

Jennifer McLean's Wellness Attunement
Attuning The Physical
Emotional & Mental Bodies
TRANSCRIPT



Good morning everyone, and welcome to our bonus as part of your bundled package of four products that you invested in. This is your bonus of the wellness attunement. I am so excitement about this. Let me tell you. I've been dancing and praying and tapping into this attunement for weeks now, and boy, it's really exciting to be here with you to actually support you in this really, I can honestly say, amazing attunement because I know that it's actually you that's pulling it through me. So this is yours, so I can claim and be very hyperbolic about it. [smile]

This is the attunement to support your physical, emotional and mental bodies. So, we're going to start by doing a little journey, and the journey, of course, if you're familiar at all with my system of healing with the bundle, with the bundle, you're likely very familiar at this point. We are going to have a process that supports the mind and this process that supports the mind's thinking and the mind's understanding and the mind's need to make sure everything is safe. So, this journey that we are about to undertake together will allow the mind to understand and see what each of these bodies are — the emotional, physical and mental bodies — so that the mind can then have a hand and partner in the release.

We're just going to, first of all, honor the beautiful mind right now, the beautiful thoughts that come from those ... The thoughts that are there for really good reasons. The thoughts that create reaction. The thoughts that create upset. The thoughts that come from limiting beliefs, these beliefs that were formed in the moments of upset and trauma. And so, we just honor these beautiful thoughts that float through, that have really, really, really helped us to survive when the initial incident happened. So we just honor, first of all, these amazing beliefs that create and formulate and fuel these thoughts. We just honor them as something that is ... So we move right now into the observer.

We move into this version of us that can observe and be detached. We can just simply observe our beautiful thoughts and how our thoughts come from something that is real and honorable and as it should have been. We just notice the whole of that. We just take a moment and just pretend right now that we can stand in our observer self, and as we stand in our observer self, we can observe our beautiful thoughts or the part of us that is fueling those thoughts, the part of us that got hurt, the part of us that created these interesting somewhat warped beliefs in the moment of upset, these conclusions about who we are and what life is and then created thoughts.

Those thoughts are regularly fueled by the beliefs that were formed in these moments, and we just honor the process. We just be the observer in the moment and observe it, and say, "Yes, that makes sense." We'll be the observer in the moment, and we also have a moment of detached compassion where we can say, "I'm so sorry for what happened." We can speak to the little ones that experience these events, that created the beliefs, that created the thoughts, that fuel the thoughts, and we just say, "I'm so sorry for what happened." I see that that whole process was designed to help our psyche be intact and survive. And so, now, today, with this wellness attunement, we're moving another step or probably a leap.

We're moving into a leap of healing from surviving into thriving, from recovery into fulfillment, into peace. That's right. That's it. Beautiful. So, just with that consideration, you can change the vibrational frequency of this very moment, allowing and opening, even more of an opening. That's right. That's it right there. Yes, there's the opening. Some of you may not feel it, and some of you may feel it and none of it matters. Whether you can feel it or not is okay. Everyone is different and everyone experiences

things differently, and I often have heard from guidance that those who say, "I don't feel anything," are actually the ones.

They actually already achieved the goal that the rest of us are trying to get to, because, for me, even though there is no destination, my mind requires one. And so, my mind is looking for the destination of no thing, of the neutral, of zero point. Imagine, we talk a lot about zero point. Zero point is a place of zero. There is no thing there, nothing there. If you don't feel anything, perhaps, what if, maybe, you might be one of those people who are already in the no thing, and they're just using this material to enhance it even more, to bring conscious awareness to that.

If you're a big huge wonderful feeler like I am, then perhaps that's part of the process that will help you to know when you're there, why you're there and bring your conscious intention to being there more and more and more, and it's all perfect, isn't it? We're all beautiful little pieces of the puzzle that fit into humanity. If any one of us tried to shape ourselves to someone else, it wouldn't fit. So we're all perfect. Perfect. We're all perfectly flawed. So as we tap into the whole process of how our beliefs are formed from moments of upset, they create a strange conclusion about what life is that helped us to survive, that then fuels our beliefs, fuels our thoughts I should say.

