky. The pinkie fingers are kind of parallel to the ground. Your hands are coming off your shoulders and down.

I love this jacket. It has little bit of patted shoulder. I have such small shoulders. I like it. I like looking like I have real shoulders. I do have shoulders. They're just petite shoulders. So, this is the quantum pump. The movement is coming from the elbow and you're just moving with the elbow and as you move, the wrist does drop forward. And then as you pull up, that's where the shift happens in the field.

So, you're going down and then the momentum up is where the particle vibrating is shifted. Okay. You don't have to think about everything. You've looked at the chart.

You've made contact with the chart and the details on the chart and then you can just keep pumping until it clears.

So, this is the single. This is the original quantum pump that I received about ten or eleven years ago. Yeah. It's been a long time now. It's been eleven years. That's the original pump that saw in my mind's eye when I had my first miraculous quantum experience, and this is the double pump.

Not all of the hand movements can be done with two hands. Most of them are done with one hand. What the double pump is. And then chopping. Chopping is different. Chopping is the hands are maybe three inches apart. They're in front of the heart chakra. The fingers are extended and held firmly. They can be extended this way or they can be like this.

The thumbs are pointing up and we're doing this chopping motion. The movement is from the elbow but it's in front of your heart chakra. Some people say that this is a little bit easier for them than the double pump.

It could be the position of the hands because the double pump is coming out from the shoulder. I'm not sure why but we're doing chopping today. So, this is chopping. And the double pump, we will be doing later. That would be for the cellular neogenesis.

And then we had show up on our clearing chart today; platter. And platter is typically used when things are stuck. When an energy is stuck. But if you're having-- you're getting exhausted from doing chopping, we're going to do chopping for an hour plus. So, you can do platter for a few minutes. That clears stagnant energy.

And then it also part of our cellular neogenesis process in the mirroring part and we'll read about that a little bit. I'm going to show you in writing now the information. Everybody, just continue to chop all the way through until I give you new instructions. So, you're going to keep chopping clearing the chart and I'm going to show you next the quantum pump chart.

We're just going to review what we've just looked at and then let's see here. So, we just looked at the basic quantum pump. Typically using the right hand which I've already shown you. One handed. Bent elbow. Bringing the hand in front of the right shoulder six to ten inches out the front. Thumb facing up to the sky. Pinkie finger facing down to the ground. It's parallel to the ground. So, it's not pointing down. It's actually parallel to the ground.

Oops. Allow the hand and fingers to be loose and a gentle rock forward and back. And then the movement is from -- caused from the elbow. Shift in the field is on the upswing as I said. Regeneration can be used. This can also be used for any clearing. We'll not

replace the side slide or chakra activation. Meaning you should learn those-- the side slide.

If you're asked to do the side slide, which is this, but you won't be today. You should learn that. And then chakra activation is the circular movement. But you won't be asked to do either of those today. So, but those are important ones that you need to learn because the quantum pump is not a good replacement for those.

The double, same technique. Using a single pump. You lift both hands facing in forward each towards other two shoulder height. Inches away from shoulder. Eight to ten inches away from shoulder. But this is in front. Front of heart chakra.

I like to alternate pump. However, it's also effective doing both hands at the same time. Keeping fingers loose and movement is from the elbow. There we go. We just add those little details for you guys, so just keeps getting clearer. Used for clearing regeneration. And then chopping which is the one we're doing right now. Okay. Good.

Much like double pump, this is-- oh sorry. So, I just did double pump. Okay. Sorry. This goes down with not in front of the heart chakra. This is in front of the elbows. This one is in front of the heart chakra. There. It even says it. Okay. Good. Sorry about that.

Fingers firm straight either extended or held together. Alternating one hand down while the other is up. So, it's this one. And imagine being a sculptor chopping away at a piece of marble. Hands more in front of the heart chakra closer together. Three or four inches apart. Shift is, again, on the upswing. Used for clearing spiritual interferences and considered one of the big guns. The second is the doorknob.

And then the third one that I talked about or--- yeah. The third one is the platter. Always one handed. Best for the right hand but if you need to you can use the left hand. And the hand is facing out towards the world and then turned in. Palm facing out and in. Never two handed. The shift is on the movement out. So, in and out.

Helps speed up clearing when one seems to have stagnation or lost momentum. Can do the same with regeneration. If it seems like it's slowing down. We use it for cellular neogenesis for the mirroring process and can be used for specific types of clearing. Okay. So, those are the ones that we're going to be working with today.

Finally, one more thing that I like to cover right up at the beginning of the class is just to let you know if you're brand new. The class have been here awhile and you're ready to start investigating more. These are all available on home study. So, this is a little chart that I made up for everyone on really being able to understand what's on the chart.

So, all of these classes are on home study. If there's one that's in particular very interesting to you like programs. You know, this is the class for that. Quantum pump, this is the class for that. So, there's a link for every class, every column.

So, if you wanted all the details on classes, I've included all the links here for all the home study programs. So, this will be in your member's site. Again, not necessary at all to know any of this but if you're ready, you'll think, "I've been looking at these charts for a few months now and I'm really curious."

You might start with the one that is most curious to you and you can take those on a home study. Okay. So, we're doing chopping everyone. We're just continuing to do chopping. And I think I've covered all of the things I wanted to cover with you. Yeah. We're not going to do the cellular neogenesis chart yet. So, I think I've pulled out all the things we needed to look at.

And then-- it's funny. The chart's disappeared behind. Okay. We're going to put that one down. Pump one down. I'm going to put the clearing chart back up. There we go. Okay. Oops. I wanted to also show you. We will have a nice report coming out in February, I think. But I posted this on Facebook. Nope. Doesn't let me do it.

I wanted to open that up if I could but it's not letting me. So, we've got-- well, maybe that's because we're almost-- we're right at the edge there. But you can see how we're getting improvement in memory. It's like a step and the first memory is right down here. This is on our brain regeneration study that we're doing.

Vibrancy versus depression and even in you know a holiday month we're seeing improvements. Brain relaxed versus the headaches. And look at that, we're just really getting a lot of improvement there. Sleep has steadily improved. Look at that. That upswing on sleep. And then speech and we're seeing a really nice improvement on speech.

So, I just really, really feel excited about what we've been doing. I think we've been doing a really great job on the brain study. I want to thank each one of you who are committed to the study. Who've been in there and helping me get this information because this helps us to show the world what we're actually doing.

And I think it's really, really important to study and we'll do more study. So, I think we'll have to see how quickly we do the next study. We were going to do a study on January. We may set that up. We'll see. Little Virgil is expected mid- February.

So, I'm not sure how many things I'm going to be able to set up before he arrives. I know that for about six weeks, there's going to be some really serious bonding time with mommy and baby.

But I just want to thank you and encourage you. If you've missed a month, go in and catch up. There is a thirty dollar beautiful meditation waiting for you. With each time you fill out, you're virtually being paid by us. So, there are meditations that we cell on the site that we don't often give out.

So, those are each-- they're a reward for you each time you go in and fill out your five minute survey which is helping us to change the world and the attitude of the world towards our work. When people hear quantum activation, they think it's bogus. They think it's pretend. They want Newtonian physics. They don't want quantum physics.

So, let's give them irrefutable proof that this stuff works, and I'll get better at knowing how-- what they're looking for in a study but I think we've got something really rock solid here. We announced it with the big press release. We'll announce it again as a study comes out. The research comes out and we can do a beautiful report on how everything came together. How people improved and what we did to make those improvements.

So, you know, it just means the worlds to me that you are part of this and that you're helping. If, for some reason, because I know about half of our students have stopped filling up the survey and maybe haven't done it for a month or two, please get back on board and help us finish.

And that's the things, you know, when you do a study, you expect half the people to drop out. We don't expect half of the people to drop out in our academy. We really just don't. We need your information. It helps. It helps me to be a better teacher. And have more respect. It helps our academy have more respect and ultimately, helps you have more respect.

You know, so, you're an apprentice or you're in this year long program. You know, it's getting credibility to our academy in a way that you know-- I know there's other you know, year of miracles thing going on that aren't related to us and it's all kind of more promotional and sales and you know, help you have three breakthroughs over the year.

We're doing some huge internal rewiring. Something you can't get anywhere else. I want to show people that. I want to have people know what this year of miracles is all about. So, really rewiring, rejuvenating, using, helping you to be stronger, healthier, vital, more vibrant, more fully self expressed, have more wealth, help to have more joy, and this study is part of that.

