



The Deeper Trust

Next Level Advanced Transformation

Workshop Session # 1

Clearing To The Soul

Jennifer: Hello, everyone, and welcome to A Deeper Trust. This is called Session Workshop #1 of 10, and I'm delighted that you are here. I am so happy that we are together again, and we are going to play, and we're going to change, and we're going to transform at a different level, at a new level, at an advanced level, at a quantum. So, welcome. I want to say, truly, welcome to you. Welcome to you.

You're going to understand yourself, your soul, your motivations, what you're doing here, what's going on in new ways. I'm not going to say we're going to have all of the answers because, after all, we live in a 3 dimensional world of wonderful separation and density. Are we going to have every single answer through our next 10 workshop shows over the next 3 weeks? No. Are we going to be moving into a new place of understanding, possibility, flow, wholeness, prosperity? Are we going to be standing in a place where we have more faith and trust in general? Yes.

It's interesting. I was reading. Maryanne shared something from the about today being the feast of Mary for the Catholic Church and about how Mary did not have an easy life. She trusted in God. She trusted in herself. That's what we are going to be discovering is how to trust our soul.

Consider this: What if our soul knows exactly what it's doing and it's nudged us to this very moment? As we just pretend for a moment that we can stand outside of the circumstances of our life for just a moment and turn around and look at it from a new perspective, and we look at our life, and we see that there is more to it. What if we could see that? What if right now we could? We could turn around and look at our life and say, "Oh. There's more to it." Now, let's take this to the next level.

Join me in the white room, in the room of concentrated love, in a white space. It's found in your sacred chamber, but you could just access it by thinking about it. We've been to it many, many times in the 21 days, in the STT sessions. If you don't understand what the heck I'm talking about, it's okay. Just pretend with me right now that there is a place that you can go that's all white. It's white because it contains no thing. It is white because it contains no conditions, no expectations, nothing but possibility and flow and stillness. Go to that place with me. Go to that place with me, will you? That's it.

As you bring yourself there, just stand there for a moment and breathe into the no place, into the no thing, into the nothing, into the place of tremendous loving neutrality. Just breathe into that place with me right there. Just pretend that you're there. Just pretend that you're in this place of no thing. Pretend that you're in this place of concentrated love and stillness, in this place of deep penetrating neutrality so that there are no expectations, no attachments, there is no thing but you and love. There is nothing but you and your soul. There is no thing but you and God. Just breathe into this place. Breathe into this place of nothing. ... Just feel your physical body relax into the no thing. Feel your emotional body relax into no emotions, no expectations, no attachments. Feel yourself playing and deepening into this place of stillness. That's it. Good. That's it.

Notice that you are very present in the moment as you stand in the place of nothing, of stillness, of concentrated love, the white space. You start to feel you because all of the attachments of the outside world have fallen away, have just fallen away. That's right. Good. Okay.

It's interesting. I had a plan for what we were about to do, but you all have a different plan in mind. I'm being shown something that I've recently learned or a new little exercise process in the advanced STT that I've learned, so we're going to do that. That's a good place to start. It's going to be real clean. Some of you I think I may have taken you through this in another session, but it's worth doing again, and it feels like it's such a different place now as we move into the deeper trust and as this particular soul group moves through it together.

Ahead of you is an archway, a beautiful, incredible- I mean it's just gorgeous. Whatever it looks like for you, just notice what it is. Notice this incredible archway. It's in the middle of the archway. It's as if there is this kind of like light energy flowing in the middle of the archway, and it's beautiful and pristine, and you can tell this archway is here for you. You can tell this archway is here supporting you and honoring you. Good.

We're just going to think of those people in our lives who we felt may have held us back. As we are standing in this place of no thing, of the pure stillness of neutral love, as we are standing before the archway itself, we're not going to go through it just yet, and we just think and reflect, maybe in a little bit more neutrality than we've been able to in the past on those people that done us wrong, on those people that may have we thought held us back. We reflect on those individuals. We reflect on the feelings and emotions that they bring up within us. That's it. That's it. There's already an unwinding happening.

We're not going to do anything about them. We're just think about them and notice who pops into your head. I'm thinking of my high school gym teacher who I felt was after me at a time when it was so difficult for me because that's when the abuse was happening. I think of, obviously, the abusers. I think of some friends that appeared and seemed to enjoy it better when I wasn't doing well. I think of those individuals now, and there's a lack of them. As you notice it, just notice if there's any accompanying emotions. We're not going to go into the emotions. I just want you to notice from this place of neutrality. Okay? Good. Good.

Here's what's going to happen. We are going to walk through the archway, don't do it yet, but we are going to walk through the archway. This archway is a special, incredibly magical, and very powerful healing tool. As you walk through, and don't do it yet. I'm going to give a signal because, when we do it all together, it exponentially increases the possibility and potentiality and the vibration. As we walk through it, I'm just going to tell you in your mind what we're going to be doing so you might have a little sensation experience of it.

When you walk through the archway, all of those individuals that you're thinking about that are creating any kind of an emotional response, and, if you're thinking about them, then there's something there still. There's something within there. Even if you've done a

lot of healing, there's some residual something something. What that is is kind of like an installation of beliefs that are hooked into that. Okay?

When we walk through the archway, again, I'll give you the hint as to when we're going to do that, this archway cleans all of that out. It just leaves me on the other side. As you walk through it, on the other side of the archway is going to be you without any of those installations of kind of implants of thought and belief. These are not woo-woo energies, nothing like that. They're just our beliefs about the person that got held. That's all it is.

When we walk through that archway, all of those beliefs about that person that kind of got installed and implanted in a way are going to be left behind then. All of those individuals will be left behind. All that's left on the other side of that archway is going to be us. That's it, just us. Okay? Are you ready? We're going to do this together on a count of 3. When I hit 3, you're going to walk through the archway, and you're going to feel that all of those beliefs and implants and any part of those individuals are going to be just be left behind, and I'll meet you on the other side. Okay?

You ready? Here we go. 1, 2, 3. Walk through the archway. There we go. Whoa. ... That's it. That's it. Now, we're on the other side of the archway. We're not going to turn around just yet. We're just going to stand there and feel what it feels like to not have any of those individuals and any of those beliefs about those individuals in our field of being. We're just going to notice right now: What does it feel like to be absolutely cleansed of that?

Just to be sure, there's another archway right in front of you, and you are going to walk right through that archway again, and it's going to get any leftovers. Okie doke? Walk through that archway right now. That's it. Good. Good. Excellent.

Now, don't turn around. What does it feel like standing in a place of absolute- There's none of that energy left in you. What does it feel like? If any of you are having any doubt, just pretend that it's true. Have an inkling that it's true, just an inkling that it's true, it can change within it the whole, and it feels then, it pushes you into it, it allows you to be in the whole of it. Just pretend right now that there's no thing left. There's only you. There's just you. There's just you. As you stand there as just you, it's as if there's a condition that's happening that allows you to be in your path.

