



21-Day Stress, Anxiety &
Overwhelm Healing Intensive
Day 17 Transcript

Good morning everyone. Good morning and welcome to day 17. I had a bit of a rough night last night, so apologies. My energy's a little bit low. I guess, I think I had a little bit of food poisoning or my liver dumped or ... Anyway. It wasn't fun. Goodness gracious. I'm a little tired today, so apologies for my energy. Trusting the process, trusting that my body is telling me something. We're starting to wind down here.

What I noticed during these 21-Day programs is there's some peaks and valleys. Some peaks and valleys in our journey of, "Wow. We're doing so good," and then a little valley of, "Whoa. This shadow neural pathway is a big time." I get to go to the neural pathway gym and even sometimes, there's what happened to me yesterday, which is some kind of a purge. That's a great word for it. Purge. Whew. The body holds onto toxins, pollutants, and it also holds onto emotional toxins in almost the same way. Sometimes, our organs kind of dump, and we don't feel so good. That's what happened to me yesterday. It didn't last all that long, but by the time I went to bed, it was a lot better. I'm still not 100% this morning, but I'm certainly better than I was yesterday at around three o'clock, whoa, when it hit.

For those of you who were in my level one certification class, I had to cancel the class, which was a real bummer, but I do want to be my best for those classes. I don't push through anymore. I used to. I would've done the class, in the middle of, "Hey, I have to poop," and would've brought my phone with me and into the bathroom and play this song while I was going to the bathroom. That's what I would've done. I don't do that anymore. I canceled the class. It's better for you, it's better for me, it's better for everyone.

Notice how you're feeling this morning. We're going to do something really kind of interesting and fun today. One of the things that ... We're going to do a full repatterning today. A repatterning creates a new story. We've done a little bit of it already, but we're going to do it from birth, so we're going to kind of do a rebirthing here.

My specialty, I'm a trauma specialist, that's what I trained ... I told ... I kind of chose, or the university chose a specialty for me when I was doing all my training and cranial psychotherapy and polarity therapy, and it was trauma. In particular, I had a singular focus on birth trauma. I learned a lot about that.

I almost became a midwife. They started a class in Canada where I was living at the time to become a midwife. I applied, and only 26 people got in per year. On, I think it was the 3rd year, I applied. They told me I'd be getting in the next year. I decided not to do it at that point. By the time the fourth year rolled around, I decided I didn't want to do that, and I was going to move in to technology, which I'm grateful I did. However, I was a doula for about three years, a little over three years. I probably brought in 30 babies helped to be born in the world and specialized in energetic birth trauma. I got to see a lot of it in how doctors caused a lot of it as well. It was fascinating.

Know that when I do this process, it came out of something that I've witnessed over and over and over again. It's super safe, and it's really powerful.

By the way, for those of you who are wondering, when I kind of look suddenly and my eyes glaze over, I'm actually reading your comments. It's kind of down there. I noticed when I was watching back some of

the stuff. I listen back to it because sometimes when I was, "Whoa, that was a good one." In fact, yesterday it was so powerful, I'm not surprised I purged a little bit last night.

Here we are. Janet 's saying thanks for saving us from the goo. Oh, it's my pleasure, and I get to create a little goo along the way, as we purge the goo.

One of the things that I gave you in the exercise is about imagining being born without any separation. Imagine remembering who you actually are, that you never once doubted your soul's journey, that your divine gifts were so precedent, obvious that anyone who didn't see them, they must be temporary blind was kind of your thinking. Playing in that is incredibly powerful because what that does, and we're going to implicate it much deeper to this little rebirthing we're about to do, but doing that creates a new story, a new field of being.

The old stories, they kind of start to dissolve. They kind of start to get less. The energy that they have behind gets less because the new story has more potency and more aliveness. Whatever we do here, know that we, my sense is that we live in a universe that has multiple universes happening simultaneously, and that there might be a universe where this is actually real. That's why I think sometimes we can tap in to it so powerfully, so profoundly is because there's an energy and vibration in the air, if you will, of the universe that it happened.