Jack Canfield to me you have to have a study. You have to have some doctors backing you. You know, PBS wants me but they need doctors backing me. You know, to get on Oprah we're going to need a few studies like this. Probably need two or three of them like this. So, I just know that we just one foot in front of the other we gather our data and we publish. We gather the data and we publish.

So, please, please, if you are one of the people who dropped out, you're completely forgiven, nothing to feel bad about. Just get back on the horse and start filling out your survey. If you can remember what it was like last month, do as best as you can do last month, do this month. If you've missed a few months, it's okay. Get back on the horse. Start filling those surveys out and let us pay you. We're paying you by giving you thirty dollar meditation.

So, if you were doing it every month and you did six months and you got a thirty dollar meditation. It's a hundred and eighty dollars worth of meditations. A hundred and thirty dollars worth of program material that you're earning by spending five minutes. Five minutes for thirty dollars. That's a good exchange. So, please, please stay true to and help us get this survey filled out.

And I know I've been chatting a lot. I have one other thing I would like to invite my precious year of miracle students, you too, and that is breath of life. And I actually cancelled the class. I said we're not going to teach it. It was chronic breath and breath of life for I don't know what it was and I cancelled it a few weeks ago.

And then I had like the voice of God remind me that it needs to be taught. And so I put it back on the schedule and it's coming up in about a week and a half. I know it's kind of last minute and I cancelled it and I said, "You know, we've just got too much going on, I just can't do it." And then I got divinely you know, kicked in the butt. You need it. You need to do it. People need this. This is one that they need.

So, it's just two hour class. It's on reestablishing your breath and your breath with spirit into your body. So, that first breath we take. If you ever did rebirthing, you get part of this. We're going to do the main part which is clearing all the obstacles to fully owning your body as spirit with your first breath.

So, we're going to go back through time. We're going to clear using the clearing chart. We're going to clear anything and everything that's interrupted you from the moment you took your first breath to now and for future lives to come being able to fully embody with that breath of life your body.

So, if you've done-- how many of you have done rebirthing or something like rebirthing where you get a breathing technique for a few hours. Went back through the birth canal and then game back out or however you did it. I did it a couple of times. This is part of that.

But they never did the clearing part. They just took you back through the journey of breathing kind of-- it could be also there's pranic ecstatic breath that's used that's the same kind of activating spirit in body and that kind of divine energy. So, there's different

ways that people have used pranic breath to create a cause. Years ago. I don't really know that they do rebirthing anymore.

But if you did. If you spent the time and the money to do rebirthing, now, this is what you want to come in to. And if you sign up today, I'm not going to take the discount away. So, you're going to have the discount on that one. So, you're going to get fifty percent.

We sent out the link to you yesterday. We just posted it again in the chart box. Fifty percent off of a two hour class. I think it's something like forty-nine dollars for this two hours which you need. Which has divine has told me all of you need. And if you signed up during class today, just click on the link, find yourself up. I'm going to give you the ten minute meditation that's required for regeneration.

So, the one a few of you have gotten but very few. I think we've only filled a handful of them which is okay. I don't care. But if you've been wanting that ten minute meditation so you come to a class and you still need to do the meditation, half an hour is the rule but this one meditation I have is ten minutes.

It's kind of like a quick running, you know, a very, very fast marathon because you're going to get all the clear outs done in ten minutes. So, we're going to gift that to you if you signed up for breath of life during class today. So, just through new and today.

So, another two hours and seventeen minutes. If you signed up for breath of life at fifty percent off, so you got the fifty percent off link, and we're just going to look at everybody who's signed up during class and we're going to give you that ten minute meditation as a gift.

So, that's a little fun thing. You can be a winner and you can get that integration. We've been really working on like spirit, retrieving parts of spirit, and repairing all the different things with presence, and we did in essence and advanced essence. And yet this was one more thing that really needs to be addressed in our community.

So, one more thing that we can't let slip through the cracks. That's really what I've been instructed. So, you need a two payment plan because you can't pay forty nine dollars which may be true or you need to pay it in a month. You know what? I'm going to do that for you. Because I want you to be in that class.

So, you let me know if you really like-- I've stretched to the absolute limit but I get your message Julie Renee and I want to be in this class. If you signed up yesterday and you want the ten minute meditation, I see a few people have signed. Thank you. I did see a handful of people sign up yesterday.

Then you will get the ten minute meditation too. Everybody up until noon today. And also if you're watching the replay and you're a study who's in like South Africa or you're

in Asia or something, you just let us know because we're going to-- the deadline for this is noon. So, we can see all the people who are here and we know.

But if you were-- you're watching the replay later in the day because you're sleeping right now, then you just let us know that you'd like that ten minute meditation. I will make sure that you'll get it. Okay. So, that's the way that we'll cover all the people who do it in a different timezone. Alright.

So, fifty percent off and if you sign up in the next hour-- two hours and fifteen minutes, you'll also get the only ten minute meditation that replaces your thirty minute meditation that you can use on days when you're in class. That's the only one that we have that you can actually use as a replacement for the thirty minute meditation.

So, it's a nice gift. It's one that you guys need because we need to do a meditation every day, right? This class, everyday, for the whole year. You need to do a meditation. By the way, I thought about something for those of you who were having challenges, and let's just remember it. Remembering to do your meditations. Have I done my affirmations. I don't know if you can see this but I make-- Oh yeah. You can.

I made this chart of myself because I'm doing you know, six times a day visualizing and my meditations. I just made it up. I'm sure you want that isn't written on, but one that's just very simple: it's Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday. And you could make your affirmations or what you're doing, you could put that right here.

Let me know if you'd like this. Mine. It's also suggestion. You can just do it in a word document. It takes like two minutes to set up. It's just something that you can either put little stars in. We started doing stickers for Adelia. You can just do a little Xs or checks. You know, how many times you've done your affirmation during the day. How many times you've done your meditation for the day.

It's just something that helps you stay on track. I don't know. But sometimes, there's something physical also like a little bit of a reward like you're putting little stars on. You bought the stars at Staples or wherever you bought the stars and you put a star each time you do it. I did the half hour meditation. I did the ten minute meditation. I did my affirmation or my visualization. I did my mock ups today.

So, I was just thinking that's just a container. It's a nice way. So, yes, please. So, I'll put that-- I'll put that in your member site tomorrow. I'm leaving right after class today. You might notice me looking very happy. I have an hour and a half massage and I'm meeting Pattie on the schedule today. So, there's no way I'm missing it.

So, I'm walking out the door just couple of minutes after class is out. We'll be in my massage at one o' clock, and I'm so happy. I got something grounded for myself with that. Some self care. So, I'm thinking.

So, I'll give this to you. We'll see if any tech person is on tomorrow that can pop in but certainly by Monday it will be there. I won't-- I have time though right after class to put it in, but I will. I promise. So, you can check on Monday and you'll see it there for sure.

Okay. And then all of the other charts that I've shown you. They've all-- are going in to your member's site except with the exception of the brain chart. You could see that what's going on in a brain study. You could see that on Facebook. And then one last thing I can just show you just for the fun of it.

So, we started a good girl chart for Adelia. Let's see if I can pop back up there. Oh. That's her this morning. You're missing Adelia, there she is. It was her this morning. Oh my goodness. I love her.

Okay. Here it is. She's helping. So, when she helps, and she's not quite getting-- she's almost getting into the boxes but when she does some help, she gets a sticker when she's helping mommy. So, she did some-- oops. Do it the other way.

She did some sweeping this morning. She cleaned up a few fishies and some popcorn and stuff. There she is. She's doing her little chores. When does her little chores, she gets a reward. I think that we all need that sometimes. You know, we're all little kids at heart. We all get it, right? We all do. We all need that validation and you know, affirmation that we did something good. So, we can give that to our self.

So, Carole, the way to do it is not in the chat box. If you're stretched and you need to make the payment next month. The way to do it is to send to support at julierenee.com and let them know that you'd like to do the class.

So, you've done it. You've just-- instead of putting it in the chat box. Don't put it in the chat box. I'm not going to be reviewing the chat box, so I don't have time. So, if you send it to support, our support team will get to it. Today, I am off as soon as class is over. I'm going. Just have my self care rest of the day. Okay. Yeah. We're having-- thank you for that. Nice foundation of values for Adelia.