Jerry says it feels neutral. Yes. Yes! Nema says it feels like bliss. That's right! Every one of you are going to have a different thing. That notion, Jerry, of neutral is really amazing because a lot of those individuals that were kind of stuck in you, and that's not really how to describe it, however that gives you an idea of what it felt like, colors the emotions, create the triggers, create the upset. In a place of neutral is the same as a place of bliss. Light and free, Karen shares. That's right. That's right. That's it. What you are doing now is you are shining the light of consciousness of who you really are. This is who you really are.

Now, what we're going to do right now in the more advanced level of this is we're going to understand what we are. Okay? Lisa is sharing it's peace. Megan is saying huge

release. That's right. Shine the light of consciousness right now very closely on what it's like. If you have a propensity towards the emotional, feel what the emotions are in this place or lack thereof, which is fine too.

Just describe to yourself carefully and succinctly: What does it feel like to just be you without any of the influence of the past of those individuals? What's it like? What's it like to just be you? That's it. Good. Describe it to yourself, because we are shining the light of consciousness by describing it. We are awakening it. We are growing it by noticing it and paying attention to the real you, and the description allows that opening.

For some of you, there might be more of an intellectual description, which, by the way, is different than a mind's description, and we'll be talking more about that over the next 10 workshop shows. As I said, we are in the advanced program, so I'll be talking more about the difference between the mind and the intellect. All right?

For right now, just know: What would it feel like if the intellect were involved right now, which is the mind in partnership with you? Some of you might be more oriented towards that, and that's good, so describe it from that perspective. What's it like? What's the experience like to not have any of those energies there but to just simply be you? What's that like? It feels right, Tony shares. That's right. Good. Weightless is like space, like a space walk, Tamara shares. Yes. Beautiful. Right? There's a lightness of being because you're you. You're you. That's it. Okay.

Now, as we stand there in just us, walking towards us is a beautiful, incredible energy. As they get closer and closer, you just see this remarkable, brilliant energy coming towards you. It's just intelligent, and it's beautiful, and it's powerful, and it is familiar. As it gets closer and closer, it's like you're looking into your own face. What you see there is the kind of angelic face of you. It's the god face of you. You look into your eyes, because what you're looking into right now, what you're seeing right now, is yourself. You look at the part of you that lives in the infinite and the eternal, this infinite soul that is you. There's such love beaming out of their eyes, so to speak, "eyes."

You get to recognize that this part of you that went to the archways is your soul. It's you. It's as if you and your soul now merge, and you get to now experience the expression of soul, of soul, of soul. Okay? You come to this as an expression of soul. What's it feel like to fully merge and remember and be your soul? Notice that. It's a slightly higher level than just the clearing of what was. Feel that.

I want you to notice that your soul is- I'm going to use a word here that might not make sense to the intellect or to the mind, but it's going to make sense to the soul part of you, and there's going to be a ping of remembrance, and that is your soul is multidimensional. Your soul is at work not only on this plane but multiple planes. Your soul is at work in multiple dimensions. Your soul has aspects just like us at this time on this earth in other earths, in other slices of earth, and your soul is on your side. Your soul is in this multidimensional perspective of which you are a very important component.

Again, we're blowing the circuits of the mind right now, and it doesn't matter if you understand any of what I just said. Just tap into the energies of it. As you tap into the energy of what I just said, the multidimensional soul, you are tapping into this great power. Just feel and sense and experience your great power as your soul. Notice that your soul is kind of doing a little happy dance. They're so delighted that you left those parts that you no longer require on the other side of the archway and that you are merging with your soul and remembering your sole energy, remembering the multidimensional self that lives in the infinite and the eternal that is part of God, that is a piece of God's source energy, divinity, and self. ... That's it. That's it.

Just feel yourself marinating in this energy of you, a soul. Notice that you didn't disappear, that your personality is still intact, that your mind is still there, kind of in awe at this moment, that the thoughts are neutral, that there are no conditions or attachments to this, that there's just you, a soul. Just you, a soul. ... That's it. There's a powerful unwinding happening right now that I'm just going to track for a minute as you dance and play in the energy of soul. ... That's it. Good. Oh, that was lovely. Beautiful. Excellent. All right.

Now, there's a universal vacuum coming in that's vacuuming up any of the dust bunnies that are left over. ... That's it. Beautiful. Now, we're going to ground this into this moment in time, kind of, this planet at least.

Now, another person approaches. As they get closer, you realize it's an older version of you. For some of you, it might be much older. For some of you, it might just a couple of years older, but it's an older version of you. They are coming to you in this moment from the future, and they're actually saying to you, "Thank you." They're saying to you right now, "Thank you. Thank you. Thank you. Thank you for choosing you in this moment. Thank you for remembering who you are." Because of this moment and the moments that lead from this and your commitment to you and even being in this program that you created, they're telling you- Your future self is validating what I say to you all of the time that you, or me speaking to you, you created this program, and they're saying, "Thank you. Thank you. Thank you."

You get to see that their life is an extension of this moment, is an extension of what we're going to be learning together and experiencing together over the next 3 weeks, that they are an extension of all of the decisions that brought you to this moment, that they are an extension of all of the souls that are participating in this now and in the future and that, together, we have made a difference in your life and on the planet.

It's interesting. I don't know if you're aware of this, but all of us at this moment, and those who are listening in the future, there's only one moment, all of us right now are having our future self come to us. That's quite a few people with our future self coming to us. It's creating a ripple. It's creating a change. We are creating a change by seeing that our future self is doing pretty good, that our future self is embodying this energy of soul, and our future self looks at self and says, "Hey," because they are more soul because of this moment. From this moment forward, our future selves have lived from this place of recognition, of remembering soul, power, the immensity, the innocence, the wholeness, the beauty, the love, the peace, the neutrality. More and more and

more our future self says we live and lived and lived and lived in that place of remembering soul.

They give you a little message that is going to help you at this time in your life. However they give you that message, they might give it to you in writing, they might whisper it in your ear, they might just go ahead and tell you, they might give you an object or a dream symbolism, and just accept whatever they are going to give you. I'm going to give us a minute to receive this, this gift. ... They're going to share something with you and give you a gift in this moment. ... That's it. ... That's it. You just receive this gift or this message. For some of you, there's been a, "Oh," moment. For others of you, it's been like a, "I don't understand what that is," but you will. At some point in time, you will understand it. Good. It's a sacred, beautiful moment.

We're just going to take a moment to feel what it feels like to have received this message/gift. What's it like to have received this? What's it like for you? What's the experience like? Again, by doing so, we're shining the light of consciousness on an expansion that just occurred. That's it. Good. Lovely. Lovely. ... What's it feel like to have received that gift? ... Beautiful. That's it. Beautiful.

