

Year of Miracles - Respiratory System

Good morning, everyone and welcome to year of miracles. We have a wonderful class lined up for you today. We're in 2019, so we're in a new year and we're going to be doing things a little differently. Let's take a look at that and see how that works. I'm also - I just have to apologize while I'm getting used to the rhythm of rushing Adelia into preschool and getting here just in the nick of time to open the live stream.

So, watch, I may move it half an hour later. It's just I have like five minutes from the time I walk out of the car to the time we start class. So, I may change it to 9:15 or 9:30 as the year progresses. But for now, we're starting on time. I'm really, really happy you're here.

Just some of you were asking could we please do the vocal chords, I included the nasal passages, the sinuses, and the vocal chords on top of the other things we're doing in the respiratory system today. I also did a clearing in the main clear out. We'll be also clearing some of the emotions around lungs and being able to breathe.

I noticed a lot of you had been in breath of life. And so there wasn't quite as heavy of a clearing chart as we might have expected if we'd had all people who hadn't done a lung tune up yet. So, really, really happy you're here and just going to be an amazing training. So, let's get started. And I am-- yes. We're going to use an older set of slides but new charts. So, let's get going.

Mother, father, god, angels, golden legions, guides, gods, goddesses, saints and sages of the greater and lesser tradition, Jesus and Mary, and all those who stand with us to get this work into the world. We also thank-- I'm just seeing there mer-people here today and they're particularly interested in our respiratory system. So, we thank you for being here, for being observers and for supporting the energy.

We really thank you so much for what we've already had coming in for our world in our life. We thank you for the blessing showering into our academy and to all the students who are in the academy. We ask for a calming a peace in the sense or field of disruption that's happening in politics and on an energetic level across humanity.

We ask that we come into a sense of grounded firm foundation. The ability to act, to breathe, the live in to our life fully regardless of the external circumstances. To be present, to be clear, to remain an authority in our body. We ask for a special blessing for our leaders, President Trump, that he might receive divine guidance and wisdom in his decision making and power.

We ask for special blessing for a leader in her community, Lisa Sacovich and her community. We see her contribution and her academy or her program blossoming as

she helps people with their marketing skills. We also ask for blessing for Bill Harrison and his national publicity summit and all of the community and following that he has that they might too receive divine blessing and guidance.

And we know that we as pray for others. We pray for the leaders and we pray for the community that we are also blessed and we ask for those blessings to also shower in to our academy and we thank you so much for removing any sense of competition or lack of safety and realize that we're all working towards similar goals. To help humanity expand, to experience more love, and more full self expression.

We thank you for all the people who stepped up in leadership roles and resonate with pure truth. Resonate with a spiritual wisdom. But we pray for all leaders that they might receive guidance and spiritual divine help as they move forward in their path. In this year of full self expression, balance, and really joy, and happiness.

We thank you for the air we breathe, the water we drink, the food we eat, our good dynamic health, for the people who love us and for the people we love. We ask for special blessing that each person in this training receive a miracle in their respiratory system and that each area that we regenerate receive a huge upgrade.

We thank you for your help, your guidance, your assistance, your love, and just holding the space for us to be in safety and a bright circle of love. A bright highly energized physical self. Amen. Okay. Where did that go? There it is. Okay.

"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."

Okay. We're going to go to the quantum pump chart. Just one moment here. We've got a lot of things to show you. So, we'll just see here. We'll be doing doorknob and a foot pump for the main clearing chart today. So, we'll take a look at those too first. If you want to get started on doorknob, that would be great. Probably some of you have already done that, right?

I want to actually welcome all of our new members. We've got quite a few people who, six, seven, either new or returning members. So, welcome. I know a few people who

haven't been in year of miracles for a couple of years have gone back and I just want to welcome all of you.

All hundred and seventy-seven of you. Seventy-three it looks like on the live stream. It's probably some people on the phone lines too. And all of you who are watching the replay. So, welcome back.

And we're going to be doing doorknob for the big clear out for the respiratory system and doorknob looks like this. It's the hand facing forward. The finger curled and then turning in and out. So, I'll come up on the screen and show you in just a minute what that looks like.

Always one handed. If you do two-handed, you're canceling out what the right hand is doing. I recommend the right hand, but if you're disabled or don't have a right hand or your right hand doesn't work, you are welcome to use the left hand but never two hand. The shift in the movement is on the out swing, so in out and that's where the change happens in the quantum particles vibrating.

And then the foot pump while sitting. I'm going to show you this. Just gently lift your foot and extend your ankle and foot up and down. So, it's going to be like this and I'll demonstrate that too. It's kind of a fun alternate fun. This is the alternate pump if you are unable to keep up the doorknob first hour and a half.

Alright. I'm going to show you here. So, the hand-- here we go-- like this. That's doorknob. I do it like this. I do it much faster. The foot pump looks like this where your foot is pumping up and down. You can have it. We're just pumping in front of you. There. Pumping in front of you like that or you can have it over like this.

So, it's like one of those bouncy movements that you can do in a meeting and nobody notice because you've got it under the table. You can do a bouncy foot. You can do one or two feet. It doesn't matter. Whatever feels good to you, you can do one or both. Okay.

We're going to take a look at the charts we've got. A couple different thing we're going to look at today, so just let's get started with the pumping and then let's take a look at what we're going to be working on today. Okay. Okay.

So, we're going to look at the big clearing chart first. Right, permission, and ability to fully clear all illness. The why in there. And challenge my respiratory system as well as vocal chords and sinuses. To fully regenerate to one hundred percent function all parts of my respiratory system. To feel I have the right to be here. Breathe deeply, belong.

Removing altering, apathetic, controlling, damaging, delusion, disgust, evil, intertwined, observing and suppressing. I just made this chart at four in the morning, you guys. With

the lights off because Adelia woke up. I couldn't believe it. I had to put her back to sleep. So, there's a few typos, I apologize.

Alright. The biggest areas that are affected are matter, embodiment, and amplification. But I'm going to show you some interesting things in the next chart, so this is our clearing chart but I have another chart I want to show you that I think can be excited to look at.

So, doorknob and foot pump are the clearing for respiration chart, and you can see emotions, glee, fear, shame, remorse, bitterness, grief, panic, stress, hurt, overwhelmed, hedonistic, misery, melancholy, scorned, stoic, and self punishment. I think about stoic. I think about holding my breath.

We're clearing everything from the diaphragm to, you know, our sinuses and our nasal passage, our nose. So, we're doing the whole kitten caboodle here. You can see how remorse and shame and fear get stuck in the lungs. If you think about breathing, how each one of those you're holding your breath. You're breathing deeply in to your body.

Panic, stress, all of that. Hurt, overwhelmed, you become a shallow breather or you're breather erratically. Misery, melancholy. You know, when you're melancholy, you don't take deep breaths. You're not out hiking and enjoying your life and filling your body and your lungs. And then self punishment.

Programs, trauma, soul contracts, I am this. This is me. I have asthma. Remember, I'm always reminding you, don't define yourself as a diagnosis the doctor has told you. You could say my body has been experiencing asthma for a couple of years. I'm looking forward to when it's gone. You know, so it's like a visitor that's not you. You don't want to say I am this.

Unworthy. Interesting thing to show up on a lung chart. Feeling unworthy. But that makes sense because lungs represent when you can't breathe deeply, it's like you don't have a right to be here. We look at that from the beginning of life. I'm hoping to be at Virgil's birth and really help him to one hundred percent occupy and own his right to be here.

Brand, embarrassment, entitlements, and entitlements are below. I've got them listed out a little bit lower here on the third column. Entitlements are right here. Spousal, guru, karmic debt, religious, and financial debt. And then we have labels, shock, which makes sense.

Atheist thought forms meaning you don't believe that you can heal. So, once you've got a diagnose; you have lung cancer, you have you know, whatever that diagnosis is. You have recurring sinus infections. You know, whatever that diagnosis is then you start

thinking I don't have the ability to heal myself. I can't heal. This is going to be the way it's always going to be. Feebleness, compulsion, and collapse.

Yeah. You know, I want to say I, unfortunately, had experience pneumonia five times in my life all in kind of more in the-- I don't know-- from maybe forty-nine to fifty-seven maybe. I made a decision that that was never going to be part of my world again.

You know, if I get anything funky going on, it stops immediately. I will not allow that to be a label or a definition of me or that's the way it's always going to be. It's like a cycle that happens. So, you may also have that cycle and may not have been able to stop it yet. But I want to know that you can stop it and this work helps stop that.

Feebleness, compulsion, and collapse. Compulsion, I think of in there maybe as the compulsion-obsession thing going on with maybe smoking or bad habits with the lungs. Collapse is the idea of collapsing two things together making you dysfunctional. When I think about that, I think, "Well, I can't really do exercise because I've got asthma." So, you collapse to ideas.

You can actually do exercise if you have asthma. You know, so I'm experiencing some-- or my body is experiencing some level of asthma, and I found all these beautiful ways to exercise my body or uncollapse the problem. That might be something else. It might be your sinuses. If this is this way, then I can't do this.

Realms, spirals, the nonlinear progression of time, atheist thought forms, and we've got them both in labels and realms. In this column, you might find things in more than one place. So, atheist thought forms fall under labels and realms. Feebleness, compulsion, and feebleness is up in labels too, and then collapse.

Then timelines, we had cycle, obsession L-eleven, emotional, family, physical, spirals, and there spirals are again because we have that above, and DNA of others and resets. You look at others. I have DNA from-- gosh. Looks like I have DNA from five people. I had a skin transplant and I had blood transfusion.

So, then you're wanting to cover not just the DNA you were born with if you have had a blood transfusion or some kind of transplant in the body. You're going to cover removing the information from other people's DNA. I think that's why I was thinking about that the other day.

It's why they really want you to use your own blood when you're going into surgery. They want you to contribute at least one bag of blood for yourself maybe six weeks before your surgery, so that you don't have to use someone else's blood. So, that's something they really push for now if you're going into surgery.

Prophecy, mother, father, grandmother, past life proclamation, spineless wimp, strong hold, and physical location. If you've ever had an asthma attack, feels like an elephant sitting on your chest-- that would be strong hold. Physical locations, the lung can improve, you can clear the physical location, so you're not matching all the people in your physical location.

Like for example, we live in a location that is a lot of seniors. I would say you know, seventy percent senior citizens here. And some of them are fit and healthy, but a lot of them like-- they like golfing and belonging to the country club and drinking wine, and they have a level of fitness that's more of I can walk around and ride my golf cart.

And their lungs might not be the best or their heart might not be the best. And so from a physical location or it could be just something with the land also. So, just understand you could be influenced by the physical location or influenced by the people of the physical location like a miasm or a meme.

And then we've got anchors, scions, Lucifer stops, spikes, plant, permeation, channels, nanoquad, nanite, spirals, graves, coil, nozzle, containment device, wormhole, holographic facade, rip march, nanobots, nanites, so you can see there's a lot of nano, nano, nano. It was amazed. We-- as we were going through the summer beautiful from the inside out, some people have used and I have summer's products.

But when I was really researching her website and I am using some of her products. Her hair products and the skin products that are organic. Turns out her supplements have nanites and nanotechnology that she's using and she's saying that it's wonderful.

