



21-Day Stress, Anxiety &
Overwhelm Healing Intensive
Day 11 Transcript

Good morning, everybody, and welcome to day 11. It's awesome having you here, and I love you. I'm wearing my I love you hate for those who are on the audio. If you look at the video, you'll see. Hopefully this is working. Let me just check something. Yup. We're in good shape here. Excellent. Day 11. We are past the halfway point. Yay. You're halfway through, and as I mentioned, there's usually between day eight and day 11, somewhere in there, there's these wonderful opportunities the universe provides, and the universe being you of course, that provides a little bit of a breakdown before the breakthrough.

This happens in just about everything new that we're trying, new habits, new ways of thinking, new diets, new exercise programs. There's a moment where there's a bit of a breakdown, and sometimes there is even a plateau, and it's all good. It's all as it should be. All of it is designed in there for a reason. There's a reason why all of us can nod our head and say, "Oh yeah. That's happening," because it's a process of integration. It's a process of habit breaking. It's part of the process of habit breaking. The good news is that you know it, and when you know it, you can now be in choice about it. You can now change the angle of perception on it and say, "Huh. Look at that. There's something showing up for me right now."

Lots of you are having just amazing breakthroughs too. Good. Sandy's saying that her energy has been low. Yeah. That's understandable. That is totally understandable. Part of the reason why that's happening is that first of all, a lot is changing, and your energy field is adjusting. Okay? Secondly, when we are moving into finally feeling the feelings, oftentimes we're just plain tired. We're just plain tired. Right? Part of that is we've let go of all of those adrenaline fueled holding on for dear life patterns, and when we've released them and we are starting to just be ourselves, man, we've been tired for decades, but didn't allow ourselves to be tired. It's okay if you're a little tired right now. Seriously. It's okay. It's a good thing. These are all symptoms of change, and sometimes the body is telling you, "I need to rest. I just need to rest."

The holiday weekend, each day I took a freaking nap. I just needed to rest a little bit. Integrate these amazing transformations that are happening. And some of you are experiencing elation and exhalation, because the love, you're starting to see the love that you are, the love that is there. Let's just tap into what if, what if I am a being of love? What if that were true, and what if love is the greatest power in the universe? It's the greatest natural resource. It's the greatest source of energy. It's the greatest source of transformation. It's the greatest source of individuated power. Excuse me. It's the greatest source of power. What if that were true, and what if, if that were true, and love is the greatest source of power of every kind, and I am love? Ergo, I am the greatest source of power in the universe.

What if I live in love? What if I dance in love? What if I can see and start noticing the love that I am? What if that were all true, knowing that love is the greatest source of power, and what if I am love and I am part of this amazing source of true, neutral power? What if I am love? What if as love I am in the state of stillness? What if in this state of stillness as love all possibilities are now available to me, all? What if me in this state of neutral love means that attachments, and conditions, and expectations simply dissolve? There's only me and love. What if that were true? Feel that right now. Feel that right now.

What if that were true? If it's not penetrating, just have an inkling that it could be true, just an inkling, just a tiny, little inkling that what if I am love, and love is the greatest power in the universe, and I am part of that power, just an inkling of that. Tap into that beautiful, beautiful inkling. There's the energy.

There's the energy. Beautiful. There's a wonderful unwinding happening right now. That's it. That's it. Beautiful.

Now, we're going to talk about self-hatred, self-loathing. I was going to talk about relationships, but it feels like I'm being nudged by guidance, which is likely your guidance, to talk about this. No accidents that we started with noticing the love that we are, because that's true. That is true. Sometimes the things that happen to us got warped, and the only person we could blame was ourselves, because blaming anyone else would have been too dangerous. In our beautiful minds when we were little kids we thought, "Well, it's got to be me. It's got to be me. What else could it be? It has to be me."

Yeah. I'm going to share a little, personal story with you to give you some context for this. As you can tell, I'm checking in to see if this is appropriate, because I don't want to dominate the landscape here, but they're telling me it will be a nice illustration for you. When I was around five I used to sleep in the same room with my sister, and my dad would come into the room and molest my sister when I was in the bed beside her. All I did for years as this happened was, "Thank you, god, that it's not me." In my little five, six, seven, eight, nine year old mind through those years I took that on as, "Thank you, god, that my sister is being molested," because there was no other way to spin it. Right? You can see how the warped conclusions are made, and so that unyielding shame and horror created self-loathing, hatred.