Now, as we stand in our soul once more, having met our future self and received this gift, it's as if we notice that there's a little bit more brightness and lightness in our being from the gift that we received from our future self, from the gratitude that we received from our future self knowing that we're on a journey of transformation and that our future self validated that.

Now, what we do is we go to the archway, and we notice the second one has kind of disappeared. The first one's still there with all of those individuals that were left behind. We go towards that archway, and we just look at them now from this new perspective of soul. We look at them now from this new perspective of our brilliance, of our power that we can feel. We observe them from this place, and we see that whatever we took on from them that they wanted to give us kind of had nothing to do with us. We might notice that, that whatever we took on was theirs.

We give it back to them. We gave it back to them when we walked through the archway. We see, maybe through eyes of compassion, and for some of you that might not be what's there yet, and that's okay, but, from your soul perspective, you see that- I'm seeing as I looked at, for all of them, I made some kind of agreement with them that they would somehow do what they did in order for me to be who I am, and I see some of the contracts, so to speak. I see some of the agreements I made that they made with me. For some of them, I look at them, and I see that there was just a lot of hurt and broken energy there, and they had no idea of what else to do but what they did. I see that. As I see that, I have compassion. You might see the same thing.

Here's what's going to happen next. In your dominant hand is a beautiful tool which is of a wand or a saber, whatever works for you. It feels like someone had the power tool. It's just light. It's just a wand of light. What's going to happen is any leftover cords that are to these individuals in any way, shape, or form, any, we're going to finish the energy here. We're just going to use the wand to gently dissolve any final cords between these

people. We're just going to gently dissolve those final cords and let them have their part and let us be us.

As we do that, as that beautiful ward is not only dissolving the cords, but it's adding a little bit of loving energy, of healing energy, of supportive energy toward them so that, as it dissolves and they become more them, each dissolution of that cord creates a beautiful energy of support for them. If you have compassion, you can use that as part of your beautiful tool, your wand. If you don't, that's okay too. That's okay. You get to feel whatever you're feeling. That's it.

We watch now as they are no longer required or that energy at least of upset and old energy- It's just no longer required now in your path. They, not they as souls but they as individuals who were negatively influencing you in any way, they just simply dissolved. In that dissolution is another sense of: "I am powerful as me. I don't require that anymore. I am powerful as me. I know who my soul is, and my soul is me. I have met my future self who lives as soul and is doing great." ... That's it. You just feel yourself standing there. You feel yourself standing in the no thing. You feel yourself standing as soul. You feel yourself standing in this beautiful, refined neutral.

As you stand in neutral, you can feel your physical body adapting in really beautiful, healing ways, it's just a natural, healing intelligence of your body gets turned on in a higher volume. You can feel your physical body responding to the energy of neutral, to the energy of these old energies no longer needing to be there. Your body has space to heal. You feel the vibrational frequency of the universe that is you. The fabric of your very universe changes. The universal laws and beliefs change, which creates the vibrational change in your universe, and you see and witness in this change that there's a change happening on all fronts in your life right now. There's a healing happening, a transformation happening. You can see that your thoughts have softened. Maybe even there are no thoughts. Maybe there's neutrality in the thoughts.

As we stand in this still point of us, as we stand in the still point of us ... I'm being called to offer a soul song. I'm going to do the soul song of our soul. As a group, we have this soul song of the soul. That's what it is in this moment. This is the soul song of the soul. ... That's it. Good. Good, good, good. Here we go. ... Okay. ... The soul song of the soul from The Deeper Trust. ... That's it. Good.

Just stand in that place of soul. That soul song, what sound vibration does is it moves in and clears up anything else. It goes right to the heart of it. It cuts through everything. It bypasses mind. It bypasses any dysfunction, and it goes right to it. That's it. Just feel yourself standing as soul. Feel yourself standing in your power and your brilliance in the state of neutral as your divine self. ... That's it. As you're standing there, you might notice that you're not alone, that you're not alone, that, whenever you need anything, you simply have to ask, and an entire congregation of people, souls, support, allies, helpers, angels, God, God is all it is, power animals, whatever are there to help you in any way they can.

Sonia Choquette I did an entire show with her on Healing with the Masters about helper people, just those helper people. There's people that help with cars. There's energies,

entities, that their sole job is to help people with their cars. Car helpers, can you come help me with that? Sorry, I didn't mean you guys to come, but I'm using that as an example. Zipper helpers, can you help me with my zipper? Seriously, that's how much help there is.

As you stand there, I want you to feel, while you're in this state of just incredible energy of soul, that, at any moment, you can ask for assistance, and there are thousands and millions of helpers that are there at any moment for you. ... That's it. Good. It's good that you're feeling that. This is not a lonely place. This place is neutral love. This is a place that's full of you, a soul, full of your support networks. One of my Healing with the Masters speakers used to call them the entourage, your entourage. They're here for you. That's it. Okay.

Everyone take a nice, deep breath. Bring your attention back to this matter where you're sitting now, back to right here. As you do so, when you open your eyes, open your eyes as souls. Open your eyes to feeling the now as soul, to feeling the clarity and the release of tensions that were in your body. Open your eyes to this moment and time as soul. That's it. Beautiful. Good.

What we're going to do now is we are going to open up the lines, so start to raise your hand if you have a question. If you're on Facebook or on the webcast, you might want to dial in. If you'd like to work with me one on one, I don't know how many people I'll be able to take because, sometimes, these sessions run a little long, but know that every single person is for you. Everyone just put your hand on your heart right now and just hold an intention right now that, whoever is chosen- Just say this to yourself. Repeat the words I am saying to you. "May the perfect people be chosen so that I might receive exactly what I need at this time. May the perfect people be chosen so that I receive at the highest level." That's it. That's it. Good. Very, very good. Know that whoever is chosen is for you, 100 percent.

Don't leave just after the healing, after the healing part. Stick around and receive from those who are receiving. Start to raise your hands. Start to raise your hand. We're going to go to- It looks like it might be the Los Angeles area. I think it's Helen. Last 3 digits are 2223. 2223, and you're on the air.

Helen: Hello.

Jennifer: Hello there!

Helen: How are you?

Jennifer: I'm good. How can I help you?

Jennifer: Is that Helen?

Helen: Yes. It is. It is. Can I tell you something? I wanted to share something with you and offer you a gift.

Jennifer: Sure.

Helen: It's similar to- I was at your event a couple of years ago in Los Angeles. I just got the inspiration to offer you a gift of ohm pocket which is found in feeler energy, just as a gift, because I just feel inspired to do that.

Jennifer: Oh, cool! Well, that's awesome. Sure! My address is all over all our websites.

Helen: Okay, excellent. Excellent

Jennifer: Oh, fun! Thank you!

Helen: Yes! Yes. But a present for Jennifer Thank you. Thank you for doing this Deeper Trust Program. It's amazing.

Jennifer: Oh, good.

Helen: Really incredible. Yeah, very uplifting at the right time, so thank you for me and all

Jennifer: Oh, you're so welcome. Is there anything else I can help you with, Helen?

