



Feel Better Mastery Heal-a-thon

It's A Wrap - WOW Amazing
Integration & Healing

TRANSCRIPT

- Jennifer: Okay, so here we are. Just tap into your core right in this moment. Tap into your core and feel your core. What does that feel like? Yeah. Just take a moment right now and tap into your core. What's that like? To me it feels like relief. I had a bit of a challenging morning, so this is the antidote to the challenges of life. I opened the fridge and a big ... I'm having guests over for dinner tomorrow. It's our Easter reboot. The fridges are stocked with sodas and stuff for people and I opened the door and a big bottle of Coke, glass, fell right out of the fridge, almost hit my foot, and shattered. Just before I was starting, so I get to use that moment to just move into my core.
- Jennifer: Go to the neuro pathway gym by using it and using it to go somewhere else. Either doing the spontaneous transformation technique or go into your core. Go into the many journeys we've been on. Remember what it feels like. Just feel your core with me. There we go. Feel your core. That's it. There's a powerful unwinding just from that. There's a healing, unwinding happening just from that. That's it. Can you feel that healing that's happening? Yeah. There it is. Beautiful healing pulse right now. As we just simply feel our core. Isn't that amazing? Just moving into our core creates healing. Creates transformation, because when we're in our core we're in that pure energy of love. We're in the neutral. We're in the zero point and when we are in the zero point all of the things that previously were upsetting are just simply gone. It may seem like it's temporary but it's actually building something within us. It's building something within us. That finally showed up.
- Jennifer: Does that feel true? That you're building something within you? You're building a reservoir of flow, of possibility, of openness? Does that feel like that could be true? Just feel that healing pulse as you simply access your core. Isn't that the coolest thing ever?
- Jennifer: What I recommend is that you dial in and then raise your hand because this is 100% your show today. There's only 30 people called in and there's only four hands raised. This is your show today. You get to play with me directly, so dial in and then press *2 to raise your hand. There we go. Okay. That worked. Good. People are dialing in. There we go. That feels good. There's powerful healing just when you're considering dialing in and raising your hand to work with me. Isn't that exciting?
- Jennifer: This is what's so amazing about our soul's journey is just making a decision to dial in and putting a little bit of energy of possibility out there that you're going to play with me is enough to make transformation happen. There's actually an unwinding happening right here. Isn't that amazing? Intention is so powerful. While we're waiting for people to dial in, a little housekeeping. The STT course I'm going to keep open for a couple more days. The discount version of the STT training. That's available for you if you want. Now I've had quite a few people share that this course has been a lot and they want to integrate. Well, the best way to integrate is to actually take the STT course. I know that sounds like that one more thing and yet, notice, that might be true that you need to integrate and STT isn't right for you, but notice, if your mind is saying stop the train because this has been an accelerated course. If you're feeling even a little different then something's happened that's really cool and you don't want to stop the momentum. You don't.

- Jennifer: Now what's really cool about the STT training is it's not like this Feel Better Mastery course. It is actually just a course where you learn how to do it. That's it. It's a course where you learn how to do it. It's very gentle. It's very easy. It's very simple. It's not like the Feel Better Mastery where you're going on these wild extended journeys to the multiverse and your psyche is being pushed. That's not what's happening here. It's giving you a tool that allows you to, every single day, use it. I hope you understand that what we've established here in the Feel Better Mastery is a new practice. This isn't about, "Oh my gosh. That's been a lot. I'm going to stop now." That's not what this program has been about.
- Jennifer: This program is about continuing the momentum. This program is about going to the neuro pathway gym every single time you feel any kind of upset. The best neuro pathway gym is spontaneous transformation technique, because what you're doing is actually going to the core, where the beliefs formed and you're unwinding that. If you learn this technique, and you're going to learn a lot of the whys behind it. I hear questions all the time here that it's hard to answer until you take the course and then they'll be answered. Rochelle asked something about why it feels unfinished. Well you're going to learn a lot about that in the course. I also answered it on Facebook and I'll answer it here, because it is unfinished. It will never be finished. This is our soul's journey. Our soul set up this amazing pattern when we were born and through the first seven years of our life. With some of us, our crazy parents. We created this pattern that we came here to play with.
- Jennifer: There is no end to it. However, what if that's a great cool thing, because if there's no end it means that we can't get it wrong. It means that we are in this powerful dance of constant unfolding. Know that we are going through layer and layer and layer and it gets easier. It gets simplified. We move more and more and more into the neutral. I used to attract a lot of narcissists. I used to attract really traumatic community events. I went to several almost cult like events. I have someone in my life who is experiencing that right now. I know this, that wow, there's a lot of degrees of separation between me and those kinds of things now. I just get to support someone who's going through it. That's what happens. We go through degree and degree and degree and degree of separation from the upset, from the pattern.
- Jennifer: I don't know the answer to this but maybe one day we resolve the pattern before we leave. I don't know if that's true or not. As I said I don't walk on water just yet. I suspect the day I walk on water is the day my patterns will likely be resolved. But maybe not. I'm not sure that's true. Maybe I came to this planet to play until my last breath with the patterns. Is there something unresolved? Yes. Do those answers get questions? Yes, all the time by the mind. Do those questions get answered in this course? Yes. You're going to understand the philosophy behind spontaneous transformation. How it came about. Where it came from, which helps the mind integrate the process more. You're going to learn the steps, each step, and why it's important. When you understand that you can do spontaneous transformation on yourself as a daily practice, which it is. It is a daily practice. I do it every single day.
- Jennifer: What's so cool about it is it takes between five to seven minutes. Imagine, once or twice a day you're doing five to seven minutes and you are clearing up those old beliefs.

Clearing up those old repressed emotions and moving into more and more and more into the neutral. That little dissertation was an answer to some questions. If you're feeling like this course has been enough and you're done, I would just ask you to make sure that's not your mind wanting to shut down the momentum, because the STT program is a gentle, loving, easy program. It is not like Feel Better Mastery at all. You're just going to learn the technique. It's also the prerequisite for becoming a practitioner.

Jennifer: Now the other thing is, the offer is going to be ending soon, so to register now you'll be able to access it later. It's already recorded and done and waiting for you. Okay? It's a really cool, beautiful, easy, gentle, little course. It's just going to teach you the steps. It's going to teach you the why behind the steps. It's going to give you this amazing tool that I really want you to have after this program is done. Now you've got the recordings. You can follow along in the recordings, but it's not the same as your mind knowing what's happening. We've talked about this a lot. When your mind understands it, it can let go into the process. That's why I created the course is so that you can absolutely understand. There are some of you who want to become practitioners and you have to take this course in order to do that.

Jennifer: The practitioner course is really, really, really excellent and expands the healer. Oh by the way, in the STT program another thing that happens is you actually get initiated into the STT frequency. It's now part of you and it actually opens up that inner healer. That inner healer is now expanded even more because of the attunement that you receive in the STT training. Then you receive six attunements in the practitioner course that opens it up way, way more so you can work with people.

Jennifer: Another question I got is the STT training program is really about you learning it, but by the end of it, you'll be able to have the tools to then work with friends and family. Not be a practitioner, but work with friends and family. The practitioner course is different, because it teaches you how to hold space, how to be a healer, how to work with clients, how to get clients. There's even a piece about how to start a healing business. Danny just shared something that's fun. This will take us into our Q&A here. If you're interested in the STT training course then just go to the link on the listening salon.

Jennifer: Let me see if I can find the STT. Okay. It's STTTrainingNow.com. That will get you to the page. Okay? Good.

Jennifer: Danny shares, "I asked what if I could gracefully heal and integrate walnuts effortlessly? Then I had a very lucid dream in which I did STT on a very hard coated walnut around not feeling loved." Oh my god, that is just so cool. Isn't that amazing? That is so cool. Yes, our dreams take care of us. That's a really cool practice too is that you can move into your dreams and the dreams will take care of it. That's so cool that you actually did an STT in your dreams. Danny I think you're in the program, aren't you?

Jennifer: For those of you who are in the program, speak up on Facebook and tell people that it is actually pretty straightforward and easy. That it is a really good next step from this. It's a gentle next step from this course. Again, if it's not to be, that's totally fine. I just want you to know this, if it's your mind saying no and then don't let your mind say no. Let your soul say yes. That's why I created this. Every single thing I create I tap into you first.

I go in and I ask the avatar, which is you, of my best customer clients, and I say, "What is it you want next?" They said, "We want to learn this technique." Then the universe said, "We want this technique to go out into the world through friends and family." I'm like, "Okay. Let me in."

Jennifer: Okay, time warping. I'll put that as a note. Someone, Deb just wanted to know about time warping. I'm going to put that in. Okay, so let's dive into some beautiful sessions. Hey Rochelle, you're on the air.

Rochelle: Hi Jen, good to speak to you.

Jennifer: Yes. How can I help you honey?

Rochelle: Jenn, I'm aware that this is something we've been through before, but I learn really well by repetition. I'd just appreciate the opportunity to go through this sort of with your energy holding the space for me.

Jennifer: Sure.

Rochelle: What I'm experiencing still is this, as you've probably gathered with my comments this cynical, skeptical, I'll never get better. Nothing ever works part, and I'd just really love to do some more integration with that with you please.

Jennifer: Is it true that you're the one that has agoraphobia?

Rochelle: Is it true, what sorry?

Jennifer: That you have agoraphobia? That you have not left the house in many years?

Rochelle: Yes, it's very limited as to how much I can get out. That's right.

Jennifer: Okay, good. One little thing and I think I talked about this before is that for those of us who have had a lot of trauma that led to these kinds of beliefs and behaviors, it may not be instant. It may be instant, but it may not be. Just allowing yourself some space to know that there is a process here. A timeframe here. The rule of thumb is a month for every day that you had the condition, that you've had the condition. How long have you had the condition?

Rochelle: I've had severe anxiety for 25 years.

Jennifer: Yes. You've got about 25 months with this kind of work to really unhook it completely and move into the world freely. Okay, now, if you look at the whole scope of your life ... How old are you?