And we just notice that from an observer perspective, and say, "Yeah, that makes sense, and it is good." That's it. That creates a beautiful opening. Another flowering. It's like the petals of a lotus flower expanding even more. That's it. Perfect. Okay, so now, we're going to go on our little journey. Lovely. Just take a nice deep breath right in this moment. Take a nice deep breath. Make a sound on the exhale, ah, and know that when you're exhaling, then the next inhale, you're going to inhale this beautiful white light. It's going to fill your being as if you're the very light of divinity itself is filling it. As you exhale, that white light is going to expand, and you can make a sound on the exhale that which allows a release, that allows the light to expand even more.

So, on this inhale, you're breathing in the white light of divinity itself, filling you up. Ah. That white light is expanding as you make a nice wind of exhale. Then we'll do one more this. White light is coming in. Ah, the exhale, it's expanding. Ah, as you create the release with the sound. Ah, there we go. Beautiful. We're going to travel now into the sacred chamber, into the deep wellspring of being that is us into the center point of our very soul. So, we're going to move into the very center of the brain. If you know anatomy, it's where the pineal gland is, and right there, right on where the pineal gland is, is this beautiful pearl.

If you don't know where that is, it's okay. It's in the center of the brain, so don't panic. It's right in the center of the brain, is the pineal gland, and it's a beautiful pearl. It's a perfect, perfect pearl. It's the most beautiful pearl you've ever seen. What's wild about it is it's huge. It's much, much bigger than you. Three times bigger than you in the center point of your brain. So you're little. It's big. And suddenly, these stairs fold out from it, inviting you in. And so, you step upon the stairs and step into this beautiful pearl and it's just perfection. It smells so good, and it's just a perfect temperature for you, and it's soft and lovely, and it has exactly the colors that you would like, your favorite colors.

It's just appointed perfectly just for you. The stairs come up and close and the door closes and you're in this little spaceship-like thing that's perfect. It's so beautiful. The spaceship is going to take you. This pearl ship is going to take you to the center point of your soul and it kind of drops into your ... It's as if

your body has turned to liquid and the container, your skin contains this liquidy, beautiful world, and this pearl drops into it and floats down, down gently, moving back and forth, and you barely feel the motion as it's gently moving through the pool of your being down, down, down, down, deeper and deeper and deeper and deeper.

It arrives to what seems like a bottom, and then it kind of gets flushed by currents, through the wormholes, and it goes through wormhole after wormhole. You notice the subtle energy of an expanding energy of love as you get closer and closer to your beautiful sacred chamber. This pearl goes through wormhole after wormhole, getting closer and closer, and you're feeling the love more and more and more and a beautiful energy of light stillness. The beautiful pearl eventually enters straight into the sacred chamber and immediately dries off. The stairs open up, and you step down the stairs, and you take that first step onto the ground of your soul, onto the ground of the center point of your soul, your sacred chamber, and you immediately feel that it's different here.

You immediately feel that it is still in the most beautiful way. It's not like a still before the storm. It's a stillness of love. It's an energy of vibration, of frequency, of support in this stillness. The stillness contains within it all of the most potent energies of love, hope, and joy, and possibility, and flow, and abundance, and wealth, and wellness, and wholeness, and happiness, and alignment, and balance, and you just sense how safe this place is. If you are having any kind of trouble thinking that maybe you're not here, it's okay. Just notice that. Be that observer again and notice that part of you that might think it's having trouble, and just say, "If I have an inkling that I'm here, the inkling contains within it the whole."

And that wholeness allows you to be fully here. So just an inkling of a possibility of maybe that you are in this place is enough. You stand now fully in this beautiful sacred ... in your beautiful sacred chamber, the sacred chamber of your soul as matter. In the beautiful most pristine pure energies of innocence and love and clarity and power, that is your soul, is what this place is made of, and you sense it with every step in this beautiful sacred chamber that you are in a very special place, a pure place of you, of you. It's all you. It's you as love, in love, through love. It's you, and you just breathe in this moment, and you take a moment to describe what it feels like to be in your sacred chamber.

