



21-Day Stress, Anxiety &  
Overwhelm Healing Intensive  
“BONUS Healing Circle”  
Transcript

So wherever you are in the world, as we gather together with this energy that holds my intentions, no matter when you're listening. Even if you listen to the replay, the energy of us gathering together and the intention of that, is creating a potency that expands so that all are served in the highest ways. What we do is we play together in a fairly large group here. We got a couple hundred people on the line together, and there'll be thousands listening to the replay as well. And we gather together to just hold an intention of first of all, seeing what's right. That's a large portion of it, is honoring and appreciating what is right, what is good, and witnessing from this higher perspective, that there's some divine unfolding happening.

As we honor the divine unfolding, it allows an expansion of that divine unfolding so that all are served in the highest ways. We start always with Spontaneous Transformation healing. That's my system of healing for you that puts each of us in this place of higher vibration, if you will. And that's a metaphor, because it's as if the frequency has raised, and that's also a metaphor, but it's a good way to describe it.

And we are somewhat higher in our perspective and our energy field. From that perspective, we can see better. We can see farther. We can see more clearly. We can be more present. We can start to see from this almost divine perspective, if you will. That's what we're going to be doing right now. Okay, you ready?

I never know what the healing's going to be that we're about to move into, so I usually tap in to all of you and just feel what you're needing, so that everyone gets exactly what they need. Trust that everyone will be receiving exactly what they require today. So bring your attention to this very moment of time, and feel this moment. Feel now. Feel now.

You might notice that as you just bring your attention to now, the now appears to expand. So if you want to bring yourself even deeper into now, just notice the smells and the temperature. Notice how you're sitting in your chair. And I recommend sitting if you can. So feel your posture. Feel your body. Feel the places of tension. Just notice all of it, without labeling or doing anything about it. Just noticing it. And notice yourself in the moment. There we go, we have a nice ping in the moment here. And notice the moment. Really focus on it. I'm in this moment. I'm right here, right now. That's it, and it's as if the moment itself expands, so that you can take in more. That's it.

So as you feel yourself in this very moment of time, in this moment, that's it. That's it. Very nice. We're going to take this moment and ride it. We're going to ride it like a wave, into something deeper. We're going to be using this moment to, that's it, to move into the center point of our brain. To the very center of our brain. If you know anatomy, it's where the pineal gland is. If you don't know where that is, it doesn't matter. Just bring your attention to the very center of your brain. It's very quiet and still there.

You notice that the moment appears to expand even more as you make your way to the center point of your brain. And you kind of look around there, and for those who can't, who don't visualize, it's okay. Just sense that there's an elevator right there. And you're going to step up on that elevator. You're going to press a button that says, "To Sacred Chamber." And as you do that, the elevator door closes, and you start moving down. The elevator's taking you down, and down, and down, and down, and down, and down, and down. Deeper and deeper and deeper. And as you feel yourself moving towards this, we're going to the very center point of your soul.

We're going to a place of deeper fine stillness, where you get to remember who you really are. What you really are. So this elevator takes you down, down, down, down. Deeper and deeper and deeper. As you notice that you're getting closer to your sacred chamber, that's what it's called, this center point of your soul. As you notice you're getting closer to that beautiful still point, that place of deep love, you start to feel a little different. You start to feel yourself relaxing a little bit. It's as if your thoughts start to quiet down. Things start to calm down. That's it.

Then the elevator maybe goes up a little, and sideways, and forwards. It's not jarring at all. You're just noticing that it's changed direction ever so slightly, very gently. You're now moving through some worm holes. Because you are going to a different dimension. You're going to the dimension of the being, of being itself. That's where the center point of your soul is. It's in a new dimension. A different dimension than the one we have here on this planet. So this elevator is taking you to all of these beautiful worm holes, and it's a gentle experience. It's a loving experience, because you're getting closer and closer to love.

Eventually the elevator comes to a standstill. There's a moment of pause as the energy shifts. It's like a pressurization change, as the elevator doors opens, like a barometric pressure shift into stillness. Absolute pure stillness. And you step inside. You step into your sacred chamber. You step into the center point of your soul. You step into you as love. As you take a few steps in, just notice that, aah, I can breathe here. I can breathe here. I can breathe better here.