Okay. That is what I wanted to talk to you about. Also, to give you a heads up, we-- I don't know if we have this link yet, but you are going to get a nice discount for the beautiful lighten up program. So, there's going to be a twenty-five percent discount for any year of miracles people who do that and it's a three month program this time; not a two month program.

And we will be doing things on metabolism and digestion and liver and just all kinds of things that get in the way of staying slim and trim and beautiful. We'll be doing stuff on inflammation. So, watch for that. I've approved that already. That's going in for you guys.

Of course, if you've already done any of the beauty programs. Any beautiful-- simply beautiful. The big program where it's the sixty day program. Any of the big programs. Sixty day program. You're going to get an invitation for half off.

So, just know that that's coming shortly. I just discussed that with our staff yesterday and improved that. So, twenty-five percent off of for year of miracle students for the lighten up program. That will be three months, not two months this time. It's going on for three months. It's a little longer. Gets us a little more time to get to the bottom of some of the problems. And so I made that a longer program. I think that's all the things I wanted to remind you about right now.

Great. Okay. Good. Alright. Well, I have talked for a long time without stopping, haven't I? Okay. So, very excited for all of you who are signing up for Pranic-- not Pranic, breath of life. I think you are going to love it. I know the divine will be happy that I did my job and I got you there.

So, you're going to notice change. You're going to the change in your relationship with owning your body as a spirit. I promise you. This is something we haven't addressed before and it will be different, and it will be better. So, we're always working on you know, that full body ownership. Lots of ways we do it by like clearing entitlements and walk ins and interferences and programs.

This is another approach which is let's get that first relationship where you couldn't get in. Where you couldn't get in well. Let's get that reestablished so that you can be a hundred percent with your spirit breathing through the breath. Breathing in to your body and getting your spirit to fill out your body. So, very excited about that. Okay. We had a lot of talking.

Oh thank you. And you know what we have a break coming up in about seven minutes and you know what, Karen, I do need that break. So, thank you. We'll wait for seven minutes and we'll take the break at the top of the hour. I've been blasting away for you.

I just want to actually in the first hour share with you. I'm doing the love novena for personal and planetary transformation. I shared this the other day. It's from book of rituals. I'm going to show that to you real quickly.

So, if you decide you wanted it. I hear that it is available on Amazon. Know if it was out of print. I bought this about thirty years ago. It has some lovely, lovely, lovely things in it.

I want to show it to you on the screen so you can see it if you wanted. This is not my book. This Carol Parish Harra. Book of rituals. I'm going to read from that as we move into the time that we take a break. I'm going to do that now.

But I just highly recommend her and her work. She's such a lovely inspiring person. Her frequency is very high and the things that she offers are very high. So, this is a love note novena I'm doing. It's a nine day novena for expanding personal and planetary love.

"I greet this day with love in my heart. This is the great secret of happiness. The unseen power of love can open the hearts of humanity and bless all of life. I will make love my most effective tool. Bringing the energy of life to myself and others. Love will meld the blocks within and around me. Opening me to the joy of life. I like and love to the rays of the sun which can soften the cold of harshest days. I greet this day with love in my heart."

And then day two: "I greet this day with love in my heart. Henceforth, I will look on all life with love. I realized the rebirth within myself. I love the sun and it warms me. Yet, I love the rain for it cleanses my spirit. I love the light for it shows me the way yet I love the darkness where it shows me the stars. I welcome happiness for it expanse my heart. I endure sadness where it teaches me compassion. I experience the challenges of my life as they aid in my growth. I greet this day with love in my heart."

And day three: "I greet this day with love in my heart. I will love those I confuse as enemies and find ways to know them as friends. I encourage my friends as they become my brothers and sisters. I will find ways to applaud. I release harmful words and thoughts. When I am tempted to criticize, I will find compassion. When I move to praise, I will speak out clearly. I will join the birds in the wind and sea as nature speaks praise for the creator. I will become as music with the children of God. As I remember my resolve, I will uplift my life. I greet this day with love in my heart."

And then I hear this song in my mind and I think it's a reminder this week that we are part of God. That we come from God. And that we return to God, and we return to God by bringing our energy up into that love frequency into the field of oneness. But the higher field, this field of pleasure.

"We all come from God and unto her we shall return. We all come from God and unto him we shall return. Like a rainbow of life returning to the sun. Like a rainbow of light returning to the sun." We just really acknowledge that we come from God. That we're part of that God cloud that big expanse. Humans and angels and God came from that great cloud of intelligence. We're a part of that. We're a part of that.

As we remember that, transformation is easier. Healing is easier. Activations are easier. Becoming younger and more vital and more in love with your life becomes easy. Alright, my dear ones. Feeling so much love and expansion. We will be taking a break. We're at-- we're at about ninety-four percent. We'll be breaking for five minutes. You're welcome to keep chopping if you'd like to.

You're welcome to take on a full on break. When we come back, we'll be very close to starting on the regeneration and I do-- I am seeing your comments. I know we have a lot of people in the class today and I had a lot of teaching I wanted to share with you today. A lot of mentoring I wanted to do with you.

So, we'll see about interacting some in the chat box too. I know we normally do a lot more chat box interactions, so we'll see in the next few hours what the stimulation is and where we go from here. So, we're going to take a five minute break. Stand up. Definitely move around. Breathe. Maybe go out and get some fresh air. Get a glass of water. Use the bathroom and we'll see you in five minutes. Five minutes.

[Break time starts on 01:00:46 to 01:07:43]

Okay. And welcome back. Let's see here. Staff, I'd like to know how many people we have had sign up so far for breathe of life. So, if you could let me know. You can just send me a text if you like to and let me know. Maybe first names of people who are getting the ten minute meditation. That would include who've signed up since yesterday.

So, since we've sent out the half price link, I think that was at four in the afternoon yesterday until now and we'll see how many of our year of miracle students have jumped in on that wonderful special. And we're going to now go into-- let's see. Are we there? Ninety-nine. We've got a little bit more. Okay.

So, right now, we have thirty-four of you. Thirty-four. We have seventy-six people in the class right now. Attending class live. So, thirty-four. That is just a little bit less than half. So, congratulations to all of you so far who have jumped in and enrolled, and I think we have a couple of people have said that they needed some kind of a special deal.

So, we'll have support check that out. But if you haven't enrolled yet and you want to get in to that ten minute meditation as a gift, please jump in now. Now would be a good time. Sometime before the end of class, now we're at the next break would be really great. So, thirty-four. So, congratulations to all of you. Yay to our winners. That is wonderful. You're so smart. I'm always impressed by all my smart year of miracles students, so that's awesome. Yeah.

We're going to have, ideally, you know-- I did say I kind of got kicked in the butt from the divine saying you need that class. So, ideally, we'd have a few hundred people, that would be amazing. It's not about making money for us. Although, we need some you know, income to keep all the things running. It's about what the community needs. So, it's really-- oh good. Great.

It says about what we need. It's one of the upgrades we need to do. So, that's it. Just paying attention to inner guidance and offering something that we all really need. That breath of life, we need that. Okay. One, two, three. Karen. Yeah. I get a hundred percent, Karen. It would really help you. Yes.

"Is there anyone in this class that wouldn't really help?" Wouldn't really help me. I've already done it. That's funny. That's hysterical. This is really funny. God is registering as one of our students in the class. The presence of the divine is registering that the divine is here in class.

It's very nice. I mean, we pray and we ask for it and it's just really the presence of God is here as a member of our class. It's really nice. I wonder how many angels are here today. It feels really like a very, very high frequency doesn't it today? It feels so blissful.

Let's see how many angels are here. Twenty-three thousand angels are here today. Wow. Yay. Twenty-three thousand angels. Oh my goodness. No wonder it feels so magical today. I know. I'm amazed and I feel like crying. I'm so happy. Well, just a very, very high frequency day today. It's really awesome. Okay. Let's see.

We need about three more minutes on the clearing chart to get everybody up. Sorry. I'm crying. Blame it on Virgil. It's Virgil's fault. The breath of-- the breath of life class, yeah, is-- let me just show you the enrollment page. It's on a Monday or Tuesday in a week and a half. It's like ten days from now.

Okay. Let's see. Breath of life is on December 17th, ten to twelve. Okay. Here's the enrollment page and then you're getting it half off. And then also you're getting the meditation as well. There's some nice bonuses in the program. There always are, aren't there?

