



21-Day Stress, Anxiety &
Overwhelm Healing Intensive
Day 18 Transcript

Good morning everyone and welcome to day 18, I think. It's day 18. Isn't that amazing? It's day 18. Wow, what a journey we've been on. Reflect back to when we first started, day one. Reflect back on who you are. Reflect back on what you've discovered. Now, one of the things that I've been noticing lately is we've been getting requests, which is really cute. "Can we d- can we do this? Can we do that?" I want you to notice something ... And that's okay, requests are just fine by the way, they're just fine. I want you to notice where your mind is going when you have a request. Okay, where's your mind going? Is it to, "This is something I need to get rid of." And that's okay, but notice it. Is it to, "Are you pointing out what's wrong?" And that's okay too, just notice it.

We're getting into the finite stage here. We're getting into the fine tuning stage here, right? What that means is, the level of noticing is going to be become more pristine. Okay, the level of noticing is going to becoming, "Wow, did you see how my mind did that? Did you see how my mind, um, took me on a journey that ... Oh, I didn't even know my mind us- does that?" You'll be noticing some patterns showing up as we finish up our last couple of days together. You're going to be noticing after we're done.

I'm also hearing about how many of you are going to the neural pathway gym and that just makes me so happy because what's happening in that moment, is that you know there's nothing wrong. Man, I can't tell you what an enormous difference that is, when you know that there is nothing wrong, that it's just a gym. Gyms are not evil. They're not bad because they provide resistance for your muscles. They are not bad and you know this. Positioning it as a neural pathway gym, which it actually really is, is powerful. It's powerful, and it allows your mind to move into a different space that allows you to move through it with a level of grace and ease that you might not have ever experienced.

I want to also bring your attention to the fact that ... We're here as a group ... Excuse me ... and the group is supporting and helping one another. The group is supporting and helping one another, powerfully, and it's just so incredible. Part of the reason there's an acceleration in our 21 days, is because we do it in this fairly large group. As we do it in a fairly large group, it means that every one of us that's pinging in this new energy is raising the boats of everyone else. That's true if you're watching this live, or you're watching this well into the future as a recording. You've been held in this group, for sure. We've got you. We see you.

Just bringing our conscious awareness to the fact of these things, that you are so supported. You are so supported. Can you feel that? Can you start to sense that? Just consider in this moment, what if I lived in a benevolent universe? We did this before but it's going to have a different energy now. What if I lived in a benevolent universe and was completely supported by everything, including my circumstances? What if that were true? And you're starting to get an inkling now that it's true. You're starting to get an inkling now that the circumstances are part of the neural gym infrastructure, that is supporting you in an expansion that's getting your attention for an evolution of your very soul and, certainly, of your mind.

When you came down to this planet, you had an amazing re-birthing on day 17. Day 16 and day 17 were just peak days. Wow. You came to this planet with a set of intentions. One of your intentions is to arrive at this moment, here, right now. You're timing is perfect. Now, another thing, I want to talk about timing. I want to talk about divine pace. If there's something that you want, it's going to happen exactly when it happens and not a minute before. I know that sounds kind of trite, but tap into the energy of that. You can therefore, drop the mic, if you will, or drop the holding energy of, "When's it going to

come? When's it going to come? When's it going to happen? When's it going to happen? When's it going to ..." Just drop it, and move into the energy of, "It's going to happen exactly when it's going to happen and not one minute before." Isn't that exciting? What was meant for you can never, ever, ever be lost. Can never be lost. I'm writing myself a note about what we're going to do today.

So, what does that feel like? What if what's meant for you can never be lost, not ever? No matter what decision you've made in the past, or any decision you'll make in the future, what is meant for you can never, ever, ever be lost. What does that feel like? What's meant for you can never be lost. Tap into that. What does that feel like? What's meant for me can never be lost. Wow. That created a beautiful expansion, just a beautiful expansion for everyone. What if what's meant for me can never, ever be lost? That creates some freedom in your space, doesn't it? What if what's meant for me can never, ever be lost? What if I live in a benevolent universe that is constantly supporting me? What if I live in a benevolent universe and that the circumstances of my life are constantly supporting me? The circumstances of my life are here because I'm ready. I'm ready, I have the wherewithal, I have the strength. The circumstances that are showing up right now are showing up, in part, because I'm examining and being in my life in a new way. I have the strength and the power, and the wherewithal to use what's happening to powerfully heal. Got it?