So, you wonder, how do I get the nanobots or nanites in me, or why am I having to clear them more than once. You have to really look at everything that you order and everything that you in to your body even products are like starch containers are now having nanites in them and things like that. So, you have to watch because that can just sneak into your body and cause problems.

Nothing, Arcadie. It's the same. It's just under two different headings. So, it's the same thing. Okay. I'm going to finish this and then I'll start answering some questions, but it's the same. Okay. And then we just see a lot under the demons that's with the lungs.

We always know that. The punishment enforcer, separatist controller, will destroyer, auditory controller. Auditory controller, that's higher that's in your throat, right. Family controller, dominating chief, this is a walk in, risen demon, unknown Martian, satan, and devil.

You know, I'm in a bible study right now and I'm just intrigued to look at it at a very different way. We didn't really think about it that way but like neither angels nor demons

can interfere with the love of god for you or something like that. It's a biblical passage. And you know, I mean we think about demons. They talk about the devil and satan and things like that in this scripture but when you really make it real like oh that's a devil is C-two, F-four, and satan is E-four, F-five, you know.

The fact that angels do interfere. We have many, many beautiful angels who help us but there are angels that interfere and make things difficult for the human race. So, we've got those and we're so appreciative to all the beautiful angels who help us and we're grateful to know about the angels who don't help us so that we can move them out.

Human. Things that interfere with the lungs and the whole respiratory system on Earth. Family enforcer, ghost, and ghost destroyer. And then group interferences, there's serpent, aggressive, female Martian, you know, group interferences, and human will controller is in a group.

And then we look at the aliens, there's a whole list. You know, one of the things that I saw pretty significantly as I was working on the next, next chart that you'll look is that there was a lot of snakes, serpent stuff going on. Hybrid snake, and serpent. We do see that here. So, you're going to see that reflected in the next chart too. And then waves, transmissions, and frequencies.

So, that is our big chart today. Put that in the chat box for all of you who like to have it right away. It is also in trainings and support, so if you need it and can't see the screen well, go ahead and just send a message and they'll send you copy.

We don't just as a policy send this out to everybody because it's just ends up being a little confusing getting three year of miracles in one day. Unless, we're having problems, we're not going to send it to everybody.

But it will be in your member's site, it might already be in your member site as a matter of fact. Okay. So, from here, and everybody doing doorknob, we're going to go on to the next chart. It's really a discovery chart. We're going to be looking at the respiratory system. That's the next thing we're going to take a look at.

And before I do that, why don't I answer a few questions. I know some people that I miss answering questions. I'm not going to spend a lot of time on questions because there's a lot of cover. We-- but I did want to honor those of you who have comments that really want to learn can I ask this question.

Hi to Lisa, Diane, Julie Sy, Sheryl, Melody Rose, Kathleen Lu, Jean, Katie, Karen, George, Kathy, Tommy A, Annette, Susan H, Annelie, Mary Ellen, Arcadie, Pam, Aura, Caroline, Shirley, Maryanne, Anne B. Thank you. Dawn, Elena, Martha, Nettie, Ingrid, Ilumi, Dale, Edith, Penny mae, Valentina, Karmen, Catherine, Susan K, Danny, Hilda,

Agnes, Sabrina, Danny, Dennis, Sheila, Leeanne, Emona, Anne, Felisa, Julie Batt, Dawn. Dawn is praying for her friend newborn Jack who is having some lung problem. Just as adding the prayers for him.

Monica. Hi, Monica. Irene, Rodani, Elena, Katrina, Catherine, Karen, Dree. Yeah. I mean we don't-- it's not anxiety per se that we're covering that any illness related to the lungs. So, anxiety would be an illness. There's Trinity, Diane, Anne Marie. Good. And of course, I put the charts in the chat box because you don't need to ask for that. I will do it. Okay.

Julie, "Would DNA of others also count for blood we donated in the past?" No. No. But it's a real interesting thing. It doesn't affect you, so no. You can donate blood for another and you're not taking-- you're not ending up having their challenges. Hang on just a minute because I was looking at this the other day but kind we're in kind of a dream state where I was thinking about it.

Yeah. It's-- let me talk about that just for a minute because I was seeing it in the dream state. I didn't write it down. I didn't get up and write it down. Is that when it's not about the blood but it tickles my memory that I was dreaming about it kind of thinking about it is when you have-- when you donate your organs.

A part of you or spirit, your spirit, continues on with the organ unless you totally take yourself out which is a really interesting thing because it's at death typically that they take your organ. Not always because sometimes the family member needs a kidney or half of your liver or something and they're able to take half of it.

If you're alive, you need to pull your energy out. If you're an organ donor on your license. Your step to donate. Make sure that you have worked with your own spirit to remove your energy as your energy is leaving your body. That some of you doesn't get captured and kind of trapped or imprisoned in the organ. So, it will be a small amount of your spirit that will go along to keep that organ alive or going.

You know, I will, as I think about this and we have an organ class coming up in April. Let's see if I can write an article and flesh out what to do if you're committed to donating your organ. If there is anything that we need to know about blood donation so that we can feel relaxed about giving and being generous.

Sometimes, we give too much. Sometimes, we give things that would affect us if we don't take precaution. So, I will by the time the organ class I will have either I've made a chart or written an article or something so we can look a little more deeply what are the effects of donating things to others that are physically from our body and does anything to captured or trapped or do we lose anything as a result of being generous.

Perhaps, at that time, our body, our spirit doesn't live in our body anymore. So, I will flesh that out a little bit more because that's an interesting topic and I know a lot of you have big hearts and have said take whatever you need.

I know saw somebody-- one of my friends on Facebook say, "I don't need anything. They can just clean out the entire, you know, torso cavity. My whole, you know, everything that they can take. Just let them clean everything. When I die, I don't need my body." That's very generous, but you have to also think what's the impact on me as a spirit as I move out if there is any impact and maybe there isn't-- maybe there is.

But I saw that there was some impact and I test that there is an impact. So, let's figure that out. By April, I'll have some answers for you. Okay. Thank you for asking the blood transfusion one. That's a good question. I will add if there is anything. I get a no right off, but I'll put that on the chart and then we'll look at does anything get carried over or pulled over.

Do you experience anything like soul contracts or any entitlement stuff? That's what it was. It was about entitlement. Somehow, your organs going to somebody else's body move entitlements somewhere. So, I will figure that out.

Okay. I answered Arcadie's question. "I've been wondering about timelines. The new master clearing chart doesn't-- and emotional family." It does, Dale. That got dropped off and if you grabbed the new chart, it has it back on. It got dropped off in the first one. We said, "Hey. The new chart's in." And then if you'll go back and look, you'll see that all those were added on. They just got cut off. So, it's all back in there.

And there were a couple other things that fell out that I captured. I'm going to go through it one more time because I had one of our team members organize the aliens and it didn't actually get organized by letter and number.

So, I'm going to go back in and just reorganize it by letter and number. But it is organized by the variety, so at least that's helpful. I'll go in and get the you know, the alphabetical order and the numerical order corrected in that too.

So, it's probably one more round before it's really done. But if you look every time I make an improvement and correct something on the master chart, it was hours and hours and hours before and a few things did get drop off and I put them back in.

Karen, I-- you can't really clear the DNA of another but you can return yourself to yourself. This isn't a class about that. I wonder would you guys like a mini-class, like a two-hour class on transfusion and transplant? Maybe we can do or even an hour at some point. I've put a class like that on the schedule.

I mean, does it need just an article or does it need a deeper level of learning? So, just let me know what you'd like because I'm interested in helping you in the best way I can. So, let's see what people are saying here. "I've had given blood in the past several times." And article from Kathleen Lu. "I love deeper levels of work." "Yes. Deeper level of learning."

Okay. I see twenty people who say yes to a class. I'll consider a one or two hour class. But I need to see about twenty people at least. We need technically to do a class and make it actually viable because we have plenty things to go on to make the class. We need about fifty students in the class.

So, if I saw a twenty of you saying yipee to a class, then I would trust that we would be able to market to our community and there would be people who need that. And there would probably-- if I'm making a class, I'm probably writing an article and then I'm doing a chart also.

So, we haven't done it. We have not done, you know, that kind of exploration about organ and blood donation, what the impact is, what the entitlements are that go along with it, what anchors might be anchored in to you if it changes your personality, what changes in your personality. We haven't done any of that. So, that would be an interesting thing.

And as we're-- master chart computer program. Well, the thing is, Anne Marie, as I continue to work on the master chart, it keeps changing and improving. So, I think just hang in there. And I think one of the beautiful things about our training is that it's a life, a living experience. It grows and it continues to reveal itself.

And so we-- but for all of you who are apprentices, you will be getting a master chart book which is probably two or three hundred pages long. I think we're closed to fifty percent done with just getting all the charts in order and putting them into a book. We're going to just publish it for our apprentices. You will pay nothing for it. We are going to send it to you as a gift.

So, if you've been on the fence of should I become an apprentice and you want the-- all of the charting that defines everything. Not all the clearing charts but all the charts I've defined everything-- join the apprentice program because that's where it's going to be.

And you're going to receive it as you join and we're going to send it out to forty-four people right now who are apprentices. We're going to send that chart book out within the month. So, within two to three weeks, we'll be able to send it. Once it's done, we'll print it and we'll send it out. So, something to look forward to.

Okay. Just let me see if I missed any other questions. I think I got. Inhaling nano particles. Maybe but I get a no that it affects us. Scents and products that have smell. Right now, Anelie, I'm getting a no but maybe if we were to look at diffusers that are diffusing essential oils that have nano particles in them, that would be a definite yes.

"Used to get blood but never thought about the DNA." That's from Emona. Yeah. So, we'll take a look at that. I think that it looks like there's enough people interested. I have to count up and see how many the number is. It's not. At least I commit to some discover. So, maybe an article or a chart by the time we do the organ class in April. But it looks like a lot of you are interested.

Oh. Nettie, on crossing over. That might be nice. Yeah. Kathleen Lu, it's been my dream for like eighteen months to do this and it's happening right now. This minute. Okay. Great. So, an article will definitely be done and then when I can find time to put that in, probably won't be immediately. Let's see. So, it's nine-forty. We're doing so good.

You know, I wanted to tell you about something before we start on this next chart and everybody, I want you all doing the doorknob all the way through or foot pump, please. And let me show you about something that's really fun. I think it's going to make you happy. That's my notion. Okay. Alright.

So, the video is done but hasn't gotten in yet but yesterday, I had noticed that next Thursday was an open class day. That I don't actually know how it happens but we didn't have a class on Thursday. I wanted to do a life class every Thursday until Virgil is born and then we'll be doing live classes that are recorded for you but they won't-- I won't be there. I might be with my hair sticking out and poopy diapers in my hand when we're doing the class.

So, we'll be doing-- the classes, they'll be recorded for you live and they will not be replays. You will come on for the classes while I have my maternity leave with Virgil. But anyway, this one's short. I said, "Oh my gosh. There's a Thursday open next week." I thought, "What could you guys really, really use, and what would be super fun and a little sexy and juicy to do."

So, I came up with something really fun and, actually, the whole team brainstormed on it. We're going to do a love detox program and make 2019 your soul mate. We've got love programs going on throughout the year but we got one to start January. It's ninety seven dollars but for you guys it's forty-nine dollars. It's all about detoxing toxic love information.