So, owning your life and quantum essence. Soul Prana chapter from the divine human blueprint. Actually, I only approved. I don't know why they put soul here. We're not doing soul. Just Prana. We're giving you the Pranic breathing exercises. So, you're not getting the soul chapter. Sorry. That's been in there. Yup. Two hours. So, that's it. That's the page.

Oh wonderful. Okay. So, we'll check at the end after the next break and we'll just see if you can get all of you in. See if we can just tickle you in. I'm too excited and say, "Oh

yeah. I got to do that. I got to do that." Well, check your schedule but know that you can do it as a replay because everything's available right after class.

So, if you need to do it in the evening, you can do in the evening. Like I said, more than half of our students, our student population, we have hundred seventy-five students right now in year of miracles and we've got about seventy-six live. That means that a lot of people watch it after work. A lot of people watch it when they're awake and this is the middle of the night for them. Oh good. More people signing up. Good. Yay. Yay.

Fantastic. Alright. That's wonderful. Okay. Ninety-nine-- we're just another maybe one more minute and then we could start cellular neogenesis. We're going to be doing a whole kind of refresh on your bones, muscles, cellular neogenesis on the entire muscular system. Connective tissue, ligaments, and joints. So, we're going to go through and we're going to be pumping for a long time for the master and stem cells for all of those areas.

Now, the bones are slightly different. The bones, when they are growing back, they look like they're-- like tree roots growing intersecting. And so especially when there's damage, that's what I've seen when I look. Where the cascade of new cell growth has a little bit different look. So, all of these though will go through the same process and yeah. Okay. Good. You're welcome, Shauntelle.

Oh yeah. Sugar substitutes are actually really not good. So, sugar addiction so that just needing that same thing, it's different chemical but yes. So, I would definitely work on that, Aileen. So, you don't want to use sugar substitutes either. But Stavia, we use Stavia in our house.

We use molasses and honey because we've been using the local honey in like a cup of tea for strengthen the immune system. So, we do have a few things. And then of course, fruit, we have. But even that I've been keeping an eye of how much Adelia's taking in because she can get pretty hype up from even just fruit sugar. So, yeah.

Fantastic. Okay. So, we'll check after the next break and find out where we are. If we've gotten most of the seventy plus people. I might have more people now on the line. I think seven-five on the call and I know there's some people on the phone lines too. So, we may have more people right now. Some people might have just come in and joined us. Okay. So, let us move into the cellular neogenesis chart.

Okay. We're going to-- everybody's going to start pumping. I'm going to blast. There's just a couple of people that are a little bit stuck and I want to make sure that no body gets left behind. So, don't worry if you're one of those people and don't even ask. You don't even have to ask. I'm just going to take care of it for you guys.

There's five people out of like maybe eighty people who are stuck with one or two percent if they haven't cleared on the clearing chart. So, I'm going to keep blasting for you guys and we're going to move into this next chart. I think Xylitol is alright, Karen.

Okay. So, we've already done the prework which is prayer and clearing. So, we've done both. Now, we're going to start with quantum or double pump. What I'd like for you guys to do, as I had mentioned earlier, is I'd like you to do double pump if you can. If your arms are getting tired, you can do platter a little bit or you can do a little-- let me just show you here.

If your arm is really tired because we've been chopping for a significant amount of time. You want to keep going though. You don't want to stop. This is a version of quantum pump, okay? This is the arm resting on the thigh. I've crossed my legs to show this to you but this is a way that you could do it. Just open your legs a little bit. Girls, boys, and you can pump this one too.

So, if your hands or arms are getting tired-- get back up and you can see it. So you can do this. This. One handed only. You don't need to do the other hand. I'm doing the right hand but it makes sense for you to do the left hand, you can do the left hand. So, either one of those if you're just arm is just I can't go anymore, I need a break but you want to keep going.

Another thing you can do if you were really tired is you could-- so that you keep in the movement is just a little flutter. A little flutter right there. See my hand has just dropped down. It's completely resting and I'm just fluttering my fingers and that would keep you in the movement. You definitely would want to keep that energy really nice and high. You want to keep the momentum up and we want to keep moving forward.

So, everybody choose one pump for awhile whatever that is. The best for you would be double pump. That would be the one I want you to do and then this one, also, the platter. Those are the two that are moving. Single pump, double pump, and platter are the ones that show up on the first-- for pumping up stem cells and master cells.

So, single pump, double pump, and platter. And then I showed you too. If you're exhausted and you want to keep going which I'd like you to. I showed you the other two. The inner thigh or flutter. You can do that for five or ten minutes. Just give your arm a break but keep things going and then when you're ready, then go up to the double pump.

The double pump, you just have to think we're covering a huge amount of body mass today. So, we're, in other cases, where we do the endocrine system and we're doing eleven glands and organs. In this case, we're doing all the muscles and all the bones and all the connective tissue and all the ligaments and all the joints.

So, that is a huge amount which means I'm going to keep blasting. We're going to keep that energy nice and high but when you think about the actual territory we're covering in the body, it's a very large amount of the body that we're covering today. So, I would like you to be fully present and pumping in the best way that you can for the entire session is what I would ideally like.

Okay. So, you do your best whatever that is and that will be good. Alright. I'm going to not speak for a few minutes, so I can focus in on the five who haven't moved completely to a hundred percent. So, I'm going to be a little quiet. I'm going to put some music on for a few minutes and just connect with those of you that are a little bit stuck on this.

That might be people who have bone degeneration going on or a disease in the muscles, ligaments, joints, connective tissue. I'm going to connect with you and I'm going to get you to a hundred percent too so that when we are starting this, getting this master and stem cell activation going that it's going to really take for you too. Okay. So, I'm going to be quiet for a few minutes. I'm going to put some music on. Just going to focus in on few people.

Okay. Alright. Good. All done. Okay. Alright. And we're going to be some pumping for awhile. Reminder for people who are having a problem with maybe signing up is to contact support and support will get you in.

So, if you've had a problem whether it's our system or something with your card. Maybe a number is wrong. Support will definitely help you. Our staff is on both Rebecca and Todd are here. Just reach out support@julierenee.com and they're going to help you because we want everybody, everybody in breath of life as possible.

And Stevia, yes. I've mentioned Stevia. Stevia is what we mostly use for our sweetener here at our house. Stevia and then molasses and local honey. We don't use a lot of either of the other two molasses or local honey, but yeah. Those are the ones that we use. Xylitol is good for some people and not all people.

Okay. So, we are going to be working for quite a while with double pump, single pump. Oh good, Tommy. That's great. I'm happy to hear that. Alright. So, we're going to do some singing to keep that energy high. Okay. So, let's pull up-- I did put in a bunch of songs into our slides today. So, I think that's-- this little piece was from-- we're not trying to figure out. It's from the internet.

And so they're talking about bones repairing themselves. Stuff called osteocondroreticular stem cells which were discovered by tracking the protein expressed by the cells using this mark. The researchers found that OCR cells self renew and generate key bone and cartilage cells including osteoblast and chrome-- chondrocytes. Chondrocytes.

Researchers also show that OCR stem cells when transplanted to fractured site contribute to bone repair. We are now trying to figure out we can persuade these cells to specifically regeneration after an injury which we know, in the quantum activations, you can. If you make a fracture in a mouth, these cells will come alive again. Generate both bone and cartilage in the mouth and repair the fracture.

The question is could this happen in human. And the answer we know is yes. It can happen in humans. So, that's pretty wonderful and exciting. Here's just a little coverage of what the skeletal looks like. There's a whole heck of a lot of bones and skeletal system. And then muscles and joints on top of that.

Okay. Well, let's start with: in the stillness, and then we'll go on from there. I can make this bigger too. Let me see here. So, if you're new to class, this is an opportunity to sing along with me. "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."

That sounds great. Aileen, I'm happy to hear that. For anybody who's ending up back at the beginning of class for Jean and sometimes that happens, what I recommend is you actually just sign out and just sign back in so you actually just click out completely. Reloaded in and come back in to the class. I think that that's going to give you good result.

Also, if you have more than two of one browser, you might use a different browser when you return. Then you could use your phone line in the meantime. So, the phone line is an international phone line. It should be free to everybody.

That's interesting. It looks me to me like most of the chat box is missing for me, staff. So, I was just going to go in and say good morning to people and we're good half an hour into the chat box or more when I see that the chat box starts. So, in any case, if you've somehow, some thing's gone. I'm scrolling back and that's all the farther I get. Just so you know.