Helen: Not at the moment.

Jennifer: Okay, cool.

Helen: That's what I wanted to say to you for now. Sure.

Jennifer: Well, thank you so much.

Helen: Thank you.

Jennifer: I'm going to move my attention to someone else.

Helen: Excellent.

Jennifer: Thank you, hunny. Okay. It looks like someone else in the Los Angeles area, 8843. You're on the air. 8843, you're on the air.

Lee: Hi. This is Lee.

Jennifer: Hi! Hi, Lee!

Lee: How do you do? Hi!

Jennifer: How can I help you?

Lee: I have a question about body softening and ... how to use- Let me just tell you what I notice. I notice my neck stiffening up during the exercises, having difficulty breathing, like bringing in breaths, and I'm wondering is it something physical or is something that I can- some techniques you might have to help solve them?

Jennifer: Sure. Bring your attention back to that moment of being in soul, and tell me what happens as you bring your attention back to that moment.

Lee: Everything gets soft. It gets soft.

Jennifer: Our amazing mind, when it moves into an unknown place, it often goes into a state of bracing. I'm going to do it on the video. Okay? It's a bracing energy, and it's understandable because the mind doesn't really like the unknown because, in the past, the unknown was filled with kind of wacky shit, right? Excuse my French. Know that it's okay. It's okay if- See, now your mind is a little bit used to it. If it goes back to it, it's not the unknown now. Does that make sense?

Lee: Yes.

Jennifer: Your mind braces against the unknown, and that's understandable, isn't it? I suspect that you had a few things that may have happened in childhood and in adulthood that gave your mind really good reason to brace against the unknown. Is that true?

Lee: Oh, yes.

Jennifer: Yeah, just a few little things, right?

Lee: That's right.

Jennifer: Now, we shine the light of consciousness on that. Now, the mind has been seen. The pattern has been seen. I've said this a lot. 90 percent of the transformation occurs when we see the pattern now, because, at that moment, we are now in choice. We are responsible, which means we have an ability to respond in that moment. In that moment, we can now say, "Would you look at that? I brace against the unknown." We don't have to make ourselves wrong for it either, right? We get to look at it and say, "Oh my gosh. I brace against the unknown. Fascinating!" Now, we're going to watch yourself brace and brace and brace here and there and there and there and there.

As we go through this program together, there will be tools and tricks and some of which you already know from the other programs we've already done, the spontaneous transformation technique is among them, to use that moment of bracing now to say, "Okay. There's an old belief there that's making me brace." When you start moving more and more and more into the unknown, and that's part of what we're going to be doing over the last few weeks is we're going to be creating this platform of faith and trust so that you don't have to brace any longer.

The other thing that's going to happen is you're going to have, wow, an ability to do more physical things than you have been able to because there was risk of injury, because, when the muscles tense, there is more chance that they will be pulled and strained when they're in bracing."

Lee: Yes. Yes.

Jennifer: I don't know if that's something that you've been wanting to do is to have more adventure in your life from a physical perspective, but that's definitely in your future.

Lee: You've got that right.

Jennifer: The seagulls are confirming it.

Lee: Awesome, Jen. Thank you.

Jennifer: Okay?

Lee: Yes. Yes.

Jennifer: Well done. Hey, that was a beautiful breakthrough moment of just noticing.

Lee: Thank you.

Jennifer: It's so powerful when we notice.

Lee: Awesome. Lovely.

Jennifer: Okay, hunny. Thank you.

Lee: Thank you.

Jennifer: Okay, we're going to Ohio. Last 4 digits are 6863. You're on the air.

Kimberly: Hello.

Jennifer: Hello!

Kimberly: Oh, hey, Jennifer. This is Kimberly.

Jennifer: Hey, Kimberly! How can I help you?

Kimberly: Oh my. I guess I could share a little bit if you don't mind?

Jennifer: Sure.

Kimberly: I have so much stuff going on.

Jennifer: Hold on one second. Okay, one second, Kimberly. Before you share, I want you to bring your attention into soul.

Kimberly: Sure.

Jennifer: Okay. Very good. Wow, you did that fast. That was really good. Yeah. As you are in soul, I want you to share from perspective as soul the story you're about to tell me. Okay?

Kimberly: Mm-hmm. Mm-hmm.

Jennifer: Good. Now, there's already a difference on how you're going to share this. Share from the soul what's happening in your life.

Kimberly: I'll just say what I saw. I guess that I was given a silver box.

Jennifer: Was that- What?

Kimberly: It had a- A silver box.

Jennifer: Silver box, uh huh.

Kimberly: It had a crystal heart in it. Then, I just started screening things, and I saw the ceiling that had mold stains on the ceiling. I held up the crystal heart, and it disappeared.

Jennifer: That's really cool.

Kimberly: It had so much meaning. I can't even tell you. It would probably take my own book, but I've had a lot of toxins and illness and trying to look at trauma and I end up attracting more. Everything I try to do, I end up attracting more. Here, it was all just handed to me. I had this feeling that I'm meant to look at toxins as just consciousness. Everything is consciousness.

Jennifer: That's right.

Kimberly: Everything is just trying to- And, if we seek things differently.

Jennifer: That's exactly right.

Kimberly: That was exactly what was handed to me.

Jennifer: That is really cool. Kimberly, that's so freaking cool. I was just about to have a conversation with you about beliefs, and you already got it. You already got it. You already got it.

Jennifer: Are we attracting more trauma? Yes. But we're attracting it from a place of trying.

Kimberly: Exactly.

Jennifer: We're attracting from a place of trying to get rid of. This is a concept that we're going to be playing with over the next 10 workshop shows, which is there's nothing to get rid of, nothing, nothing, because there is no seeing it. There is only the things that got held. There's only the things that got invited in by us, by our soul, to have an experiment with. There is only the things that others kind of pushed into us because we let them. When we start really understanding that there is no thing wrong, there's nothing to overcome, there's no obstacle, there's no stuck, there's just life. There's you and your crystal heart that can just shine the crystal towards it and it disappears. Right? That crystal heart is you.

Kimberly: Mm-hmm.

Jennifer: You're the crystal heart. All of us are this beautiful slice of divinity itself, and divinity can create anything and can dissolve anything and can recreate anything. Does that feel true? It feels true for you.

Kimberly: Oh, it is.

Jennifer: It feels like you actually believe it.

Kimberly: Yes. I know it now. Yeah.

Jennifer: Fantastic. Watch the how ...

Kimberly: It's within me now.

Jennifer: Say that part again?

Kimberly: It's within me now.

Jennifer: That's correct. That's exactly right. It is within you. Not only is it within you, hunny, it's always been within you, but it's now known to you. That's where the power is. It's now known. Beautiful.

Kimberly: Thank you.