So, the two hour training is to remove and fully disappear entitlements for parenting imprinting, disappointing, painful remnants from your past relationship. Clearing

misinformation feed and the most powerful clearing to date one that-- not only clears-- but also detoxifies the nasty out of you so that you can love and be loved better.

And then once we've cleared the bugaboos, we'll be activating your magnetic field for love in 2019 in the highest and happiest level that you can sustain. It's not so much about the right now meeting lots of people, it's about you sending from your field the right information that no confusing messages are sent and picked up by all the wrong ones.

So, that's what we're going to cover. It's two hours next Thursday. I made it half price. It's kind of a last minute thing. I love to see you sign up this morning or the love detox. So, we've done it as inexpensively as we can. Hoping that maybe we have two hundred people come in. Who knows.

But it will be a really fun class. It will be a sexy juicy class. It's not expensive. And if you're already in a relationship, it's going to help you with the relationship that you're in. It's going to take out the yuck from you because it's a detox. So, it's more than just a clearing, it's a detox. Alright.

I just wanted to show you that please sign up and join me. I know that I see that you know, it's kind of a-- let's see. It's competing with Virgil right now to bring my divine compliment, but by September, I'm at ninety-nine percent good to go. So, looks like six, seven months down the road, I can magnetize that fellow to me too.

I'm looking for my partner, which means I'm clearing out anything that would send out a signal for anything less. And then I want to be magnetic and to the yummy stuff of love. Anyway, join me.

Okay. Now, we're going to look at this and actually we might-- should we look at this now? Okay. Maybe just, at a glance, now, and then we'll be going through as we do the regeneration and we're working with the master and stem cells, this will be, a lot of times, we just make a little list of what we're doing. In this case, I've made a chart of what we're doing.

So, right under here, we'll put-- you know, we're a hundred percent. We're ninety percent. So, we'll keep track how far we are on regeneration as we look at this. I think what we'll do with this chart is we'll-- I'm just getting not to go into details yet. So, I think, when we're going through the regeneration, we'll go through it.

But just to know that I did identify in the chart in this chart, which we've never done before, what parts of the blueprint are most-- are either running or utilizing. Run or by utilizing what parts of the blueprint. So, the nose is using matter, energy, and amplification.

And then on this chart, also, percentage. How well most people are accessing the nose the best. So, it's thirty percent, fifty percent, eleven percent is the worst. And if you're doing additional work say you've had an ongoing nose problem, what would be the best hand movement that you could use to do additional work. Maybe you're doing fifteen minutes every other day.

I've identified what hand movements you could use to work on that. I've also identified on this chart what, based on the hundred and seventy-seven students, what are the interferences and I'm just doing them by numbers. So, demon type two, five, and eight. Sometimes, there's only one, but that's a demon type three in the second one there.

And then angels, type two and six. If it's missing, if there's something that's not there, that it's just that not there. So, I think you're going to find this really fascinating. I've given you a definition of what the function of that is. The name of what we're regenerating, what its role is in the respiratory system, and I've given you spiritual interferences, the part of the blueprint, our function as a group?

How are we doing average best and worst, and the hand movement that you can use if you want to continue to do work on that specific part. So, we'll be doing, obviously, cell regeneration like we always do. Cellular neogenesis. I thought this would be really helpful and hopefully you find that really helpful.

"Correct deviated cells." It should. Again, we're clearing all illnesses related to any part of the respiratory system and then we're doing a full regeneration, so it should. "Wow. The respiratory system chart is quite interesting. A new way to look at different parts of the system. Yes, very helpful."

Yeah. I just saw it. It was so like crystal clear about a week ago that this was one of the new changes that we would be doing. I think the one last thing I've been thinking about is wouldn't it be nice to have a diagram of each part. I might be able to do that somehow. A black and white diagram maybe picking it out of my anatomy book or something.

But in any case, you could look up. You could just look up nose diagram or nasal passage or vocal chord diagram and you could get it there. But it would be kind of fun stick that maybe in like this part of the chart. I have a little diagram. So, that would be like the last one thing that I would love to add to these.

And then each month, as we go through a system, you'll get this. So, you'll get what the function is, and what spiritual interferences are known to cause problems in that area. The blueprint run by or utilizing.

So, each month, we're going to do this in year of miracles now. So, you'll have this chart. It will always in your member's site. You don't have to print it out or worry about do I have this printed out. Put it in a three-ring binder and you could have you know, this information which I think is fascinating.

And for those of you who are trailblazers or who are practitioners and are looking for deeper levels of understanding, I think this is going to be helpful. I think this is going to be y彭ning. I realized, we could go in making full charts on every single thing that would take you know, like fifty hours to prepare for class which I just don't have right now but I can't do this.

And I thought we could start here. What I had seen when I looked in the summer that by August, we would have gotten a majority of the mapping of all the different things down. There always will be more mapping, I'm sure. But this huge volume of information that we brought in last year is a good working platform.

And that we would start integrating what science knows and then relate it to what we know. So, this actually represents that tradition. That represents what science knows the function and then we know about the blueprint, spiritual interferences. We know about percentages and it's really interesting.

I think when you look at blood test and what's normal. Doing blasting for you guys, so you see two hands moving once in a while or you see other things going on with me, just know I'm doing my thing here in a little bit different way. You're doing doorknob or you're doing foot pump, and I'm doing something else. It very much looks like doorknob. It's lower.

Blasting does not have to do with the hand movement. It has to do with my energy. So, people always ask me, "Can you teach me how to blast?" And I go, "Yeah. When you're at four thousand you will blast." It just means that when your energy frequency is very high, you're doing something a little bit different. You're moving for-- you're moving things for two hundred people instead of one person or two people. So, that's the only difference. It's kind of similar.

Although, I tend-- my blasting tends to always be-- I don't use different hand movements for the most part. Once in a while, I do once in a while, I'm doing this. Not that often though. I'm mostly doing this movement because I'm doing it for hours and hours a day. This is a little bit more comfortable for me that up here. So, I'll do it that way.

Okay. We're not going to answer personal questions on what are my vocal chords functioning at for Karen and I want to honor everybody. But if we start that, we've got like fifteen parts and we've got about eighty students and I can't possibly do that. If it's really important to you after class. You can write through support.

But we're going to get try and get every body up to reading at a hundred percent and regenerating, and would be ideal for me is to just have you guys trust that we have done the work and that is regenerating. And after a hundred and twenty days, so four months, that's when you want to check and see, now where am I at, rather than right this minute.

So, I'm just going to set that. It doesn't mean I don't love you. It means I love you and it's too much. Even if you could trust and know that I set this up for people who ask. Vocal chords weren't part of the respiratory system and I said, "Yes. I'm going to do that." You could trust that we're addressing that and we're addressing it in a beautiful way, that would be great.

Doorknob. Everybody is doing doorknob. Yeah. We're doing doorknob. We are doing the big chart. We're eighty-three percent through on the big chart. We're going to then move-- let's see. Once it's gotten through the big chart. We're going to take a break in six minutes. We're going to take a five minute break in six minutes. Once we've gotten through the big charts, we're eighty-three, eighty-three percent clear.

We're going to do about twenty more minutes on clearing on the information on this chart. I think that we're mostly taking care of it in the big chart but to just honor making sure that the frequency, waves, transmissions, interferences get a second run through, and it's anything wasn't on the main chart but got on to this chart as a known problem, we'll clear that too.

So, we will likely be done with the main chart in about sixteen, eighteen minutes something like that. And then we'll go into the chart that defines things but also has interferences, frequencies, waves, transmissions. So, we'll also clear that down for about twenty minutes and then we'll start cellular neogenesis. I think that's going to be the order.

And then the other thing I thought about and if we're-- while we're doing cellular neogenesis, there's about twelve things I could do in the blueprint. We could do a blueprint activation today. I'm energetically in really good shape today.

As long as everything kind of flows along and we're moving through things kind of beautifully like we are then I would think that I will be able to slip into the blueprint for ten minutes or so. Whatever it takes to do those twelve things with respiration and then come back.

So, those would be things that would be improved in the blueprint informing your body differently. That would be help the regeneration go faster. We'll also help for all the new babies being born on the planet.

And then people ask me, you know, I'm doing this work for myself and I know I'm not supposed to work on other people but I really want to. You know, if you have family members and they are energetically want to change, you can pump for them but I'm not recommending that you pump for them without their permission.

But what I do want to say is there is mirroring and cell to cell communication. How does DNA change? It changes because of mirroring. So, when somebody develops an illness and then it gets passed on the DNA, how does that happen? Because you know like grandpa developed that illness. We don't know about anybody else, but now, it's passed on to the grandchild.

It's from mirroring. It's from cell to cell communication. It's not all physical. Some of it is the mirroring aspect between the family members. So, just like a negative something to get passed on through mirroring. I'll talk about mirroring a little more when we're doing our cellular neogenesis again. That's part of the light of the cell.

We have this all of our cells have like a spirit in a way. That spirit is able to mirror. And so I smile at you, you feel love. Do you feel it? Your body changes. I'm going to cry again. I'm hormonal. I think I'm going through the pregnancy myself. Your body feels it because I mirrored to it. I did something to you. I did. My cells communicated with your cells. You get that? The cells. It feels good. Yeah. Doesn't that feel good?

That's cell communication-- it's mirroring. And okay-- thank you, Elena. Now, I'm really going to cry. Elena says she loves me. That's so silly, but thank you. Sorry. Probably going to cry for a month. I don't know. Who knows. I've been crying the last couple of days. Not in a bad way. I'm just a pregnant woman who doesn't have a baby in her tummy.

But I wanted to show you that if I gave you a mean look, which I'm not going to do because I don't want to do that. But you would pick that up. You would feel that and that cell to cell communication. So, the body feels it. The body feels the mirroring process and it feels it through the cells and we're communicating through the cells.

And so one of the things I want you to know if you're living with people and they're ready for the upgrade because you're going to be mirroring it. That means especially if you're staying in a positive, you know, higher frequency-- I want to say-- field of transformation. So, the quantum field of transformation.

So, if you're keeping yourself in that field of transformation, a lot of the day, you're doing your meditations everyday then that's where that transformation's going to happen. It's going to happen in the cells. The cell communication which is wonderful to know.

It's just kind of relieving to know you don't have to go in and fix people that if they're ready for it, their body is going to start matching what's going on in your body and they're going to start matching the changes. You might notice that. It's like, "Wow. How did that happen? That retained so easily." Now, not everything is going to change like that but when people are really ready, that mirroring process will happen.

Okay. We have so much to talk about today and I'm so happy you're here. So, this is a reminder. We're having a five minute break. Please sign up for the love detox program. I think it's going to be wonderful for you. We're doing-- today, we're doing right, permission, and ability to take up space in our own way because we're doing the respiratory system and we're doing it. Clearing that's related to that.

And then the love detox which is at half price for you guys. That's going to be really clearing out the body, emotions, essence, it's going to clear out the funk. And then we're going to go in to the cardiovascular which is the heart. Again, your love space. So, it's just an ideal thing.

If you had done breath of life, you really-- we're just so wise because we're doing these hand and hand things we're more functioning-- focused on body functioning in year of miracles and then we're focused on the feeling aspect or the spiritual aspect in the supporting classes which we're trying to give you all at big discount.