You notice the stillness. Within that stillness is an energy of love that doesn't have any conditions or attachments, no expectations. Just you and love and safety. You notice that the, it's like the fabric of this place, if you will, that's a metaphor, is created through different vibrational frequencies of, just like all of matter, is created by vibrational frequencies with the molecules vibrating at a certain rate.

So there's molecules that are vibrating at the rate of love, at the rate of hope, at the rate of contentment, at the rate of happiness, at the rate of joy, at the rate of flow, at the rate of potentiality and possibility. There's molecules that are vibrating at the rate of abundance and wealth and richness of joy. There's molecules that are vibrating at the rate of wholeness and health, oneness, balance, alignment. And the whole is vibrating that creates a sensation of deep and powerful and resonant safety.

We just feel what safety feels like. Now for some of you, your mind's are kinda going, what? I don't know. That's okay. We're just going to ask the mind to temporarily, for the next 40 minutes or so, to just move slightly outside of the field here, and just be a partner, but be a partner that is just simply witnessing and not intervening. Not judging, not labeling. Not pointing at something in yeah, in a skeptical way, but just holding itself apart as a witness yet very present with the processes. So that as you step deeper into your sacred chamber, you notice now with the mind kind of over there, agreeing to be witness only, that there is more space here for you to notice these, the vibration here. The vibration and that molecules vibrating at this, at these different rates of love. Of just love.

And you feel the safety now. You feel the safety in the new way, now that the mind has agreed to just let go temporarily. To surrender just temporarily. In 40 minutes it can come back and judge away and label away. But for now, it's agreeing, it's nodding it's head, if you will, to say, "Yes, okay, I'll be a witness here. I can feel that there is safety here." That's it.

You move into this energy of deep safety. Beautiful. As you stand in your wisdom, in your version of love and light and joy, you notice that it is distinctly you. It is your reflection of the divine. That's it. As you notice it, you're shining light of consciousness on you. You're shining the light of consciousness on who you are. As this divine light, in the center point of your soul. You're seeing and recognizing and recognizing your soul. That's it. That's it.

As you do so, you notice that there's an area just over there that is impacted by something in your life, that's been very distracting of late. Something in your life, it might be someone or something that you want, or circumstances. It might be what's happening in the world. It might be something that's gotten you distracted. You know that whole saying, driven to distraction. So you notice that it's over there. It's a little separate from this place. Because this place, you are in your power, in your joy, in your safety. And from this place, you have this perspective to see that there's this area over here, just over there, yeah, that is driving you to distraction.

It might be someone or circumstances that are in the world right now, that are really distracting you from the safety that you feel in this sacred place of you. This sacred place of being. And you see that it's kind of walled off a little bit. It's not really part of this, of your sacred chamber. But you can access this area from your sacred chamber. So you're just going to go over there, and you're going to embody this kind of witness. You're going to look at this from a new perspective. That's it. You're going to see that that distraction, that worry, that upset, that stress, is not you. You get to see that it is other than you. That you are this sacred chamber.

And that is something that's other than you, but that's got your attention. That's all it has, that's all. As you look at it, as you look at that area over there, you see that, hmm ... yeah, that there's a string that goes way, way back into childhood. There's a string. Maybe several strings. That are tethers into the past. Because you're at the center point of your soul, you kind of see the mechanics of why you might be distracted by this. You see that there's an issue of safety in some way or shape or form.

You see that the reactions that you're having, the distraction into reaction that you're having, is just part of an old belief. An old structural belief that happened from childhood, and you just follow the string to that moment in childhood. Again, you're still in your sacred chamber. So you're completely safe and protected, as if you notice that memory from childhood from this space of detachment. So that you're not in the moment any more. You're seeing it as a memory. Kind of like Scrooge going back and seeing the memory without being in it, and just noticing it from a new perspective. From an observer perspective. Scrooge was definitely an observer.