Rochelle: 45.

Jennifer: Yeah, so that means in a whole scope of your life 25 months is not very much. Is it? Really?

Rochelle: No. Can I just bring up what my mind is bringing up now?

Jennifer: Uh-huh (affirmative).

Rochelle: Yeah, okay so I've been working on this for 20 years doing different types of therapy.

Jennifer: I understand and I want to just stop you right there because your mind is just telling us some really incredible information. Okay? Your mind is sharing that you've been working on this, and that is a different state of mind than what we've been playing with. Does that make sense?

Rochelle: Yes it does.

Jennifer: Okay. When those of us who have had a condition for a while that we've worked on for a long time, that's even harder in many ways, because our mind keeps saying, "Oh we've done this. Oh we've done this. Oh we've done this. Another avoidance mechanism. Another avoidance mechanism." Okay? What we've done in this program, you've never done before. How do I know? Because no one on the planet has ever done it before. This is really new material. Even the spontaneous transformation technique is in a new form than it was even two years ago. My book is now out of print and several of you were interested, I think there's like 30 copies left. Maybe one day it will be one of those first editions wacko things, so go buy it. Anyway.

Jennifer: Even my book is going to be completely rewritten because we're in this whole new domain. What if that were true? That what you are experiencing in this program and the tools you're receiving in this program, you've never done before, even if your mind says, "Oh I've done that." What if it were true that you've never done it before? That this is brand new? Not only is it brand new, Rochelle, but you're also in a place of playing with it. I can feel that that is a possibility in your beliefs. Is that true? That you can play with some of these energies? Is that true?

Rochelle: I can actually feel ... I'm sort of kinesthetic, so I'm just feeling a different energy in my solar plexus.

Jennifer: Yes, different. Now, the cool thing is that different may be really exciting instead of intimidating. What if different is actually a sign for you? You know there's these things that I share on the STT program about what I call tells. In poker a tell is when you can look at someone. You know their tell. You know that when their eye winks three times that they're bluffing. Right? Well we have these things within us that show up. They're called tells. That's what I call them anyway. That's your tell. You get a little sensation in your abdomen. Now before, because you're sensitive, you would look at that and go, "Oh my god. What's going on? Is this good? Is it bad? Is this?" Now we get to say it's good. New is good. New is good. What if new is good? What would that be like?

Rochelle: That's a whole new concept.

Jennifer: Yeah. Your mind has a really strong grip and that's okay. There's a reason why. It's okay that your mind has a strong grip. I know you've been noticing it. I know that you've been noticing the strong grip of your mind. Right now, your mind acts first. Is that true?

Rochelle: Yes.

Jennifer: Notice that. I know that you're already doing this, but you just say, "Thank you beautiful mind for your input, but I'm going to try this over here for a minute." For you this is going to be boringly, vigilantly, repetitive. Because your mind has such a strong grip you're going to be able to notice it, and be the adult in the relationship now. Just say, "Thank you beautiful mind. I understand what you're saying and I'm going to do this. Thank you beautiful mind. I get it and I'm going to play with a notion of new." There it is. That already shifted something. Does that feel true?

Rochelle: Yeah, I can feel it.

Jennifer: It's boringly vigilant. Really, especially in your case, because your mind has been in charge for a really, really long time. It helped you to survive and we thank the beautiful mind. Thank you, thank you, thank you. We're moving on into this new realm. I don't know if you can feel this, but man, it's actually pretty strong. I'm just going to bring it to your attention, that your mind is actually in a place of release. It doesn't want to do what it's been doing. It's not designed to do it. It's been hard on the mind. It's been stressful on you. Your mind knows it, but doesn't know how to change it. There's this energy, there's a thread there. A beautiful ... it's actually getting stronger. Thread, a release that the mind doesn't have to be in charge and in control anymore. Does that feel true?

Rochelle: When anybody speaks truth to me I get shivers and I'm shivering.

Jennifer: There you go. Wow, you've got a great tell there. Now, right now ... Aw man this is really cool stuff. There's a beautiful unwinding happening here right now, because your mind is just bearing with you, in a really authentic and lovely way. It really does want to be better. It wants to do what we did in session 10. It wants to have this new relationship with the soul. Does that feel true?

Rochelle: Yes it does.

Jennifer: Just keep going with that, that truth. Every time the mind acts up, you know it's like handling a toddler who wants a chocolate bar. Right? You're just like, "I know that you want the chocolate bar. I get it. I mean that and I understand that. Here's what we're going to do instead." If you want to explain you can. In this space you don't have to. You just say, "It's not what we're doing my love. Thank you so much for your input, but I've got this. I've got this. I'm going to try this for a little while. I'm not going to try, I'm going to move and play in this energy, and I'm going to move into the new and I'm going to

know that each time I move into the new I'm growing a neuro pathway of possibility that's going to make your life easier my beautiful mind. I promise."

Jennifer: Then your mind says, "But we've been doing this for 20 years." You say, "I know, but we've never done this. Have we? We've never done this. We've never done this. There we go. There we go." The mind goes, "Yeah that's true." Is that true?

Rochelle: Yeah, I can feel this ... I don't know. I can kind of feel the conflict but it's really funny now.

Jennifer: Yes. Oh my god, that's huge. That is a breakthrough moment for you to feel Rochelle. That is a breakthrough moment, because when the mind is confused it's created an opening for you to giggle and laugh and play. You know I think I told you this story of when I forgave my father, or maybe I didn't. I'm going to tell you a little story here about an experience I had when it was difficult being with my parents. My dad was an alcoholic, and blah, blah, blah. They were coming out here. My sister and I bought them a present for their 70th birthday of a trip to California, which is where I was living.

Jennifer: Before the trip I'm like, "Oh my gosh. This is not going to be easy. I react to these people. I have a hard time being with these people. This is not going to be fun." I knew that. It's not going to be fun. It's not going to be okay. What can I do to care for myself at every turn was the thought. What can I do to care for myself? What can I do to care for myself? What can I do to care for myself? At every turn, when something happened, I would pause, which is the start of my teachings as you can tell. I would pause and I'd go, "Hmm. This doesn't feel good. I'm going to take care of myself and leave." I would leave and they would be a little confused. I'm like, "You guys are on your own. I'm okay." They were confused that I didn't get a hotel room with them. It's like, "No. I'm a grown ass adult. I get my own hotel room."

Jennifer: You know, those little things I would have questioned before and I just kept leaving. I got to a point where I was able to look at them in a completely different way and actually have giggles. When my dad went into his rage I was able to look at it and I had compassion and I was able to laugh. At one point we were a little bit lost driving to a hotel. My dad was in the media so they got an extra week from the California tourist board and they did a little special, radio special, on it. They got an extra week and I was chauffeuring them around. We were on our way to a hotel and my mom was the producer and she liked to announce that she was a producer and this was Bob McLean and this is blah, blah, blah and we're really important. It always bothered my dad that she would not get to the point because she had this big introduction that she had to tell people to kind of impress them.

Jennifer: He started freaking out. He sat in the back seat because he couldn't handle being in the front seat because he was not in control. He started freaking out, having a temper tantrum because my mom was taking too long introducing herself to the hotel and he just wanted the directions. He's slamming around in the back yelling and screaming and slamming things and I start to laugh. He slams things even more and my mom starts to laugh. Now she's talking to the guy so that makes my dad really upset because my

mom's laughing and not talking and getting directions so he's even angrier which makes my mom and I laugh even harder.

Jennifer: We're practically peeing ourselves we were laughing so hard. Then we finally were lost, but were right by the ocean. There's a beautiful gazebo on a cliff overlooking the Pacific as the sun is going down. I stop and say, "Dad. We're going to watch the sunset. You can come if you want." He's pounding the back seat, mom and I, and he eventually comes out. We had this moment where it was like I was talking to my mind. My dad is kind of the surrogate for my mind now, where I just got to just giggle. Just giggle. In the giggling it's not laughing at something. It's actually appreciating all of it. I got to, in that moment as I was giggling, I was loving my father and he knew it. He was able to take it in in this new way. I was laughing with my mother at my dad for the first time in our life, and my dad still knew that we were laughing with love.

Jennifer: That's what we're doing with our minds. In fact, both my parents agreed till the day my dad died that that was the most beautiful moment that we had had together. They said there's something special about that trip. I'm like, "Yes, there was." Part of it was I was able to laugh at the minds. My mind. Their mind. Our minds. When we can laugh and giggle, we now have this whole new place of love for all of it. Does that feel true when you had that giggly energy?

Rochelle: Yes. The other thing I took from your story was the notion of radical self-care, because I realized what I do is I abuse myself like it happened to me and now it's time for me to love myself like I want it to be.

Jennifer: Yes. Say more about that. I just started talking about radical self-care, it felt like a new cage was freed.

Rochelle: A cage?

Jennifer: Yeah, a new prison.

Rochelle: Okay, that's interesting.

Jennifer: It's cool what you're thinking, because I wanted to talk about this today and you're reminding me to talk about it. Every single thing that we do in the name of self care, self love, and healing, and transformation, and wanting to be better people can be used against us by ourselves. Everything.

Jennifer: I've had people tell me, "Well you need to do Ho'oponopono on that; that is now a weapon." I've done something wrong and Ho'oponopono is now a weapon that people can use to say, "You're doing it wrong," which is anti Ho'oponopono and STT.

Jennifer: I've seen people decide that now use it as a weapon that you're entering someone's universe. Say, "Well I just entered your universe. You're wrong." You see what I mean? Everything that we do in life, if our mind is taking over again, can be used to be a negative influence again, can be used. Negative is not, there's no right or wrong about a

negative or a positive. There's just life. But it can stop the energy flow a little and sometimes a lot. So radical self care is a really cool concept, but the mind can also grab it and create another cage. "Oh, I can't do that because I've got to do radical self care. I can't do that because I've got to do radical self care. I can't hang out with them because they're not good enough for my radical self care."