So, that we can really deep dive on physical and really deep dive on these other aspects too. So, please, please sign up. Join. We'll have our five minute break. We'll be back at six or seven minutes after. We'll get five minutes in. Get up and stretch. Click the button and enroll on the love detox and I'll see you in a few minutes. Keep pumping. I need you to keep pumping.

[Break time start on 01:00:58 from 01:07:04]

Okay. I am back. I just had a wonderful break. I had raw almonds and some fresh cut pineapples and some cold green tea which was delicious actually. Some-- not meant to be cold. I made it warm and I didn't drink it. It was delicious. Jasmine green tea. Hope you had a good break too. We're going to continue on here.

I also wanted to give you kind of a heads up. Okay. Thank you, Nancy, for letting me know. Arcadie, the answer is-- mirroring doesn't really have anything to do with physical contact. Mirroring is cell to cell communication; not body to body communication. So, it's-- if you were standing in front of a mirror and there was a reflection that would be the communication. It doesn't have anything to do with touch.

Martha, the answer is yes. You get every bit as much as out of the replays as you do at a live class. The answer is yes, Martha. You're welcome for the special price. I see a

bunch of you have taken a step towards the love detox class. So, if there's anything I can do to encourage you.

I wanted to show you. We're still doing doorknob. Seven minutes more at least. We just about sixteen after. That's what I had tested. So, let me show you for those of you who participated in the brain study. Our tally, our final results, so I'm just going to pull that up. I think that was ready just a minute ago. Just a second here. So, let's see.

Okay. So, so far it looks like seven of you have signed up for love detox. I really love to have like fifty of you sign up, so you think about it though. You do what you can do. If you don't want to have that clearing, I don't know. I think it would be great for everybody. Okay.

So, this is what I wanted to show you was our brain study has come back. We're just not set on the page. Okay. Funny. Somehow, it just maybe not. Like an odd-- okay. Anyway, not sized.

So, it's a twenty-seven percent memory increase. Thirty-five point two percent vibrancy increase. So, a lot of energy improvement. Brain relaxed increased, so less headaches, twenty-percent. Thirty-seven point nine, so about thirty-eight percent on sleep increase. And sixteen point three percent improvement on speech.

So, these were the results from the students who really took it on. Did their meditations daily, and answered the survey for-- they answered the survey seven times I think. I'm thinking that answer is seven times. It was over a six month period. So, this is the result. I'll be putting the study together and publishing the study.

That's one of the ways that we will be making connection with people who are right-brained, logical people. Maybe people in science and medicine. Other coaches who say that their brain experts will give them the brain study and say this is what we're doing. We took a hundred and eighty students through this program.

We had about ninety students who really followed through. That's an interesting thing to see that about half the students were able to do their meditation and to continue to you know, go in five minutes a month and do the study.

So, starting mid February, we're setting up another study and it's a different kind of study. And this study is on using our meditation dynamism. You'll also get the dynamism wise training and you'll get the audio training. You're going to be doing the dynamism homework or the dynamism meditation once a day for ninety days if you choose to be part of the study.

What we're looking at is really how something like our dynamic energy improvement which dynamism goes through the fifteen main energy and power sources in the body

over the course of an hour and it tunes them up. And so if you were to do that like virtual reality.

If you were to do that every day for ninety days, what would change in you, how much more energy would you have? Would you have more brain capacity? Would you be able to get more work done?

So, that and then there'll be recommendation. So, you'll do that-- you'll do the meditation and they'll be like a nutrition guideline. You don't-- you can follow your own good nutrition. If you don't have good nutrition, you can get you on a good path for that. Drinking enough water a day and taking a few supplements which ever ones you want to take.

This would be-- let's take a look at this and see if we could show maybe people at Stanford or I don't know where all the studies are going on. You know, people have said you should talk to so and so here and there, but the virtual reality people. Because I think-- because this is guided imagery.

Our guided meditation is guided imagery, that we might have a tool here that could mainstream out into the world through maybe like Western medicine or maybe just something like mindfulness but increase your energy and then documented results and by using virtual reality.

So, this study would be the foundation to support us going into the virtual reality perhaps. So, if you want to do that and you'll all be invited. All hundred and eighty of you will be invited into that study. That is a commitment of one hour a day of meditation for ninety days.

It happens to fall right when you're not going to get as much attention from me as I'd like to give you because I'll be integrating Virgil into our family. So, I have six week maternity leave. Classes will continue. I'm lovingly recording the trainings now.

So, you'll have these beautiful trainings. I know lots of teachers do it that way. We like to talk to each other in the chat box. But you'll get six weeks. The next six weeks after Virgil is born, you'll get all the trainings that will be beautifully prepared for you and they're not replays. They will be played live at the time of the class.

But this is another way for me to work with you on increasing your energy. If that's something that you really wanted to do, it's just like the perfect time. So, we'll start around February fifteenth which is about Virgil's birthday and then we'll go for ninety days. And so around February fifteenth.

You know, I'll be checking in. I think the other thing, we're recording fifty-five minute classes because it's my intention and hope to pop on to the classes for five minutes at

some point while the class is progressing and Virgil and I will say hi to you guys, or Adelia and Virgil and I will say hi to you guys.

So, won't be like I'm completely absent. I just won't be teaching when I have a newborn who's been chemically exposed and you know, has some trauma. We're going to be just loving Virgil up. So, I won't be doing the big clearings on you. I'll have done them in the-- like I have already started doing them.

So, I'm doing them for you now, so that when you get the-- you'll understand. You guys know, right? When you come in to a class like this class, many of you are watching it tonight and you're not watching it with me here. But you know that I am working with you as you watch the class. That's how the quantum field works.

So, I'm blasting for you while you're watching the replay. While you're watching the live presentation even if I'm not in that moment being live with you. You're going to get the blasting that's meant for you. I'm excited about the classes too. They're really fun classes. That'll be taught during my maternity leave. There's karma clearing and there is everyday magnetism. There's some really fun classes that you're going to love.

And then we'll be doing guided meditation too. They're not the big clearing classes. They're more fun. They do clear, but you'll also be getting guided meditations on the ones that I'm recording for you now for February and March.

Okay. So, I just wanted to give you a heads up because that study is coming up. If there are fifty people that want to go through that out of the hundred and eighty people, I would be thrilled. I'll be really thrilled and then it's ninety days.

What happens in the ninety days is you're going to fill out a five minute survey once a week. It's over ninety days. So, I think you'd do it twelve times. We're going to check and see how you're doing each week by doing this kind of precursor to virtual reality.

I got this idea awhile back but we couldn't do everything all at once. So, we just finished the brain study and we're now setting up the next study. So, just understand. We're just doing it in a logical order without pummeling you with too many things and feel overwhelmed. And you are getting some really nice gifts.

You're getting the dynamism live class, which I taught three years ago. You're getting the dynamism meditation and the dynamism audio training. Each of those are an hour. So, you're getting like an additional four hours of training. You're getting a chapter on dynamism from the year of-- your divine human blueprint. And then some guidance from me on nutrition and exercise and supplements. So, I think, I think it could be great.

And then as I can, as I wanted you to just understand how it's going to go when I was on maternity leave, we have-- you're going to be doing this hopefully. Many of you will

do dynamism up through March. We do have a March training but it's going to be the first of April, so it won't be April first. One of the first days of April will be the March training, so that I really do get six months with Virgil.

So, you'll get one at the beginning of April, and then one a couple of weeks later. So, you'll get it all. It'll just-- we just had to make sure that I had the time I needed with the little fellow. I didn't do it with Adelia and it was hard. I know many of you were so loving and supportive and came to classes and she would cry. You know, she was having her moments and she was a good girl a lot of the time too. But inevitably, she would cry ten minutes out of an hour class.

What I'm going to do with Virgil is I'm going to have him. Really bond with him for six weeks and then he'll be in the nursery for four hours. Three mornings a week when I'm teaching. So, we're going to do Tuesday, Wednesday, and Thursday classes he'll be in the nursery.

And then I'll make a decision on if you've been in the nursery when we're doing year of miracles or not. But it's a-- it's a little hard for me to teach and have a newborn who needs milk and have the poopy diaper and all that. It's just hard to teach. It's hard to stay focused on you which is what I want.

So, what I've done is I've created this kind of maternity leave and then it's going to be hard for me to let someone else take care of him. I have a wonderful gal who's two miles away who has a nursery, so it literally five minutes in the car. Just down the mountain. At the bottom of the mountain and just outside.

For those of you have come here for a retreat, just outside the village towards the ocean. So, it's just passed the village. She has a nursery in her home and she takes four babies. I think he'll be fine for a few hours in the morning when I'm teaching. Three mornings a week.

So, that's the plan. I don't want you guys to lose any momentum. I want you to stay really involved. I want you to keep going and our plan is, like I said, I'm going to record fifty-five minute classes, so hopefully, we'll be able to come on at the beginning or the end of the class and say hi and maybe do a blessing or prayer or a greeting or maybe Virgil burp or who knows what he's going to do-- look adorable.

Okay. So, that is the plan. So, I just wanted you to understand. So, you're going to have this clearing and then you get the February mini retreat, and then we're doing the study for ninety days. So, that starts February fifteenth go through March and April and May. And then but beginning of April, you'll get the March retreat, and then middle of April, you'll get the April retreat.

So, we won't miss a beat and you'll feel my love for you every minute and I hope you stay in classes. This is something that I wondered about. You know, if you don't get to you know, have me live, and that's what my team was worried about is if you didn't see me live everyday would you show up for class. I said yes. My team was like, "Well, let's see."

So, you guys show me that you can show up for class even if you just get to see Virgil and I and you get to have me do a prayer for you and then you go in to the beautiful training that I've recorded for you. So, hopefully, everybody's in agreement with that and likes that idea. I hope you do.

We have to like give him the right to belong. Permission to belong and be part of and have time for nesting and time to bond with mommy too. So, we have to make room for our special little fellow joining our academy.

Okay. So, we are-- we've moved into the respiratory chart. We moved out of the clearing chart. We're down with the clearing chart, so those of you who are wondering, "Are we done? Because you've talking about the baby and you're maternity leave." Yes, we are done and we are on that chart.

We have another about twenty minutes. We can now-- we can switch to different hand movements. I can just let you know as we go here. We're actually already in to the nasal passages and shopping. Of course, that makes sense because we were doing doorknob before. So, we just doorknob through.

Oh great. Thank you, Jean. Very reassuring. Jean is the one person who heard my-- are you guys going to come in class? Are you guys going to come in class? I'll be fine. Good. I'd love to see that you come to class. We're going to run the classes as we always do. There will be chat box. I will potentially be five minutes in the classes to say hello.

But I won't be teaching. The classes I'll be teaching-- I am already recording, so that's it. Oh good. Dawn says she will definitely come to class. Thank you, Dawn. Thank you. Good. No worries from Susan. Okay. Okay. So, we're doing chopping.

Yeah. I have had a little concern for just making sure that Virgil had a good start with me and that if I needed to do clearings for him but I had some unrestricted time where I wasn't preparing anything or doing lessons or working on anybody. He is being born to a mother who was a cocaine addict and she stopped using somewhere between the forth and fifth month.

From everything I can see, he's doing fine. She's-- we just got a nice blood test back with zero drugs in her system because she's keeping her word. But for me, there's you

know, there's a number of things. She has some things-- issues. She had a restrainer order probably from using cocaine, I don't know, against her. She can't see her twelve month old.