Jennifer: You're welcome, hunny. Beautiful. I want you to notice, in the coming days, I'm going to start giving you all some exercises as I did with the 21 day program starting tomorrow, but notice in the coming days what it feels like and how your life seems, appears to be responding to that crystal heart.

Kimberly: Okay.

Jennifer: There will be moments that come up when your mind is going, "Oh my God. Trauma's back. Oh my God. I attracted more trauma. Oh my God." In that moment of thinking that, you just hold the crystal heart and hold it up to the perceived trauma and just simply watch it dissolve because there is no trauma. There's just us creating a- We're

just pointing at it and calling it trauma. There is no trauma. There's just the things that show up in our life that, not just to an expansion, we'd point at it and simply say it's trauma.

Kimberly: Mm, wow.

Jennifer: But all of us have the crystal heart to just dissolve it. Okay?

Kimberly: Yes.

Jennifer: Beautiful.

Kimberly: I'm sorry. I'm just like in love. I'm so flabbergasted by all of this.

Jennifer: I love flabbergasted.

Kimberly: Thank you!

Jennifer: That's one of my favorite things. Flabbergast away!

Kimberly: Thank you.

Jennifer: Beautiful. Thank you, hunny. Okay. We're going to Nema. You're on the air.

Nema: Hi.

Jennifer: Hey, Nema.

Nema: I'm feeling moved, I don't know why, to share how there are so many helpers of even little mundane things.

Jennifer: Yeah.

Nema: When I lived on Maui, I had this house with 12 foot high ceilings, so the top of the closet on the outside was a place to put stuff. I had this big box. I was just going to put it up there, get my ladder out. I get all the way up, but I'm not all that tall. I'm 5'4". I needed to be a few inches taller. I needed the ladder to be another rung higher. I don't know if you're seen neighborhoods on Maui and in Hawaii in general, but they're really tightly packed. Usually, there's somebody who can hear me if I yell out. Everybody was away. I was beginning to lose my balance. If I tried to do anything with my box, I was going to fall. I just cried out for help. All of a sudden, the box weighed 20 pounds lighter. I grew a few inches, and it just, whoop, there it was on top of the closet

Jennifer: Right?

Nema: There are ladder helpers.

Jennifer: There are helpers at every turn when we ask for help, always. Always, always, always. Something that I often say, Mary helped me come to this one, my best friend Mary Hall, she said, "Thank you, God, that this is solved. Thank you, God."

Nema: Oh, yeah.

Jennifer: "Thank you, God, that this is solved. Thank you, God, that this is solved." That's gotten me through many, many a moment of when I'm feeling like, "Really? I mean, really, this is happening? Really?" We've all had those moments.

Nema: How do I get out of this?

Jennifer: Like really?

Nema: Yeah.

Jennifer: We just ask for help, and we just hold that intention, and it really is the soul in a state of surrender, which is what we just did. We were in a state of surrender, although surrender feels different to some of us. It feels like giving up for some of us, but that's not it. Surrender is pure neutrality. That's where we just were. When we ask for help, we're surrendering. We're surrendering and saying, "I need help, my God." We get in that pure place of surrender, and that's the place where the most powerful manifestation can happen.

Nema: Mm-hmm.

Jennifer: Thank you for sharing that story. That's awesome.

Nema: You're welcome.

Jennifer: Is it okay if I move on to someone else?

Nema: Oh, absolutely.

Jennifer: Thanks, Nema, hunny.

Nema: Bye.

Jennifer: Okay. We're moving to it looks like it's Austin, Texas. Last 4 digits are 1073. It might be Julia?

Julia: Yes.

Jennifer: Hello!

Julia: Hi, Jennifer!

Jennifer: How can I help you?

Julia: Well, I'm so glad that I got chosen. I really am very grateful for you, first of all. Well, there's so much going on in my life that I won't even bother to share all that, but I just wondered what you had in store for me because, you know, you talk about animal totems and stuff like that, and I've had some really crazy things go on in my life. I had like a dragonfly fly by while we were at the lake, and it bit me. Then, I had like a bat landing in my patio but dead and a jumping spider, and I have some things physically in my health going on and that I just found out, and so all kinds of things coming in from right to left and every which thing. But, through everything, I've been so ...

Jennifer: Oh, cool.

Julia: ... grateful for you because you've helped me find my way to relax and not see it so, how can I say it? So- Where it intensifies my whole body where I was worrying quite a bit.

Jennifer: Yes. It's worrying and it's scary, an omen. Omen!

Julia: Yes. Yes.

Jennifer: Yeah.

Julia: Then, by having your classes, I feel so much more at comfort, and I'm able to accept things the way they come, and I'm very peaceful regardless of the news they give me.

Jennifer: Yes.

Julia: I'm also to work with myself a little bit better, but ...

Jennifer: That's good. Julia, have you looked up ...

Julia: I know there's a lot of change.

Jennifer: Have you looked up any of the animal totems for these animal things that have been happening to you?

Julia: When I looked up the dragon, it says there's a change. Then, I looked up the jumping spider, and it says there's something about to change too I thought, something like that.

Jennifer: Good.

Julia: Then, the bat I saw that landed in my patio but it was all dead, they found it, and they picked it up. That, I looked it up, and it said something about clearing some darkness out of or something like that.

Jennifer: Good. Good, good, good. Good, good.

Julia: I'm just not too sure.

Jennifer: That's good. A lot of the totems are like tarot cards, right? The death part is often the totem upside down, which has different meanings, kind of like a tarot does. Yeah. I think you've got it that nothing wrong is happening. There's just life showing up. I mean I remember I was driving to a party, and a bird hit my car, like came out of nowhere and hit my car and was like instantly killed. It was disturbing. I had a moment of like, "Well, why did that bird hit my car?" Sometimes, a bird just hits your car.

Julia: Like, yesterday, I was living that.

Jennifer: That's what I heard is that we throw meaning at everything. Sometimes, there are definitely signs, but that moment was a moment of my higher guide saying, "Relax. For God's sake, not everything's a frickin' sign. Sometimes, a bat just dies."

Julia: Yesterday, when I was listening to you ...

Jennifer: Sometimes, a bird just hits your car. Just get over it. It's okay. Is there meaning in everything? Well, of course there is because we're meaning beings. It's similar to what I was sharing with someone earlier about bracing against life, and I can tell you're not doing that. Part of it is the neural pathway gym part where we talked about that in our 21 day programs. For those who don't know what that is, most of you should, but it's okay if you don't. When we move into these- I'm just going to explain to everyone else, Julia.

Julia: Uh huh.

Jennifer: When we move into these new places, when we discover our souls, when we find our soul like we did today, we've just created a new neural pathway today. We did. We have a new neural pathway today of clarity and presence and brilliance and power and knowing our future self and soul energy. It's there. It's building in our brains. We have a new neural pathway for that. The old neural pathway of disempowered from all of those other people that we left behind in the archway, well, that's an old shadow neural pathway. What's going to happen is the shadow is there to strengthen the new. It's like resistance training in a gym.