You just take a moment to describe what it feels like to be in this place of pure concentrated love of you that you're in your divine version of love, light, joy, happiness, possibility, flow, abundance, wellness, wholeness, safety. Just notice what's it feel like to be here, what's it like. That's it. Good. Good. When we shine the light of consciousness on any of these experiences, the experience has more potency as it expands. So when we take those moments to describe what it's like to be there, we are awakening the energies even more. That's it. Beautiful. And now, we're going to go just over there. There's a room or an area where it depends on what your sacred chamber is like.

And in that area is like a signpost or a street post or some kind of indication that it says emotions. Emotional bodies is what it says. Emotional body. And so, you move towards that area that says emotional body, knowing that we are in the most pure, pristine, divine version of that emotional body. As we enter, as we move past the sign and enter this room, this area, we immediately feel the most beautiful emotions. We feel the emotion of love, the emotion of ... Immediately, I'm awash with the emotions of what I feel about my beautiful kitty cats. It fell on Louie. I feel the love for all the kitty cats I've ever had and how that unconditional love that I get to receive from them, that I have for them.

It wells up in me. It's bringing tears to my eyes. I feel this level of pure love, and that, that is, as you think of ... It's not even thinking of it. It's like chicken and egg. It's like, the energy is the vibration of you as love, and the things in our life can show us and allow us to enter this place of love. So, as we enter it, we immediately start to feel the love we have for whether it's your pet or your kid or your parent or your grandparent or whatever, wherever the love is. As I've mentioned, someone that is not that, then just let it go. Don't pause there because you are now in a place of love and that love is powerful.

You are in the purest version of the emotional body. I want you to notice that as you stand in this purest, most powerful energy of the emotional body, in its purest, most divine form, that there's an amazing rippling energy that you might actually be able to see that moves into the world, that acts as a magnet, that pulls towards you these experiences of love. That's it. And so as you tap into the pure divine version of the emotional body, as if this beautiful, cooling, soothing, energy, light that is coming in and just loving you, as you feel that emotion of pure divine love. It's activating the beautiful vibrational frequency of light moving in at that vibration and just loving you and filling you with it, and you can breathe it in, and it fills you and embraces you.

And so that every part of you in this moment is immersed, marinating, in this vibration of love. In this vibration of the emotions of love, of the pure vibrational frequency of love, the emotional body of love. That's it. That's it. Beautiful. There's an unwinding happening here. And now, we move out of that area knowing that we are not leaving it behind, but it is now part of us. We've been infused with it. We now move into the room or the area that is just over there now, really close by, and it says physical body, and we move into the physical. As we move into the physical, we are very conscious that we are at the pristine divine blueprint version of our physical body.

As we enter this room, we become aware, and in fact our body that walks into the room starts to immediately aligned with this pristine soul divine version of our physical body. We watch as we just stand in that energy, and it is an energy of love as well, because the purest divine energy is purest divine love. And so we feel and notice what it feels like for our physical body to be embraced and marinated and stand in the physical body of love, of the soul version of the divine blueprint. We just take a moment and shine the light of consciousness and describe what does it feel like.

And for those of you are struggling at all or having any kind of illness or upset in your physical body, just move into this area and just pretend for a moment what it would feel like if you were in the purest most divine version of your physical body, like, the divine blueprint is enmeshed on you right now. Enmeshed. There it is, and you stand. Now, just take a moment and pretend what would it be like if you actually were standing in this area in this room that allows you to experience the purest expression of the perfection, the divine version of your physical body? What would that be like?

Describe it to yourself now what it would be like to be standing and receiving and being shown and having the divine blueprint of your perfect body be inculcated right into the cellular memory of who you are. What would that be like as you stand in this room of the perfection, of the physical body? You just take a moment and describe that to yourself. If any of you are having any kind of trouble with that, just pretend, just pretend you're there. What would it be like if that were true? Shine the light of consciousness so that it can be true. That's it. Really nice. Beautiful unwinding happening here. That's it. That's it.