And she also has to take classes in domestic violence, anger management, because she's just filling her requirements to potentially get her twelve month old back. So, for me, I just want to just hold Virgil and love him and rock him and sing to him and tell him how much he's loved and wanted and needed on the planet and his presence is so-- he belongs. He is just welcomed with love.

Thank you, Julie Sy and Penny mae, and thank you guys. Oh. Thank you. Everybody is reassuring me now. Thank you. Thank you, thank you. Now, I'm going to cry again. Okay. You're going to have a bawl baby teacher here. Momma. A momma bawl baby teacher mentor.

We did, Dree. The leadership council. That is our committed students. Got a five hour clearing this week. So, they got a two hour clearing for the company for Gable Kennedy and quantum academy, and they got a five hour clearing.

So, if you want to be part of the leadership council that doing clearings once a month for us, that was a really big chart. That five hour chart. It included the birth mother of Virgil, Adelia, and myself. So, I am doing that. Yes. Definitely. Thank you, Karen. Thank you.

Oh. By the way, if it's enough for everybody. I'm not saying do this but if you want to be part of little baby sprinkle for Virgil, you know, I have all girly things in the house for Adelia. We've got a few little things for a boy now, but if you wanted to be part of sprinkle.

Sprinkle is kind of a baby shower, it's just get a little like you know, onesies that are blue and socks and maybe a little coat or hat or whatever, mittens, or whatever you think of that's kind of more of a boy. We have a sprinkle coming up and I think it's around February first.

So, it's going to be online. We'll just have fun. We'll sing some songs and we'll get ready for Virgil. So, you want to be part of that, you could just sign up and that will be part of that. If you want to get a gift, there are three places that we like things from and you can-- or you can get something from your country or you know, whatever.

I'm note telling you to go out shopping because you don't need to. But if you want to and it's fun and you know, you want to welcome Virgil in that way, then you are welcome to, and I would be delighted. So, just know that that's awesome and wonderful, and if you want to be part of it, I will be very happy to have you there.

Oh good, Catherine. Oh yay. Yeah. So, like I said, it's not for everybody, but if that's fun. It would be for me because I like sprinkles and showers so I would come because that's my thing, but it's definitely not for everybody. It's just if you like it and it feels good. I think we might need to do something for Adelia at some point.

But so far she is really good and she was a little jealous when I was making his blanket. So, I've spent hours and hours and gotten her blanket. I just need about four hours and it will be done.

A blanket takes, I don't know, about thirty, thirty-five hours to crochet a blanket. And so hers is in the home stretch. I think four hours more and her blanket would be done. Her big sister blanket and that jealousy just comes way down.

She tried to pull the blanket apart and I said, "This is your big sister blanket." And she has patted it and she has left it alone and she says, "Baby sister." And so she knows that because she is going to be the baby sister. So, she's doing a lot better watching me crochet for her.

We actually bought yarn for Virgil for his baptism blanket because that would be the next thing that we'd need. So, she help me buy blue yarn. It would be blue and white. We have a blessing blanket.

Our tradition in our family which I've just started is a birth blanket, a blessing blanket, and a belonging blanket. And the belonging day for Adelia, I believe, it's April sixth. I'm going to double check but that's the day we knew she was officially mine two years ago April sixth.

And so she has a belonging day as well as a birthday. And so she got a blanket for her belonging day that rides around with her. She's in a stroller or she's in a car. She's wrapped in that blanket all the time. So, if you see her on Facebook with her blanket, she's wrapped in her blanket sometimes strolling, that's her belonging blanket. She loves it.

It made a world of difference in the car because she wouldn't sleep in the car. We put the belonging blanket and she can try to sleep. Oh wonderful, Karen. Yeah. I think we'll have a nice little gathering of friends for the little gathering, the sprinkle. That would be fun.

Yeah. Please do pray for us. The government shut down if that's cleared. The government shut down may cause some problems for the adoption. It certainly is causing problems for adoption. My adoption lawyers have expressed that there are a lot of concerns but so far the track for Alabama to California is still open.

I haven't heard from the lawyer yet. I'm hoping to hear from her today. I'm hoping that the court interactions that they need to do but the courts aren't shut down in Alabama. But the ICPC is still open. It could shut down because it's government office, but right now, California and Alabama are open. So, we just really pray that that just stay open. If you don't know, you're not in the United States, the United States government has been shut down for awhile for about three weeks.

We're almost done with vocal chords and then we're going to larynx, pharynx and larynx. Doing doorknob for the next-- I'm assuming this is okay but if we do-- would you like me to read the descriptions of things or can you see it. This is kind of a weird chart to put into the chat box.

Do you guys want it in the chat box. It's not really a chat box kind of chart. It's kind of pages. I assume wants it in the chat box. I can hear it. Give it here in the chat box. It's a little bit of a chart to be in the chat box but we'll do it.

Okay. Then I will read the elements here. We can actually read it also when we're going through each part as we do the cellular neogenesis too. So, here we are. We're on-- let's see. Vocal chords are done. We're doing this page now. Okay.

Alright. I will read. I'll read it when we start cellular neogenesis in just a minute or two and then we'll read one by one. We'll read them. Okay. I can start in the middle here. I'll start with-- and then the pharynx and then we'll just go back when we're doing cellular neogenesis on the top one.

So, the pharynx is commonly referred to as the throat. The pharynx is part of both the digestive and respiratory system. For the digestive system, its muscular walls function in the process of swallowing and it serves as a pathway for the movement of food from the mouth to the esophagus.

The part of the blueprint that access or use or direct the pharynx; essence which is your spirit, soul, life force-- spirit, life force, many things in essence. We're going to cover that actually in understanding the blueprint basics. Then we've already started that we have one class already.

Essence, matter, quantum, and amplification. Demon three and eleven, angel type three, thirteen, and fifteen. Alien hybrid and serpent. You'll see this; hybrid, snake, and serpent over and over again. A few times, reptoid. But it seems like hybrid and serpent are the troublemakers in the respiratory system.

Transmissions, twenty-three waves. Thirteen and frequency. One. On average, forty-five percent good function for the community. Ninety-two is the best, and eighteen is the worst and doorknob is the best. Yeah. Pharynx. Okay. And then larynx after that. The

larynx houses the vocal folds and manipulates pitch and volume which is essential for fannation. It is situated just below where the track of the pharynx splits into the trachea and esophagus.

Perception, matter, energy, genesis, demon type three, eight, and eleven, angel type three, six, eleven and thirteen. Alien type and snake. Transmissions type three. Waves type-- not type. Excuse me. Three transmissions, five waves, and eleven frequencies. On average, we're reading at about twenty-nine percent. Good. And then forty-three percent best, and thirteen percent worst. Chopping is the best for follow up on the larynx if you're working on the larynx. Okay. And that's almost clear.

Trachea is the wind pipe. The trachea is where the wind pipe is. A wide hallow tube that connects to the larynx. Our voice box. To the bronchial of the lungs. It is an intricate part of the body's airway and has vital function of providing air flow to and from the lungs for respiration. Matter, embodiment, and amplification are the parts of the blueprint. Demon type three, angel type two and twelve, alien reptoid, and hybrid. Three type of waves and one frequency, no transmissions.

You'll see some of them have waves and transmissions at all or don't have angels or human or something. So, there are things where different parts of the body are not affected by others. You can do chopping or doorknob. Either one. I'd say if you're-- because we're moving through this kind of fast one-- you just stay with doorknob.

So, trachea, eighty-four percent average. Ninety-nine. That's a nine percent worth. Somebody's had something done with their trachea that wasn't so good. Okay.

And then bronchial or anatomy and function. The bronchial is singularly known as bronchus-- are extensions of the wind pipe that shuttle air to and from the lungs. Think of them as highways for gas exchange with oxygen going to the lungs and carbon dioxide leaving the lung through them.

Matter, energy, genesis, embodiment, and amplification are parts of the blueprint. Demon type three, angel type form two, alien hybrid serpent, and frequencies. There are three frequencies. Twenty-six percent on average is the function. Eighty-two percent best for the community and for percent just the worst.

Chopping is the type of clearing. Again, I put these in the type of clearing are for follow up work. You can do that now but you'd have to kind of be testing as we go through. Otherwise, just stay with doorknob.

Lungs. The main function of the lungs is to process a gas exchange called respiration or breathing. In respiration, oxygen from incoming air enters the blood and carbon dioxide,

a waste gas from metabolism leaves the blood. A reduced lung function means the ability of lungs to exchange gas. Gases is reduced.

Perception, matter, embodiment, and amplification; parts of the blueprint. Demon type three and eight, angel form two, six, nine, and fifteen. Aliens are reptoids synthetic and snake. There are seven transmissions, five waves, and one frequency that affect the lungs which are the biggest part of the respiration, obviously.

Twenty-four percent on average. So, we don't have that greater function of lungs, really, right now. Ninety-three percent best and four percent worst, and doorknob is the follow up hand technique.

And diaphragm. The diaphragm separates the thoracic activity-- cavity containing the heart and lungs from the abdominal cavity. And performs an important function in respiration. As the diaphragm contracts, the volume of thoracic cavity increases and the air is drawn into the lung.

Matter, energy, genesis, embodiment, quantum are used with the diaphragm. Demon type three, angel form three, six, and eleven, alien amphibian, hybrid snake. Waves, there are two, and frequencies, there are six. Average for the group of functioning. For our group, it's sixty-three percent. Ninety-eight percent best, and six percent worst.

I'm just going to pop up to the top here and then do the first page. So, the nose. The nose is the body's primary organ of smell. It also functions as part of the body's respiratory system. Air comes into the body through the nose as it passes over the specialized cells of the olfactory system. The brain recognizes and identifies smells. Hairs in the nose clean the air of foreign particles.

Matter, energy, and amplification. Demon type two, five, and eight. Angel form two and six. Aliens synthetic and snake. Human and ghost, so, there are three kinds. Transmissions, sixteen types. Waves, thirteen types. And frequency is eight types. Thirty percent average, fifty percent best, and eleven percent worst on function for the community. Doorknob would be the clearing that you'd use if you wanted to keep working on that.

Nasal passage and sinus addition. Mucus may accumulate in and drip from nostrils, runny nose in conditions. Infections, particles, and allergens also impair [Inaudible 01:42:39] activity and can lead to symptoms such as congested or runny nose.

The thin wall vein-- walled vein on which the nasal mucosa rests function to warm air entering the respiratory passage. The sinuses lighten the skull or improve our voice, but their main function is reduced mucus to moisturize the inside of the nose. This mucus layer protects the nose from pollutants, micro organisms, dust, and dirt.

Matter, energy, and embodiment are the blueprint factors. Demon type three. Angel form two, six, and thirteen. Alien reptoids synthetic snake. Human ghost. There are three kinds. Transmissions, five waves. Twenty one. And frequencies, three. Average twenty-six percent on function for the group, thirty-six best, and seven percent worst. We need an improvement on this for sure. Chopping is the style if you're doing it later to improve what's going in the area.

And then finally, vocal chords addition. It is actually when we look at, it is part of the respiration on some level. Briefly, the vocal chords are folds of tissue located in the larynx, voice box, that has three important functions: to protect the airway from choking on material in the throat, to regulate flow of air into the lungs, and to produce sounds used for speech, and so we're clearing those also.