What if that were true? What if that were true, we're just tapping in to what's already real, and it's out there waiting for us to tap in to, to receive.

Katherine 's purging today too. Okay, so maybe it was, we all had a, do a little purge. Goodness gracious. I see this a lot, by the way. When there's a deep, deep emotional transformation, the organs, the tissue, it purges the old emotions, and it comes out as in things like upset tummy, diarrhea, even vomiting. Sometimes it gets a little bit mucousy, but not to worry. Oftentimes, if it feels like a flu and it moves through fairly quickly, it's likely a purge, and it could just be a flu. Sometimes we get the flu, and we don't have to attach a big meaning to it.

We're going to go on a little journey right now. We're going to go to the white space to start with, just going to that space, that white room, that white space, that space of concentrated love, that space where we just get to be, just get to be us. Bring your attention to that space. That's it. As you're in that space, yeah, you're just feeling your qualities. You're feeling your divine self. You're feeling the love that is here. You're feeling this beautiful still point. That's it.

There's this observer part of you that is present here. The observer kind of steps out of the body. The observer part of you, which is in this place of neutral observer, it's so perfect, and you just embody this observer, so there's two of you now here. There's one that's the observer, and there's one that's going to have an experience. As the observer part of you is going to go along for the journey, but also kind of be this external movie-watching, detached observer.

The observer part of you is watching this other part of you, and the other part of you starts to get younger and younger and younger and younger, and goes all the way back in time at the same time. It's going back in time all the way to in utero. It goes back in time even further. Again, you're witnessing part of you going back in time, past, you're through utero, and you're noticing some of the births along, excuse me, the moments a long the way of going backwards through your different ages, all the way to

in utero. You notice a little bit of the in utero, it goes all the way back to conception, and then it goes all the way back to before you were born. It's before you were born now.

Just pretending. This is just fantasy, fun, pretend, visualization. Before you were born, I want you to feel the energy of what that was like, that you were not too far away from being born. You've made some decisions about what your soul wants to experience this lifetime. You can feel some excitement there. You can feel some enthusiasm there. You can feel as if you've got this energy, maybe, of you just got the ticket to the best rollercoaster in the universe. You have some enthusiasm, a little bit of anxiousness, but some enthusiasm about the rides you're about to take.

Michelle is sharing beautiful excitement to arrive here. Can feel that energy of enthusiasm. A little bit of anxiousness, a little bit of enthusiasm, but nonetheless, is tremendous confidence. Just this confidence that you're going to arrive back to where you started, just like on a rollercoaster. Rollercoasters who had start and it brings you back to the start again.

Knowing that before you came to this planet, there was a start point, and you're going to come back to this start point at the end of the rollercoaster. There's no terror. There's no ... It's just kind of a wondering of what's going to happen, how am I going to do? I've got all these amazing science projects planned. How am I going to do on them? What's it going to be like as I'm going through density and separation? What's that going to be like? When there's that twist and turn of the rollercoaster of my soul's journey on this lifetime, I wonder what that will be like?

All of that anticipation, it's like before you go to on big vacation to Europe or prior to my journey to Ecuador, when I knew I was going to do ayahuasca, I knew I was going to be in a jungle that had anacondas in it. I wondered what that was going to be like. It's the same kind of energy, only it's more pristine because we know we're going to be absolutely fine no matter what happens, including dying because when dying means we're coming back right to where we're starting from.

We're noticing all of this prebirth. We're noticing all of this prebirth. That's it. As we jump in to the zygote that starts separating, something interesting happens. Something different happens. It's as if the connection, like they call it the silver quart, I don't know what it is, but the connection is bigger. It's like the bandwidth went from a fishing line to a big pipe. There's this big pipe bandwidth that remains, and something different happened this time when we were born. That bandwidth created this knowing of who we are. We never forgot. We never forgot who we were, no matter what happened.