We go to a gym. We lift weights. We lift weights to strengthen muscles. That's what we do. Yoga is we use our body weight to strengthen muscles. It's all resistance training. Our life is resistance training. If something new happens, we create a new neural pathway, the old neural pathway becomes a moment of resistance to strength a new neural pathway. We go to the neural pathway gym. Got it?

What that means is, whenever we make these kinds of changes, bats may fly out of the sky, and you might get bit by a- I've never heard of getting bit by a dragonfly before in my life. That's wild. That was ...

Julia: Well, I grabbed it. I accidentally just grabbed it, and I think it felt like I was going to kill it or something, and I felt it. I'm like, "What is this?" I grabbed it, and he just bit me.

Jennifer: Oh, yep. Yep.

Julia: That's what happened.

Jennifer: Yep. Yeah.

Julia: Then, yesterday, when I was listening to you, I had a bird- I was at an appointment, so I said, "Oh, I'm not leaving anywhere. I'm going to stay in the garage, and I'm going to stay here and listen and I got called in, and I got to your class. Then, a bird landed right in front of my parking space, and he just stared at me, a little bird, little birdie, and it just gave me so much peace, and I realized that you were back in my life. I said, "Thank you, Lord." It may be God speaking for some development and some like healing. Today, I felt a lot of healing and a lot of relaxing. Through your whole classes, I've seen like things through my whole path like red and blue lights and yellow lights, and I just kind of come through my body and heat. Then, like, I saw a bunch of little hearts coming out.

Jennifer: Wonderful!

Julia: I've experienced so much different things, and so I know that you are a gift to me in every which way because how I've been handling my life since I've been taking a lot of your classes. I do it with a lot of family members. I take care of my mom. 1 out of 13 kids that- the only one that does that. I drive her to town a lot back and forth. I have a big load, and so, when I go, I have some family members that are not happy with me. They're just kind of like envious, thinking I'm trying to be a hot shot, but I'm not. I'm just there for my mom because she doesn't have anyone there for her. I've been chosen as the person to be there for her. I do those things, and then they kind of get to me and fight with me, so I try to get my peace and try to get away and step into a quiet place and do what you tell me to do is get out of there, go into your white light, go to the neural gymway, and I tried to do everything I can, and I find my peace again.

Jennifer: Good.

Julia: I just I love you so much, and I'd give her so much hugs. Whether you feel them or not ...

Jennifer: Thank you, Julia. I'm receiving that.

Jennifer: I want you to know something. I'm receiving that completely because there is a partnership. There is a co-creation happening here, and I want you to know that you're a part of the co-creation now. What you're loving in me is what you love in you.

Julia: Thank you.

Jennifer: Okay? Whatever you love in me is in you. There's a match here, and that's why we're here chatting right now.

Julia: Yes. I receive that.

Jennifer: Good.

Julia: From the bottom of my heart.

Jennifer: Good. You're doing so great. You are doing so great. ... Thanks, Julia. Is it okay if I move my attention to the next person?

Julia: Yes. Thank you.

Jennifer: Thank you, hunny.

Julia: Thank you.

Jennifer: To finish the thought, the idea is to use the moment, use those moments of life showing up and seeming opposite of direction of where we want to go. Again, we're going to be playing with this idea a lot, so this is kind of ... We're going to go into advanced versions of this, which is trusting, trusting, trusting, trusting your soul, trusting that your soul is bringing something to you so everything that's upsetting that comes into your purview is your soul getting your attention for some reason. That's all. You go to the neural pathway gym. You use it as a moment of resistance training to expand the new neural pathways. That's it.

What if that's all that's happening? Man, life would be a lot easier, wouldn't it? It would be so much easier if we weren't victimized by our lives, by anyone. Yeah. That is the circumstance changer. We create more and more and more moments of expansion that creates less and less moments of "trauma." Even when that stuff does show up, we are not traumatized by it. It's a degree of separation as I spoke about in the bonus class.

For those of you- I'm trying to upload the video into Facebook. I haven't been able to do that yet into this Facebook group, our bonus class from yesterday. I recommend doing that. If you can find time to do that show, that first preview call, just ignore all of the when I'm pitching and selling stuff, but, if you can watch or listen to that video, I've already set it up in there as a download. The transcripts will be coming in about 48 hours. But take a look at that one. The first 30 minutes was a powerful healing about ease, and it's a really nice intro into this program. I would do that as a bonus.

We're going to go to North Carolina. I think it might be Sandra? Oh, shoot. I dropped you.

Sandra: Nope. I'm here.

Jennifer: Are you there? There you are.

Sandra: Hey!

Jennifer: I lowered your hand by mistake, but I found you again.

Sandra: Oh, okay.

Jennifer: Is it Sandy or Sandra?

Sandra: Sandy is my main thing that I go by.

Jennifer: Okay. How can I help you, Sandy?

Sandra: Just- I've been in all of your classes since, what, December or from January, and ...

Jennifer: Wow.

Sandra: Yeah.

Jennifer: Cool.

Sandra: Yeah, I've been hanging around. But what has really come up at the end of the last one was, and between your classes and then I took a couple of these, is the trust in myself. I've got this kind of weighing, "Do I take this class or not?" Of course, like hello. Really, the trust is in myself that I can do it, whatever it is, but my one thing that I'm noticing is that ... boundaries aggravate the crap out of me. There's several people that I just love dearly, but it's like a new experience where they told me that because of what happened when I was young, now so this is going to cause you to have health problems. What I've been experiencing is a lot of health issues, and ...

Jennifer: Wait a minute. Let me make sure I understand this, Sandy. Are these friends telling you that this is the rules, that, if you have this that happens in childhood, then you'll have this as a health issue? Is that what they're saying? Or I just want to make sure I understand what you're saying.

Sandra: Yeah. They're friends/colleagues. They know ...

Jennifer: They're telling you about you.

Sandra: Yeah. They're putting me in a box that says, "These are the guidelines that this certain thing tells you that, because you've been abused, you're going to have this." It's not, "No, I'm not." I'm having to release them or move them a little bit further away, but I am.

Jennifer: Yeah. You don't have to- Here's the thing. When you vibrationally- There's a reason why they're in your life. There's a reason why they're showing you this piece. There's a reason why it's bothering you: because there's a part of you that believes it. There's a part of you that said, "If I was abused, then this is going to happen." It's there for a reason. They're saying these things for a reason because they have entered your universe, and they have no choice but to say those things to you.

This whole notion about boundaries is an interesting one for me because I'm really finding that there's no need for them. To me, a boundary is a wall that is not necessary because, when we are in vibrationally resonance with us, with everything that we're doing, we create a natural "boundary," which is called our universe. When we are in a resonance of joy and health and possibility and flow, we don't need anyone to enter our universe to tell us the things that we are in doubt about, unless we do.