I've been actually working with this this week as part of this stress and anxiety program of I could feel in the chamber of my heart that I hated myself. I think I've mentioned that a couple days ago. Like I've been sharing all the way along, there's a really good reason why. There's a really good reason why. If you know it, like I know the story, great. You can tell now the story doesn't have any energy for me. It's just something that happened that explains the conclusion I made. That's it. It's different than those times in my life where I claimed the story so that I could label myself as a victim. That's not true, and so there's multiple holistic reasons why I'm sharing this story, which is to bring your mind to an understanding that it's simply a conclusion that was made about a circumstance that happened, and that's it.

Now, the circumstance in the story no longer matters. It doesn't matter at all. I'm here to tell you the things that happened to us don't matter. What matters is the conclusions we made from them. What matters is the beliefs that we formed about them. What matters is the emotions that got repressed in those moments, because it was not safe to share. What matters is the walnut we created that protected us from the emotion, so that we could survive. That's all that matters. The story no longer matters. What happened no longer matters. I'm not saying to have lack of compassion for that part of us that experienced it. I'm not saying that at all.

What I'm saying is it's like change of the mind to look at it slightly differently, to just look at the parts of us that got held in that moment, made conclusions that are still running the show deep in the subconscious, and the incident that created that is long over. Okay? So the mind gets to understand that there is no incident anymore. It's done. It's completed. It's finished. It's long done, and that incident will never, ever, ever happen again. Let's get our minds to understand that. I will never be five, six, seven, eight, nine years old again, in the bed beside my sister when my father is doing that. That will never happen again. It's over, but what's not over is the conclusions that I made, and so I got to play ...

Oh. I'm seeing what we're going to do today. This is really cool. This is a gift that was given to me. I didn't know I was going to be able to share this. Aw. This is so exciting. Oh my gosh. I almost feel like crying. Oh my gosh. We're going to install something today that is incredibly powerful. This is really cool.

Okay. That's it. Okay. The minds are now really starting to understand that there's a different process here and that we no longer have to hang our hat on the story. The story no longer matters. The story no longer matters. Right? It would be great if from now on in this group we started noticing that the story is less important, and the emotion that came out of it is more important, so instead of sharing the story ... and again, I just did it. However, I did it as a point of illustration, so instead of sharing the story, we instead share the conclusions that we made out of the story.

Instead of going into this long story about what happened, instead we say a sentence, and then the long story is about the conclusions we've made and the transformations we are making. This is a slight shift. Okay? If you want to share the story, it's okay. Everything is fine. There's no criticism. There's no wrong here. I hope you understand that, but I'm wanting the mind to start to notice how often we share the story. I've never shared that story, by the way, never. It's only been since my sister passed away that I started sharing at all, because she couldn't have handled it if it came back to her. It's only been ... Well, it's going to be four years on the fourth that my sister passed, so four years and a just a couple days.

For those of you who are listening later, it doesn't matter. So I wasn't able to share about any of the abuse, because it would have been too hard on my sister, so I chose to honor her and not share. Now I share, but I had never shared that piece. Nonetheless, the point is to notice when you're sharing the story, and maybe do a little editing on the post, and change it to a sentence of the story, which adds context, and really start focusing on the transformation, on the conclusions you made and how those conclusions are running your life. Okay? That's a new, new thing that we can do. All right.

We're going to do a process, and then we're going to go and re-pattern some things from those past upsets, from the past conclusions that were made. Okay. You know, Abby, it's okay. You can share it with anyone. Like I said, there's no wrong in any of this ever. There's no wrong. It's just a moment of noticing that if you share the story over, and over, and over again, the story has more power. That's all, just noticing. You can share the story for the rest of your life with anyone you meet. That's all good. Okay? It's all okay. I'm not saying not to. What I am saying is notice, notice when you share the story, is the story more powerful than you? Notice that if you share just a little bit of the story, but share in more detail the emotions that got repressed, the upset that happened, the conclusions you made about yourself, the patterns that showed up from it. Notice what that feels like, and just start experimenting with this a little bit. Okay?