Jennifer: I'm just saying, notice all of it right now because your mind is extremely powerful. Your mind has been in charge for a really, really long time. You're taking back command. Not control, but command. So any of these programs that are out there for radical anything, just watch your mind. I'm not saying they're bad by any stretch. Everything out there is really exciting and fun and interesting and play with all of it. But play with the knowledge that your mind can grab ahold of it and create another cage, another prison.

Jennifer: I just got a tiny bit of prison energy here. Maybe it was just for me to use that teaching moment, but I also know how strong your mind is. In a cage-free world, in a world where your soul is in charge, just tap into that energy and that possibility right now. All of us can say it to ourselves right now. What if my soul is absolutely for me and is in charge and in command so that the highest levels are here? What if that were true? My soul has got my back. It's in command so that the highest level of purpose of my life can be expressed. What if that were true, Rachel? What would that feel like?

Rachel: I'm getting an energy of expansion. That's it. It's expansion.

Jennifer: Yeah. Feel that expansion and tap into it and just describe it to yourself again. What we're doing here is we're noticing. Then we shine the light of consciousness even more by describing what it would feel like if it's coursing through our body. Next, imagine if this expansion energy were part of your daily life. What would that be like? And the rest of you do the same. If every day you danced and played and grew this energy of expansion in your life, what would that be like?

Rachel: I am getting the playfulness and I'm mostly getting freedom.

Jennifer: Yeah! Playfulness and freedom. That's it. And do you know what your core is?

Rachel: It's either connectivity or love. I'm not sure yet.

Jennifer: Yeah, I would start playing with the expression of play. Play and freedom. Feels like it's in the mix.

Rachel: Okay.

Jennifer: So, oftentimes, and I think I talked about this in the first couple sessions, but I'll just remind us that the thing that is most prevalent in the negative in our life is usually the opposite of what our core is. Isn't that fun? Yay us! So if playfulness and freedom is part of your core, then the opposite is likely some of the things you played with in your lifetime. Does that feel true?

Rachel: Yeah, I'm just getting that "ting, ting, ting" as everything just drops into place, so yeah.

Jennifer: Excellent. Very good. I want you to notice right now that as we've been talking and as you've been considering, and as you even consider the idea of "I've got this" (thank you, you beautiful mind, for your input!), that your mind is actually quieted down a bit. Is that true?

Rachel: Yes, it is.

Jennifer: And that's it. That is the path. That is your path forward. And will it take 25 months? I don't know. Possibly. But what I also know is that this is accelerated version, and I think you can cut a lot off that. But if you've been, for 25 years agoraphobic, my gosh, just look at how well you're doing in this moment, seriously.

Jennifer: So find the core as often as possible. And now, your amazing controlling mind is going to pop up all over the place and some people say, "It's testing me." I don't like to think of it that way, because I don't like being tested. So I look at it as my mind providing me resistance to grow the new neural pathways. So your beautiful mind is going to pop up, and now you use it. So remember your core. You've used it to ask these "what if?" questions. What if right now my mind is not the truth but my core is? What if right now you have access to your core? That's really true. Is that true?

Rachel: Yes.

Jennifer: Yeah. And that's amazing! And if that was all you did, that would be enormous. But when that controlling mind ... and again, it's controlling for a reason. It's not bad or wrong. It had really good reasons to control. It got you to survive. Does that feel true?

Rachel: Yeah, potentially.

Jennifer: Yeah, so we don't have to judge the mind or blame the mind. We just have to say, "Wow! The mind got us here. Thank you, mind. And now I've got this. I've got this. I've got this." We get to be the adults in our relationships. There we go. Another wonderful unwinding. And it's as simple as that, and it is a daily practice, especially with your mind. And I suspect in the next nine months, you're going to be seeing some really big changes in your life and how you handle things. And this 25 month thing will be ... I don't think it will take that long, but just know that helps your mind to not have to do radical anything.

Rachel: Yes. Yeah, it's lovely to be able to find moments when I can have real gratitude for this.

Jennifer: Yes.

Rachel: Up until now, it's just sucked, all of it, that having the moments of gratitude, it feels so good. Feels like that is who I really am.

Jennifer: And it is. It is. That is who you are. That is who you are. And I'm so delighted that you're following, knowing that. It's always been there. It's always been there, and it seeps in every so often, but now it's a dominant energy of awareness. And your field of being in that's growing and it's really cool that you know who you are.

Rachel: Yeah, and with gratitude and love, it just feels like anything's possible with those guiding energies in your life.

Jennifer: Absolutely. Anything is possible. And do you think the Rachel from a month ago could have said that: anything is possible?

Rachel: Definitely not.

Jennifer: Notice that! Beautiful, beautiful! Notice that! So beautiful! Oh my gosh! I have tears in my eyes, Rachel! That is so cool. You're doing so great. You really, really are. So if that happens in just five weeks, imagine who you're going to be in ten.

Rachel: Mm-hmm (affirmative). Yeah.

Jennifer: Really, really cool. Is it okay if I move my attention on to someone else?

Rachel: Yes, of course. Thank you for your time, Jenn.

Jennifer: Thank you, honey, and if you need to raise your hand again later, that's okay. You can go ahead and raise your hand again, okay?

Rachel: No, I won't be greedy.

Jennifer: No, be greedy.

Rachel: Okay.

Jennifer: Because you know this is helping everyone, right?

Rachel: Yes, I hope so.

Jennifer: Yes, absolutely. Thank you, sweetie.

Jennifer: Okay, so Andrea is talking about narcissism. Yes, my parents were narcissists too. Narcissists can't listen to us. They can't support us. They just don't have the chemical and the capacity to love or support us, as children in particular. So knowing that, maybe this will help you, Andrea. When I understood that my parents were narcissists, I came to a new conclusion in my thirties that they didn't have the capacity for it. So it had nothing to do with me. And it really helped me to say, "I'm no longer a victim of narcissism because they couldn't." So how could I be a victim of something from someone that was absolutely incapable?

- Jennifer: Christopher Reeves was unable to lift his son any more because he didn't have arms or legs that worked that way. And I suspect his son had some resentment about that, but also knew that his dad couldn't do it and was able to create a little bit of acceptance around that, even though there was a little confusion there. So there's likely a piece of him that's like, "That wasn't fair. My dad couldn't do that. But I understand why my dad couldn't do that." And it creates this energy of, "I'm not a victim because my dad couldn't lift me up." It's the same with narcissism. Narcissism is a disease. It's Narcissistic Personality Disorder. It's a real thing. It's a biochemical imbalance. There's other things that are going on with it. I'm not an absolute expert in it, but I've experienced it a lot.
- Jennifer: I'm writing a book about it, and my book was called "The Narcissist Collector", and I have to rewrite it because it was just an angry rant. Wasn't just my parents. But nonetheless, I've gotten to the point now where I can look at a narcissist, not necessarily enjoy it, and not enjoy the experience of it, but I get to see immediately that it's just something that's in them that has nothing to do with me, that I am not a victim of them any more.
- Jennifer: And so this goes along with a theory I created. I have a book called "The Big Book of You", and if you're interested in that, it's on Amazon. It's actually a book of photography and poetry and it's a really cool little book. Anyway, in that book, it's a bunch of my theories. It was published in 2008, and one of them is the consistency theory. And this especially applies to narcissists. People are nothing, especially people who are not growing or evolving, who are still sitting on the couch eating potato chips. These people are nothing if not consistent in their behavior.
- Jennifer: So we know that if we say A, B, C, they will consistently react in a certain way. They will judge, they will critique. And narcissists do both. They pretend that they're engaged and then they're not. They say one thing one day and the next day they say something else that's completely opposite of what they just said the day before. And they can't even understand that they did that because they don't have the capacity to do that. That's it. There's a healing going on right now. That's it. As we start to realize that it's all in our hands. That's it.
- Jennifer: So we have a chance to change the dynamic within ourselves. We have a chance to change that dynamic within ourselves. The consistency theory is they will not change, especially narcissists. They're not going to change. So if the people around us may not change, then it becomes our responsibility to find a new path around it. If they are for sure not going to change, then our responsibility is to take a path around it. So what does a path around it look like? The whole feel better mastery is a path around it. And one of my clients completely disengaged from their parents, a hundred percent, until the day they died, and didn't even go to their funeral. That may be a pathway.
- Jennifer: I was able to change the dynamic with my parents so that I could be with them, because it just didn't bother me any more. I saw the behavior and I'm like, "That's a narcissistic pattern. It doesn't matter." Because it didn't affect me at all. Sometimes I'd call it out, like I did on the trip with my parents. Most of the time I called it out because I thought it was funny, and I was sitting at a light and these people are crossing at the light and it's cold out, it's winter, and my dad is flipping out and starts criticizing everyone. "That fat

one!" And blah, blah, blah, and the this and that. I just looked kind of like, "Really? Dad, they're crossing a light. Are you kidding me?" He goes, "Oh well, okay." And he didn't change, but the dynamic of how I interacted with it changed. Is that going to happen with your family? Maybe not. But you can now see that they are who they are, and they are likely not going to change.

Jennifer: And again, especially if they have true Narcissistic Personality Disorder, and you know that that's true because they are drama queens; they can only survive on stimulation, and they don't care if the stimulation is good or bad. They change their mind about things. They really don't have any empathy, and you can see it. You can see it, right? So if they have true NPD, then you know that they aren't going to change, and your responsibility now is to you. How do you protect your little one in that environment? And then you can start making new decisions based on that.

Jennifer: Instead of constantly being victimized by them when they are consistently the same almost every single time, we can move into a different dynamic, where it's, "How can I care for myself in these moments, like I did on that trip with my parents? How can I care for myself? How can I take care of myself? How can I take care of myself?" Hmmm. I could do this and this. I'm going to a family do; they're going to be there. I want to go to the family do; they're going to be there. How do I care for myself?