So now you're observing this thing that happened in the past, and you're noticing that a belief was formed in the midst of the event. A belief was formed in the midst of the event. A belief. A conclusion was made about who you are and what life is. A belief was made about what you deserve and not deserve. So you just follow the string back to the memory. The string from the current event and the current distraction, the current upset. You follow the string back to the memory. And you start to see that there was a conclusion that was made from that memory. A conclusion was made. A conclusion was made. That's all.

In that conclusion, there was a sense of if I see life this way, then I'll be safer. So it was a necessary conclusion. It wasn't a conclusion that harmed you, it was a conclusion that saved you. It was a conclusion that allowed you to survive the circumstances with your psyche intact. And your safety

intact. So you observe the memory, and you get to see, kind of from this observer perspective, that there's a really good reason why you came up with the beliefs in that moment. And you see the mechanism how the belief created a coping mechanism. And the coping mechanism might be to react now. To react to someone outside of you because it doesn't feel safe. To point at something and say, that's not right or okay. To point at something and say, that must change in order for me to be safe. In order for me to be happy.

You see that it happened in that moment. Understandably so. So you just love that part of you, and honor that part of you, for coming up with those conclusions and those beliefs that helped you to survive. You just love that part of you. And you say to that part of you, "I see you, beautiful one." And they notice you. That part of you, that little version of you, that younger version of you sees you now. And you just say, "I understand why you made those conclusions, and thank you for helping me to be safe. For helping me survive, thank you so much. Thank you. I see now. I see now. I see how it's influenced my life. I see why I kept that coping mechanism going. I see how it's made me feel safe. I see it. And thank you, beautiful one, for helping me to feel safe."

And the little one looks at you like in amazement, "Ah, you see me. You see me." And we just almost bow down and say, "Thank you, thank you, thank you, thank you." Thinking, of course you were going to feel that way from what happened. "I'm so sorry for what happened, sweet one." We notice that as they're seen, they start to just feel a feeling. They start to kind of emote. It's a mixture of the feeling of the moment and joy of being seen. And we just say, "Yes, yes, go ahead, feel that. Just feel it. Just feel it. That's it. Just feel it, sweet one. I'm so sorry for what happened. And it's totally understandable why you felt that way. You are so loved."

Ah, there's a beautiful, beautiful energy of love moving in now. Just loving you, loving you in your sacred chamber, loving this part, loving the part of you that was triggered and influenced by something outside of you. Loving the protection mechanism. Loving the beliefs, loving all of it. Loving this part of you that set up this protection for you. And we just love. We are just in love, love with this part of us. Thank you, thank you, thank you for helping us to survive. Thank you, and we're not asking you to change, by the way, beautiful one.

All that's happening here is you get to be loved and seen and honored and acknowledged. That's it. That's it. That's it. That's it. You know, there are some of you that are being called to hug them and pick them up, and whatever's needed. Yeah, that's it. And there's a natural unraveling here. As we get to see the belief. How it came about. How it created the coping mechanisms that have influenced our life up to this moment. That's it. That's it. And there's powerful love. There's a really wonderful unwinding happening here right now.

That's it. And we bring this beautiful child that is really coming to a resolution with this, into our sacred chamber. There's a dissolving of both scenes now. There's a dissolving of both scenes, as this child is seen and acknowledged and loved. We bring this beautiful child into the sacred chamber and they get to feel the energy of pure love that they are. And they get to look up at us and go, "Ah, you're me. You are me. Wow! I made it. I grew up." There's this beautiful celebration, as this little one realizes that they grew up. That's it. That's it.

There's a gentleness that is here present right now. A beautiful gentleness, and the master that is us, this higher version, the version of us that has been in the infinite and the eternal always is present here

now with us. And we are this little triad of the little one, the us as we are now, and the higher self. There's a beautiful ignition that happens as the three of us hold hands. As the three of us hold hands. There's a ripple effect happening. There's a ripple effect happening. There's a rippling out from us into the circumstances of our life. As the love and the potency increases, there's a rippling out. As the love and the potency increases, there's an opening up to receive, and we receive this light from the infinite eternal realms. Our own soul light. We are filled and filled and filled with this light.