Okay. Let's sing the next song: soft the night and sweet the spirit. "Soft the night and sweet the spirit, gentle voices call our song, We are magic we are wonder, when we live beyond the veil. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play."

"Soft the night and sweet the spirit, gentle voices call our song, We are magic we are wonder, when we live beyond the veil. Human kind please raise your thoughts, Bring a plane of peace and love, We the guardians of the pilgrims, We the authors of the play."

On the meditation to enhance self worth, all the love meditations are really good for that. But you could ask. Let's see. That's for Kelly. We also have-- we have a confidence class which also helps with self worth. Quantum confidence. I think that's on the schedule in 2019. I remember seeing it.

So, it's coming up again. It's also a home study program and it has some shorter five minute meditations. Kelly also, for self worth, if you're in the beautiful program, the fifteen meditations in there help you fall in love with yourself and really accept yourself and really love yourself on a whole deep level.

We're at about forty percent on our quest to activate bring master and stem cell-- stem cells to one hundred percent. We're at about forty percent at this point. We're just going to keep rocking and rolling here and keep moving on.

Virgil is here. The energy is so sweet. Baby Virgil is here. I can feel him right in front of me here. So, I just want to introduce you to the baby who you haven't met yet. He'll soon be here in about nine weeks. He's going to be here. Let's see here.

We can't really put this on the internet or anything but I wanted to show you. Baby Virgil actually as a spirit is here but that's the ultrasound we got a couple days ago. So, you can see his sweet little face and his hand and that's our baby. I definitely feel him a spirit right now with us in the class. So, the energy is just so lovely for all of us. The divine and I can actually feel god here. It's really good. It's really fantastic. Yeah.

George is asking, "I will be at the birth and I will take Virgil immediately. She has some chemical problems, so she probably won't-- she'll be able to give him a hug and a kiss. That's probably about all." Yeah. Well, I'm just feeling just a lot of intense beautiful energy. Feeling really nice and nice connection here. Nice connection with all of you, with God, with the angels, the babies.

It's funny. Adelia's in school but her little spirit is here with us too. You saw the pictures from this morning. I'm going to put of Adelia for a minute here. Let me put her back up for a moment. There's little pumpkin. As a spirit, I can feel her also here. Yeah. The kids like this energy. The dogs like this energy. Kids likes this energy.

You know what I did, it was so funny, Adelia had this really serious scowl on her face. She's two. So, she's doing a lot of 'no'. And I just started laughing hysterically like something was funny and she looked at me like, "Mom, what's going on?" And then she looked at me like, "I like that." And then she just started laughing. It was the funniest thing because she has this really like 'urgh' kind of scowl thing.

From that, she just started like laughing and laughing. Oh, it's time to laugh. And she's such a clown. You know, she is just over the board with laughing for-- we were laughing for absolutely no reason. We were just laughing. Yeah. There's our food.

Yeah. Karen, you'll probably going to see her over the holidays. We have a week-- the week of the first, January first. She'll be here. There's no school. So, she'll be here for a week of classes. So, we'll see how we get through those classes. I may bring someone in. I'm not sure what I'm going to do yet but she'll be her and saying hi to everybody and being a little monkey shiner. The first week of January classes.

Yeah. True. Very smart, Catherine. Yeah. Yup. She's-- Adelia has a different background from the genetics and soul family thing. I'm working with her very lovingly and intensely to help her remove and disappear the programming for rage and violence which came through her family and her birth family has validated that that's a problem with all of the family. They have a lot of rage.

So, we were in another class this week, which surprised me, our meditation and chart class, the quantum transformation class, I saw that Adelia had pretty much shredded my aura. That there was thirty holes in my aura from Adelia's raging. That gave me a new awareness. So, I spoke to her and I sent pictures in her mind letting her know what she had done. Images of what she had done. I sent them into her mind.

It's been really interesting to watch. She's been actually pretty different since I sent those images into her mind and I've been praying and asking for help and I did pumping for her too. So, you know, when your children don't come from your body and they come from a background of you know-- Adelia came from-- it was her birth father was a gang leader. Carried a gun and was a drug dealer.

Many issues also with the birth mother which I'm not going to say but it was just you know, there's challenges when there's a lot of raging going on even the exposure in the womb. Virgil's mother is a very happy lady but she has a lot of chemical problems.

So, there'll be chemical stress and chemical trauma that will work with Virgil when he arrives. So, that will be you know, another challenge. But she doesn't have the, as far as I know, there isn't that quality. She's just kind of a-- yeah. Bubbly simple woman.

Kelly, you know, it's narrow and broadband telepathy. For those of you who studied with me for awhile, you'll understand it a little bit better. But we have-- we have sonar. When we speak, we can speak and send messages and we do. Actually, whenever we speak, I'm really good and broadband telepathy. People really understand me. I did work at it though because something most of you don't know is that I didn't have language.

I didn't speak until I was five. Autism runs in our family. I would've definitely been diagnosed with autistic. I had a really hard time integrating socially with kids and that school. Felt like I need it. I was always hiding and I didn't speak.

And so I started speaking in first grade really. They got me a speech therapist in school. I did two years of learning how to talk in school. That's why I have such perfect diction is that I learn to speak when I was older.

So, Adelia's got some challenges, I think. Not that are insurmountable. You know, she's a lovely strong powerful delightful girl. She's ready to laugh at drop of a hat. She's ready for fun. She loves to play. She loves to be with people. She loves music. So, the dancing around and all of that is just incredibly wonderful.

So, okay. And then telepathy. So, thank you for taking me back to that. And then so speaking. When we speak to one person, that's narrow band telepathy. We're sending images like sonar. Like the mere-people, that's who they speak. They send images back and forth to each other rather than a lot of words.

So, we sent images we have. We send images into people's heads. So, when I'm speaking in general, you guys follow me pretty well that's because I have broadband telepathy which is I can speak one to many or I can speak on to one really well. And the understanding isn't necessarily hearing the words. Understanding is hearing the words and getting the pictures in your mind.

You may not be aware of the pictures in your mind but if you're comprehending what I'm saying, you're getting the pictures in your mind. With Adelia, I sent her images of the shredded aura. We talked about this with her. So, I don't want to ruin her reputation. The worst week we had, she bites and hits. She had-- I had nineteen bruises on you the worst week. Nineteen bruises on my body.

I'm not getting bruised anymore. She's really calm down with that. She's still a little bit hitting and kicking trying to knock me over and things like that. So, I told her that a few days ago that this has to stop now. There's no more. No more. It just can't happen anymore. You're hurting mommy emotionally and physically with the bruising and the scratching. She's torn open skin. She's given me a black eye.

And then the tearing of the aura. The shredding of the aura, and I showed her all of them. It was really interesting. She was quiet when I was talking to her. She was definitely getting the message. So, that was a really interesting process to go with her through with her, and there'll be more. I'm sure there'll be more processing with her and I'm clearing for her.

Angels have asked for some extra angelic help, and Maria. Mary have helpers so there can be some guides just guiding her and helping her. For the next couple of months, we're getting ready for Virgil coming so that I'm not the only divine being with her helping her. So, that she can manage and learn really I'm asking those drives to you know, violence that they just dissipate and disappear.

So, that's what I'm working with her on. I'm really singing and hoping and praying but that's just over in the next few months. She's a toddler though and toddler minds aren't really rational. It's hard to reason. In fact, I've worked with her elder. Her wise elder spirit of herself. Her high self also. To get her high self involved with directing her actions and behaviors.

There's not a lot of room for a little person to have. Just a little bit of information in there. The brain isn't really developed. The mile and [Inaudible 01:56:17] which developed the sense of understanding or what they call empathy, we call understanding or knowing. That doesn't develop until age three.

So, she's two years and two months. Since we've got a little bit of time yet for her to be developing that. You know, it's just interesting. It's just a different project when you're adopting children. It's a different thing than when they come from your body and they've been in love from the moment they were conceived. They still might have challenges. Still might be willful. So, I'm not saying that's not without possibility but it is different. Yeah. For sure.

Okay. Well, we're going to stay on a high vibe. So, now that I've explained a little bit of that what I've been working on with Adelia and you know, I don't-- I love her to pieces and there's nothing since you said you love her last and I said, "Oh my gosh. No." You know, I know that she came that I was her perfect mom and she wanted to help with this. She didn't want to go into her life with all of these stuff that she's carrying.