It goes deeper and deeper and deeper, so that our conscious awareness of what it would be like to be in the perfection of the physical, the divine version of the physical, is part of our conscious awareness now. That's it. And now, we move our attention to the next room. We leave this area and we move to the next area. It's just over there. It's really close by, and we're going to the mental body. You can see the sign that says mental body, and you move into that area, and this, again, is the divine version, the divine version of the mental body. As you move in, you immediately move into this beautiful ... It's almost like an atmospheric shift in stillness.

You move into the most pristine divine zero-point stillness that you can imagine, and you just notice, you notice the stillness of the thoughts. You notice, also, in turn, that as you can move, and again, pretend, for those of you who are having any kind of struggle with this, just pretend that you're there. What would it be like? If you moved into a room where the only thing that could happen is your thoughts are pure, your thoughts are clear, your thoughts are in the zero point, in the stillness, what would that be like? That's what's happening here. That's it. You may notice as you stand in the zero point where the thoughts are really almost ... It's almost like there are no thoughts.

And yet, you can sense that the physical, emotional and mental bodies are connected to this area, which is the heart, the sacred heart, the sacred chamber, and you notice that there's a pulse of the soul that is providing guidance constantly to these three bodies, and this pulse of the soul is presenting guidance to the mind, to the mental body. And as you stand in the still point, you get a sense that you can hear these impulses, the pulse of the soul and the I-M pulse. I-M, pulse, impulse. You feel the I-M pulse and the mind. The mental body is now this beautiful receptor for the I-M pulse, the impulse, in its current state of pure divinity, of pure still point.

It's able to receive the impulse, the divine sacred inspirational impulse. When the emotional body is connected to the mental, so when the impulse comes, the emotions say, "Yeah, it feels good." The physical body responds with, "I can do this," and then the mental body moves into action from the impulse, and it's a pure perfect action. You notice there's a reconfiguration that's happening right now as you bring conscious awareness to the partnership between the soul that provides the I-M pulse, the impulse, into the mental body, and the mental body now has a support of a clean emotional body and a perfect physical body. It can now hear and take action.

So this new mental body and its new state of partnership is now a partner that can be still to hear, be still and know, be still and receive and then take action. And so, now, we see the pure intent of the soul. We see the pure innocence and power of the soul in these mental, physical, and emotional bodies, and their purest energy. Perfect. Now, as we know this, we also know that as the human part of us, these can sometimes get a little cloudy, but it's okay that they get cloudy. That's part of the journey of being human. As part of our journey through density is to use the density to push against and to clarify these areas even more.

And so, it's okay if we have thoughts that aren't so great sometimes. It's okay if we have upsetting emotions. It's okay if the physical body experiences something. What if all of those human experiences, the more uncomfortable experiences as humans, are there to 100% drive us back to remembering these areas of the most pristine soul version, divine version of these mental physical and emotional bodies? And now that we know, we can use them, and now, we are moving into the attunement. The

attunement is going to unlock the vibrational frequencies of the mental, emotional and physical bodies even more.

It's going to unlock any of the dormant areas, and we've already started the process of unlocking these areas through this journey that we went on, that allows the conscious mind to now understand and be embraced by these energies, understand and bring conscious awareness that we can go to these areas anytime we want and turn up the volume of their potency just by being present within them. And now, the attunement is going to do that in spades. A thousand times. Greater potency is about to be unleashed, unlocked, in these areas, with this beautiful attunement. What if that were true? What would that be like? That's it. Yeah, that's right.

And so as I move into the attunement, just know that there's going to be some silence, and I might be doing some talking. It depends on the attunement. It depends on what you want. That's it. That's it. I'm just doing some prep work for the attunement and then the attunement will start momentarily. Just know that the attunement is you. It's your attunement. It's each of you are getting your own specific for you, specifics for your particular soul vibrational frequency, for your puzzle piece. You're getting your own attunement, and it's just simply coming from you and moving through me to you. So what's happening right now is the keys, these energetic keys, are being forged right now for the wellness attunement of the physical, emotional and mental bodies. That's it.