The light is nourishing and nurturing every part of us. It knows exactly where to go. It knows where to soothe the hurts. Soothe the emotional hurts. Soothe the physical hurts. Soothe the dis-ease. This beautiful light fills us as we hold hands with the master that is us, and the little one. We are filled and filled and filled. That's it. Just feel the beautiful soothing, calming love fills us. This healing light soothes us. The hard edges of life itself are calmed and nurtured and softened. This light now moves, yeah, it fills us to the very brim, and it overflows now into the circumstances of our life. Overflows into the circumstances. Softening the hard edges of life.

Again, that rippling is also happening at the same time. The ripple of love out, and the brimming over of our own light into our life. That's it. Loving all. Honoring all. Honoring all through our light. That's it. Yeah. That's it. That's it.

We bring our attention back into our sacred chamber and we just feel what it feels like within ourselves right now to have received our light. To take a moment to describe to ourselves, what does it feel like? To be in this moment of transformation? What does it feel like to contribute? Through a simple act of appreciation. What does it feel like to have received our own healing today? What's it like? Describe it to yourself. What we're doing right now is shining the light of consciousness, so that this moment and everything that's happened in this moment can expand even more. The new neural pathways that we've created, that we've repatterned through this moment are growing, through our observation of it and description of it. So describe it to yourself. What's it like to be in this moment of healing?

What's it like to be contributing? What's it like to see the light of you and all? That's it. Good. Very nice. Very nice. That's it. Beautiful. Beautiful. Thank you.

And if you'd like, you can raise your hand. Press star 2 if you have a question or a comment. Star 2 will raise your hand. I'll take some live calls now. Star 2 will raise your hand if you have a question or a comment. Star 2 will raise your hand. You must be dialed in to do that, by the way. So star 2 on the web, on the Skype. On your Skype dial pad, or on the web call dial pad, or on your telephone's key pad. But you have to be dialed in.

Okay, we're going to go to looks like Toronto, Ontario. Last four digits are 5967. 5967, you're on the air.

Speaker 2: Oh, it's so wonderful to talk to you.

Jennifer M.: Good!

Speaker 2: I just think you're fantastic!

Jennifer M.: It takes one to know one, my dearest!

Speaker 2: Ah, thank you so much. I love working with you. This is my second time of the 21 days.

Jennifer M.: Oh, wonderful!

Speaker 2: Yeah, so I've been really going deep. It's, today was the worthiness. The little girl that didn't feel worthy.

Jennifer M.: Yes.

Speaker 2: Yeah, I find it so healing to do this work.

Jennifer M.: Oh, that's great. Oh, that makes my happy, and I can, I want you to think about where you were before you started the 21 days. Think about from there where you are now. Just think about that. What does it feel like?

Speaker 2: It gives me hope, and it gives me strength.

Jennifer M.: Yeah. Yeah.

Speaker 2: Because I know that I can deal with different things that you have to deal with in your past.

Jennifer M.: That's right.

Speaker 2: You know, give acknowledgment. Give that feeling, let it be.

Jennifer M.: Yes. Yes, I want you to feel you have this capacity in your field now. A capacity. A space, a space that allows you, like you said, to deal with. To be present with.

Speaker 2: Yes.

Jennifer M.: Does that feel true?

Speaker 2: It does, totally.

Jennifer M.: Beautiful.

Speaker 2: Yeah.

Jennifer M.: Congratulations, honey.

Speaker 2: Thank you very much.

Jennifer M.: Thank you, honey.

Speaker 2: I just love working with you, i just love it.

Jennifer M.: Oh, I'm so happy. That makes me happy.

Speaker 2: I'm so happy. I can't believe I'm talking to you. I'm like, "Yea!"

Jennifer M.: Yea, you!

Speaker 2: Yea, Jennifer!

Jennifer M.: Awesome, sweetie, thank you.

Speaker 2: Okay. Nice to talk to you.

Jennifer M.: Nice to talk to you, too, honey.

Speaker 2: Thank you.