So, I know that I'm here to help her and help her over the hump. Doing what I can as much as I can. I know, actually, I'm very excited about the self care too because I know that when you have some a lot of stressors and you know, stuff with your toddler and you know, legal stuff going on with the baby and all that stuff, it can be you know, pretty- anyway, self care is important.

Okay. Well, we're coming up on the hour. Let's check where we are on this process. We're at sixty-two percent and at the hour, we're going to take another break. I'm going to read a little more from the love novena. For those of you who don't have a Catholic background, let me talk to you about the novena.

So, a novena is a specific prayer. Sometimes, it's the same thing that you say everyday and sometimes, it's a different thing that you say everyday and you do it for nine days.

Typically, you're doing it on behalf of someone else. You're doing a novena for someone else.

A novena typically will activate divine mother energy. Mother Mary energy. Get divine help for the person or the situation that needs help. And that and whether you do some fasting or some extra meditations, you set aside nine days where you focused on helping specifically maybe helping another or it could be helping a challenge in your life. It could be that too.

So, a novena is a specific kind of prayer that's on behalf of others. And so for this one, this novena that carol designed is for personal and planetary transformation. Meaning when you pray it, you're transforming yourself and humans on the planet. Other humans on the planet. So, it's a prayer to be wiser. To embody love wisdom.

So, that being said. So, just so you understand what a novena is, it's something, it's not like a retreat or something like that. It's actually a process of praying over a period of nine days.

"I greet this day with love in my heart. I embrace all of humanity seeking qualities to admire. Though I often have not been able to see clearly. With love, I will tear down the walls of separation which have been built. In their place, I will build bridges of connection. I love the ambitious for they inspire me to great action. I love those who fail because they teach me endurance."

"I love the young for the faith they hold, the elders for the wisdom they offer. I embrace the ugly and the beautiful, the rich and the poor, the meek and the bold. I acknowledge the spark of divinity that resides in each light that I need. I greet this day with love in my heart."

Then day five: "I greet this day with love in my heart. I respond to the actions of others with love. Adversity and discouragement will beat against my shield of love and become a soft rain. My shield of love sustains me when I am alone. Uplift me in moments of despair and calms me in times of confusion. I awaken the new day with vitality and joy of living."

"As my courage increases, my enthusiasm rises. My desire to greet the world overcome every fear. I accept happiness from sources made available to me. As I become stronger, I cast aside the shield and walk unencumbered among the family of humanity giving and receiving. The radiation of unconditional love reawakens the joy of living in everyone I need. I greet this day with love in my heart."

And day six: "I greet this day with love in my heart. I address each one whom I confront with tenderness and strength knowing love was in my heart. So shared from my heart

the offering shines in my eyes. Unwrinkles my brow and brings a smile in my lips and a ring to my voice for each pleasant constructive experience I am grateful. For each unpleasant experience I learned. For the experience of the awakened life, I am uplifted. I greet this day with love in my heart."

And with that, we'll go into our five minute break and we'll come back and we'll keep working on stem and master cells. Just keep on pumping if you want to. Again, get some fresh air, sign up for Pranic breath. Please get the fifty percent off and the ten minute meditation as a bonus for signing up during class and I'll see you in five minutes. So, at nine after, we'll continue.

[Break time start on 02:04:33 to 02:12:38]

Okay. Welcome back, everyone. And we are just continuing on with either double pumping, platter, or you could be doing the inner thigh pump if you'd like to. Oh, fantastic. Yeah. Rebecca, would you please let me know how many students we've got signed up since the beginning of class. Of course, the few that also signed up yesterday.

So, I'd love to get the new count for everybody who signed up between the last break and this break. Let's see if we can get most of the people if not all of the people who are here on the call in the class. Yay. Okay.

We're going to have some amazing miracles come out of this class I predict. We'll see. But with the presence of so many angels and the divine, my frequency right now I just was testing at forty-nine hundred, and that's also the frequency of the class today. It's set at forty-nine hundred. So, four thousand nine hundred. The highest I've ever experienced are frequency in class or my frequency so that's pretty cool.

So, we're working on some pretty amazing transformations here and I know that's all enhances because while the angels and the divine father God is really present. I can hear his voice and it's a male voice that I can hear. So, I'm excited to see what comes from our program today and how things transform.

If you've had something wrong with your muscles or your joints or your bones, I'm going to be really curious to get the miracle reports next summer. You're always welcome to share them with me if you want too earlier. I know we'll have the summer miracle contest again next year and we'll find out what happened as a result of this training. It's pretty exciting though. Really healing.

We're just continuing on, Mary, as I had said in the beginning like three minutes ago. You're just going to keep doing either the double pump, the single pump, or you can do

the inner thigh pump or the flutter. So, the double pump, the single pump, the inner thigh pump, or the flutter.

So, just keep going. I'm doing something different that's why you don't see my hands. I'm doing blasting. I'm doing this. Doing something like this but it doesn't have to do with the what I'm doing, it has to do with the intensity of my energy. So, this is something that I do so I'm doing it all day long because I'm working in class and out of class. I'm working with apprentices and VIP people and fifteen minute people and all that.

So, basically, my hand is going most of the day. So, this is the-- but it's a technique that isn't related so much to the hand. The hand has to move but it's related to how high my energy is. So, I can't teach blasting because blasting has to do with being at very high frequency, not the hand technique. It's just-- it's just very amplified because of the high frequency.

So, I'm working with all of you. And putting it into the field for all of you that are watching the replay. So, as you're watching the replay, you're-- no time no space. I'm working directly with you at the time I'm working with you.

That was actually-- not only Maria but I could see that would be a lovely thing put into that. That was, "Down yonder green valley, where streamlets meander, La da da, I pensively rove." It's a very lovely-- I don't know what it is. It's not Gaelic, but it's like an English melody. An English melody. "La da da da., Dum dum." So that is that song. That's nice. Elena, that's really nice. Beautiful, Netty. Hope that happens rapidly.

I don't know about that. Tension in the shoulders shouldn't be from pumping. Is it from pumping? This is zero true. Computer, stress. You're sitting at your computer forward like this. It's not from the pumping at any case. Patricia, we have different classes for that. Ancestral issues. But in here, you're working on it some.

We have quantum birth clearings. Birth trauma clearings or we have the entitlements class. We have hundred percent clear class. So, there are different classes where we really specifically are looking at that. We also have removing violence and abuse from your field and body which you probably were part of.

So, lots of-- if you look at where those show up on the charts and then you can look at the classes that are related to where it shows up in the chart. You're welcome, Elena. Oh yeah. It's a three part class.

Oh nice, Aura. You have Hanukkah, isn't it. So, it's the lighted the six out of eight candles of light on our Hanukkah. Adding light to the class. Thank you, Aura. Yeah. Beautiful. I can feel that light. Okay.

Overall, we're in the nineties on this quest for the master and stem cells to be moved up. Let's take a look. Let's just do this a little simply here. I'm going to put a slide up and we'll look at where we're at because we're getting into more of the home stretch thing. So, always, if you need to take a break, do your inner thigh pump or do the flutter if you need a break. Okay. So, let's do muscles, and bones.

Okay. This is at eighty-three percent, muscles. So, that's ninety-nine percent. Seventy-three percent. Ninety-five percent. Seventy percent. That's fifty percent. Okay. This is really interesting too. We've never ever drawn attention to connective tissue. So, I don't know that we've really specifically worked on connective tissue and to things to our student who asked for that connective tissue. It's important and I'm glad we added it to this class.

So, that's where we are right now. So, when we look overall, we're making some great headway. Bones and tendons seems to respond really more rapidly and then muscles, ligaments, connective tissue, and finally joints.

Obviously, a few of you have some joint issues. So, like I said, you might really-- if joints are an issue for in addition to what we're doing today. You might also want to take the home study juicy joints. It might be a good one for you.

I guess, Patricia, test as yes. So, [Inaudible 02:24:20] but it's also connective tissue that connects like the ligaments to the bones. That kind of thing. So, there's also that kind of connective tissue. Karen's asking if the class will help release tension in muscles. Maybe. It's a disease and condition. So, I think you could also probably do some physical activity that would release tension.

Sometimes, tension is spiritual interferences. Sometimes, it's inflammation, irritation. I think you have to repeat the process, Aura, for broken wrist. This should do it. Just keep your meditations up so you keep the regeneration going but I don't think you need to do any extra pumping.