Now, there's lots of people been asking about relationships. First of all, we did relationships on day 10. So, go back and do that one, again and again, if you're having any challenges with relationships because you've already forgotten that we did it on day 10, which means that you're in this powerful mode of playing in that relationship. It's good, it's good. Circumstances are here because you're ready, okay? I want you to notice something, that relationships are changing. Again, one of the things that we do is we focus on a symptom, and maybe ... I don't know if you've noticed this, but we don't say, "Well, it's in the orange chakra and therefore, there's probably this going on and your field of being and it's related to the seventh ray that is led by this guy, and um, it has something to do with the, with the Schumann res-." We don't do that stuff. I don't know if you noticed that. There's nothing wrong with that stuff, but that's not what we do here. What we do, is we go to the core.

It's okay to go to the symptoms, and the answer is in you now. The answer is in you now, which is do spontaneous transformation. If you have a question of, "There's something I really want to play with, instead of get rid of." And notice, if you say get rid of, by the way, it's okay. Again, no word police here. No emotion police. We don't have to suppress or repress anymore. Instead, we notice it and we go, "Wow, would you look at that. Did you see that? Oh my goodness. I'm really dancing in this one area. Okay, spontaneous transformation. Okay, um, I'm going to, uh, go to one of my stress releasers." Now, instead of going to, "I have to work on my relationship," instead we go to the emotion that's there and we do spontaneous transformation or we go to the stress that's there and we go sit in our hammock. We do one of the stress alleviators. Or we notice the tics, the tells that we're building up to stress. Or we move into that beautiful hall of our incredible qualities. We put on the uniform of our qualities and dance in that.

Now, there are the things that actually change the vibration of the relationship, but our mind thinks, "Well, we've got to sit down and have a talk." Our mind thinks we've got to escape. When the mind goes into fight or flight. The mind goes into this, "I've gotta talk to them, they've gotta change. Um, I've gotta tell them what's wrong with them, so that I can feel better." Now, that's how the mind works, it's not how the energy of transformation works. The energy of transformation is, it's all you. They are stepping into your universe. I know for some of you, that may sound harsh and I apologize. I'm genuinely sorry if

you're in a relationship that causes deep suffering. I mean, I've had them so I get it. I was going to write a book called the Narcissistical Actor, so I get it. I also know that when you change your vibration, all of that changes. It does, it dramatically changes.

It's about what we're doing. This every single symptom that you're asking about is being addressed every single day. Because we're changing our vibration, we are claiming who we are. I just want to remind you that even though I'm not doing a session specifically on stress, every single session here is addressing the core reasons why stress is there and unwinding them so the stress, it isn't even there. I don't even know if you notice, but even when we're doing physical illness, we don't do spontaneous transformation if you've got a problem with your lung. We're doing spontaneous transformation on the lung, we're doing it on the emotion that the illness is bringing up. We don't do it on them, so that they can be fixed and therefore you'll feel better. It's just not how it works, because they're on their journey, you're on yours. They're doing the best they can, and even if it doesn't look that way, and you are too. Okay?

Then underneath all of this, is this undercurrent of divine timing, of soul tempo. We're going to play a little bit with divine timing and soul tempo, so you can feel this and start to stand on a platform of your divine timing as a strength, and start to build confidence and faith, and trust in your divine timing. Right? Okay, the pulse of divine timing is already started. That's it. That's it. So just the concept of what was meant for you can never be lost. There is this perfect timing and tempo of your soul.

And that you bought this ticket for this beautiful rollercoaster, this adventure of this lifetime. Then there's this one particular curve that you've been looking forward to. The curve is there, it's just not here yet, so it's going to get there. When we know that the timing of that particular curve ... And it's a fun curve, it's a good curve, it's blast curve. It's the one that you've been looking forward to, right? It's that beautiful adventure that you've been seeking and wanting. I'm not saying a curve is bad, I'm saying this one is good. You've been wanting and waiting for it. You know it's coming. The reason why we have this anxious, "I need. I want," is because there's a part of us that knows it's coming, that knows it.