Jennifer M.: Okay. So we're going to go to, it looks like British Columbia. Last four digits are 0239. 0239, you're on the air.

Speaker 3: Oh, God. I'm going to start crying. I'm still releasing.

Jennifer M.: It's okay, just release away, sweetie.

Speaker 3: Thank you so much.

Jennifer M.: Just release away. Those are your tears. It's okay. Just let them flow. You don't have to stop 'em anymore, okay? There's no story attached to them. There's just tears. I have this new thing I say to myself now, when I go into these crying jags. I just like, no story, just tears. No story, just tears. No story, just tears.

Speaker 3: I'm glad I'm able to talk to you. Today is a good day for me. I've made a huge career decision that I'm excited and anxious and everything. But I've been at the same job for ten years.

Jennifer M.: Mm-hmm (affirmative)-

Speaker 3: And I'm decided now is the time for change.

Jennifer M.: Good for you. Okay, good. You know, while you're still at your current job, when you go in tomorrow, I want you to find one thing, one thing that is okay. That is good.

Speaker 3: Actually I can tell you that right now.

Jennifer M.: Okay.

Speaker 3: It's the customers that I deal with.

Jennifer M.: Good.

Speaker 3: I have made many friends with them over the years.

Jennifer M.: Okay, good. So, so find something else. What else is good?

Speaker 3: The people I work with. I actually met my husband through that.

Jennifer M.: Wow, that's cool. Okay. So-

Speaker 3: And I got reconnected with my children, and ...

Jennifer M.: Excellent. Okay, this is good. So there's some pretty cool things about your current work. So one of the things that when someone is leaving, and it might be appropriate for you to leave, totally. But I also kind of just caution sometimes that we run away. We run away from something that feels bad or wrong. You know, if we run away and don't look at it and honor it and grace it and see that there's something there for us, then we likely will bring it with us. With wherever we go next. So the opportunity is, while you're there, appreciate everything. Appreciate as much as you can. Hold an intention of really appreciating what this job is. What this job has been. And even the difficult things. Just try and find something that's right and good about it. Because when you leave, you won't bring it with you. Okay?

Speaker 3: That's been my whole life for the last ten years.

Jennifer M.: Yeah. Yeah. So just love and honor what is. Focus a lot of your attention on what's right and good.

Speaker 3: Yeah.

Jennifer M.: Okay?

Speaker 3: I will do that.

Jennifer M.: Excellent. That's really good. Then when you're focusing on what's right, then you can move into the next position with what's right. That sound okay?

Speaker 3: Yeah, it does.

Jennifer M.: Wonderful. Well, congratulations on everything you're up to. It feels like you're doing great.

Speaker 3: I am. I'm starting to work together and come together.

Jennifer M.: I can feel that. Congratulations, sweetie. Well done.

Speaker 3: Thank you.

Jennifer M.: Is it okay if I move my attention to someone else?

Speaker 3: It is, yeah.

Jennifer M.: Thank you. Much love to you, honey.

Speaker 3: I'm glad I had this time with you.

Jennifer M.: Me, too. And keep at it, sweetie. You're doing great.

Speaker 3: I will. Thank you so much. God bless.

Jennifer M.: Okay, much love. Bye. God bless.

Speaker 3: Bye.

Jennifer M.: Okay. We're going to go to Texas. Last four digits are 8113, and you're on the air.

Speaker 4: I truly just wanted to say thank you from when you were talking. It was like I hit a zone, and there was release and clarity in a project I had been working on.

Jennifer M.: Oh, great!

Speaker 4: All of a sudden it solidified in my brain.

Jennifer M.: Yea, you! That's awesome!

Speaker 4: It's fabulous.

Jennifer M.: Look at how powerful you are. You look how powerful you are.

Speaker 4: Yeah.

Jennifer M.: Get on to give you exactly what you needed. Isn't that the coolest thing? We are co-creating this.

Speaker 4: Yeah, your 21 days have been fabulous. I actually, and it's interesting. I've missed the first ones of this. I did the one you did previous, and it was spectacular.