All of that is part of our universe. Any of these individuals are just you. They're just you. They're entering your universe. They have no choice but to behave the way they're behaving. They have no choice but to tell you what their mind is saying, feeling. They have no choice but to be superior in their knowledge and dogma. They have no choice because they are entering your universe. This is all you. Okay? All of it is you. That does not mean that you don't get to be upset with them or be upset by it or say no to it. It just means that we can find a new angle of perception with it and say, "Hm. Interesting. This is here for me. If this is here for me, then how do I use it?"

Sandra: Sure.

Jennifer: I don't know if you were on the call last night, but we talked to Veronica about something similar. She says, "I'm over all of this change shit." She didn't say "shit," but that's what she felt. Right? [laughter] I'm like, "Well, it reminds me of the 2 people in a viral video-" There's this great- I'm going to try and find it, and I'll post it. There's this great and horrible video that went viral of this older couple on a ride at an amusement park. It's a very intense ride, and the woman does not want to be there, hates every minute of it, screams for bloody murder, and the husband is laughing hysterically and having a blast. Same ride, 2 completely different experiences. Right?

Sandra: Yeah.

Jennifer: To me, I looked at that, and I went, "Wow, there's a choice at any given moment."

These people are telling you something that is part of your vibrational universe. Let's do a little spontaneous transformation around that, shall we?

Sandra: Okay.

Jennifer: Let's do a little session. All of you, just find something that someone said to you or something that you believe that, "Oh, well, this is true. I will never get over this because this is what happened to me, and therefore ..." Louise Hayes' book is both a blessing and a challenge because it says, "If there is this, then there is this." There's a lot of truth to it. That's how she came up with it because there's a lot of truth, *and* none of it matters because, when we move into a new place, none of that stuff is applicable any longer, and it contributes to the beliefs.

Everyone think of something in your life. Sandy, in your case, you're going to think about, "Because I was abused, therefore ..." Don't tell us what the belief is because we don't need to see that here, but, "therefore, this is what my health issue is." Okay?

Think about that. The rest of you, think about either something like that that someone- Maybe a psychic told years ago that you're going to be this, and you've lived your life from that place. Or maybe a tarot reader told you something or an astrologer told you something or your mother told you something about who you are. Find that thing. Find that thing. That's it.

Sandy, we're going to walk you through it. But, whatever question I ask of Sandy, you ask yourself. Sandy, what is the opinion that's there when you think about what she said as absolute dogma and the truth of it's like gravity? Because you were sexually abused, therefore your health issue will be X, Y, Z. What emotion is there when you think about that?

Sandra: What comes to my mind immediately is that I'm angered that I'm being told that, that it's coming into my psyche.

Jennifer: Yeah. It's just anger.

Sandra: Mm-hmm.

Jennifer: We can just say, "Yep, angry. I'm angry." Good?

Sandra: Mm-hmm. I'm angry.

Jennifer: Now, we're going to move in. Where's that in your physical body, that anger? The rest of you do the same. What's the emotion, and where is that emotion in your physical body? If you can't find the emotion, that's okay. Just think about the thing or what happened or what is it, and where is that in your physical body? Where is that for you, Sandy? Where's that anger in your body?

Sandra: It's all in my shoulders and my neck right now.

Jennifer: Your shoulders and neck. Okay.

Sandra: Mm-hmm.

Jennifer: Let me just write some notes.

Sandra: And my left hip.

Jennifer: Okay. Shoulder, neck, and left chest?

Sandra: Hip bone.

Jennifer: Out of those 3 places, there's 1 in particular that's really calling out to you around this anger.

Sandra: Right now, just in my shoulders.

Jennifer: Okay. Bring your attention into your shoulders, but you're going to bring a certain kind of attention. The rest of you do the same. You're going to embody this observer, this beautiful, neutral, compassionate, yet detached observer. Maybe it's like a scientist, a spiritual scientist, or a fairy godmother or a guardian angel or like a archetypal mother like Mary energy. Find something in there that works for you, and embody that as if you're kind of this adult energy. What does that feel like to be this beautiful, detached, yet very present and compassionate observer, neutral observer? What does that feel like?

Sandra: You said the word "compassionate."

Jennifer: Good. That works.

Sandra: Life.

Jennifer: Okay. Good! Good, good, good. I can really feel you embodying that energy. Now, as the observer, you're going to bring your attention into that shoulder area, and the rest of you do the same into that body part, and, as you bring your attention into the shoulder area, you're going to notice that there is a younger version of you in there. Is that true?

Sandra: Yeah.

Jennifer: Yeah. Good. You make yourself known as this beautiful, brilliant, compassionate, present, yet detached observer. The detached part is to allow this little one that is you to have space to be just them. Does that feel true?

Sandra: Yeah.

Jennifer: How are they reacting to you being there? The rest of you follow along with your own process.

Sandra: They're happy that they're not alone.

Jennifer: Yeah. That's right. That's right. You just say to them, as the observer, you say to them: "I'm here, and I'm present, and I'm not leaving you. I'm here, and I'm present, and I'm not going anywhere." That's it. That's it. How did she respond to that?

Sandra: Thrilled.

Jennifer: Good. Good. We're just going to say that we're here to support her in expressing this anger. You can tell her that. As the observer, you're here to just help her express that anger, to just be there and support. I actually kind of heard that she doesn't need any help, and she's right. She doesn't. We're just here in support. Whatever she needs, we're here. If she doesn't need us, we're here for that too. She gets to finally feel the feelings of this anger.

I'm just going to share a few things with her kind of through you as the observer. I'm just going to share with you that, a long time ago, the very first time she felt this, and I'm sharing with all of your little ones, a long time ago, the first time they felt this energy, this emotion, it was not safe to express it. Is that true?

Sandra: Very true.

Jennifer: As a result, they held onto this energy, and it got held, and we're going to thank them for doing that. We're going to share with them how frickin' brilliant they were for holding onto this because it would have been dangerous, wouldn't it, to express it.

Sandra: Yes. It would have.

Jennifer: We're going to say, "Thank you, beautiful little one. You are so frickin' smart. Thank you for holding onto this until this moment," because, now, it's time to finally express what was unvoiceable, not able to be expressed before. That's it. That's it. That's it right there. Now, she gets to just do whatever she needs to do to express this anger, and, the rest of you, whatever that emotion is, they get to just feel it. We get to tell them we are not asking for it to change, by the way. She does not have to change. We're just asking if she would be open to it. She doesn't have to do anything, by the way, but if she would just simply express this anger and, for the rest of you, whatever that emotion is. How is she doing that? How is she expressing the anger?

Sandra: She's expressing it by yelling back that I don't deserve it.

Jennifer: She's right.

Sandra: I don't deserve this treatment.

Jennifer: She's right. She's absolutely right. That is correct. The anger is appropriate and as it should be. Of course she would feel anger. Of course she doesn't deserve it. Of course. Of course. She is absolutely right. That is correct. All of us, just validate their feelings, and just say, "Yes. That's true. Of course she would feel that way." Right? "Yes. That is absolutely accurate." What else is she saying or how else is she expressing the anger?