Sharon had a beautiful sharing on her post today about ... She had a couple of NDEs and came back, and this is the moment she was waiting for, to just be her, that's also going to open up the other things that she has been wanting. Instead of constantly looking, "Is that the curve? Is that the curve? It's that c-, is that the curve?" And you're missing all the rest of the ride. You're on this beautiful ride and you're missing it because you're looking for the thing that you've been anticipating. Instead, let's tap into the timing of the soul. Let's tap into this perfect moment, by moment journey that is your soul's journey at this lifetime, at this time. Okay?

We're going to go into the sacred chamber. Everyone just bring your attention to this moment. Bring your attention to you as the observer and the stillpoint of this moment. Feel yourself embodying that beautiful observer and feel the stillness that is here. As I say, notice the moment. Just notice your version of the moment. That's it. That's it. That's it. Now, we're going to use this beautiful moment to move into the center of our brain, the middle of our brain, right? If you know anatomy, it's where the pineal gland is. It's right in the middle of the brain. That center, right there, there's an elevator. For those who want to go straight to the sacred chamber in your own way, you can do that. For those who want to be guided, just join me on the elevator. Step upon the elevator and there's a button that says, "To sacred chamber." You are going to hit the button, elevator doors are going to close, and you're

going to start being conveyed down, and down, and down, deeper and deeper, and deeper, and deeper, and deeper. That's it.

As you go deeper and deeper, you notice that the stillness becomes more. And you notice that even your relaxation becomes more, as you start to release the tension of density, of three-dimensions. The elevator goes deeper and down, and down, and down, and down, and down. Then it starts to go sideways. It starts to go sideways and up and down, and kind of like a little bit of a rollercoaster, but a gentle one that feels great, because it's going to a new dimension. It's going to through these wormholes to get to the dimension of being, of being. The dimension where the center point of your soul is.

The elevator eventually comes to a standstill. Elevator door opens, you step inside your beautiful sacred chamber. Beautiful sacred chamber, you step inside and you go deeper and deeper, and deeper. You notice the remarkable stillness that is here. Whoa. The refined neutrality and love that has no conditions or expectations, that is almost like if you were to describe pure surrender, this is what it is. There's nothing to do here. There's only you. This is where your higher self lives. This is the infinite and eternal energy. This is love, and joy, and flow, and possibility, and alignment, and balance, and wholeness, and health in its most refined states. All of those qualities describe you, right here, right now. You feel yourself changing as you stand in this beautiful sacred chamber. You feel yourself in the pause of the stillpoint, with more capacity to receive and more capacity to give. You notice your divine qualities in this beautiful sacred chamber. As if the sacred chamber itself is made from the fabric of those qualities of you. You see the evidence of it all around you. You feel yourself breathing in these qualities of you. That's it.

You see the mirror of the eye of God over there, that you can step through at any time to move into the chamber of concentrated love that contains all of your sacred gifts, your sacred divine qualities. Right now, there's another chamber we're going to go to. It's just over there. As we get closer, there's this vibration of pureness, if you will. I don't know how to describe it. It's this pure, clean, clear energy. We're going to go through a little doorway or a portal, or whatever it is for you. As we get inside there, we actually are in a place with stars. We're in a place where we can see the great expanse of the universe. We're in a place where we can float, we can fly. We notice that the stars themselves are nurturing and cherishing, and adoring. They are supplying us with nourishing energy. We are in the place of pure pureness.

Right here, what we're also being shown and what we get to experience is this tempo of our soul. We get to feel, yes, the divine timing. We get to feel the confidence and the trust in our soul's journey in the quiet stillness of the stars. In this kind of temple, this star temple of our divine timing, or the tempo of our soul, we start to feel and unravel any stress around timing. We feel it just dissolve. We feel the chains of those things just break. We feel any cords of attachment we have just fall away. They cannot survive in this beautiful temple, this beautiful temple of the stars. This us, floating in the stillness and the stillpoint of divine timing. We notice, as we're floating along, that there's actually something that's been supporting us this whole time, and it comes clearer and clear. It's like whatever the metaphor is you, but it's like we are cupped in a hand, in the hand of source of divinity of God itself. We are surrounded by loved ones passed, and guides and angels, and archangels and master healers and an entourage of individuals who love us.