Perception, matter, energy, genesis, embodiment, and amplification. Demon form five, angel type-- form three. Alien amphibian, arachnoid, and that's a cross dimensional. Transmissions, four. Waves, nine. And frequencies, five.

Average function on vocal chords is pretty high, ninety-five percent. We're talking about the voice part of vocal chords. Hundred percent best, and forty- three percent worst, and doorknob is the way to clear. Okay, my dears. So, we read the whole chart here and then you'll have this as a resource. So, we'll look at this. Okay.

Going to see what we're at here. Okay, so the pharynx a little bit left and larynx is done. Trachea is done. And diaphragm is done. So, we have a little bit-- we've got kind of done this and that. So, let's just clean everything up so that we're good to go on regeneration.

I think we just have four minutes, so everybody focus on doorknob for four minutes. I think we can finish up this chart. This is just cleaning up the extra stuff. There's you know, the extra detail on the spiritual interferences that might not have been totally taken out or in the first chart.

We're just doubling up by doing a second chart looking at it in a different way. So, we're just going to just catch anything that we missed and then we really do need to get started on that regeneration pretty quickly. You're welcome. And why don't we sing a song. One second here. Looks like I lost my downloads when Rebecca was here. Show up anymore at best.

Okay. I think we can get it this way. Yes, we did. Good. Okay. This one has a little bit marked up because it's not the one I really want but okay, that's alright. This one is the notes from the editor but we're going to use it because we need it right now. Most of the pages have some notes.

Okay. Let's sing mystical temple and that should-- once we get through with this, we should be into cellular neogenesis. Keep doing the doorknob. In two minutes, if you remember and you see in two minutes, you can switch over to the double pump. Double pump. We'll be starting the cell regeneration in three minutes.

"Oh mystical temple I sing to your glory, The sacred geometry fold echoing sounds. Oh visions of splendor and happy reunions, Through eras and friendships that vibrate through time. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all. Majestic your chapel oh holy cathedral, I bow with the reverence of energy divine."

"Earth mother holds you and and sky father blesses you, And I laugh in the pleasure of reverberating sound. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all..

"Oh church in your structure I see you the mother, The body of spirit the goddess in your form, Oh sacred sweet sanctuary a safe and a warm womb, Embracing our spirits in embryonic form. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all."

"From ages to ages I've sang in your belly, I've cried in your sorrows and rejoiced in the love, For the memories of spirit are easily remembered, In the place where the mother nurtures her child. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all."

Wonderful and we are in the regeneration at this point. Everybody doing double pump now. Double pump is the hands going like this. Oh. The song book is done. It's getting uploaded today in Amazon. You want to order the songbook now, it is done. So, we should have the physical copies in a week or so because you are ready to say, "I want my songbook." It's done. Yay. Okay.

This is so beautiful. This is in honor of mother Mary. We just gone through the Christmas holiday. I'm going to sing this. "It's my birthday today. How blessed. I am on to be on this call." Shirley. Oh fantastic. How many of you are birthday or anniversary this week? How many of you have a birthday or an anniversary, something that you're celebrating this week. Can you tell me? Let me know. This week. Today or the last few days or the next few days. How many of you have a birthday?

"Two weeks ago." Karen. Okay. "Happy birthday to Shirley and Karen." Okay. Don't be shy. There's like eighty of you on here. That's got to be more than two people. Maybe not. "Can I find the songbook? It's not on Amazon." Let's see. Can't find the songbook. It's not-- no. It's not on Amazon yet. It's on our website. Would my staff please put the song book link up please? Thank you.

It would be loaded into Amazon today and then you'll probably see it in Amazon in two to three days. Maybe four days. But that's loaded in and then it has to go through an approval. Julie Batt, "On Wednesday, I was fifty-five." Fantastic. If my staff can't do it, I can do it. Maybe they're busy with something. Let's see. I can get it. Oh. There. They got it. Okay.

"Is it going through?" On Wed-- let's see. Is it going through? Me on Wednesday, I was fifty-five. Yes, Julie Batt. I saw that. Okay. I see you, Julie. Okay. So, I'm going to sing happy birthday to Shirley and to Karen and Julie. Shirley, Karen, and Julie.

"Hey, honey! It's your birthday! I'm in charge of the stars and I'm here to say, Hey, Shirley, Karen, Julie, It's your birthday today. My name is Zoom and I live on the moon, I came down to earth Just to sing you this tune, Singing, Shirley, happy birthday, Karen, happy birthday, Julie, happy birthday to you. Happy birthday, honey." Yay.

Wow. That's amazing, Julie. Congratulations. Okay. Let's see. So, we're just at the place where we should probably-- I should put the cellular neogenesis chart up. I'll do that. I'm thinking that we should take a break pretty soon too.

So, we're in the first section of the cellular neogenesis chart. Not the prework, because we've done all the prework. We did a lot of prework today because we did an additional chart. So, we've done the prework and we're on step one and we're pumping for double pump. Everybody is doing double pump for master and stem cell upgrade. That's what we're working on right now.

We're going to take a break in about three minutes. I want you to get up and stretch and move around. Remember that we have the love detox program running right now. Ah. I just had an idea. I just had an idea. So, I'm going to spring this on my staff. You'll have to give them a couple of hours to figure out what I'm doing.

But the mantra that expands love is the Lakshmi mantra. Actually, I am so excited because this is something that nobody has. So, we ended up not teaching the quantum mantra class because there weren't enough students that signed up.

So, we have a Lakshmi mantra. It's a longer mantra and it helps you to bring in your soul mate and that is actually what it does. You do it every Friday for forty Fridays or every Monday for forty Mondays.

I'm going to gift that to everybody who signs up during the class today. So, it's half price, the love detox, and I'm going to give you the sixty minute loop. That mantra is about-- it's about ten minute long anyway. It's a longer mantra. You'll have it when you want to use the mantra along with the love detox.

So, everybody who signs up during the class today and I'm going to include everybody to midnight because obviously half of you are at work right now and you're going to be signing up when you're watching the replay. So, until midnight today.

I'm going to give you the Lakshmi that's never-- you haven't--- you might have heard me do it but I haven't taught it anywhere that I know of. It's the long Lakshmi stratum. [Sings in Sanskrit from 01:58:44 to 01:59:05]. And it goes on and on. It's a long mantra and it helps you to bring in your divine compliment. That's what that mantra does. And we haven't had it in sound of truth, it hasn't been in there because I just recorded it about eight weeks ago.

So, I will give that to everybody who jumps in right now during class and up til midnight tonight. So, for those of you who are watching the replay, jump in and you'll get that sixty-minute mantra. We'll get that to you before the class starts, okay.

So, I don't know. I put my staff through a little contortion to get the love detox page up, but I don't know if they're going to be happy with me about this. But we will get it to you maybe before Thursday or on Thursday morning we'll get it to you.

And so you can use it right along with the detox to start activating. I'll give you some directions on how to use, so don't worry if you're like, "I don't know to use it." I'll give you the directions on how to use it.

Alright. So, that makes it so much more fun, doesn't it? It does like something else fun going on. You know, honestly, anything you can do to expand love right now and hold that space and visioning, doing the vision board. I have the beautiful tray that's set up for love coming in.

It's interesting because I'm getting-- I'm just feeling a tremendous amount of loving support come in my way and lots of fellows smiling at me. There isn't kind of blockages, so I think. We become just about ready to bring in my divine compliment. I hope you are too. I know the love detox program is going to help using the mantra will help. For those of you who'd like using mantras, that's going to be so wonderful.

Alright. Let's take a five minute break. We'll be back about six-- between six and seven minutes after. I'd like you to get up and stretch and walk around. If you can keep double pumping, that would be good. We're a little bit behind on where we should be with the regeneration but it's only because we added a second chart that was four pages long.

So, don't worry about it. I mean we'll just do our very best. I'll be blasting like crazy as we go through the third hour. So, just-- if you can keep double pump or single pumping or you can do a little flutter while you're walking around. Anything to just keep the movement going, that would be great. Okay. See you in a few minutes.

[Break time starts on 02:01:29 to 02:06:47]

Okay. I am back. We're pumping for master and stem cells, and as we're doing that, I'm just going to show you one of my little projects. So, this is what I was talking about .This is Adelia's big sister blanket. It's too big too point. It's got lots of color in it. I do a pretty border. This one's going to be-- she has a day bed that's crib size. So, it's going to be long enough to fit her day bed. She loves it. She picked up the colors which are so pretty.

Someone said I'm so disciplined. I don't know about that. I think it's very meditative to sit and crochet. Do many of you crochet or knit? It seems like-- oop. Something's coming up here. It's like a beautiful art form. I feel like crocheting is very meditating. Knitting also. I love embroidery and I've got just need to also feel like-- maybe when baby Virgil is here and I have on my maternity leave.

I've gotten some. I love to do embroidery. I do crewel, and just regular embroidery, counting cross stitch, even hearting. I know how to do hearting which is kind of making like a lace. And it's just very pleasurable for me. Also love making necklaces and stringing beads and I'm a culture. I've made quite a few quills.

But those are all things that don't get to happen because I work so much and I write books and song books. All of you say. Yeah, that can be our flowers for today. We'll have that be the flowers. That's a good color there.

Anyway, did you-- Oh yeah. Dawn, crochets. How many of you do some of that home art? I think you know, when we're looking at full self expression, we're looking at having creative expression and music is as beautiful avenue to have creative expression and I love music and really also wanting to have more of a dynamic energy relationship with music. We sing all the time, everyday, and we do the jingle bells and then the maracas. Adelia will play her little keyboard. She's a little jealous of me sitting at the harp.

So, I just haven't-- I work when she's at school. I work like nonstop until I have to pick her up. So, it's one of the things I want to incorporate in 2019 is giving back to my harp playing and flute. I play flute and harp, dulcimer and guitar. So, those are all things that are here. You could see there's a dulcimer and a beautiful acoustic guitar, and a small harp. A twenty-one string harp up there. Upstairs, there's a gorgeous silver. Silver. Stirling silver flute. Really beautiful and a gorgeous harp.

You know, harps are they kind of cost like a car. When you buy a harp, you kind of investing for a life time. So, I have a beautiful harp. I have keyboards outside. I've always imagined that we would have a piano in the house. So, eventually, when the kids are just as little bit older.

Anyway, I'm just encouraging you that this is the year of full self expression and part of that is to do these beautiful things that make you feel good. You can see whether it's soap making or my books, the paintings that are using on the covers of the books, you know, like balance your life now, and these different paintings. These are all mine-- the paintings. I've done all of them.

So, big. I have the paintings on and obviously, these paintings that-- this one has illuminated manuscript. There we go. That's how my artwork. Yeah. This one. This is also. I do this kind of painting too. A watercolor painting.

I think it's important. I think creative expression is very, very important. Even if you just you know, like so I'm just trying to squeeze everything in, making a beautiful plate. There was a time I just couldn't get the artwork in and so I would just-- I would eat off of that two different kinds of china. I got some antique Japanese china, and then I've got some Wedgwood India china pattern. Wedgwood Indian pattern.