Sandra: Oh ... just saying that I am smart. I take care of myself and ...

Jennifer: That's right. She's incredibly ...

Jennifer: And?

Sandra: ... they think I'm stupid.

Jennifer: Yeah. She's really smart. I mean she was so smart that she held onto this feeling so that she could survive, so she saved you, didn't she?

Sandra: Yeah. Mm-hmm.

Jennifer: That's how smart she is.

Sandra: Yep. She is.

Jennifer: She's smart. She's a smarty pants.

Sandra: Yeah.

Jennifer: Yep. She is. She gets to feel angry, and she gets to feel all of the anger she needs to feel about this. She gets to rage. She gets to scream. She gets to yell. She gets to throw things. Whatever she needs to do. That's it. That's good. That's good. You, as the observer, just get to observe it. For the rest of you, you are the observer, and they're feeling. You're observing; they're feeling. You're observing; they're feeling. That's it. If any of you are feeling like you're diving into the emotion of what they're feeling, just remember that you're the observer. You are detached. What it does is it gives them space to feel. You don't want to dive in. You want to give them the space. They're feeling; you're observing. They're feeling; you're observing. That's it. Good. That's a really, really important piece of the spontaneous transformation system to be the observer and allow them to feel so that there is distance and space. That's it.

If you're really diving in, just tell them, this is not for you, Sandy, necessarily unless it is, just tell them that you love and care for them so much that you're willing to feel it with them. You're willing to feel it with them. That's it. That's it. Very nice. Okay. Good. Good, good. What's happening now, Sandy?

Sandra: Just the knowing and being told that it's safe to feel and it's structured ... really kind of neutralizes the actual need to, if I had the chance, I would do all of the screaming and the stomping and the hitting, and just knowing that it's safe and that I can do that.

Jennifer: Yeah. There's something else that's happening here. It's not necessarily neutralizing it. What's happening is that the act of finally expressing what was unexpressable before has created an opening. It's like a catalyst that creates a portal. Through this portal is entering this beautiful, incredible energy of love. The love is filling the space. You and I both know that love is actually neutral. While it feels like it's neutralizing, what's actually happening is the space and everything that has anything to do with her is being loved right now, honored and acknowledged and loved, and this energy of love is pouring in and pouring in for all of you. Our little ones get to notice that there's huge amounts of love moving in. Does that feel true?

Sandra: Most definitely. Yeah.

Jennifer: Good. As that love pours in, they get to feel more and more and more who they are, a soul, who they really are as power, who they really are as not anything that happened to them but who they truly are. Does that feel true?

Sandra: Yeah.

Jennifer: This love just kind of cuts the cords of anything that happened and just allows the power of them to shine through. The love becomes so much bigger than the emotion. Does that feel true?

Sandra: Yeah. Very much so. Yeah.

Jennifer: It doesn't make the emotion less significant because it's important, but, in terms of the dilution, if you will, of love to anger, it's just love is dominant. Is that true?

Sandra: Yes. Yeah

Jennifer: That's true for all of you. The love dilutes and is just in a higher proportion now than the original energy. That's it. That's it right there. That's it. That's it. We're in the healing singularity right now. ... That's it. There we go. There's the resolution. Okay. Good.

In this moment, ask her, around all of this, what that woman said to her, around abuse itself, around the anger, and around the resolution that just occurred, and the beautiful love that is still present, around all of it, what is it that she needs now? The rest of you, ask this of your little one. What is it that they need now? What does she need now?

Sandra: Just, when someone's ... that this is what will happen. She wants to just to be able to say, "Thank you for your perspective," and ...

Jennifer: Good. Then, just be her.

Sandra: And just be her. Yeah. Yeah. Yeah.

Jennifer: Good. What would it feel like for her to just be her? For the rest of you, what would it feel like if that need were expressed? Ask her to show you. Ask her to show: What would it be like for her to just be her? No matter what anyone else said-

Sandra: That takes me back to my sacred chamber of just trusting the universe and riding on my bike when I was 14 or 15 and could ... eyes closed, hands off the handlebars, and going down this road, street ...

Jennifer: Good. Good.

Sandra: ... and just trying to ...

Jennifer: What's that like? What does that feel like? The rest of you, what does that feel like? What does that need to express feel like? What's it like?

Sandra: It's just ... what I did ...

Jennifer: Yeah.

Sandra: I want to say euphoric. I don't know if that's the word, but ...

Jennifer: Yeah. Yeah. That's great. That's exactly right. That's exactly right. Just allow that kind of euphoric energy, and, for the rest of you, whatever that description was, just pretend that it is coursing through your blood. It's a part of your emotional makeup. It's in your thoughts. It's in every part of you. That's it, right there. That's it. Beautiful. Beautiful. Well done.

Sandra: Thank you.

Jennifer: You're very welcome. Now, let's think about her and what she said. What does it feel like now? The rest of you, go back to the original. What's it feel like now?

Sandra: I know it's coming from a loving place. I just took on the anger and the boundary.

Jennifer: Yeah, of course. Yeah. That's right. You have tremendous perspective now.

Sandra: Mm-hmm.

Jennifer: Beautiful.

Sandra: Now, I released that

Jennifer: Yeah. Well done, Sandy.

Sandra: Thank you.

Jennifer: You're welcome.

Sandra: Thank you as always.

Jennifer: You're welcome, hunny. Much love.

Sandra: You too. Thanks.

Jennifer: Okay. I think that's a wrap for our first class. I will see you all here for Workshop #2. For those who are on live, that's tomorrow. For those who are watching this on recording, it's right there waiting for you. If you want to give it a day, you can, or you can go ahead and dive right in right now, yeah, for those who are listening to the recording later. Thank you for being here. Thank you for being in this program.

We're probably going to be- Like I said, it's going to be about 30 minutes of healing at the beginning, and then we're going to open up the lines and see how that goes. For some times, it might just be 30 minutes. Sometimes, it might be like today. It was a 90 minute show. If you can't do all of it at once, you can break it up. Basically, what we're doing is the 21 days in these kind of 90 minute shows. It's a condensed version of the 21 days. Cool, huh? It's a different format that allows us to stay with a theme throughout an entire call and go deeper, especially as I open up the lines for every single show. I will

see you tomorrow night. I thank you for being part of this journey with me because we're going to figure out some really cool stuff.

Now, on the Facebook page, please ask questions there as comments. Offer your comments there. I will be using them. Also, you can use the form if you're on the live call right now using the audio form that's there. For those who are watching the recording, it's not there, so just use Facebook for your comments. Share and support each other there. I will also be in there looking at what you're sharing and what's going on so I can pull that into these next workshop shows.

I love you, I thank you, and here's to A Deeper Trust in all of this. Much love. Bye, everyone.