So, here we go, and I'll likely describe it as we go, and there might be some silence here. (silence) Okay, so there's a little preparation happening. It's as if though each of those rooms are being swept clean. The universal vacuum is coming in and just vacuuming up any old dust bunnies that are no longer required. This is beautiful vibrational energy of light that is coming in and cleaning all of the rooms, all of these physical, emotional, mental areas, prepping them for this boost of energy. In turn, prepping the physical body, the emotions and the mind for these keys, with these little helpers that are here attending each of you.

They're part of your entourage, your guides, that are here, present, just prepping you for this beautiful attunement as the keys are being forged. (silence) That's it. Any energies that are no longer needed are being invited out, creating space to be filled by this attunement. Gruffly. And now, here comes the attunement and the keys are moving in the wellness attunement for the emotional, physical and mental bodies. That's it. That's it. The guides and helpers are here to assist in receiving this attunement and unlocking these dormant energies. There's some beautiful ribbons of light moving in now, supporting and integrating this attunement. Oh so powerful.

There's this beautiful wave of love that is moving in. It's just gently loving and honoring all that has happened in your life until this moment, all that has come before, that has created this moment for you to receive this attunement. A beautiful energy of love just loving and gently embracing and honoring and acknowledging all of it. This beautiful energy of love contains within it the energy of allowing for any emotions to flow knowing that if there's tears here, it's just tears. No story. Just tears, no stories. Just release. No story. Just tears, no story. This vibration of love that is here embracing you so gently and cherishing and adoring you and saying ... For some of you, it's saying, "There, there. There, there."

For some of you, it's saying, "I'm so sorry for what's happened. I'm so sorry for the upset and the pain. I'm so sorry." It's also saying, "I love you so much. You are so loved." And this attunement is another

piece of evidence of divine support that's always here for you and always here for you. This beautiful, beautiful attunement is just magically creating such a field of love, of flow and beauty and health and wholeness, allowing a deeper connection to the soul, to the divine parts of us, the parts of us that have been living in the infinite, eternal this whole time. It's as if a portal has opened and we can hear the impulses, the I-M pulses of our soul. We are connected.

The mental, emotional and mental bodies are expanding into this higher frequency of this attunement, the higher frequency of our soul. If some of you are moving your body, that's great, and if some of you are in a place of super stillness, that's great. Just go with the flow of this moment. Go with the flow of this moment. That's it. Notice what does it feel like to be attuned to the divine levels of the physical, emotional, mental bodies? What's it like? And know that it's going to expand over time even more and even more and even more. It's awakened and it's an ever-rising tide. What's that like to be awakened into this vibration, into this energy?

What's that like? What's that like? Describe it yourself. Describe it so that it awakens even more. That's it. That's it. And now, we move up from this area of the mental, physical, emotional bodies, and as we move slightly away from them, we see that there's so much more light here. There was light before, but with the attunement, there's this brightness coming from these areas. There's a happiness coming from these areas. It's almost like there's a dance. There's a dance happening. And simply just not to the change, the transformation, that just happened. We nod to the fact that we are attuned, and this attunement will grow in potency each day.

We also know that we can come back here anytime and connect to the soul, connect to the impulses, connect to the divine inspirational impulses and use the new expanded energies to act from that, to activate the emotional body of these impulses and their beauty and love, act from energy of the emotion and love. We can act now from the action oriented mind that has the clarity to receive the stillness, to receive these thoughts and act upon them, take action. We notice the physical body is now able, with these beautiful, emotional mind support, and it's now a new connection to the soul itself. It's able to remember over and over again the divine blueprint of the physical body.