Why don't we do the stones? Why don't we do that? "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 soar temple to me yet unknown, 'Till the strength of the first morning light, Shown the power of the Stonehenge stones. They grounded the energy of this place, And held us together in a loving embrace, While beings of light danced above the space, Bestowing on us their wisdom and grace."

"The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. The Averbury stones were laughing at me, Taunting me tempting me dancing with glee, Playful stones make love to me, In the circle of the

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

"The heavenly chambers from days of old, New Grange stones were a circle to behold, I knelt in 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. 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." Excuse me. "Calling out to set us free, The power of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones."

Once more. Yeah. Maybe so. Let's see. Let's see how many people we have now. Okay. Fifty-one. Couple more people signing up. So, fifty one. Would be really wonderful to have all seventy-six or seven of you in. Let me know if there's something that I need to do for you to make it happen for you. You can do that through support. Let's see if we can get everybody in.

Yes, it is. Okay. We can do it one more time. "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 soar temple to me yet unknown, 'Till the strength of the first morning light, Shown the power of the Stonehenge stones."

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

"The Averbury stones were laughing at me, Taunting me tempting me dancing with glee, Playful stones make love to me, In the circle of the stones. The stones they are calling me, Echoing through an eternity, Calling out to set us free, The power of the stones. The heavenly chambers from days of old, New Grange stones were a circle to behold, I knelt in 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."

"Stones are everywhere we look, Medicine wheels and monolithic books, The wisdom of the circle flows, In the temple of the stones. The stones they are calling me, Echoing

through an eternity, Calling out to set us free, The power of the stones. The power of the stones." Oh. That was good. That's so fun.

I'm definitely a stone person. By the way, when we're looking at stones and Stonehenge and New Grange and knoweth, and doeth, and medicine wheels, you know, all the different stone temples and the ancient ones and then the cathedral's filled with stone. All the stone that is part of the Earth that grounds us and centers us. I looked at that. I look at a medicine wheel and I think about the balance wheel.

I am so excited. We have been working really around the clock for a couple of weeks. The whole staff, everybody's been working overtime on getting the schedule set up for next year. And next year is going to be so spectacular. It's going to be a year like no other year. We have a strong focus on really having the very best experience by bringing in full self expression and balance.

And so, we often said have the best year of your life but I'm going to say that it's way beyond the best year of life. It's like rock solid. Not just to whim of let's have a couple of miracles happen in this year but let's have every single aspect of your life working. Just running smoothly for you.

And so I had created a schedule with the help of my project manager that you're going to love that it has everything that we need to really bring in full self expression and balance. There's a lot of wonderful trainings and the way that I've set it up. I'm teaching things in a new. So, all the interferences.

We're going to be clearing almost every week of the year instead of doing these you know, really intense like four months of clearing. We're going to spread it over the whole year so we get the whole thing cleared out. But we do like an hour or two every week, every week. We have a lot of love classes and wealth classes and health classes.

We have classes on sex. We have you know-- it is a juicy, juicy schedule coming up and I am so excited. I just have to tell you. I am over the moon with what we've created. I think you're going to really, really love it. Now, there's room for a little bit of you know, tweaking here and there. I'm sure. And I'm sure you know, me, I'm always like hearing the voice of God or having an inspiration that, "No. No. We need this." I will pop those in, I'm sure, too.

It's going to be an amazing year. It's going to be a year where you feel grounded. That you feel centered. That you finally, at last, get to be fully self expressed and that's what we're going to do all yearlong in 2019.

So, we're wrapping up this December and we're-- I think it's such a beautiful month. I think all of you signing up for breath of life gives me a lot of hope. We also have-- so, if

you have not already joined, most of you are members of our growing together community. We're doing our growing together in the last week before Christmas and it's a money manifesto.

So, we're going to be some big clearings and declarations and getting ready to start the new year with a whole new outlook on wealth and prosperity and bringing wealth in. I think that's going to be super fun. It's a really, really good price class. It's twenty-nine dollars. I think a lot of you have come in at a discount because we offer a discount to our year of miracles people.

So, if you need a year of miracles discount, let me know. It's twenty-nine dollars a month to join. That complete money manifesto. So, some of you were like, "I just want to take the classes I want to take, so I'm going to pay twenty-nine dollars." So, just know that it can be discounted if you signed up for the whole year.

And this is really a nice balance between growing together which is two hours and this is three hour class. This is a really a fantastic balance for you because growing together is about full self expression. Year of miracles is about regeneration of the whole body and growing younger.

So, you have the full self expression and you have the growing younger aspect and really just growing healthier and happier. And that we're just really looking at how do we make this very doable for everybody. So, you're going to see. I'm sure you have been noticing. I've been doing a lot of discounts for you guys. If you want something, we're making it a doable as we possibly can and still keep everything running and the lights on here.

So, just know your mentor is super excited about the coming year for many reasons. And for another reason, of course, obviously, is that Virgil is joining our academy and our family. We did have to move our retreat. We have a retreat scheduled for March that is moved in to June.

I think it's actually better in some ways because in June there's the school break, so some of you who are moms, it'll be easier to travel when you're not having to get your kids to school every day. Come in spend a week with me in my house. I think from Monday to Friday, and you'll be meeting little Virgil. He'll be couple three, four months old at that point.

So, Adelia will be around also. So, you'll be seeing Adelia. So, all is all and going well. So, let's see. "Phenomenal prosperity off the charts." Oh fantastic. Yay. "Thank you for the great discount on breath of life." Yay. You're welcome. Your prosperity. Yay.

"How to prepare for menopause as a peaceful menopause." You know what, we do have Shauntelle, which I think you really like, it's healing sex glands, and organs for women, and that really reestablishes a very beautiful dynamic in your body. So, that's really fantastic. Healing the sex glands and organs for women. We also have that for men by the way.

And so you might not have like the big shebang. If you're going through that, you might notice that everything just gets peaceful and easy in your body. I would recommend that. Okay. Let's take a look at where we are. Getting to the twenty minutes before end of class, so hopefully, we've gotten pretty close to a hundred percent here.

We still need to do the mirroring and then we need to activate the cascade of new cell growth. So, let's see. Muscles. Muscles are at ninety-nine percent. Just about there. Bones, hundred percent. Ligaments are a hundred percent. You know, I'm going to just keep an eye. There's two of you that aren't a hundred percent in ligaments but everybody else is a hundred percent.

Tendons. Ninety-nine percent on tendon. Connective tissue, ninety-eight percent. Boy, we're really close. Joints, ninety-six percent. And then this is really going to be very specific to people, so let's keep the energy really high and pump like crazy here because it will be when we're not in a hundred percent. It's oftentimes it will be five or ten people who haven't made the leap yet and some of the people are in a hundred percent. Is that true? Yeah.

Forty people are at a hundred percent in joints. Sixty people-- over sixty in connective tissue are at a hundred percent. Let's pump like crazy and I'm going to blast and just bring everybody. There's two people here and six people there. Let's bring everybody up to a hundred percent.

Oh yeah. Absolutely, good to put on your face, Karen. I definitely do. You will make your-- you have to be a little bit careful that you don't get it around your hair or make your bangs a little oily if you do. But other than, it's wonderful for your hair by the way. I use on a daily as hair too. "Do you have-- do you believe one can postpone menopause if you want that?" Yeah. I think you can.

You know, I want to acknowledge all of you that did get on live on the call today. So, I think they're at the peak. We had seventy-eight or seventy-nine people live. We've got seventy-one and some people on the phone lines too. So, I just want to acknowledge you and thank you for being here live. It makes the class fun for me.

Okay. So, we're-- thirteen minutes ago, we were at fifty-four. Fifty-four people in breath of life. What do I need to do to tip the scales so we can get over sixty? Fifty-four That

would be another six people. Another six people. You're willing to have me gift you that ten minute meditation that will make your year of miracles so much easier?

So, when you're doing a class with me, you'll only have to do that ten minute meditation and let me give that to you. Gift you have off of the breath of life. So, if we can get another. I'd love to see over sixty people. So, let me know. Yeah.

Well, for me, it's just-- it's really nice to work with you guy's live energy. You might not know this but I made a decision last year that I wouldn't teach classes with less than thirty students other than the apprentice class because it's just too hard for me. I want to connect with the group energy.