I used to tell my story like a badge of freaking honor. It was so inappropriate when I did, but I get it. I understand why I did. I love that part of me that had to do that. I went through it, realized that what matters most is the emotions that got repressed. That's what matters most, the patterns that I created and the coping mechanisms I created to keep that emotion safely encased in that walnut shell. When you understand that, you've got command of your life and story. There's nothing. It's a nothing. It's just a nothing. Okay? Again, stories are fine. It's okay. There's nothing wrong here. I'm not telling you to do anything. I am telling you though, however, to notice. That's it. Just notice. All right?

We're going to do a little process here right now. We are going to ... Okay. I'm just tapping in, because I just did the process with myself. It came through, and I'm wondering how to deliver it to you in a way that really, really serves you. Okay. Archangel Michael is here, and if you don't believe that kind of stuff, it's okay. Just pretend that there's a source of love that's here. That's it. Archangel Michael to me is a beautiful metaphor for love and power together. Just look at all these things as metaphors. That's it. Okay. Archangel Michael is here right now, and he has this incredible, powerful ball in his hand. He's

holding an intention. In his hand the ball's like this big, but for us it would be about the size of about this big. It would be the size ... Have you ever encountered, they have that small ball bowling? It'd be about that, like lawn bowling, Boche ball kind of. It's about that size. It's about a third larger than a softball. It's this beautiful ball of condensed love and light. It's just powerful. It's powerful.

He has a really huge version of it that creates balls, and he's creating individual balls for each of us, and each of us, it contains a very distinct set of energies and frequencies that are design just for each of us. Okay? What's going to happen is he's going to install these balls into each of us. These are powerful balls of light and love that are natural shields. What he's told me they're called is a neutral no. It's a neutral no. Isn't that cool? What that means is there's pressure or someone is asking something of us, and it's like it's just no. Right?

Someone sent me an email saying that, "You need to tell me and answer me these three things," and the three questions would have taken a month to answer. You know, my answer is, "Join this program." Right? All of those questions will be answers, but there was a sense of entitlement in it, and I just said, "I just used my ball," and the ball, what it does is it expands out into this natural, neutral no, and it just pushes the energy away. It's not a violent act. It's not an act that is superior. It's nothing other than, "No." It's not a, "NO!" It's just a, "I don't think so. No." As the no happens, this energy, this ball just expands in this 360 degree and just pushes the energy away. It reminds me. I did a lot of shamanic work, a lot, when I lived in Toronto in the late 80's and early 90's. I learned on that shamanic journey that sometimes these, quote unquote, darker energies show up.

We are completely in our power at any moment to say no to anything, so when these energies would show up., I would either use it and learn the lesson from it, or I would just say, "No," and it just had no choice but to go away. Then when I went on my Ayahuasca journey, you know, it's fueled by medicine, that same process was true, because these darker energies showed up, and I just said, "No." They had no choice but to leave. This beautiful shield, if you will, and it's a neutral no of power in this beautiful ball that is actually being installed right now. It's happening right now. This beautiful ball. Each of you is going to receive this beautiful ball that is just for you. It's happening right now. Wow. It's really cool.

This is now your neutral no. When a circumstances arises and it's just a no, you don't have to fret. You don't have to freak out. You don't have to worry. You don't have to take it on. You don't have to say, "Will I hurt their feelings?" You don't have to do any of that. Just access the ball and just it's an internal no, "No. I don't think so." It just pushes the energy away. Right? It just does exactly what I did on the Ayahuasca journey, "I don't think so," and it just goes away. Mine makes a noise. It makes a woo noise.

As the ball is installed, you can start to feel that there's this beautiful, energetic no and this beautiful shield, if you will, of neutral. No. It's not a power over no. It's not anything but just, "I don't think so. No." If you want, sometimes I can feel there's an activation as I do it, "No." This neutral no is, oh man, it's now installed. That's it. It's now installed in all of you, and if you're listening long in the future, it's definitely there for you as well. Okay? It's installed now. That's it.

There's something that's supposed to happen right now. They're telling me what it is. Okay. I'm going to do a quick, little soul song that's going to integrate and activate the ball even more. It's already activated, but it's going to activate. This is a soul song of your new power able, your neutral no ball. Okay? Here comes the soul song for the neutral no ball. That was a fun, little song. Okay. Now this neutral ball, this neutral no of your power, just of pure power, the energy of love that we noticed

earlier, is in the incredible ball that is now part of your field of being. It's part of your tools of moving through the world now.