We're in the zygote, and we're like, "Oh my god. I'm still god, but I'm also zygote. My cells are splitting and splitting and spilling, and I still remember who I am." As that's happening, just bring your attention to remembering your amazing brilliance, remembering that you're on this beautiful, incredible, important ride, this rollercoaster ride, remembering that you are a sliver of divinity, remembering your divine qualities even as you're going through these cells forming you. As these cells are forming you and that bandwidth of remembering is there, the cells retain that memory.

As you know that, you can feel that, you can actually feel the connection. It's like, wow. I'm never been separated. I'm not separate. I'm still me. I'm still this soul. You remember your divine qualities, and you name them. It's like, yeah, I'm still mischievous and adventurous and wise and courageous and benevolent and generous. Those are mine. What are yours? I'm still that. I still remember god clearly. I

still remember that I'm a piece of god, I'm the spark of god itself, I remember, even as these cells are dividing, becoming this body.

Then it's kind of two months in, and you're this little being. You're, the different organs and your brain and all those things are starting to form, and you're still you. You're still this soul that came down on this adventure, and you're feeling the excitement of the adventure.

Then you get to be about three months, four months, five months in utero, you start to notice your family. For me, my family was whew. Wow. It was a little challenging. I got to notice how my dad was yelling and he was smoking, they were both drinking. My mom didn't drink that much, but that was there, and I got to notice it. I got to notice my conception, even. I remember harking back to that. No matter what was going on outside, I remember who I am. I get to know that that's their soul journey, and this is my soul journey. In that moment, I know it. I know it. Even at four months in utero, my bandwidth of connection is so powerful, so strong, there's so much flow of divine energy moving in that I can't forget. I can't.

So we move into this, closer and closer, closer to birth, and we're starting to really have consciousness about what this family is. We start to feel powerfully that there's a reason, this is one of the science experiments, and we don't get scared or freaked out or, we're certainly not separate. We're not confused. We just know. "Oh, this is one of the things I chose. That's right. I remember."

As we do all of that, being in our power and defining it and remembering it and clarifying it over and over and over again, remembering our qualities, even in utero, as we do that in utero, there's an energy of vibration that is happening, and we all know that the vibration that is emanating from our great power creates circumstances to change because in the face of that powerful love that is you and your amazing qualities that are conscious, there's an emanation of vibrational frequency that moves out and impacts your parents. Plain and simple. They start to consider things differently.

What if that were true, that because you didn't forget, because the whole time you're in utero, you remember who you are, that it created a vibrational wave that impacted, that impacted, that impacted.

Janet, move into the energy here and allow your mind to ask those questions later. Move your energy into this moment and just remember your divine, beautiful qualities. Be present in this, and notice if your mind is asking questions about, "Well, that can't be true because this is going to happen, and if that's going to happen, then that can't be true." That is just your beautiful mind avoiding the situation, and thank god it does because our mind protected us and held us in safety. Just allow yourself, allow yourself to just move the mind out and go with it and play and pretend.

Just pretend. None of this is really true. I don't know really what's going on, but here's the guidance that I'm being given from you to you is this beautiful journey, so move into the journey with me. Remember yourself in utero and how powerful you are. Remember yourself in utero and how powerful you are.

Before you were born, what if you chose this seat on the rollercoaster, meaning this family, that was the seat you chose. You chose the seat to sit in. You chose, and there's a little bit of, you're in the line just a little bit, but you more or less chose a general seat of where you're going to sit, so you kind of chose the seat. It doesn't matter because you're empowered. You're in your power. You're in your divine power.

You know that you created some science experiments, and this family was part of this science experiment.

As you feel your beautiful, beautiful energy, as you feel your amazing qualities and gifts, and you feel the ripple of the wave changing the dynamics of your family before you were even born. It can't help but change your behavior. It's not a, they have to change. It's a, they just can't help but change in the face of this great love that you know that you are, that as you claim it day in, day out in utero, that you are this power, and this power can't help but change things around you, and your family dynamic changes a little bit, so therefore, your birth changes.