We can come back here anytime we like and tap in again and again and again. And even if we never come back here again, this attunement will continue to expand. We know there's a pocket of our mind now that knows that no matter what happens, we have an expanded vibrational energy around the physical, emotional, mental bodies. They are stronger. They are stronger. As we walk back to the pearl, and we thank the beautiful pearl and our beautiful sacred chamber, you just thank the beautiful sacred chamber that is ... And as we do so, we realize that we are thanking ourselves. We are thanking our very soul. We hop back on to that beautiful pearl and the pearl moves us all the way back up to this moment.

And then we leave the brain, and we move back into our physical body right here where we've been sitting this whole time. Before we open our eyes, before we do that, we just notice again the feeling that we have changed, that we have transformed, that we have created a vibrational frequency of great, great, great capacity that the emotional, physical, mental bodies have been awakened in their divine essence. As we consider all that and we open our eyes, we open our eyes knowing in a place of knowing, that we are looking through the eyes of strength and power and love and that our days will continue to expand into the strength and power and love.

And no matter what shows up, we now consider that whatever's showing up is showing up for us to strengthen this power. Whatever shows up is we've created some powerful new neural pathways today and that the shadow neural pathways are there still. The old habits of belief that fuel the thoughts are still there. And yet, we know, we have a piece of our mind that absolutely knows unconditionally that we are in a new place of power, of wellness in our physical, emotional, mental bodies. So no matter what shows up, we go to that, we use those moments of resistance to bring us back into our power. We use it as we would go to a gym and push against the weight and create resistance training to grow muscles.

We were growing the muscles of the mental, emotional and physical body by the things that may show up in our life that seem other than love and hope and peace and joy. We have a thought that is other than what we know is true as we visited and as we've been attuned to, and we used that as a point of resistance, a point of access now to access the real true mental body that is clear and still and can receive the impulses of our soul, the I-M pulse. We stand in that in our waking lives now. With our eyes open, we stand in that. We stand in that in this moment. That's it. Just take a nice deep breath with me, and again, exhale with a sound. That's it. That's it. Know that we are attuned.

With humility and respect, we say, "And so it is, so it is, so it is." Lovely. Thank you all so much for engaging in these programs, in these products, and know that you can use them as a practice. So, as I said on the video, welcoming you to the page where you're listening to this, use them as a practice. Choose which one feels right to start with and move from that, into the next, into the next, into the next. I would say deeper trust is either second or third in line because it's a little more advanced, and then figure out what the order is. Go to that place in the sacred chamber and look at the altar and put the products on the altar and let them arrange themselves in the order that feels best and do it every day.

Give yourself that 45 minutes every day to do this practice, and you can do this wellness attunement by the way over and over again, and you're going to have lots of attunements throughout all those products as well. Every product comes with an attunement or more. So, I thank you. I thank you. I thank you. I thank you for being here. I thank you for committing to yourself, and by doing so, you are 100% committing to the planet. We are this beautiful army of love that are healing ourselves, and by doing so, we are plucking the web of all of humanity to heal, so I thank you for being part of that community, being part of those individuals who are so deeply invested in their own transformation, that in turn, transforms all.

I thank you. I thank you. I thank you. Much love to you, and know that we will be gathering again for the heal-a-thon on Saturday, February the 10th. Is that next Saturday? Yeah. So, next Saturday, we're going to be gathering for the heal-a-thon. I think there's only 30 people here, so we are just going to go for it and everyone gets session, so join us on Saturday, February, 10. For those who are listening to the recording later, of course, that is not happening, but there isn't a live version, but there is a recorded version waiting for you, and know that every single session on that recorded version is going to be there for you. I promise you. We will hold that intention.

So, if you aren't able to make the live heal-a-thon, no worries. If you're getting this much later, no worries. It's waiting for you, the heal-a-thon is, and it's an extended ... on powerful set of feelings that will support your mind, your physical and your emotional bodies profoundly. If you're listening to this

after it's recorded, then know that it's there waiting for you and it will support you deeply. For those who are listening live, join me next Saturday at 9:00 AM. 9:00 AM next Saturday. Okay, much love everyone, and I'll see you next time. Bye-bye everyone.