And then we've got beautiful kind of doily-like place mats and I think they're called spacers big plate that goes under the main plate and then just designing on the food that looks really gorgeous. And it's like doing a painting with your food and having that being delightful. So, there's any number of ways to bring creativity into your daily life.

For some reason, that feels really important with respiration. It's like having permission to be yourself and having permission to have beautiful around you and to have things whether they're synchronicity or their balance or there is beauty or asymmetry. But to put that use of color, the use of color. Things that please you, that delight you.

I think that make sense because I'm thinking where at the kind of the beginning of the sensory feeling when we start with the old factory, the sinuses, that's smelling. So, we move in and over the course of the year, we do vision and hearing and we-- actually, I'm not sure when we do taste, but feeling. So, I think it's just really important to activate your creativity on a regular basis.

Oh. So, Jenna has a birthday too. Let's see. "Love the vibes coming from Adelia's blanket." She's really happy with it. I'm really happy with it too, so it's good. It's good to have the happy blanket. Happy birthday, Jenna. Let's see here. Let me put the cellular neogenesis chart up and I'll see some of the comments that I've been talking.

I'll get one there. Yeah. It's wonderful. I think I see-- let's see. On the signing up for love detox, it looks like right now, we're at about seventeen. We've got seventy-nine students in the class, so I think a few more of you might be able to sign up. Let's see. Let's see. So, congratulations to all of you who have signed up and are getting the Lakshmi chant on top of that.

"I want to learn how to crochet." It's so easy, Dawn. It's really easy. Dale says, "Gorgeous blanket for Adelia. She's going to love it." "Beautiful blanket." Thank you, Felisa. Melody Rose, "We were brought up doing crafts and music. Got to do this more." Yes. I'll tell you. Off and on I've dated a fellow for about a year. Fifteen months. I don't think he's the one but he is a sweetie. He comes over. He loves kids and he has a thirteen year old. He's a single dad.

And I just stick in front of the craft with Adelia and I, and he does crafts with us and we have so much fun. Thirteen year old saw that he had done this beautiful art and she said, "You didn't do that. Who did that?" He had put his name on it. Oh. Yeah. So, I don't know. Anyway, very fun. It's fun.

"Still having [Inaudible 02:15:49] for birthdays. My own will be on the twenty-eight. Also, Capricorn." "Very Adelia energy in the blanket." Yeah. Okay. George, "Gospel music bringing down so Africa's [Inaudible 02:16:12] regime. Played a big role." Okay. Anelie, beautiful.

"So awesome. Thank you so much for the meditation. What if I'm already married have no desire to divorce?" It's just clearing you up, so it's even better. "I'm pretty sure you've met my divine compliment but I love him to bits. That's perfect. Yeah. It's just going to clean you up more so you won't have remnants or gunk.

"My birthday is Monday." And I said happy birthday to Jenna. "Love the vibes coming from Adelia's blanket." "I will sign up after class." Julie, "I'll sign up afternoon after finishing the class." Beautiful. "I will sign up for the love detox class too." Okay. Good. So, we got at least twenty there. Okay. Great.

So, I think we'll just keep going here. Let's see. We're at thirty percent. We have a long way to go. We have about forty-two minutes left on class. Okay. I'm going to need to some extra hard blasting here at some point because we're-- it looks like we have about sixty minute on cellular neogenesis. We really don't have sixty minutes. I guess we could go over class if we need to.

You know, it's fine. We're getting used to a new system. Once we integrate that, that might take a class or two to integrate. Having that extra chart with the details, it might take us just a little bit to you know, incorporate that. I know my hand has been pumping the whole time. So, it's okay. Sorry if we go a little over.

But we'll see. We'll see if we can move it along a little bit. I'm going to sing to-- I'm going to sing to Jenna. Let's see. Jenna, since we've already done the zoom one, I'm going to sing you happy birthday. "Happy birthday to you. Happy birthday to you. Happy birthday, dear Jenna. Happy birthday to you." Okay. I think we need to do the stones. I think that's it. We're going to-- everybody rocks out on the stones and let's see where it is. Just one of those songs that really lifts our energy and gets us moving fast. Songs is on page twelve. That's not really far in. Okay. Here we go.

So, we are going to the cellular neogenesis. I believe that all of you understand that when we sing, we actually bring ourselves farther into the field of transformation. So, we are going to sing so that our transformation happens more rapidly. So, that's why we do the singing.

So, we're not going to be looking at the chart as much so that we can move it along a little faster because we're about twenty minutes behind where we could be to finish on time. So, we're going to sing some songs. I will answer questions in a few minutes. Oh. Is it George's birthday too? Did I miss it? Jenna and George. George, is it your birthday too?

December twenty-eighth. Okay. Happy birthday to George. Sorry about. I saw the [Inaudible 02:20:13] I didn't put two and two together. My apologies. Happy birthday, George. Okay. Okay. Good. I love you.

So, glad you're here and happy birthday. I apologize, I didn't get you to a song. Let's do the stones now. and let's get that energy up and see if we can stimulate some shifting in the quantum field. So, we get the regeneration going a little bit faster than what we are doing right now. You're doing great. Everybody is doing perfect.

"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 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."

And speaking of stones, I don't know how many of you were able to make yesterday's ceremony, but we had an amazing, amazing gathering. Part of the gathering was honoring the apprentices and part of it was honoring our leadership committee. You can be part of the leadership committee. It doesn't-- it's not tuition. You can that you be part of our community for about a year and you're doing extra clearings for us. You're doing charts. Clearing charts for me personally, for Adelia, and my family.

But also mostly for the academy and our moving out into the world. But just to bring this up, these beautiful heart stones were awarded and will be awarded to the next group of graduates who for-- I'm always getting crystals or stones. As we graduate, people have fun to share with you. Got a whole bowl of these gorgeous, gorgeous stones.

Some of them are crystals and some of them are polished power stones. Those were gifted to our graduating apprentices and will be for the next group also in June. We'll be also awarded those gorgeous stones. So, that's another beautiful bonus or benefit from being part of the apprentice program. There's lots and lots of gift in the apprentice program.

You're getting all kinds of things from me on a pretty regular basis. So, that is a program of really showering you because I know you're doing a lot of work and you're working hard and I want to make sure that you have beautiful things in your life that uplift and help you to feel loved and cherished, and help you to integrate the information that you're learning. So, there's lots of gifts in the apprentice program.

And we are so ready for more apprentices to join. We have forty-four. Really my intention is to have seventy-five in 2019. Seventy-five apprentices. So, if you're kind of on the fence and you're thinking about it and you want a little encouragement, let me know and maybe there's something I can do to help you. Just take that next step. We definitely are looking for forward to more.

One more thing, I want to do a little pitch on is the-- I didn't understand. We didn't have a lot of you. I thought that we would have a bigger response from the year of miracles people for blueprint basics and it's just not a sexy class. I understand. It's not a sexy class. You're learning about perception, essence, matter, and energy, and the components of each of those. So, it's part of the human blueprint training.

And it's information that you haven't learned before, so if you would gone through the class in a previous year, it would be new to you. I gave you a nice discount and I don't-- I don't know if we had maybe one or two people. We have our apprentices in. So, obviously the year of miracles apprentices who are in are in that class.

But we really didn't get people just from year of miracles coming in. You know, I wasn't sure why that was because it's such an important foundational class. What we did in the class this week, we did the first blueprint basics.

Let's see if I can show you. We talked about perception in the way we've never talked about before. I might be able to find it real quickly. Let me just show it to you because I want you to see what we're working on. You know, I want you to be there. I really do. Let's see. It's some kind of a chart maybe. No. It's not good. Okay. We go come up that way either. Okay.

There it is. Okay. I just want to share it with you because you know, if there's any possibility that this looks like something. I just don't know that you know what we're covering. I don't know if I'm explaining well enough when I do send out an invitation. So, let me just show you what we are covering.

So, in perception, we covered character and magnetism, charisma, personality, ego, attractiveness, individuality, and in each time we go through it, because last year, we did-- this year we did the nature of. Last year, we did the function of and so last year we did, we approach it in a very different way where it has brought and narrow bend telepathy in it.

So, I am looking at it at different aspects. I just think it's so valuable. Such a valuable training for you guys to get. Let's see. Hang on just a minute. We had a conversation about that yesterday.

So, I don't know if we offered you thirty percent or fifty percent off, but we are going to send you an invitation that's at least fifty percent off. So, just watch for it. It's going to come in the next day or so and if that looks like, "Wow. I had no idea you were covering that I want to learn about that." Please join me. I was just really surprised that there was so few.

Last year was the same. Where there was so few and I thought, you know this is foundational to everything we do. So, if it helps you, it will. I promise it will help you. Come in to the class. And I get lots and lots of support material so that you can integrate it. There's no homework in the class. You're welcome to do homework if you want to but there is zero homework. It's really about just understanding how the blueprint works.

Like I said, each year, we kind of approach it a little bit differently. So, last year, we were looking at different kinds of ways that perception is broadcast out and this year we're looking at the nature of perception. I don't know what we'll do next year, but it's fascinating.

I know what blew people's minds who were in the class. They have about-- we had just under fifty students in the class. I know people were just blown away. I said, "I have no idea. Wasn't even thinking about it in this way." So, if that is something that will help you, watch for the emails.

We'll send you an email with a different discount link, so maybe we give you thirty percent, we're going to give you more than that now. We're going to give you a lot more off. Fifty percent or more than fifty percent off.

So, if it helps, I would love to see you in the class. We're only on class in, so you didn't miss much if you do want to join. Okay. Keep pumping. Yeah. Oh the email is going to go up tomorrow.

"It never seems to leave me in awe how wonderful piece of information in a class unexpectedly make a huge difference across the board in so many other areas I've been working on for years." Exactly, Dawn. "Blueprint class is excellent." from Julie Sy. "Now that you have shown us what's on the chart, I think it sounds like something I would to participate in.

I'm pretty sure that I don't want to-- let me just double check with my project manager on what we agreed to for the discount because this is going to be a big discount for your guys. Because you're in year of miracles, you're committed students. I'll just double check before I put my foot in my mouth.

Okay. We'll just wait for her response. "It was a twenty-five percent discount." Okay, Karen. Thank you. Well, we're going to give you a bigger discount. "Page I was on was a seventy-five percent discount." I don't think we have a seventy-five percent discount. Oh yeah. Maybe we do.

Here's what I think, Karen. I think that it's-- I think that we're offering to year of miracles right now in the second week, not in the first week but in the second week. So, starting

late. I think we're offering it for you guys to come in and pick it up for, I think, it's fifty dollars for the whole class. It's a four-part class, I think. But I'm not getting the confirmation from the project manager, so I'm not sure.

Yeah. I don't know, Annette. We're working on it though. We're just pumping. We have more than an hour to go, so we've been pumping for about ten minutes which won't make us very far in to this. Oh. Let's see. Something came in. Okay. Fifty dollars this week only. Okay. Okay. Fifty dollars this week. So, that's it. Go in to blueprint basic and it's a two hundred dollar class and it's fifty dollars this week only.

You know, we talked about this like this is weird stuff going on. Some weird energies. Maybe people are feeling a bit insecure. I think I know I was really stressed about the government shut down because it affects-- it potentially affects the adoption with Virgil because there are government offices where we need clearances to move around and have our life and begin our life together.