Jennifer: I did a thing with my dad with the alcoholism. I told him, even. I said, "You can drink if you want, but if you drink, I'll be leaving. I'm not saying this so that you'll stop. I know that you can't stop. If you could have stopped, you would have stopped by now. You're not going to stop. It makes me extremely uncomfortable when you drink, so when you drink, I'll be leaving." And he tested it and I left, and he actually stopped drinking in front of me, and that wasn't my intention. So I would go to the event until he got to a point and then I was out. And it worked for me. I got to go to family dos and enjoy myself and then when he started drinking, I would leave. And then one time, he pushed it and I didn't leave and then he started drinking again, and I'm like, "Gosh, that did not feel good. That was a nice experiment. I'm going to leave again."

Jennifer: So these are the things. We can adapt to the situation, but we can recognize it. See it for what it is. That's something outside of you that you cannot change and your happiness is dependent on some people that will never change. That's a setup for really big unhappiness. And I can feel the human part of you going, "It wasn't fair." You are so correct in that. It was not fair to be raised by a narcissist. It was not fair at all. It created crazy on steroids. It wasn't fair, and yet, here we are. It is what it is, so what do we do from here? From this moment forward, what do we do with our lives, with crazy people in it?

Jennifer: And if someone has NPD, there's no conversation. There's no sit down and here's how I feel. They won't get it; they can't. They don't have the capacity. So just like Christopher Reeves didn't have arms to lift his child, these people didn't have the capacity to give love. They don't have the capacity to support people. They just don't. And so when we know that, we can make a new decision about what that is, and not be as affected by it. I hope that helps.

Jennifer: Okay, I'm just reading some of the questions here. Okay, so we're going to go to another person here. We're going to go Washington. Last four digits are 9259. 9259, you're on the air.

Andi: Hi, Jennifer, it's Andi.

Jennifer: Hi, Andi.

Andi: Okay, what I'd like to do is tell you what's been going on, real briefly, over the last part of the course, and then I have two specific questions coming out of that.

Jennifer: Okay.

Andi: I'm the one who has the husband who lost his memory, and the day before the class started, he hit his head again and now in addition to the lost memory, he also has cognitive issues and emotional issues, and he's essentially like a two year old. And now I'm embroiled in Worker's Comp and legal and all that. And what's been going on over the first two or three weeks of that, I was watching myself react over and over and over and over again, and I'd go back to my core and then be gone from my core in a nanosecond and be back to reacting.

Jennifer: You understand that of course you would be doing that. Of course it would be almost impossible to sustain that in the midst of a trauma. You get that, right?

Andi: Yes, although I was being hard on myself and thinking I could have done it better.

Jennifer: Yeah, well, welcome to being human.

Andi: But yeah, what I'm essentially going through is grief, because although he's here physically, I lost him.

Jennifer: Yes, and that's really cool that you understand that. And of course you're going to go through grief, and when you're in the midst of a trauma, oftentimes our vibrational field is creating these amazing patterns so that we can express and unwind old stuff, but when we're in the midst of it, it's just really important to just feel. Just feel your feelings.

Andi: Which I've been doing. And then I got to a point on Thursday, it was so interesting, because of this stuff that his employer is doing, and the state and everything, they're fighting us tooth and nail. They're trying to say that he's making it all up, and I had to hire an attorney and all this. And we ended up in this and now we have to go to all the different doctors and everything, but the problem is with traumatic brain injury, it's very subjective. And there aren't any objective things we can point to, to say yes, this is really going on. It's not like when you break a bone and you can see that the bone's broken. Apparently, people make this stuff up a lot. Why you'd want to do that, I don't know, but anyway.

Andi: So we're in this doctor's office on Thursday and she's just giving us all this horrible information and it's depressing and it's overwhelming and I had this moment of clarity where I literally stepped back and I went to my core and I'm sitting in my core and I'm watching this stuff going on, and I had this clear thought is, "I can't get there from here." There is no way through this process that I'm going to get anywhere close to what I want to have happen for he or I, and I don't even want to be engaged in this any more. Now, of course I had to still sit there and listen to her and do what I needed to do, but there was a part of me ...

Jennifer: In that moment, Andi ... This is a teaching moment for everyone; in that moment, you got to see that this is a farce. This is an illusion, and that you are no longer connected to it. You are no longer a victim of it, because you immediately saw that this is not the path.

Andi: Yes.

Jennifer: Right?

Andi: Yes, that's exactly what happened.

Jennifer: That's really, really cool. Very good.

Andi: Okay, cool. So that happened and then I immediately relaxed because there's been one thing after another also going on. We used that analogy to the waves coming in and we ride with the waves. But if you've ever ridden waves, you also know that if they come in too hard and too fast, you can't ride them. You end up getting held under water.

Jennifer: Yes, but you can come up.

Andi: Yeah, and that's where I've been ...

Jennifer: I want to share. I'm friends with a big wave guy. He's friends with Laird Hamilton and he's this big wave dude, and he shared this story with me about being pulled over by a 60 foot wave. And so what happened is, under the wave, he did the same thing that you did, which is he moved into the neutral space and said, "Wow! I'm under a wave here. This could be bad. And I know that I can get up, but I have to be present and be in the still point and see my moments." Which is what he did, and he survived something that most people wouldn't survive, because he did exactly what happened to you. He was in the moment and survived.

Jennifer: So yes, the waves can be big and dangerous; however, when you are in the still point, when you are in the neutral, when you are in your core, as you did, you can find a different path. So thank you for that teaching moment and even the analogy of the wave. I was just with him in January and got to hear that amazing story again, of how he survived this crazy, crazy 60 foot wave. So keep going. Thanks for letting me interrupt.

Andi: Cool, no that's a great story. I needed that story. That's great. So now I'm in this place. I'm very calm right now. I still have all this stuff going on. It's getting so crazy, to the point where I went to get gasoline in my car and gasoline starts pouring out from underneath the car. There's now a hole in the line and now I have to go get the car repaired and I don't even know how I'm going to pay the bills next month, and I just laughed. I laughed, because I just thought, "Okay, bring it on! What do you want to give me next?"

Jennifer: That's really cool, Andi, and I'm telling you, I've had very similar experiences in this last year, which is, "Okay, that's not going to work and that's not going to work, and that's not going to work, and that's not going to work, and when I decided to come down here, I decided to really go for it. Level 10. And so level 10 people will have these kinds of things that you're describing happen. In the midst of all this shit, the gas tank's going to go. And then, in that moment, we get to surrender and go, "This too, shall pass". And we get to know in our hearts that it doesn't matter. And that is the start of really creating something different in your life. I know that this doesn't feel true in this moment, but you will look back on this conversation and know that that was the start of ease.

Andi: Even if it ... ?

Jennifer: I know it doesn't feel like that at all right now, because there's so much going on. Layer upon layer upon layer upon layer upon layer is going on. And part of it is when we don't listen. And I'm not saying that your husband's going through this because you didn't listen, by the way. I'm saying all the other stuff that is happening is because it really wants your attention.

Andi: I feel that. I actually feel that because when I got to that point where it was literally like, one thing, one thing, one thing, I finally thought, "You know what this is?" And I don't usually get any clear sense of why something's happening, but I really felt like this is happening because I needed to be shown just how bad things can get if I don't learn for once in my life, turn away from the problem and turn toward the love, basically, or turn toward the truth. And I've been on this path for years and years and years and years and years, except it's like I've got whiplash from turning toward the problem and then away from the problem, and toward the problem and away from the problem.

Jennifer: That statement is an old statement. So that's your mind. That last part of the statement, your mind took over.

Andi: Okay, okay.

Jennifer: I'm turning to love; I'm turning to love. Well, you were. And I'm the same way. I'm not saying anything bad. I'm saying I've done the same thing. When I was doing Healing with the Masters and I had a six million dollar company, I'm like, "I'm doing this for love. I'm doing this for service. I'm doing this because I'm an amazingly service-oriented person." And it wasn't true. And I didn't know it wasn't true until I knew it wasn't true. I now know as I look back on that Jenn, she was terrified of money. And money was everything. And I don't want to give myself short shrift, because what I did in Healing

with the Masters was very special. It helped literally hundreds of thousands of people. We reached almost a million people. So it was a wonderful product and our core shines through regardless of how wacky our thoughts are. But nonetheless, I had to move to a pure time of losing everything in order to see that none of that matters.

Andi: Right.

Jennifer: Louie just came through the frame, for those on Facebook. The cats are in the room today. So yes, and I talked about this; I'm not sure if you saw session seven, when I had genuine grief about my sister.

Andi: Yes, I did.

Jennifer: And it's grief and it's real and I get to have it. I get to feel grief. And I also get to know that in the midst of grief, there's a story behind it. And so the story is what perpetuates everything. So you just told me a little story there, and it's okay that you did, but we're noticing it now, that turn to love and then you get whiplash. You turn to love and you get whiplash. You just told that little story. It's not true. You had turned into love until you didn't and then the soul says, "Time to go deeper." And it's time to go deeper.

Jennifer: And I'm pretty sure you have a level 10; you're describing a level 10 life, that it's not that we are turning to love and then we're done. It's that we're turning to love, and right now, you're at a level six or a level seven of understanding love. You came here for level 10, so its opposite often pulls us into, "Okay, now what?" "All right, all right. I'm going to move to level 10 love." And I'm probably not even there. I'm not at level 10 love yet. And yet, I'm so much closer than I've ever been, because I had all these wild and crazy adventures that have been painful. And again, I also want to state, as a belief, I don't believe pain is the pathway through, although for many of us, it gets our attention. For many of us, it gets our attention. Unfortunately.

Jennifer: And I believe that when we move more and more and more into the neutral, we no longer have to have, in the midst of everything you're going through, and I know how hard it is, Andi. I can't even imagine what you're going through, and then to have all the legal shit show up too. I believe that we'll get to a time when we don't need those things any more. But I don't know about you; I'm really fricking stubborn. And I stubbornly hold onto the things of the past because I felt safe in them. And so the universe and my soul, which I am in complete partnership with, says, "No, we're not doing that any more. We're doing this over here." And the only way my grip could loosen was to have pieces of my business go away. The only way my kindness and compassion could come through was losing my sister.