Also, part of that hand is us, is our higher self. Is us, the part of the divine nature that has lived in the infinite and the eternal. Part of that hand is also all these guides and allies. Part of that support that we're receiving, that we are carried and supported, and loved so profoundly. We are just held and supported. We can fly here too, on our own accord and we can rest in this beautiful hand of support. It becomes whatever it feels like to you, that best supports you. We feel ourselves so deeply supported and we know that our higher self knows when that curve is coming and has got it, has got the situation. We know that our higher self has the map and the blueprint. We start to get little inklings of timing. Even if we don't have dates, we get an inkling of timing. We get an inkling that there are things that must happen in order too, that there are steps before steps, before steps, that are happening right now. We get to see, as we kind of ... It's kind of like when you look at a Christmas tree through fuzzy eyes. It's kind of like that. That's how we are able to look at the map, at the blueprint. We see fuzzy eyes, but we get an inkling of the timing that our soul designed for us. We get an inkling of all of that. That's it.

We see that there's nothing that manipulation or worry is going to do to change that timing. That we have this perfect timing and tempo. We get to release into the stillpoint here, into the stars here, and just be loved and honored, and seen, and acknowledged for some of the suffering and pain that we've had. That starts to dissolve too. Then again, we notice that all of the cords and the chains that have held us in needing and wanting and grasping, understandably so, there was nothing wrong with that, they just kind of dissolved away. We get to just breathe in the stillpoint of the moment. That's also creating this beautiful healing within, physical healing, emotional healing, mental healing. Our thought are changing. Our thoughts are changing. In this place we start to get an inkling as we can kind of sense the map and the blueprint. We start to get an inkling of not so much when it's going to happen, but what it's going to feel like when it happens. From that feeling sense ... It's true feeling, it's not a mind-oriented, lottery-winning kind of feeling. It's the true energy of alignment that is happening. The true energy of alignment that is happening, showing you the future you in an aligned state to achieve what it is you want.

You're in the aligned state. You can feel that right now. Describe it to yourself. What does it feel like to be in that aligned frequency, that aligned state, that aligned stillness, that aligned point of view? What does it feel like? Describe it to yourself right now. What does it feel like? There might be some mind-oriented words in there and that's okay, because the mind gets to feel that. I heard a little relief, but there's more than just relief. Feel what's underneath that. Feel that you get to a truce of who you are. You get to one of your qualities maybe. You get to feel more space, more capacity. You get to feel more trust. Sense those energies, so that's the true alignment with what you want. Sense that. That's it. That's it.

Describe what the feels like to be in that alignment, in that future self that is aligned with what you've been praying for, and seeking, and wanting. Describe what that feels like, as you are, in turn, nurtured by the stars themselves. You are held in the metaphor of God's hand, whatever that feels like for you. You are supported with these guides and allies and healers, and loved ones passed, all here saying, cheerleading, "Yes. Yes, this is you in alignment. This is what it feels like." Feel that energy of you in alignment. There's a soul song coming on. There's a soul song to support you in this alignment, to support you in this vibrational field of being a match for what you want. Here's the soul song of vibrational alignment. (singing).

Feel yourself supported so completely. Feel yourself knowing an inkling of the plan. Feel yourself tapping into the divine tempo of your soul. Feel yourself knowing the timing, your soul timing. Feel

yourself moving into alignment with what you want and acknowledging and allowing that timing to be. Feel yourself floating in the stars of support. Feel yourself noticing your divine qualities in this place of profound energy. Feel that your beautiful qualities are also part of the plan. They're part of the plan. They're part of the steps. They're part of the gifts that you brought. Yeah, I'm almost seeing a vision of a game, of a video game. You start the game with these amazing tools and you gather more. Some of the tools get stronger as you go, and that's what your gifts are, that's what your divine nature is. That's what these divine qualities are. These are your gifts that are helping your beautiful soul. That's it. That's it. There we go. There we go.

You feel yourself right now. You feel yourself moving away from this place and moving back onto the platform and moving back into your sacred chamber. You can feel that you took the stars with you, you took the alignment energy of what you want. It's now part of you. You've glimpsed the blueprint and you've been activated and ignited by the energy of your soul's plan. In that trust and faith of knowing that you've got it, you know this. You know what's up ahead, and even if you don't understand it cognitively, you have it in your field of being. You have the vibrational essence of it, so that it's going to be a click, click, click, fit. You're going to see it and know it immediately. You're going to see it and know it immediately. Your chin is now raised as a horizon of your life and you can see all that support that was there comes to us in the form of resources and new insights, and new discernments and new ways of looking at things, new support networks, new individuals that show up.