So, I can understand where somebody feel like, "I don't know if I can make any commitments everywhere. I just feel like I'm so involved with." That was part of the prayer today is to just let us stay grounded and sage and above to whatever's happening, you know, on an energetic level in governments and you know, things that are going on around us.

This is-- I know the financial markets haven't been particularly strong, but if you think about just leaving your stuff alone, just leaving your money in the market. Leaving them there that they will eventually come back.

Okay. So, no promo code. You can just go to the page. It's only for a week. Now, the project manager did get to me. For this week only, it's fifty dollars. No homework in the class either. So, you're just coming in and you're learning.

"The love detox class early childhood stuff." Yeah. It will include the early childhood stuff. Edith said, "I'm in the blueprint class and I find--" George, it doesn't matter because you're in that class. All the apprentices are in the blueprint class.

It's just we virtually had like two people who weren't apprentices sign up for the blueprint class and it just surprised me because I thought-- I just thought it was such an interesting topic. It was so foundational to everything but it isn't a sexy class, so that's what I think.

Yes. We can post a link. I think it is understanding the blueprint basic. It's right up there. If you look down about eight comments you can see it's up there, but we can post it again. Yeah. So, we've got two things going on that are incredibly good prices. The love detox class and then understanding blueprint basic.

I tell you, what I'm excited about, I don't know anybody else would be but I am going to teach the origins of humanity and that's a learning class also. I think it's going to be amazing. Amazing. So, very, very excited about that.

Sometimes, it's, you know, like we do regenerate the body every year and it gets better and better. But when we get to learn something, and when I get to learn something new. When I get to really look at something in a very different way and asked questions in the universe in a very different way. It's really exciting to me.

We've had a lot of comments this week about people being surprised at the depth we're going into. The inspiration that they're feeling or the energy that's shifting and just feel this. It's really a year of fulfillment and it is really a new year and we are approaching things differently. We are approaching things differently as we move forward here. Oh good, Catherine. Wonderful.

Okay. We're at about seventy-two percent on this. I'm going to go now back to the other chart about seventy-two percent. So, we are making progress. We've got about eighteen minutes before the end of the hour, but that doesn't mean we're done. Let's see. Which one is it. The choices. Okay.

That's pretty heavy, Patricia. We're going to work not specifically on the divine feminine. We are going to work on you. So, we're not working on the archetypes. We're working on the core of you. So, understand that you were born in the patriarchal era and that you feel that your femininity has been shadowed over. That will clear but not using-- when you're using those archetypal words, it's not going to be like that.

It's going to be something much more rooted in the organics of you. And what allowed that to happen and why it hasn't shifted yet because we're in the age of androgyny now. The patriarchal era-- we were leaving the patriarchal era in 1976. We're halfway through the doorway, but many people have gone to do that shift and we aren't moving towards an imbalance.

We're moving more towards androgyny, equality, honoring of each other, understanding each other's nature and role. So, rather than now the divine feminine is going to rule or the divine masculine is going to rule. It's we're sharing. We're doing the sharing of leadership. Okay. Oh good. Felisa, wonderful.

The blueprint book, your divine human blueprint book, goes into tremendous amount of detail about how regeneration works and a lot of information about many things. Understand that it was written between eight and six years ago. Many new things have gone through since then.

So, the blueprint class will be completely different. A hundred percent different than the book. Meaning we're covering areas that we didn't cover in the book and so you always have the book as a foundational book, but this now we're looking specifically at perception, essence, matter, and energy.

And that's not taken apart in the book. As a matter of fact, I might do a blueprint to book you know, divine blueprint. Okay. I need to go on. I need to stop answering questions. We see one. Take that. Take that down. Okay.

Okay. So, each of them are going at their own pace. You can see I just put in the percentages. We're not a hundred percent on anything, but some of them are in the nineties, so that's good. We're just going to keep pumping. I probably will do an entirely new book, Katie, rather than update the book with new information.

It's a six hundred page book. I think it's going to be good to go just to leave it and then we do another-- a second edition. But I probably won't take that on when the kids are really tiny, so might be another few years before we do that. I would say-- yeah. We're going to sing in a minute, Anne Marie.

I would say the one thing that I am doing right now is providing the apprentices with the chart book which has all of the details on everything that would be included in the next book. But there's not the stories and you know, there were hundreds of stories in your divine human blueprint book. This is what makes it so interesting and exciting to read is that you read story after story after story.

Okay. And we're going to keep pumping and we're going to go to some singing. Let me just pick out another song. That's nice. There we go. Alright. Let's go. Gentle night: "Gentle night rain falling softly, Gentle night soft falls the rain, We are one, one with the raindrops, we are one with the god of rain. Gentle night cleansing my spirit, Soft falling rain drops, wash away my tears, All is well in the house of the raindrops, All is well in the garden of love."

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Okay. Let's sing this one too. "Oh mystical temple I sing-- sing to your glory, The sacred geometry fold echoing sounds. Oh visions of splendor and happy reunions, Through eras and friendships that vibrate through time. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all. Majestic your chapel oh holy cathedral, I bow with the reverence of energy divine."

"Earth mother holds you and sky father blesses you, And I laugh in the pleasure of reverberating sound. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all..

"Oh church in your structure I see you the mother, The body of spirit the goddess in your form, Oh sacred sweet sanctuary a safe and a warm womb, Embracing our spirits in embryonic form. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all."

"From ages to ages I've sang in your belly, I've cried in your sorrows and rejoiced in the love, For the memories of spirit are easily remembered, In the place where the mother nurtures her child. I sing in your vibrancy, dancing of spirit, I sing in the echo that prances through time, And holding back nothing my voice raised in splendor, Ecstatically chanting my voice merged with all."

Okay. Let's see where we are. Tickle going in the throat. This one's a hundred. Almost done. Just got lungs, bronchial, and trachea, and larynx. Just a little tiny bit left. So, everybody pumping lungs. Lungs were pretty low on the whole group over all. Twenty-four percent. So, we're at eighty three. So, we've really lifted it a huge amount. Same with the bronchial; it was pretty darn low. We've-- from twenty-six percent to ninety-nine percent. We've done a great job.

We won't have time, Karen. I don't think. I needed ten minutes to do the blueprint clearing on the respiratory system and we just weren't far enough along to do it. So, there's twelve things we could do in the lungs.

Kelly, I don't really understand the question, but if it's personal, how many hours do I need to pump on clearing. You're going to write to support on that. We're no longer going to do the personal how much, you know, how many demons have in my space or like that. We're going to do that in the chat box. Okay.

Maybe. So, we still have to do the mirroring and then the cascade of new cell growth, so we are going to go over as it is. If you don't have any blasting, it's going to go slower. Okay. We're the story.

I will go into the blueprint but I won't stay longer than fifteen after because I'm exhausted. I pumped for you guys, so I'm not going to go more than fifteen minutes after. That might mean that you have some homework to finish. Finish off the regeneration if I do the blueprint. Okay.

So, if everybody is in agreement to that, I will stay with you until fifteen after. I will do the twelve things in the blueprint and I'll blast when as I can when I'm back in my body. And then you might have a few more minutes after that to go without me blasting because I'm tired. I'm just physically tired.

Also, I have my housekeepers in the house now. But yup, I agree to it. I will do it. So, I'm going to do it now. So, it's going to be-- I'll put some music on. The twelve things usually mean about ten minutes in the blueprint. Everybody just stay really focused on. You're going to go from this-- let's see. Three minutes.

And three minutes shift to platter. So, in three minutes, two minutes after the house, shift to platter. You're going to be doing mirroring and then you're going to mirror for seven minutes, so that should take-- I should probably be back by then. Mirroring. Then from mirroring, we start a cascade of new cell growth. So, it's seven minutes of platter and hone it's double pumping for the cascade of new cell growth. Okay. Everybody got it? Okay.

Okay, my dears. I am back. And let's see. Just going to come on the screen. Might be a little bit hard to talk. I did a lot. There were about five things appeared in the nasal passages and sinuses and I moved out and cleared. There were quite a few things in this area. Dark dominating energies. There was being that I kicked out. A type four alien.

Two things in the lungs and two things in the diaphragm. Five things in the throat, five things here. I actually did more than I thought I was going to. Anyway, that's done. Okay. We're going to check on where we're on with the cascade of new cell growth. Six more minutes. You'll see that now I'm pumping with you, so hopefully, we're going to do that I stay another minute or two. So, let's see if we can finish up in a minute or two. Okay. Good.

The only reason we were a little slow today, it wasn't because I talked about a lot of talks for Adelia or anything. We were doing perfect. It's because we did the extra chart which we're going to be doing from now. We're just going to get a pace and we can handle the extra chart or we have the details and we have the extra interference information and the extra blueprint information.

That's the only reason it was a little bit behind. We'll just pace our self a little bit differently. You know, with everything, what I've noticed for myself too is I'll gain extra skill or power when we add something. A demand that's one more thing on top of everything we're doing.

You will get the cellular neogenesis chart. We didn't really look at all the details this time which we always do, and we will in the future, but you'll get that in the member's site. As

well you'll get the new respiratory chart. There's something weird happen to it. That's interesting. Oh. That went back to normal. Okay.

You get a new charting system that we're going to do for every system that we do. We're going to take the parts out, we're going to look at what they do. All parts of the blueprint, spiritual interference problem. The percentage for the community and what kind of pump if you want to do some extra pumping.

So, you're going to get that from now on in-- as long as it makes sense and it works and it adds to our knowledge base and skill based, we're going to keep doing that. That's the only reason that we're a little slow today.

Thank you so much all of you who responded already to the love detox. Hope all of you do. I saw thirty-one people already signed up. Thank you so much. I saw eleven people jump in to the blueprint basic. That really makes me feel so validated I was wondering was I doing something wrong that you guys didn't understand the value of these precious classes that I'm creating for you guys. That would really make a different, I think.

So, I think we're going much in a different way. More sophisticated, deeper, on a deeper level. So, I love to see you in the classes and honestly, sincere, year of miracle committed student. I love giving you discounts. So, it's fun. It's fun to be in class more than one day a week. Once a month for some of you. Okay. Okay.

I think we can end our interaction here. We have two more minutes. We have some videos to play for you. So, just another two minutes on the cascade of new cell growth. I really have to stop. I'm just going to lay on the floor in a minute. Part of it is I got up in four in the morning. Adelia has been up really early and I was working on charts for you this morning early. So, I can get all my routine with her too. So, finding balance.

Alright. So, I'm going to sing us out. I'm going to sing about silly. I got this silly one in my head. Came up when I said I was going to sing it. "They're creepy and they're kooky, Mysterious and ooky, They're altogether kooky, The quantum academy. So get a witch's shawl on, A broomstick you can crawl on, We're gonna pay a call on, The quantum academy. Da da da. Da da da. Da da da."

We did that on the Halloween day. It was so much fun. I love you. God bless you. Have an amazing weekend. We'll see you in class. We'll see lots of you in the love detox class. By the way, you could share that. It's definitely a class that people can come into experience or not experience.

So, it's one of those that it's going to-- have lots of information in it and we've got some friends that you think can use that because they're looking for their soul mate, bring them in. The more, the merrier. Hopefully, even more of you will sign up for that blueprint basics class. I love you. God bless you. Keep pumping. I'll let you know in the chat box when we're done. Okay. Bye.

[End of Transcription on 03:18:33]