Jennifer: And I can hear some new age people, "You didn't lose her!" Well, in this moment, it feels like loss. So I get to feel that. And you get to feel the grief. Of course you would have grief. You get to feel the grief, as you're also in those moments of seeing more clearly, seeing that there's a bigger path. There's something unfolding here, Andi, that you're going to reflect back on and go, "Oh! I get it now!" And so the opportunity for all of us is to move through these really challenging seasons. You've got a really intense

winter right now. And to move through these challenging seasons with just a tiny bit more grace. And grace looks like. It's not something like, "I can handle this better; I can push through more." That's not grace. Grace is getting on the floor in a puddle of tears and really grieving what's happened.

Jennifer: Grieving what has happened. Grace is using the moment when it isn't a time of grief but it is just frustration because the fuel line friggig broke or you are in the midst of all of this crap to be angry about that for a second or use that to move into your core or giggle at it. Grace is really being you in the midst of deep winter, being you, in the midst of a huge wave crashing down on you, finding that still point in that meeting with the doctor to say, no, no there is another pathway, and that opened up another pathway.

Jennifer: So, when you first got on, what I saw was that when you move away from victim, by the way, it is understandable that you would feel victimized right now, totally understandable. But when you move more into your core and more into your power, it is creating a space that will create different [inaudible 01:09:06] coming forward. It will create a space for a new doctor to show up that agrees with what is happening, it will create space for something different.

Jennifer: And, the space is created by you being in your core and when you are in grief, which you get to be in, in the midst of it, you feel it, you express it, if something makes you angry, you get to say, I am angry right now. Then, use it if you can to do a Spontaneous Transformation, use it if you can to go into your core.

Andy: Okay.

Jennifer: There is a subtle shift from when we started talking Andy, to now.

Andy: Okay, okay.

Jennifer: You are moving from doing to get, you are moving from doing to get. Instead, you are moving into an absolute field of being to receive, and it is very different and it is subtle. When you are in the midst of it, it is not easy to not be in doing to get.

Andy: Yeah, it's like the whole situation requires doing to get.

Jennifer: Of course, it does, but in the midst of the doing, you had a moment of being where you got to see that no, this is not the path and that created an opening of a new possibility. But, when we are in constant doing, doing, doing, and even doing love, like before, that version of Jen, she did surface and it didn't work ultimately over the long haul and now I don't, now I am in it. Now I get to do the Spontaneous Transformation in such a different way than anything I have ever done before in my business and you are going to do the same.

Jennifer: And it's not about going to the beach and loving your pet, right? It's not just about going to the beach and loving the ocean, it is not just about loving your pet, that is a doing to get energy. And I am not saying, don't do that but I want you to notice the subtly

between, for 20 years, I have been going to the beach and appreciating it, yes, because you want something else and it is okay to do that, I want you to understand, it is okay to do that but you are now in a completely different framework, where you are getting to see that if you are at the beach, and you are being, not just having gratitude but actually being your core, being you. That is a different thing than going to the beach to do something so that you can get out of what you are in and you have done that, you have done that and you are right here right now.

Jennifer: I want you to notice, can you see the delineation between those two?

Andy: Yes, yes, mm-hmm (affirmative).

Jennifer: Very good, very good.

Andy: One of the pieces that extends from that is when my mind, my beautiful mind wants to start thinking about, well how am I going to take care of the money piece, I immediately start thinking about, well I have got to do something to get the money and I don't know what to do and then I start telling myself, well if I just be my core, I won't know what to do with the money, does that make sense?

Jennifer: Yeah it does so I would go back and do the prosperity stuff again.

Andy: Okay.

Jennifer: And I would so session 10 again.

Andy: Okay.

Jennifer: And so what is happening, and it is a really intricate and subtle, I am still playing with this, which is this idea of, and it doesn't mean, okay, so let me talk about the difference between doing and action.

Jennifer: I kind of covered this on session 10, were you able to take session 10 yet?

Andy: I am half way through it but then I got interrupted.

Jennifer: Okay, that is okay, and again that is an opportunity, that interruption is an opportunity.

Andy: Okay.

Jennifer: So doing, as a domain of the mind, where the mind is thinking it has to do something in order to feel something. So doing is, I am going to go out in the world and I am going to do something so that I feel better.

Andy: Okay.

Jennifer: So doing is, if I do this, then I will get what I want and then I will feel better. That whole process doesn't work very well. There is usually a backward kick that comes with it. I interviewed Drunvalo Melchizedek about this and he is the one that shared with me the backward kick. He said when you manifest from a mind oriented doing to get, that's my language, not his, but that is my interpretation. If you are a mind orientated doing to get, you are manipulating matter so that you get and others don't, and there is usually an equal and opposite reaction, that's physics.

Jennifer: However, if you are manifesting from this new place of the mind is now in a partnership with the soul, just like I told Rochelle, I have got this beautiful mind, I have got this. And now there is a new dynamic set up, it happened just in that moment when I said it, there is a new dynamic where I am with the soul, I am connected with the soul and the mind is now here in partnership and the mind now takes action from divine guidance, from soul impulse, the soul I am pulse.

Jennifer: That is a different dynamic, again there is a distinction between doing from a state of fear in order to change something so that you can get what you need so you will feel better, one dynamic. The other dynamic is there is a soul intention, with a map and a plan and the soul is saying, choose the next step and the mind is saying, no, I have got this, the mind is saying, no I have got this, I am doing it my way, no I am doing it my way and the soul says, that is not what we planned.

Jennifer: And so the volume gets turned up, the volume gets turned up, the volume gets turned up until we get into this place where it looks like it is crashing and burning, it is just the soul's turn and it is not crashing and burning, it is not. I can be testament to that.

Jennifer: 10 years ago, if I told you what I am going through right now, I am going through and I am okay with it and I am trusting the process of it and I trust my soul implicitly, and that it is all good and okay, I would have told you, you were nuts, but I am in the center of it going, it's okay, it's okay, I trust my soul, I trust my soul's decisions, I trust my soul's journey.

Jennifer: And in that moment, that creates an opening for us to be connected with our soul, receive an impulse of what is next and all we can do is what is next, all we can do is the next step, our soul will provide the next step. Everyone say that to ourselves right now, I trust my soul will provide the next step, can you say that Andy? I trust my soul will provide the next step.

Andy: I hear that but can I tell you what my mind is thinking?

Jennifer: Hang on one sec.

Andy: Okay.

Jennifer: So can you hold the thought?

Andy: Yes.

Jennifer: Good. And so as we do that, then we can move into action and action is, we got to sign some papers, we got to work the system, however, the action from that perspective is creating an energy field that is in your universe now and the people who enter that energy field are not entering an energy field a victim, are not entering an energy field that is pressured to, people can feel it, they can feel the pressure that we want them to do something in order for us to be happy, they know that and they usually resist it.

Jennifer: So, people are no longer entering a universe where it's like it has to be done this way, they are entering a universe of flexibility, they are entering a universe where you are trusting them to be in your space, revealing something to you. I think I talked a couple of days ago about someone entering my field, and it didn't feel good, but boy did it reveal something great and I was like, thank you, another teacher, right. So, what was your thought?

Andy: My thought is I have had so much going the way it is going that my mind is saying, but what if your soul wants you to suffer for the rest of your life?

Jennifer: Yeah, but is that true?

Andy: Is it true?

Jennifer: Yeah.

Andy: Well I sure hope not.

Jennifer: Andy, is it true? Tap into your core.

Andy: No.

Jennifer: Of course not.

Andy: Yeah.

Jennifer: Of course not. No, you know that, you absolutely know that.

Andy: Okay, yeah.

Jennifer: Like, duh! That's the kind of question where you are like, oh you are so cute mind, I get that there is evidence that, that might be true but that's just not it and I am going to go over here into my core, thanks very much. And then the mind is going to traipse along with you, you know, and the more you do session 10, where you invite the mind in to this new partnership and the mind is so relieved when it finally gets to let go, it really does get relief, there is tremendous relief when the mind no longer has to be in charge and in control.

Andy: Yeah I can understand that, I already feel that, just from the shift I have had from the last couple of days.

Jennifer: Yeah.

Andy: Because I decided I just have to figure this out.

Jennifer: I just want to commend you because I was not sure that you would be able to get here when you are in the midst of all this, it is really a difficult situation for anyone. But there is no accident that you are in this program as everything is happening.

Jennifer: So I just want to commend you that, that was tough and you are still in it. I get to a point sometimes where I personally find as a teacher in this program, to fight someone's limiting beliefs. Sometimes it feels like it is a frigging fight and it is not fun and yet, I know that this course will get people there, whether they like it or not.

Jennifer: And you are doing extremely well, given what you are going through and that moment in the doctors' office is a breakthrough moment that I want you to remember, I want you to remember the feeling because you moved into observer, that is what you did, you moved into the still point just like that surfer, was under the waves and said, in the still point, he saw the pathway and it was a pin hole pathway, but he saw it only because he was in the still point, and your soul is forcing you to be in such a position of still point that you could see all the pathways out of your current circumstance.

Andy: Yeah I get that, I can feel that.

Jennifer: Something really amazing is coming your way, truly and the path way to the amazing is not doing to get, it is just being you and having those, more and more moments of you and your core, watching the dance of life unfold before you as these crazy doctors and the crazy system does its thing and you move into a new place where they are entering your universe and you are influencing them, you are influencing them by being in the still point.

Jennifer: It may not show up at that particular doctor but it may, afterwards, she might reach out and say, hey, you know what? I was thinking about it and blah, blah, blah. You have no idea, but know that you are creating a universe that has a capacity to reveal to you, resources, support networks, individuals showing up, you know, people who are on your side and cheerleaders, I have seen it over and over and over and over again, that when we move from the pressure, I have had a lot of pressure in my field, I have had a lot of people express to me that I was overwhelming and it was because I had so much pressure in my field that in order to feel safe, they have to do something and they felt the pressure of that and couldn't do it and then I got hurt.