What we've done, is we've unlocked the warehouse of support. There is this powerful warehouse of support. It's not that it's been locked, it's just that we didn't bring our vibrational attention to it. Now, in this moment, in the same area, we can see the warehouse of resources. It is miles long and stacked high. It is laid out by time and circumstances. So there's an area for right that is filled with resources for you right now. Every single challenge or problem that you perceive is a challenge or problem comes with it, thousands of solutions, thousands. I think I've talked about this before, but Anita Moorjani wrote a book about this, that when she died she went to the other side and came back. When she came back, she shared that she saw the warehouse, that there are so many resources here for us. When our mind thinks there aren't any it locks it. We've unlocked that warehouse today. We've unlocked our conscious awakening to the resources that are here for us, to the support network that is here for us, to the divine timing of our very soul.

That's it. There's a beautiful unwinding happening here. If you want, you can peruse that warehouse. It's kind of like a library, you know exactly where to go, where the area is of your current circumstances and you can look at all the resources. If you can't see it, just pretend you can. Just pretend that you can see it. Just do this big old fantasy, like you're in a movie, like a Star Wars movie and there's a library of you and you can just look at it, and take in some of the insights of what some of the resources are for you. Some of it is to tap into your divine qualities so you can see better, because the resources match your qualities. Does that make sense?

You can come back here anytime. You can come back to the place of the stars anytime. This is where you can grow your neural pathway of perceiving, which is what we've done today. There's a beautiful, powerful neural pathway of receiving that has opened up. Remember, when we open up a new neural pathway, the old neural pathway, the shadow neural pathway is likely going to show up and deliver some wonderful resistance so that you can push against it and grow the muscle of this new pathway of receiving, okay? If anything shows up in the next 24 to 48 hours, don't freak out. Just go to the neural

pathway gym, and use ... The neural pathway gym is, of course, spontaneous transformation. You can also go into the place of the stars, okay?

Remember, you got until Sunday. You got just four days left for the spontaneous transformation discount training. If you want to go to the neural pathway gym of spontaneous transformation, I strongly recommend that you take this beautiful program. I'm going to teach you how to do spontaneous transformation. I'm going to teach you the philosophies behind it, so your mind can get it. You're going to be attuned to the STT frequency, so that your whole field of being is able to do it more powerfully, and accelerate the whole process even more. You're also going to learn the steps. There are specific steps and you're going to understand what the steps mean. You're going to understand the energy behind each step, so you're going to understand the why behind each steps. The cognitive understanding, as you know, grows everything to a stronger level.

I hope you'll join me. It's trainingSTT.com, trainingSTT.com, or any of the buttons, I think they're yellow buttons, on the page that you're listening on. Okay? The audios are already done, they're waiting for you. The course is ready to go, it's not live. However, tomorrow at 10:00 a.m., I am doing a Facebook live. If you join now, you can get in on that Facebook live and ask me questions, okay? So tomorrow at 10:00 a.m., I'm going to be doing a Facebook live in the STT Training Facebook group, okay? So if you join right now, you can get in on that training. How fun, right? That's the only live part, all the rest of it is waiting for you.

Thank you, thank you, thank you. Yay, STT training genie. Yes, yay STT training. Yeah, you consider that your neural pathway gym. It's a wonderful place to train and it's a really beautiful course. It's going to help you create a practice of spontaneous transformation, so long after this program is done, you're continuing this journey on your own. This is a self-healing program. Of course, it also helps you with your friends and family. Imagine being able to help your friends and family with some of this stuff, with some of their stress, with their upset. By doing a simple, it's so non-threatening, it's so easy to do, spontaneous transformation session with them.

Of course, it's also the prerequisite for the STT certification program. Once you get through the STT training program, you'll be able to register for the STT certification. We've had a couple people share that they're actually joining the certification program and not intending on becoming a practitioner, but they just want the advanced training that they get with the certification training. That might be in your future as well, but you have to start with STT training, which is trainingSTT.com, trainingSTT.com. I love you guys, I'll see you tomorrow. Bye.