And so I said, "Well, we're just going to have let classes go that have less than thirty people signing up." And so you'll notice throughout the year that occasionally a class has been dropped because we just haven't had the numbers of people sign up that would make it also fun for me. I need the classes to be fun for me too.

So, that's why we're always kind of you know, looking at. Over fifty is good but more like seventy to a hundred is really a fun number for me to teach. It's really-- and then you know, it seems like though the numbers, a lot of people choose to take it by replay. I'm not sure why that is.

But I just want to tell you how much I appreciate you when you come on live and interact with me. Even if I don't get to answer every question in the chat box, I eventually. This week's been a pretty crazy week, so I haven't been reading the chat box after class. I usually do. I've got a lot of stuff I've been catching up on but I will come back two or three weeks later and I'll read the chat box.

So, just know that I get to know you by interacting with me. I get to know who you are and your heart and the goodness of you, and I get to feel you and be part of your life and you get to be part of my life by being here live and having the opportunity to chat back and forth. So, it means a lot to me. Yay. Just almost there.

We're going to pump for another six or seven minutes and that should take us to the mirroring process. Six minutes would be fifty-two. So, that would give us eight minutes. Mirroring process, six minutes. And cascade of new cell growth, five minutes. So, we're going to go a little bit over time to get completely done.

But like I said, we've never done connective tissue done before and I did see-- so that's kind of completely new. I think we bundled. I don't even know if we've called attention to tendons and ligaments. We might've. I don't remember that. I do know that we did bones and muscles.

In past years, we've just focused on one like let's do the hips and jaw for bone. Rather than doing everything. In this case, we're doing everything. So, I just want you to know that we're really knocking it out of the ball park. We're going for it and we're going to hopefully give everybody the shifts they need in the parts of the body they need it.

I think we, in other years, we've picked like the hip and the shoulders and the elbows or something and I think that's what we've gone with. Okay. And let's see. Where should we go. Let's go on this chart. And while we're doing that because I can just finish up the novena which is a really high energy as we're finishing up getting all the stem and master cells to one hundred percent. This should get us there. I'll read the last three days.

"I greet this day with love in my heart. This day I will love myself. As a result, I inspect that all that enters my body, my mind, and my heart. I resist over indulgence and cherish my body with cleanliness and moderation. I uplift my mind through the knowledge and wisdom of the ages. I refuse to become complacent."

"I fill myself with gratitude for the opportunities that come. I feed my spirit through meditation and contemplation of the great mystery of life. My heart unfolds and embraces all of life. My love blesses the Earth. I greet this day with love in my heart."

"I greet this day with love in my heart. Henceforth, I shall love all life and all kingdoms in every expression. At this moment, I take steps towards a great level of expression for myself and for all humanity. I grow in my understanding of the power of love and it's holy purpose."

"I can succeed with love alone in my life as the great power that leads my experience. Love alone is capable of uniting all life in such a way as to complete and to fulfill. Love takes each one of us and joins us by the deepest in each. This appreciate hastens the day when all life is consciously linked together. I greet this day with love in my heart."

"I greet this day with love in my heart. This is a great secret of happiness. The great secret of joy. Only the unseen power of love can open my heart to all others and their hearts to me. I will make love my most effective tool. Bringing happiness to others and to myself. I give and I receive the abundance of love that is needed in my life. That I might bless and be blessed. I now know the great secret of joy and life is transformed. I greet this day with love in my heart."

I have the number. I don't know if that has been thirty years old. I think you just look up the book of rituals and you use her name; Carol Eparish Hera. Okay. Oh beautiful, Julie Batt. Jueli Batt, "Did a nine hour novena." Beautiful. You're welcome, Johanna. Okay.

So, we are at fifty-two. So, this should do it. Are we there? We are there. There's three people that aren't there yet. So, we're going to move on and I'm going to make sure that those three people get brought along.

So, we're going to start with the mirroring process now and you can do platter. We're going to do that for a few minutes and then we're going to move in to the cascade of new cell growth. So, everybody doing platter please.

Nettie, I see some alien type five is pulling on the eye. Alien type five. This might be a grey. I think it's a grey. But please don't, everybody, ask me what's happening with. I don't want that. Just a reminder that if you didn't get a question that was really pressing answered, you can write support and I'll lit with this weekend.

'Wow. That's a big clearing. That's really releasing a lot of energy. I, on the other hand, Aileen, I'm sweating here. I took on blasting really intensely for you, guys, so I'm definitely warm. I'm toasty warm.

Numbness is-- numbness is not muscles. It's nerve. So, you want to regenerate the nerve. Scarring is pink. You want to use pink to soften the scars. We just had a class; tumors, cyst, growths, and scars. We definitely cover scarring in that class. So, numbness would be probably from a scar. I would be assuming that it would be from a scar.

What we did, Annette. We just did teeth in the quantum regeneration. There were a lot. There were a lot of spiritual interferences. We did teeth, jaw, and gums. So, that was a lot of stuff that we cleared in that teeth class. Teeth, jaw, and gums. Ton of stuff. Let's see. I think I could show you. At least, you could see. Where you in that-- the quantum regeneration class? You maybe weren't.

Yeah. Growing younger is now called quantum regeneration. "I did growing younger this year." Well, each time we teach it, of course, it's different and we had a lot of new stuff added. So, just a peek. I'm not giving this to you, but you can see you're curious about that. Look at all the spiritual interferences. Three columns and going into a second page. There was a lot of stuff that we cleared. A lot of spiritual interferences.

We do do the nerve regeneration, Kelly, in this class. So, we do the full nervous system. Scars, well, we did the scars class last week. You did the class for scars? Because we did last week. Do you think that you-- that would be interesting that-- in any case, we did a class for scars that was an hour long class on scarring.

We went through a big clearing chart and we went through some techniques for pumping in pink and gold into the scar to soften and return the scar. So, it was an hour class. Part of the tumor, cyst, growths, and scars class which was fantastic.

Okay. Good. Alright. So, we're going to move now. Let's see. Mirroring is done. So, everybody, we're going to do pumping now for the cascade of new cell growth and you're going to do. Let's all do a double pump.

I'm going to do blasting again but double pump. So, that's what the hands coming off the shoulders. Another five minutes or so, and we should be able to call that complete. Call of the activation complete for today.

Then the most important thing is that you continue to do your thirty minute meditations every day. If you're in a class with me, you can do the ten minute meditation that most of you have collected. It's a last minute of the class.

Rebecca, would you left me know how many people we now have in-- we now have in breath of life? Because that would be really great to get a final tally of all the people who saw that it would be something wonderful for them at half price with the ten minute bonus meditation.

And then kind of we're going to cut that off now. With the exception of those of you who are doing the replay today and then you just have to let us-- actually, you won't even have to let us know. We'll keep an eye.

If you're one of the year of miracles people who watch this after work or in your time zone, we'll see it. But if you'd like to make sure that we see it you can say, "Hey. I did it. Can I have my ten minute meditation?" Okay. Alright.

So, just a final tally. Fifty-five. Okay. Great. Well, we had twenty people who I will really love for you to join us. But thank you so much for all of you who did and thank you for letting me prompt you all the way through class. You know, I never do that, but I have gods sitting in my shoulder.

I had to put my best performance when I got all these angels and the divine right here. That was-- so, that's what I did and thank you for letting me to do today and being playful with you. Congratulations to fifty-five of you who won a ten minute massage. Oh. Meditation. My mind is on the massage in a few minutes.

So, congratulations. Yay. To fifty-five people who won a ten minute meditation and got their program for half off. So, that's awesome. We're going to wrap up right now. I just feel like we need to sing. So, let's sing-- let's sing; in the stillness. "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."

I love you. God bless you. Thank you for playing with me today. Thank you for being a stand for transforming your body which helps everything else on the planet as we transform as a group. We send out a wave. A new of reality. So, we're really grounding

the quantum activations as real as a viable memory and skill and tool and we're just bringing it back to reality.

One more reminder for all of you who are part of the brain study, please get in there and fill it out. Even if you missed a month or two, please, it's really important. Your information is so important.

So, get in there and fill it out and collect your free meditations or your gift meditations. They're not free meditations. They're gifts to you. Thank you gifts. And we'll see you really soon. Have a wonderful weekend. I love you. God bless you. Love you. Buh-bye for now. Keep pumping. Another two minutes.

[End of Transcription at 03:04:28]