Jennifer: And we do that with everyone around us when we are in that mind oriented state where the mind is terrified and again, when you are in the midst of it, as you are Andy, it's understandable why the mind is terrified and it is going to it's base instincts of all of those walnuts and yet, that is also where the most amazing expansions happen.

Jennifer: When our soul's purpose and journey unfolds in ways that make sense. Like the mother who lost her son to a drunk driver and started MAD, it revealed her purpose, it revealed

something that has helped millions and millions of people now, that has created legislation, the DUIs have more significance now because of MAD.

Andy: Right, right.

Jennifer: Right? So great compassion for what you are going through, great compassion and I am so sorry you are having to go through this, I really am. And I want you to feel that, I am feeling the heart ache in everything and the grief and the loss that you have experienced as your husband's brain trauma has really taken hold and yet, I also know that your soul is so powerful, your soul has created this amazing evolutionary process that you are in right now that is allowing you to move through in ways that you will look back on some miracles that are going to happen I think, from this time in your life. And again, I am sorry that you have to go through it, I am sorry for the human upset and as you move more and more into that beautiful energy of the still point and the neutral observer in your core in that moment and you get to see that it is an illusion.

Jennifer: As you do that more and more, your vibration changes so the people entering your universe will be changing, the people you are attracting into your universe will be advocates for you. Does that feel like that could be true?

Andy: It does feel like it could be true, yes.

Jennifer: Yeah and you know, when you have that thought, oh my God, I have done this a million times, I have been doing this for 20 years and I am really good at this and how could this be happening? When you have those thoughts, just say, yeah I see how you could see that beautiful one but as I shared in session 10, this is brand new.

Jennifer: The work we are doing here, as I said, before the program started, we have never done this before, it is brand new and it is coming through you and through me. All of this material that we have done in this Feel Better Mastery is almost completely original, especially the healing stuff, philosophies I have been sharing for a while but the healing work is very new and more advanced because we are in a time when not only you are going through this Andy, I don't know anyone who is not going through some compression.

Jennifer: We are being asked in some really big ways, really big ways, to expand.

Andy: Yeah, yeah. And I also, one more thing I wanted to tell that I do STT every time you do STT with somebody and what is coming up is this extraordinary anger. I too was raised by a narcissist and my narcissist is in my life every single day and I am an only child so I am her support system, blah, blah, blah and the last time, I don't remember which session you did and I went along with you with and I found my little one just throwing a tantrum like you wouldn't believe just screaming and enraged and just all of the anger that right now, has been activated by me every time somebody is trying to keep my husband from getting what he needs, all that anger comes out and at the end, I asked her, what do you want? And she just said, I want to be left alone so I can have some fun, I want to have some fun.

Jennifer: Yeah.

Andy: That felt real, like that was really what I want, is some fun.

Jennifer: Yeah so the next step to that is, what would it be like? Ask her to show you what fun would feel like and then the thing is, we can actually create it in the moment, so it is not some pipe dream because if she wants to have fun, she is already telling you, who she is and that is why I think play and fun is part of your core.

Andy: I do too, yeah.

Jennifer: So the next question always is, what would that be like, ask her right now to show you, what would fun feel like? To be alone and fun.

Andy: I can see her dancing through a field of flowers with a puppy frolicking by her side.

Jennifer: And what does that feel like Andy, what does that feel like?

Andy: Glee, oh my God, glee, it feels like pure joy. It feels like pure joy.

Jennifer: And that pure joy my love is part of your core and that pure joy, I mean the fact that you can feel it in this moment, given what you are going through is a testament to how powerful your core is, is a testament to what is possible for you as you move more and more and more into that.

Jennifer: And there are going to be times when that pure joy is not possible right now because of everything that is happening.

Andy: Right.

Jennifer: And if that is not possible, feel those feelings, if you are feeling angry, feel angry. If you are feeling grief, feel grief.

Andy: Okay.

Jennifer: Feel the feelings in the midst of trauma, in the midst of it when something is happening, then afterwards, you can notice the reactions that showed up and do some Spontaneous Transformation Technique on it. But in the midst of it, just feel.

Andy: Okay.

Jennifer: If someone has a loss, I am not going to say, let's do STT, no they are in grief, feel the grief, feel the grief, allow it. That is how not to create new walnuts.

Jennifer: Do you remember the little boy I talked about at the beginning a long time ago, I think I was like eight years ago when we started this program, it feels like that for me sometimes. Oh my gosh anyway, do you remember the little boy?

Andy: Yes, yes.

Jennifer: I am not sure if I talked about the resolution, so just imagine the little boy, he is attacked by the dog, he loses his skateboard, he falls down and he scrapes his knees and then so if in order to not create all the walnuts that were created in that moment, here is what it would have looked like, okay? What it would have looked like is, he would have stood up to him mom and said, mom, this was really, really hard. I thought I was going to die and she snaps out of it and she says, oh my God, I am so sorry.

Jennifer: And she spends 30 minutes with him, letting him cry on her shoulder and she says, it is going to be okay, and I am so sorry this happened and then, the dog owner comes over with the dog the next day and then the boy is afraid of the dog and he comes over and then the dog gets to know him, the little boy gets to know the dog and they become friends, and they become fast friends.

Jennifer: And then the neighbor brings back the skate board and in fact, the skate board got a little broken and one of the neighbors fixed it and gave it back to him and while his mother was there, and then the little boy got to say, oh my God, I am so supported, right?

Jennifer: All of those things, if they had happened, wouldn't have created any beliefs or walnuts right? But again, some of you might be thinking, buy my mom would have never done, but what the little boy did, unlock your mind as you are doing this, and the little boy was able to stand in his core power and say, mom, I need some help. And oftentimes, with a relatively healthy parent who wants to do well, they will pause and go, okay right? And that is part of what we do in re-patterning, is we go back and re-pattern those moments that we did in one of those sessions as well.

Jennifer: So how do you take a current situation and not create walnuts from it? Not create repressed emotions? Not validate old beliefs and patterns is to actually feel the feelings, is to stand-

Andy: I am so glad you just retold that story because you made me realize I have already realized this extraordinary miracle, I told you my mother is a narcissist, she is usually extremely self involved and because I cannot talk to my husband about how I feel because it makes his symptoms worse, so I have turned to my mother, so when I have had a couple of melt downs, just crying my eyes out and she listened and she said at the end, she said, I can't even imagine what you are going through and I want you to know how incredibly proud I am for how you are doing this and I don't know how you are doing it but I am so proud of you and I love you so much and I don't think I have ever told you enough of how much I love you.

Jennifer: Holy sheep shit.

Andy: This has just happened in the last week.

Jennifer: Holy sheep shit Andy. That's really huge man.

Andy: And I didn't know it was that huge until you just told that story.

Jennifer: Yeah so your mom, there are two kinds of narcissism, there is the kind that you are born with, there is the kind that you are traumatized into, which is my assessment. So I think there can be, like your mom is likely the one that was traumatized into narcissism.

Andy: Her mother died very young.

Jennifer: Yes, yes okay, got it, so that is what happened.

Jennifer: So, by you being you, just being you, it pulled her temporarily out of that, will there be a dramatic change from here on? Maybe. But like I said, the people around us change, they can change if we are ourselves, there is power in us being us, power in it. There is power in the reorganization of circumstances when we are simply us, when we feel our feelings in the midst of upset, feel it.

Jennifer: And then, later on if you went into an over reaction, I mean, you are not in an over reaction but if you had freaked out and screamed and yelled at your car, kicked it until it was broken, that would have been an over reaction you could have had fun doing a Transformation on that, right?

Andy: Yes, yes.

Jennifer: But you are also so much so in your still point and your core and your ability to have space in your field now, remember I talked about responsibility is an ability to respond instead of react, right?

Andy: Right.

Jennifer: You are so much more in that, that even that moment created a giggle instead of a meltdown. So you are absolutely on the right path and the next time you want to love your pets or you want to go to the beach, you are not doing to get now, you are in the moment with it and actually appreciating the beach from your core, do you see the difference?

Andy: Oh absolutely, yes.

Jennifer: Good. Andy.

Andy: Yep.

Jennifer: Good, good, good.

Andy: Thank you so much, this has been so helpful, thank you.

Jennifer: You are so welcome Andy, I am delighted that I got to speak with you today.

Andy: Thank you.

Jennifer: It helped me too, because I knew that it was going to be difficult to, given what you are going through, to allow your mind to move into a new place, I am really impressed, really, really, impressed.

Andy: Thank you.

Jennifer: Thank you honey.

Andy: Thank you.

Jennifer: And you are in my prayers.

Andy: Thank you.

Jennifer: Okay thank you and Andy, would you pick a number from one to 22 for our next session?

Andy: 17.

Jennifer: 17 it is. Thank you love.

Andy: Okay thank you.

Jennifer: Okay, bye.

Jennifer: Okay, we are going to caller number 17, looks like it is an international number, last four digits are 24, 65. 24, 65, you are on the air.

Dorothy: Hello, this is Dorothy here.

Jennifer: Hey Dorothy.

Dorothy: Hi. What I wanted to talk about was narcism and actually my phone is echoing here so I am not sure how to-

Jennifer: Okay, go ahead.

Dorothy: Okay, so when you were talking about it the other day, it really sort of hit a chord with me because it's not something that I have really been aware of, that term, you know until maybe in the last sort of six to 12 months where one of my daughters talked about it and my other daughter is in a relationship with this guy that, you know, that is exactly what it is. And she referred to it as that and also she said, her dad, which is my ex husband, that he is a narcissist as well and I hadn't really been aware of that or thought about it or even really knew what a narcissist was.