Jennifer M.: Wonderful. Oh, my pleasure. I'm delighted to do this. I mean, this is what my heart has called me for, so I'm happy that I can help. Much love to you, honey.

Speaker 4: Yes.

Jennifer M.: Is it okay if I move my attention to someone else?

Speaker 4: Absolutely.

Jennifer M.: Much love, honey. Thank you. God bless.

Speaker 4: You're welcome. Thank you.

Jennifer M.: Okay, we're going to New York. It looks like it might be Beacon, New York. Last four digits are 8119. 8119, you're on the air.

Speaker 5: Oh, that's me. Oh my God!

Jennifer M.: Hi, me!

Speaker 5: I spoke to you on one of the attunements about a week ago or something. Oh. My. God. I just want to tell you, oh my God. I can't even tell you how wonderful this is. This is so amazing. And I'm finally starting to really shift.

Jennifer M.: Oh my God, that's great!

Speaker 5: Unbelievable ways. It's starting to affect my family in a way that you can't even, oh my God, I never thought it would come. Even a week ago, I was talking to you, I was like, "I'm not so sure." But it's, in the past couple of, even since we started the 21 days, my God, the 5 days.

Jennifer M.: I'm so glad. I'm so happy.

Speaker 5: I can't even tell you. So I just wanted to say thank you. You can move on, if somebody ...

Jennifer M.: Oh, thank you.

Speaker 5: Oh my God. I've been waiting for this for so long.

Jennifer M.: Thank you. Oh, I'm so happy.

Speaker 5: I've been working so long, and it's just coming to, it's just full circle. With everything that we're learning.

Jennifer M.: So I want you to know something, and you probably already know this, but I want you to kind of claim it. That you created this. Does that feel true? You created this.

Speaker 5: Yeah. I think so. Yeah. Yeah, yeah, yeah.

Jennifer M.: You're one of the people that tapped my shoulder a couple months ago, and said, "I really need this."

Speaker 5: Oh, boy. You're not kidding. I can feel it in my whole self. I can just, oh my God. Everything has shifted. Even my spine with my chiropractor shifted. I said, "Believe me, I'm doing more work than just you." But it's amazing.

Jennifer M.: Oh, that's great! Oh, God, that makes me so happy.

Speaker 5: Oh my God, the range. My daughter is like, "Your range is so much better. Oh my God." And my daughter is doing it with me, so we'll shift the rest of the family. We're working on it.

Jennifer M.: Really? Oh my God, that makes me so happy. You and your daughter.

Speaker 5: Amazing. Amazing. I said to her, "If I could do what you're doing at 28, if I could do that ..." At 28, I was so shut down, you don't even want to know. And she is doing the work. And it's amazing. And she will have effect on the rest of ... it's amazing.

Jennifer M.: Oh my God. You're doing that. That's awesome.

Speaker 5: And everybody told me, "Oh, yeah. Once you shift your vibration, it'll happen." I'm like, yeah, yeah, yeah. No, no, no. But finally it's doing it. You gotta stick with it. You gotta stick with it. Oh my God.

Jennifer M.: It's a practice, isn't it?

Speaker 5: It is. It is. An everyday thing, and you can start to affect and ripple out. It's amazing.

Jennifer M.: Oh, that's great! Yea, you!

Speaker 5: Yep. So I just want to say thanks.

Jennifer M.: Thank you, honey. Thank you. Thank you, thank you. Thank you for being here. Much love.

Speaker 5: Oh, my God, thank you so much.

Jennifer M.: You're welcome, sweetie. Much love to you. I give you a big hug. Can you feel it?

Speaker 5: Oh, thank you. Yes, I can. Oh, thank you.

Jennifer M.: Give your daughter a hug from me, too. I'm delighted that she's a part of this.

Speaker 5: Oh, I will, thank you.

Jennifer M.: Wonderful. Thanks, hon.

Speaker 5: Oh, thank you so much.

Jennifer M.: Bye, now.

Speaker 5: Bye bye.

Jennifer M.: Okay, we're going to New York. Last four digits are 7278, and you're on the air.