Now it's time for birth, and this beautiful waves start to happen. These amazing waves that start to push you out, and you realize that you can surf on the wave, and if you just put your feet a certain way on the traction, that you can actually use your feet to start to push you out. You're involved in your own birth. You're involved in it, and it feels good to move through this tight tunnel that squeezes all the fluids out of your sinuses and out of your lungs. This beautiful tunnel is designed to physiologically support you in this new atmosphere you're about to enter.

Even through that process, you know who you are. You know your beautiful power. You know your beautiful power. You know your amazing qualities. You know that you're going into something that is here for you, that you chose, that your soul chose this. Your soul is moving into this energy of the science experiment of expansion. You are your beautiful soul, and you know it, and you know it, and you know it.

Even the birth is different. Anything that was obstructive, you can see it in advance, and you can just change it. I had a little challenge with the cord, and I'm just adjusting it as I go. It's all good. Because I'm so conscious. Because you're so conscious.

Bring your attention to your qualities and your great power and the sliver of divinity, and you haven't forgotten who you are, and then you're born. The shoulder comes out, and the other shoulder comes out, and then you can still use your little feet to push out a little bit more, and your whole body comes out, and you're gently received. It's as if your energy is so powerful that it attracts extra people in the room. They're almost in a little bit of awe, and they don't know why.

It's kind of like when Jesus was born, all these people were attracted to that birth. I'm not saying you're Jesus, but I am saying that the energy of the vibration of you and your power is creating a vibration that is attracting people in, so there's like a little bit of, there's quite a few people there, and they're just kind of celebrating that you're born. You're feeling that celebration. You're starting to breathe the air. You're like, this is kind of cool. I like my lungs. My lungs can breathe this new stuff. This is good. This is really good. You can feel your power in this little body. That's it.

You can feel your parents are different, and if your parents are both there, even if they weren't the first time, this time, the vibration of you created this energy of them wanting to be there, and they're there. You get to look at both them and see that they are just these brilliant, divine, divinity pieces of divinity slivers of divinity themselves doing the best they can.

As they look at you, they feel something different about themselves. They feel something different. It's as if something kind of heals a little bit within them. It's as if they can take more responsibility, they start

to take actions that are different. You are now lying on your mom's belly, and you can still hear her heart beat as you just turned for nine months, and it feels good. It feels good. You just did really, really big and adventurous and powerful. You're here now.

Now, you kind of crawl up, and your mom kind of helps you, and you have your first gulp of milk. It's that colostrum. It's that beautiful, rich, nutritious milk that just nourishes all the cells. The physiology of your body just brightens, brightens from this colostrum. If that didn't happen the first time, don't worry, it's happening this time. Just pretend with me. Just fantasize with me.

Now, you're feeling nourished. Your physiology's being nourished, and that beautiful, wide bandwidth of divine energy is still pumping into you so you remember who you are. You look in to your mom's eyes, and you see god right there. You look in to your dad's eyes, and you see god there too. As you see god in them, they get to see god in themselves in that moment, and something shifts again. That's it.

Then you go home, and you start to grow up. But you grew up knowing who you are. You grew up knowing that ... And it's not a confused knowing. You grew up knowing you are. You grew up so it's not confusing that other people don't know. You know that other people don't know who they are. You know that too. You grew up with this gentle understanding that others don't know who they are, and you get to love them and see them and honor them. You get to remember who you are.

I'm going to grow this fairly fast now. We're up to five years old. From birth until five, you've been living in this energy of your vibration. The family dynamics has changed. As a result, it can't help but change in the face of that beautiful love-energy that is you. That's it. You feel, as a five year old, that you are an ancient soul, getting to experience the world as a toddler. It's like, what, this is fun. You get to just play. No matter what's happening around you, even if your parents are still doing some of their schtick, which they might because that's part of other soul's journey, it doesn't matter because it doesn't impact you. It's them. It's just them doing their thing, and you just get to play.