Dorothy: So I have looked into it more and when you talked about it the other day, it brought up this deep feeling about that all that I experienced in my marriage was exactly that. So I just really feel like I need to just somehow, I don't know, work through that a bit more and I really feel a deep sense of wanting, to I guess, heal myself from all the things that I have experienced through that and in that process, help to heal my daughter and the relationship she is in as well.

Dorothy: My other daughter has tried to get her to leave him and she says she is going to leave and then she stays and I am not sure, but that is sort of the main thing I was ringing about.

Jennifer: Okay, yeah so let's do an STT on that.

Dorothy: Okay.

Jennifer: Those of us who attract narcissists into our lives and notice if your mind is reeling from that, how could I possibly attract, blah, blah, blah. it usually has something to do with something we want to unwind. I am very confused by Narcissistic Personality Disorder because I don't get what is happening. I don't quite understand it, I don't understand why people are born with that syndrome and is it because they are here to support others in their evolution by giving them a level 10 upset? A minus 10 upset. And I suspect there might be some truth to that, I think I talked about that the other day.

Jennifer: So it kind of doesn't matter because those of us who attract that narcissistic energy are attracting it for a reason and it is likely between, you know, seven and nine, the level of expression that we want, that if we can forgive a narcissist man, oh man, it is really hard to forgive a narcissist, if we can do that, we can move into another dimension, maybe not forgive is a bit strong, if we can do an energy so it is not as impactful on us, that we can find ourselves again, even in the presence of a narcissist, we can maybe even have some compassion for ... A narcissist is a shattered human. There are so many shards and pieces of them that they can't bring it together, and then, is there compassion there for them? So eventually, maybe there can be.

Jennifer: So again, the journey with the narcissist is definitely one of soul journey and I am being told there may be some past life stuff with this so I think we are going to do some past life STT.

Jennifer: So does that sound like something you would like to do Dorothy? A little past life STT around narcissism?

Dorothy: Sure, absolutely, yep. Just another thing, just in regard to having felt like, I used to feel like I was a very emotional person and really connected to feelings and I feel that through part of all of this situation and through my married life, I really felt like I was blamed and all these things as I feel like that I went more into my mind and was cut off from my feelings and my heart and everything so that's probably a sense of where my mind has become stronger.

Dorothy: Those other sessions were extremely helpful in realizing the control my mind has had even in my health and my core and really, I say that was really powerful in really feeling that sense of connecting more to the core and allowing it to be that sense of what you were saying about the partnership with the soul, so that was really great.

Jennifer: Okay, all right, let's do a little STT on that and just a little quick thing, you can feel like you are crazy when you are living with a narcissist, it feels like you are going crazy because they say one thing one day and another thing the next and you are trying to follow the rules and there are no rules with a narcissist and they establish, okay here is the rule and the next day, they change the rule. And then they tell you that you have done something and you haven't and they tell you to the point that you actually start believing it.

Jennifer: It is crazy making, and there is definitely some stuff to unwind. I also trust your soul, Dorothy. I trust my soul. I trust Andy's soul. I trust Rochelle's soul. Davia was talking about narcissism as well. I trust her so I trust that our souls have created these interactions to allow us to move through it to the other side so that we can now be in command of our life. When we're with a narcissist, we are certainly not in command of our life, are we?

Dorothy: Absolutely, yes. Yeah.

Jennifer: Okay. We're going to do a little spontaneous transformation here using past life. Yeah. Okay.

Jennifer: I'm going to take a nice deep breath right now and just allow yourself to feel this moment. Think about the narcissists. For those of you who have this narcissist personality disorder in your life, think about that. If you've got someone ... You might just have one. You might have a friend who's involved with one. Most people know someone who's had an involvement with a narcissist. You probably didn't ... Those of you who haven't, you probably didn't believe it because it's so insane. It does not feel like it could be real. You wouldn't believe it if it was a movie.

Jennifer: Yet, these personalities are really out there. Just allow yourself to consider the person that you've had an interaction with that really doesn't make sense. It doesn't feel safe and ... they seem to make one decision onw minute and another the next. They don't seem to have a lot of compassion at the end of the day.

Jennifer: Think about that person. Now tap into the emotion that you're feeling around it. Dorothy, tap into the emotion as you think about your husband and you think about your daughter's husband. What is the dominant emotion that's underneath that?

Dorothy: All I feel is a lot of pain and sadness, anger ...

Jennifer: That's enough. That's punchy.

Dorothy: Yeah. Yeah.

Jennifer: Okay, good. Just imagine that you're in that white space and tap into, as you're standing in that white space, noticing the narcissist, noticing the pain and sadness and anger and the rest of you notice the same thing and in front of you is this rope. It's like a tether that is the rope of pain and sadness and anger around narcissism, okay? There we go.

Dorothy: Okay. Okay.

Jennifer: We're going to pick up this rope and we're going to follow it to the lifetime where either we had another incident that was similar to that or we were the narcissist. For me, personally, I'm the narcissist. I'm going back to the life where I was the narcissist. Wow. Alright. This is going to be revealing for me at least.

Jennifer: Dorothy, follow that. The rest of you pick up the tether and follow it back to that past life. It's your soul, but it's a different life where either you're impacted by narcissism again. Or you are the narcissist yourself, which I'm just saying that only because I'm noticing that I was the narcissist. Which is it for you, Dorothy, as you go back into that past life?

Dorothy: I'm finding it a little bit hard to really connect in. There's a little bit of a sense that I'm the narcissist, but I can't get any real feeling or sense about it.

Jennifer: That would be true because if you're the narcissist, you're tapping into something that doesn't have much feeling.

Dorothy: Sure. Sure.

Jennifer: You be the observer. Everyone move into that observer energy. I actually got a little bit ahead of myself. Everyone now just move into the observer. The observer, of course, is someone who is detached yet compassionate, who is very present yet there is space between you and this past life. That you're able to come in, almost like a guardian angel so that you are detached from outcome, from condition, from expectation. You are giving them space to just be them. There we go. Very good, Dorothy. Now feel that. Describe to me what it feels like to be this detached observer.

Dorothy: I'm really not feeling the detached observer. I'm just sort of feeling a sense of I'm connecting to this person. I feel anger and rage.

Jennifer: Okay. I want you to feel that you're the observer, okay?

Dorothy: Yeah ... Yeah.

Jennifer: I would love for you to feel the observer and I apologize for not doing that step 'cause it's really, really, really important for you to be the observer, okay? And it's okay to notice.

Dorothy: Okay. I'm noticing the feeling ...

Jennifer: Very good. Very good.

Dorothy: Feeling stillness, stillness, stillness...

Jennifer: Excellent. Excellent. I apologize. That was my bad. I should have had you in the observer first, but I got into the session myself. I'm so sorry. Good. Feel The observer. It's really important. I trust the process implicitly. I made a little boo-boo there so that we could really there emphasize how important the observer is so that you're doing great. Now you're the observer and you're noticing the anger and rage. Does that feel true?

Dorothy: Yes. Yes.

Jennifer: Excellent. Everyone notice them in the observer. I want you to notice that when you're not in the observer, you are moving into an energy that isn't yours. It can influence you. You really want to make sure you stay in the observer so that you can witness the energy, witness the emotion and not have to be in it. 'Cause we've been in it enough, don't you think?

Dorothy: Yes, enough.

Jennifer: I think we've been in it enough. We get to witness it now. Good. Very, very good. Now you're present with this anger. You're present with a soul, the soul part of you in a past life. It was really, really angry. Is that true? And it has a lot of rage. Is that true? Is that what I'm sensing?

Dorothy: Yes. Plus, I can see him ranting and raving and carrying on. Yeah.

Jennifer: Good. As the observer and, again, this version of the observer, we're really going to be our God-self. We're going to just be able to access, understand and see the motivations of this past life. This version of us in a past life, we're going to just understand that there is a motivation there. There's something underneath the surface there. There's some chemical imbalance there. For those of you who are at the effect of a narcissist, again, it's the same situation. You're going to be the observer, observing the part of you that is at the effect and you're just going to allow them to just be them. Does that feel like that's okay, Dorothy?

Dorothy: Yes. Yes.

Jennifer: Good. As your present with them, as the observer, they see a guardian angel. I don't know about you, but my beautiful past life narcissist is saying, "FU, guardian angel." What is yours doing? How are they responding to the observer you that is present?

Dorothy: Surprised. Yeah.

Jennifer: Surprised. Good. You just get to be present with them and you get to just say, "Wow. This has been a tough life for you. I see that."

Dorothy: Yeah. As I could see the surprise, it was like they were turning away as well and not wanting to see the guardian angel. Yeah. Yeah.

Jennifer: Yeah. Understandably so. A narcissist likely wouldn't want to do that, would they? We just get to say, "That's okay. If you want to turn away, that's okay and know that I'm here for you, know that I'm here in support, know that I'm not necessarily going to go away, that I'm here to support you and love you and honor you, no matter what's going on." We get to be that. Does that feel like you can have some compassion for that narcissistic past life?

Dorothy: Yes. It's like I can feel like I'm just observing it. Not really feeling compassion, but just observing it all. Yeah.

Jennifer: Yeah. We're going to take moment now and notice that we're the observer, observing this past life. Notice that over top of this, there's this beautiful soul and it's the same soul that is our soul. It's the same soul that is the soul of this being. Is that true?

Dorothy: Yes. So feeling very ... I'm a little bit emotional at the moment as you're saying that.

Jennifer: Yeah. It's the same soul. We get to see that there are multiple things happening with a single soul. I mean this is really powerful for me, too. I get to see that there was a lifetime where my soul decided to be a narcissist.

Jennifer: Now let's unpack that a little bit. Let's just see if our soul is willing to reveal to us why were we a narcissist that lifetime? Just ask. Again, we're just honoring that soul part of us and experiencing this narcissistic personality. For those of you who are at the effect of it, you just get to honor that part of you who's at the effect, just as if you would honor the part of you right now.

Jennifer: Allow them to feel and express and feel and express. You're there. Again, remember you are there as the observer. They're feeling. They're expressing. They're doing their thing and we're observing.