Speaker 6: Hi, Jennifer. I'm calling in because I called in and spoke with you and you had said to listen to the replay again today, and just to see how much had changed.

Jennifer M.: Mmm, I remember that now. Mm-hmm (affirmative). And?

Speaker 6: And I want to say some things, and also, just while people have been speaking with you, an old belief came through to me so clearly that I'd actually like to work with. So how things changed is, I did have to leave my apartment. I did have to close my business down.

Jennifer M.: Mm-hmm (affirmative)-

Speaker 6: What I thought was the worst, I also knew was the best.

Jennifer M.: Mm-hmm (affirmative)-

Speaker 6: And in living with my friend, and I have to say somebody in your amazing community offered for me to go live with her in California, and God bless her. So you know, the support in this community on every level, I mean, I still feel butterflies, just beauty in my heart, from her. And from Matthew's connecting us, and what I experienced by moving in with my friend, for the first time in my life, and I am 50. I am living in a loving and safe environment.

Jennifer M.: Wow. That's, oh, my God. I'm getting chills. That's huge.

Speaker 6: Yeah. And I will tell you that there are real challenges living in a safe environment. Because you have to trust it's safe.

Jennifer M.: That's right.

Speaker 6: And I've been given somebody who gets it. And allows me to experience it and play with it.

Jennifer M.: Wow. Wow. Look how powerful you are. Look how powerful you are.

Speaker 6: So that, in addition to safety, trust and deception has come up huge for me.

Jennifer M.: Mm-hmm (affirmative)-

Speaker 6: And that's another thing that I don't, one thing I do want to say, is you had said I needed to understand something about myself that I didn't understand prior.

Jennifer M.: Mm-hmm (affirmative)-

Speaker 6: -to what was happening now. It came to me that a lot of the, and part of me doesn't want to say this, because it doesn't feel, I'm saying this in humility. Because I think it's a deep, profound understanding. Is I used to think I suffer because I'm bad. Because that's what I was told. But I've really come to see, a lot of my suffering is because what I do is good. People have to see themselves, and people don't like it.

Jennifer M.: Well, listen, that's a belief, right? My experience now with, I work with lots and lots of people here, right? There's a couple hundred people on this call, there's a couple thousand that are listening afterwards. You know, I had a similar belief before, and when we change our beliefs, you know, we attract different people. We attract different people. We attract people who no longer resonate with that. They don't have to enter our universe of life is hard, and I'm not going to buy this, and I'm cynical. We start attracting people who are ready. Who are ready to change. Who are ready to transform. That's who I've been attracting. Now.

For many, many years, I attracted a lot of people who were struggling, who were victims, who fought for their limitations. Fought me for their limitations. Argued with me. They just aren't there anymore. They found different teachers. And I don't feel, I still send them all love, it's all good. The prayers that I do every night touch everyone on the planet, so I'm not worried about them. They're still playing in a paradigm that they need to play with, until they don't. But I no longer need to play with people who aren't ready. I no longer have to play with people who fight for their limitations. And I don't think you do, either.

So that statement is a belief. It's a belief that the people that you work with, the people that your company would have worked with, don't like it. Don't want to. And it's a belief. And a belief creates a resonant field that has those people show up. And it's just a belief, that's it. When you change the belief, everything changes. I had the, I worked in corporate America for a long time. I did, I was a business strategist. I was a public relations and communications specialist, and I had clients. I had horrible, horrible, horrible, horrible clients. They were mean, they were hard, they were awful, they were unappreciative. They were not heart centered. It was bad. And I got burnt out. And it was all my clients' fault, right? And I'm saying that facetiously.

And then I decided that I was going to quit. I'm not doing this any more. Then I almost lived in my, I was almost homeless, I was almost living in my car. And I did some deep powerful stuff that I got out at the last minute. And I went, I had

to go back into that industry. When I went back into it, I knew I was on a different trajectory, and it created a completely different energy, and some really amazing clients showed up. Loving, perfect, honoring, acknowledging clients. So what was the difference? The only difference was me.