You're no longer confused. Your vibrational energy is also creating so that whatever is going on is nothing like it was before because they've changed so much, and they have a lot more conscious awareness about what their behavior does. They are really grateful for you. They're grateful for you. That's it.

Notice how the whole dynamics of what happened before are different now in the face of you remembering, in the face of the energy that you are rippling out. That you are emanating. That's the word I was looking for. Just notice what it feels like to be you at five in your power, be you at five in a power that actually creates change around you. That's it.

Now, we're going to go all the way up to 10. There you are at 10 years old, remembering who you are, standing in your great power, gently, gracefully, elegantly. You're just you. You get to see that others are just them. You get to honor everyone's journey including your own. You could just, you just get to be you, and by being you, you're emanating your amazing god qualities, you're emanating your great power, you're standing in your truth as you, you are this neutral still point. You are this neutral still point, and others are attracted to it.

There's a gentleness that comes with this, that surrounds you, that is you. A gentleness, an elegance, a grace in this still point that is you, that you represent something that is different to other people now,

and they're attracted to the gentle stillness. It creates more gentle stillness in those around you including your parents and your siblings. Powerful unwinding happening here right now. That's it. That's it. You just, at 10, you just are in awe of life. You have lots of really cool adventures in nature. Animals are attracted to you.

Now you're 15. At 15 now, you have this beautiful power. You're still living a life, and a life still happens, and things still happen, and people still come and go, and there's still some challenges, but you have perspective on every challenge now. The challenges are no longer something that you take in and make worse and it gets worse inside of you. Instead, it's something that you just reflect on and use.

You have the capacity now to, when there is grief or upset, you get to feel it. You just get to feel it. You have to have an authentic moment of being over and over and over again. Life still shows up, accidents still happen, things still happen, and yet you have this space and capacity in your field of being to be the neutral observer and choose in any given moment what emotion you are feeling and want to express. You simply express it. You just get to be you. That gives permission for other people to just be them. That's it. That's it. Good. Excellent.

Now you're 20. From zero, from zygote to 20, you've remembered who you are, and you notice this beautiful, neutral energy of the still point that is you, that attracts really cool people in to your life and that helps people just by being you. You notice that life still happens, and yet your response to life is quite different. It's one of presents and emotions in the moment. Something happens, you grieve. When something happens, you feel the emotion powerfully in the moment, and it resolves in the moment. It builds this beautiful strength of character, strength of wisdom, and it's as if your gifts are strengthened, are strengthened. Your gifts become more powerful, more powerful.

I want you to notice what you're doing. What kind of things are you doing at 20 that with your gifts completely activated and known to you? What are you doing? What's happening in your life at 20 that is different because you know who you are? I've already started writing music. I'm working on my first novel. That's what I would've been doing at 20. That's it.

Now, you're 30. For those of you who already are 30, you can stop here, and just feels what it feels like at 30. How is your life different? How is your life different? What are you doing now that's different? How are you doing it that's different? Notice what it feels like to be 30 in your power, knowing having never forgotten who you are. What's it like? Again, life still shows up, but you have choice. You have this beautiful energy of knowing that it's all going to be okay because you're going to go back to the start point. There's this confidence there in your field of being that it's all going to be okay because you planned out this amazing journey. You bought the ticket to the rollercoaster. You wanted to play here. That's it. That's it. Oh, wow. This is really powerful. Whew.

Very nice. Everyone take a nice, deep breath. Make a sound on the exhale. Ah. That's it. What's happening right now at 30 is there is this, for you and the 30 year old and all of it is there's this beautiful light coming in that is just integrating this amazing, new energy within you. That's it. That's it.