No matter what situation you are in, you can remember, and harken back to this moment, and notice the ball of neutral no. You just get to say, "No," and the ball just expands and pushes the energy away. The people involved have no choice but to walk away in some form or another. It might take minutes. It might take weeks. It may take months for them to walk away, but nonetheless, as this energy pushes out, they have no choice, because it is energy of love, and nothing but love can be in the face of this ball. Okay?

Now, we're going to go into that beautiful child that experienced something that created shame and self-loathing. Feel that self-hate, or self-loathing, or shame right now. Know that we have this incredible, powerful tool within us right now that we are going to use. Excuse me. Okay? We're going to bring our attention to that little one. Well, actually let's go to the physical body first. Sorry. I jumped ahead. Where do you feel that shame and self-loathing in your physical body? Where do you feel that in your physical body? Bring your attention to that area of your physical body, and you're going to bring the attention of you as the observer. Okay. You are the observer. You are the observer.

What that means is that you are in a state of neutral, but in the state of support and compassion at the same time, so fairy godmother, guardian angel, the archetypal mothering energy, like Mother Mary, maybe a scientist, a scientist that is compassionate, yet linear, that can stay neutral. Embody this energy. Embody this energy. Okay? I think it's your volume, because my volume's all the way up. I don't know what to tell you. Someone just said that they can't hear me. Feel your beautiful energy as this incredible observer. Feel yourself being embodied in this beautiful observer, and bring your attention to this little one that's in this part of your physical body. There's a younger version of you in this part of your physical body, and bring your attention there.

As you bring your attention there, you're going to notice this little one, who is an expression, who's expressing this shame and this self-loathing. We just say to them, "Of course that's how you feel. Of course that's how you feel, because it was such a confusing time, and how could you make sense of it? Of course you would self-hate and self-loath." "What is the emotion underneath that?", we ask them, "What is the emotion underneath that? What's really going on here?" We notice that there's emotion underneath. They notice that there's an emotion underneath it. Remember, you're the observer, and they're feeling. You're the observer. They're feeling. You're observing. They're feeling. Okay?

They just start to feel or express whatever it is. For me it's just sheer rage and is also sadness mixed in. We just get to say, "Go for it. Go for it. Feel that feeling finally. Feel that feeling finally. Feel that feeling finally, and know that this is a very safe space, and that there's no one here that can come into your field of being, no one, and that I as an observer or protector am keeping this space clean for you. They just get to feel the feelings of pure energy of that emotion, and they just get to feel it and express it.

We say to them, "Of course that's how you feel. How else could you have felt? Thank you for holding on to this. Thank you for holding on to this and putting that walnut shell around it, because if we had expressed this emotion at that time, it would have been dangerous. Dangerous, certainly not safe. Thank you for holding onto it until this moment and finally feeling it. Again, we are not asking you to change, my beautiful one. We are not asking you to change. Just feel and express this energy, this emotion. That's it. That's it."

And now Archangel Michael is there and installs this same ball that's in us in them, and they have this beautiful, beautiful ball of protection, and they get to rage, or feel the sadness, or whatever it is, and they feel this beautiful energy within them of their power as they just feel and express their emotions. As the same time as that's happening they're noticing that this immense energy of love is coming in, huge energy of love, powerful love is coming in and just loving them and contributing to their power in this moment, contributing to the ball and activating it even more. This power of this neutral no is now within them. That's it. That's it.

Now, whoever was involved in whatever happened that created this shame is now present, but present outside of them, so they are protected from them, and for extra protection they have in their hand a beautiful remote control that controls those individuals' actions, energies, everything. They have a pause. They have a rewind. They have a stop, and right now they are on stop. They are on full stop, so while they are present, the little one knows that, "Wow. I am super in charge here. I am completely in command here. I am completely in charge here. I've got my remote control. I've got my power ball. I've got the love that is here honoring me, and acknowledging me, and loving me." That little one is super powered. You can feel their little feet on the floor, almost in a martial arts position of power. That's it. That's it.

Okay. Judy move back into your observer. Move back into your observer. Okay? Your mind is making conclusions. For any of you whose mind is involved and making analysis and conclusions, just move back into the observer and remember that you're observing. This little one is experiencing. It's not you. It's them. Okay? Got it? Good. Now, the conclusion that was made in that moment was influenced by the people around you. If you're a little kid, you can't figure it out. The adults can. Okay? In that moment you made a conclusion about who you are and what life is. That's what this little one is doing now, and we are unraveling that, and we are allowing them to be in their power. We're allowing them to be in this field with the remote control, and whoever was there that influenced the decisions and conclusions you made about yourself in that moment, they are there.