Now, you have a magic wand that I didn't have back then. I didn't understand the depths of this work I'm doing now. I was still doing Spontaneous Transformation, and subconsciously I was unwinding a lot of old beliefs, but now I do it with consciousness. And that's what I'm teaching now, and that's how I'm doing it now. So all of your minds are now chewing on things in a new way, with deep, deep consciousness. To me, that is the source of awakening.

So you have this capacity right now, that is greater than what I had way back then. You're now, right now, it's happening right this minute. It's an unwinding of that belief. You know, it's a what if? What if what Jenn's saying is true? What if I can actually create people who are ready for this work, and aren't going to fight me? Aren't going to fight me for their limitations? It's really a cool conversation for me right now, too. So I thank you. I thank you for the conversation, because it's showing me how far I've come. So thank you.

Have you noticed on these calls, I don't know how long you've been with me, but when I open the lines up, there are very few people are fighting me to say, yeah, but you don't know me. Yeah, but I'm not still claiming what's wrong. I don't know if you've noticed that, but it's different now. Does that feel true?

Speaker 6: You know, I have listened to you, I had intents of listening to you in 2011, 2012. About 2012, 2013. And you're right. I mean, I've never, the healing has been, and I find amazing the depth of your work, because the belief that came to me, you just drove down. It's been hap- you've been working with me all month on it. I didn't know if I could talk to you today, because this is what it is, ready? And you know what, Jennifer? You make people laugh and release. And God bless you. Because you're so good!

Jennifer M.: Okay, so what's your horrible belief?

Speaker 6: This is my old belief. And you were going right there. You were worm holing to it. It's if someone helps me, they will hate me.

Jennifer M.: Oh, yeah. Yeah. And you have a really good reason for believing that, don't you? You have a really good reason. You did. You did have a really good reason. So let's just love and honor that part of you that needed that belief.

Speaker 6: I felt how I just blocked it. Yep, I felt how I just blocked the healing that you were giving.

Jennifer M.: Yep. Good.

Speaker 6: Can you go back, then, please?

Jennifer M.: Right? So you had a really good reason for believing that. And it protected you somehow. And so right now, it's shifted. It's completely shifted. It's hard for me to even remember what you just said. Because it's so, it's really just shifted. And that's the miracle of our beliefs, is that we can shift them instantly, and we can't even remember what it was just a moment ago.

Speaker 6: Yeah.

Jennifer M.: So well done. Here you are. Here you are. But I'm so sorry for the journey that, and I'm not. And I'm sorry for not being as sorry as I could be.

Speaker 6: I get it. I get it.

Jennifer M.: Because I know it's been a painful journey. I know it's been terrifying, and you feel, your energy feels way, way more settled. That you're creating a new platform which you can stand upon to start anew.

Speaker 6: Yeah. Thank you, Jennifer.

Jennifer M.: Much, much love to you, sweetie. You're doing really great. I'm really proud of you.

Speaker 6: So much love to you. Thank you for all you have given me in every way. You plant gardens that just bear fruit. Thank you.

Jennifer M.: Well, I will take that, and I will be, I'm going to say yes. Thank you for that beautiful gratitude. And I'm also going to just point at you, and say you really planted the garden, my sweet. You did this.

Speaker 6: And I mean how you nourish it, yes. You help us untangle the roots that we have planted of the beautiful things in our gardens.

Jennifer M.: I'll take that.

Speaker 6: Yeah.

Jennifer M.: Great.

Speaker 6: Yeah.

Jennifer M.: Much love, honey.

Speaker 6: So much love, Jennifer. Bye.

Jennifer M.: Okay. Bye.

Feels like a good time to wrap this up. So I just want to, I'm sorry I didn't get to everyone, but I just want to thank all of you for being part of this community. Thank you for being part of this co-creation. Thank you for holding the intention that works through me, so that you all receive exactly what you need, and we all in turn receive exactly what we require. Thank you, thank you, thank you for your brilliance, for your journeys, sharing your journeys for the generosity of this amazing community, as we support each other in love.

I love you guys. Thank you, thank you, thank you. Bye-bye now.