Now, you grew up all the way to you right now. You've never forgotten who you are, and you remember your amazing, beautiful gifts. Just pretend with me that that's true. What would that be like right now, as if you had that life, if you remembered every step along the way who you are. Remember, and you

get to have memories now of grace and elegance and power and true emotions felt in the moment and really got to be you this whole time. Now you're you now. You're you right now having had that life.

Right now, there's this, again, this light is coming in to integrate, this new energy of knowing. As I said before, I suspect that that life could be true. There could be another version of you out there that has had that experience that we are tapping in to, and it's feeding us right now. It's feeding us, and saying, "Yes. It's real. It's real. Yeah. It's real. Yeah."

Yes. A little bit of emotion here for me. You might be having the same thing. If you do, just feel it. There's tears of joy. Little bit of tears of sadness because my sister would still be here. In that lifetime, she's still there. We had something really different. She was sitting here in this. She was the teacher. She was an author. The two of us were like Dear Abby. The two sisters were writers. It's beautiful to see. It feels good to know that that's who I am. How about you? How about you?

Right now, your mind is probably going to start taking you on, "Well, that's not really true. That's not what's happening. That's not what happened. All those other things happened. I remember them." What if, what if the beautiful pattern what we just created is a truth that is real that has legs? What if that's now inside of you, you can't unknow it? What if that's something you can now point it and say, "I remember this life when I had all of my power the whole time. I remembered who I am."

What if that were true that it's in you now, that it's part of you, and it's no different than the life you actually experienced in many ways because the vibration of it is in you. The memory, you have memories now of that life. You have a chemical signature of that life in your physiology. It's in you. You can't unknow it.

What if you could start pointing to that life more and more and more? Here's what I've noticed. I've been doing repatterning for about 20 years, and I did this one repatterning where I was adopted by different parents and grew up in a different way. Everything that I felt actually came true in my relationship with my parents. I love them very much now. I didn't for a long time, but I loved them as I loved the story of parents. That vibration seeped through in to my life and all of it became true, energetically. That's what's possible. Notice if your mind wants to shut this down, saying, "Yeah, but it's not true," and then start pointing at what's wrong your life again. Just notice that. It's okay if you do. It's totally okay if you do.

Now, you can also start pointing at this new energy, at this new vibration, at this new story that's also true. It's a choice now.

Wow. That time went really fast. That's it. Just take a nice, deep breath right now and stand in your power right now. Just see yourself standing in that white space in your power. Feel what it feels like. Does it feel a little bit differently? Does your physical body feel a little different? Are your thoughts a little bit ... I'm noticing that I don't have a lot of thoughts right now, which is interesting. Are your emotions a little different? Is there somewhat of a more neutral space in your field, a little bit more stillness in your field right now? Do you remember who you are? Do you remember? Beautiful.

Thank you for day 17. This is very special. I think I'm going to go take a nap because I'm still feeling a little woozy from yesterday. Whew.

Also, just a little housekeeping, you've got until Sunday to engage in the STT training course. I would love for you to be part of that. It's a really beautiful course that allows you to learn the Spontaneous Transformation System of Healing which is a really great neural pathway gym for you to go to in the moment of upset. It's designed for using upset to transform and crack open the walnuts. I would be so honored and privileged if you would join me.

That's at trainingstt.com. Trainingstt.com. It's also the yellow buttons on the page. They are all to that. It's a little bit more of a description. If you're interested in joining me on that journey, the audios are waiting.

In fact, on Friday, I'm going to be doing a Facebook Live STT training. For those of you who are watching this later, that'll already be there for you waiting in the STT training Facebook group. I would love for you to join and learn how to do the system that really is the next step after these 21 days. It is a daily practice. Again Trainingstt.com. Trainingstt.com, or click on any of the yellow buttons on the page that you're on, and then you can join me for Friday's live STT training, Facebook Live STT training. It's a little bonus that I'm doing. We'll see you all on day 18. Love you guys. Bye now.