The people that were there that created the learning of shame and the learning of self-loathing are there, yet they are in this place outside of you. It's like there's this Plexiglas around you, if you will, and now you have the remote control. You're there, and here's what we're going to do. We're going to just use the neutral no right now with them. Okay? We're just going to use the neutral no right now with them. We're going to say to them that this was not okay, what happened was not okay. It was not okay. There we go. That's what the little one is saying. Again, remember you're the observer observing the little one, and you might be a little bit part of this process. It's okay. Just remember that to keep your neutral energy here and to keep their beautiful energy of whatever they're doing over there. You're observing. They're feeling. You're observing. They're feeling. Okay? Good.

We watch them now claim their power, claim their no, and they're going to use their new tool. We can, as the observer, we can use it too. They're just going to say, "No. No more," and watch the ball expand and push all that energy away. In fact, what it does is it pushes it right out of them. Any old energy that was related to this shame or self-loathing is pushed out through the neutral no, and this beautiful, 360 degree ball of power and love just expands out of them, expands out of them, and pushes those individuals right out of the picture. Just no. There might be several versions of that, several ripples of that, several waves of that. Right? No. Just no. It's not a rageful no. It could be, but it's really just a very firm, powerful no. It clears the space, and it clears any old energies around that, what happened, out. It

just clears the space, and it works, and it works, and it works, and it works, and it works. There we go. There we go. There we go.

Now this little one looks at us, and we look at them, and we're like, "Wow. We are powerful. Look at that. We are powerful. Look at that." That little girl stands in her power, and from this moment on ... My little girl. It might be your little boy. Apologies to the men. Our little ones are standing in their power, knowing that they have this amazing tool, tools. They have the remote control as well. At any given moment, at any point in time they can use this power to just say, "No. No," and the ball expands and pushes the energy. It just pushes it away gently, but powerfully and firmly. That's it. And so this little one now starts to grow up with this beautiful power and them knowing the power of love that they are. They start to move through their life now with this power that changes the dynamics of everything. They start to grow up in this power.

Five years goes by, and they've been doing the beautiful, neutral no wherever it's required, wherever it's needed, and the dynamics of the family can't help but change, because the energy pushes it away, so either they go and live with another family, or the family dynamic changes so completely, because it can't be the same in the face of this beautiful, neutral no and the power that's developed in this little one. Now ten years have gone by. If you remember what it used to be like, just remember what it's like now and say, "Wow. It's different." You get to notice it's different. You get to notice it's different. Right? Now you're 15 years ahead, and that neutral no has changed a lot of things in your life, in her life, in his life. You notice how the circumstances are quite different now.

Now it's 20 years after the neutral no was installed, and the life is quite different. The life, the light is quite different. That's it. Now it goes all the way up to you right now, and your ball has been used many, many, many, many times now with tremendously powerful, loving results. When you open your eyes in this moment, you open your eyes to the power that is here, that has been established and proven over years and decades of how powerful you are and that now you have this amazing tool that is simply no, simply no. That's it right there. Beautiful. Beautiful. Beautiful.

That's it. Wow. That was really a powerful day today. Well done. Well done for bringing that through. Archangel Michael is kind of here just fluffing up your field and integrating the power ball even more, polishing it up a little bit. That's it. Beautiful. Well done. Thank you, Archangel Michael. Wow. I almost don't know how to end this, because, man, that was cool. Notice today, notice today when you are ... Maybe this does tie back into the homework, which was about them, that they have to change in order for me to be happy. They have to change in order for me to have less stress. Maybe use the neutral no and notice a little bit more with those individuals. Notice the neutral no. That's it. Notice it, and allow yourself to just notice what happens when you give all your power to them, that they have to change in order for you to be happy or less stressed. Notice that part too, and then just use the ball and see what happens. It's just like, "No. No more. No more. No more." Wonderful.

We went over a little bit today. Thank you, guys. Thank you. Thank you. Thank you for sticking with this. Thank you for being here. We are past the halfway point. For some of us it's going to start to feel a little downhill from here in a good way, like downhill is good, because we've been climbing the mountain for a while. Congratulations, well done, and I'll see you on day 12. Bye, everyone.