Jennifer: We're going to take this, though, unpack this more deeply. We're going to ask our beautiful soul to reveal to us what is the dynamic that is happening there that we decided to come down as a narcissist in that lifetime? Or we came down to be a victim of a narcissist? What was the intention of the soul? We're going to go a little bit deeper with this.

Jennifer: As you ask into your soul right now, the master that is you is standing beside you. It's like an energy or an actual ... Some of them look like an avatar of a soul. They're standing there.

Jennifer: Dorothy, your avatar is standing beside you of your soul. You can ask them. Why did I choose to have that life as a narcissist? Why did I choose that? What is the answer they're giving you?

Dorothy: There was the sense and feeling that I wanted to experience that; the other side of the coin from having had a previous life where the opposite applied. And to then ... Where compassion comes into it, a sense of compassion...

Jennifer: Yeah. That's feels pretty cool so it feels like as you share that, that there's an opening that's happening. That there's that opening of compassion for that narcissistic personality. And that for that part of your soul that wanted to explore narcissism that was born into that chemical imbalance where they couldn't really feel empathy.

Dorothy: Yeah. Yeah. That's what it feels like.

Jennifer: How is the observer now doing with the narcissist?

Dorothy: There is that deeper sense of understanding and compassion coming through. Yeah. I'm not quite sure of the words, but ... Yeah. The words that come to mind are heart-opening involved.

Jennifer: Heart-opening. Yeah. There's a powerful unwinding and healing happening right in this moment. That's it. That's it. It's amazing, amazing insight that when we can see that we may have taken a lifetime where we were the narcissist. Wow. There's a powerful unwinding happening here right now. Just be in your observer. Be present and receive that and notice that the master that is you is there and it's overseeing this lifetime and that one.

Dorothy: Yeah. There's a real sense of a deep peace and a real expansiveness, a sense of freedom. Yeah.

Jennifer: Yeah. This is a pretty cool experience for me, too. Thank you, Dorothy, for this. This is a powerful unwinding happening still right now. It's as if there's something new happening, too, which is this whole ... It's as if there's some chords that are being dissolved in this moment, the cords of attachment to all of it, to the fact that we are creative beings that are creating ... As part of our soul journey, as part of our past soul's journey, have created these amazing pieces that we came here to unravel and play with and experiment with.

Jennifer: That in this moment of understanding, that we were a narcissist. That was just something our soul wanted to play with. Maybe there's more than that. Maybe there's more to it. There might be some other attachments to it, but they don't matter and we just watch all of the attachments to all of it simply dissolve.

Jennifer: We watch the attachment to all the narcissists in our life dissolve. Does that feel true? That it's as if the chords are dissolving as we come to this understanding. Does that feel true, Dorothy?

Dorothy: Yes. Absolutely. I feel this real sense of dissolving and the dissolving moving through in layers and yeah. Yeah. The unraveling and the dissolving, it's just moving through everything around it. Yeah.

Jennifer: Yeah. Beautiful. I want you to see that it's dissolving between ... This is a pattern that is part of your DNA and so it is dissolving that, which is helping your daughter, all your children. There we go. When we change, we change dynamics for everyone and so even that narcissistic personality back in that past life is experiencing something unique. I'm not sure what it is, but it kind of doesn't matter. But some of the cords are being cut for them, too. That's it.

Jennifer: It's interesting. I don't know if you're noticing this, but I'm noticing this. First of all, there's a universal vacuum cleaner that is coming now to simply vacuum up any old dust bunnies of belief around this.

Jennifer: What I'm noticing is that ... Those having the narcissistic lifetime ... Okay. This is what I'm seeing so I'll just share what I'm seeing. Because they are unable to have empathy or feel feelings, they actually are not at the effect of life as much as we are. In a way that narcissistic life for us was an interesting reprieve because we just didn't feel the feelings.

Jennifer: We might have created drama and havoc for others, but we weren't really at the effect of it so it's fascinating as I'm tapping into that narcissist that I was in a previous lifetime. That it wasn't a bad or horrible life. Does that feel true to you, Dorothy, at all?

Dorothy: Yeah. As you're saying that, that really rings true. Yeah. Yeah. There's something in that. Yeah. Yeah.

Jennifer: We wreaked some havoc for our loved ones, but there was some kind of agreement there. In fact, before my sister passed, we talked about ... I think this lifetime I'm tapping into and I was a bastard. We were married. My sister and I were married and I was a bastard and she killed me with the frying pan and I deserved it. But that sets us up for future opportunities to heal and unwind and play in these dynamics of the soul.

Jennifer: Again, I don't understand the full capacity of it 'cause I'm here with you, but when we get to the other side, I think we'll understand it a little bit better. How are you doing right now, Dorothy? I want you to tap into your husband.

Jennifer: Oops. I think I might have lost you. Hang on a sec. Looks like we lost her. Sorry about that.

Jennifer: Okay. I was about to move on anyway. Okay. We're going to Marsha, I think it is, and the last four digits are 4989. Hey, is that Marsha?

Marsha: Hello? Hello?

Jennifer: Hello, yes.

Marsha: Yes. This is Marsha.

Jennifer: Hi, Marsha.

Marsha: Hi. I-

Jennifer: Hang on one second before you start-

Marsha: Okay. Okay.

Jennifer: I realize I didn't quite finish that process because I got distracted by us losing Dorothy. So I'm just going to finish the process and I'll be right back with you. Is that okay?

Marsha: That's fine. That's fine.

Jennifer: Thank you. Everyone, take a nice deep breath. Move back into this present moment in a more conscious way, knowing that your soul knows what it's doing. Know that your soul has got this. Wow. That's it. Just feel this moment. That's it. Beautiful. Beautiful. Beautiful. Beautiful. Okay. We're going to take a nice deep breath and we're going to move into our next question.

Jennifer: Okay, Marsha. Go ahead.

Marsha: I don't know that I really have a question. I just have to thank you and everybody today. It's all just helped me so much. I've been going through a whole lot of grief. I had just said to myself, "It's okay if you don't get me today because I'm okay."

Jennifer: Yeah. You are okay, Marsha. You're okay.

Marsha: But I just really appreciate this course. Everything makes so much sense to me. And I'm just ... I don't know. I'm just fighting a lot of grief. And I just guess I feel so much better knowing that it's okay to feel it.

Jennifer: Yeah. It's okay to feel the grief. It's okay to feel sad. Again, it's the idea of ... A story can lead us into grief, but when we're in the grief, we can release the story. That's what happened in session seven with me.

Jennifer: The story of my sister's loss led me into grief and I got to feel it and feel the release that that delivers. The emit time I'm usually given is when we really, truly express our emotions in the moment, it's as if we're moving through a tunnel and the light at the end of the tunnel is the completion of the emotion.

Jennifer: Of course, the tunnel is us. The grief of creating the tunnel is us. The light at the end of it is us. It's all us. Yet, the pathway through is expressing emotion and I personally think expressing emotion is a private thing. It's not that we have to do it in private, but it's a private moment.

Jennifer: Notice if someone is emoting in front of you. This is just a teaching moment, not about you, Marsha. But if someone is having an emotion, do you want them to stop? 'Cause what you're doing is wanting them to stop so that you stop feeling.

Jennifer: If someone is having an emotion and it's triggering an emotion in you, you get to be the observer and allow them to have space to feel and you get to move into your core. Now if you're having an emotion, it's likely because it's triggered something in you and there's something to play with there, but in the moment of generosity, you just say, "Thank you, beautiful mind, I understand that you're triggering something for me, but I'm going to be present with my friend here. I'm going to let them just feel."

Jennifer: You don't have to touch them. You don't have to hug them unless they want it. It's just the same as playing with a little one. You get to let them express and through that expression, we are no longer creating any walnuts. We're actually being healthy.

Jennifer: We feel sad, we get to feel sad. The difference is, and I think you're really getting this, Marsha, is that depression is actually sadness that isn't felt. Usually sadness is anger that hasn't been expressed and so we get to notice that. Instead of, we get to feel in bursts 'cause we feel until it's done and then it's over. We feel better, but what we do is we repress the emotions because of an old belief or an old system or someone says we should or someone's saying, "It's okay. It's okay. Don't feel." So it's like, "Oh, my God. I shouldn't feel 'cause it's making them uncomfortable." And so we don't. We repress it.

Jennifer: Then we've got another moment to react to. We're creating another field of resistance in our field and so if we feel the feelings and allow ourselves to be okay to feel the feelings, allow ourselves to break down in tears in the middle of a freaking course like I did and know that it's okay. The thing that brought us to the tears might be a story, but the thing is that it's bringing us to a moment that is ready to release through emotion.

Jennifer: Now even people who are ectomorphs who don't go to emotion is readily. This is still powerful for you as well. Know that the emotion feeling and expressing the emotion is incredibly a powerful experience. Now the challenge is when we repress it is that we go into wallowing. We feel it over and over and over and over and over again. We wallow in it because we've never fully expressed it. That's really, really good. You're doing great. Is there another question or comment?

Marsha: I guess part of it is just that I feel it. I feel like I'm betraying everyone I've lost if I don't feel grief. Yet, I know that if it was me that was gone, I would not want my loved ones here to be grieving constantly. I have this back and forth between "I should be better, but I should cry." And I'm just-

Jennifer: First of all, start shooting on yourself.

Marsha: I know. I know.

Jennifer: Just notice that. You don't have to stop anything. You just notice it. Notice that you're doing that. Grief is a tricky thing. Grief I think is really an important emotion. I've heard so many things about it. Like I said, after my sister died, I read so many books about the other side, which talked a lot about death and grief as well.

- Jennifer: There are those who say, "Your loved ones can't get through when you're grieving." My thought is what feels good? Does that feel like that's true? That doesn't feel true to me. I think my loved ones on the other side say, "Ah, she's got to grieve for a little while. We can get through." Of course, they can get through. God can get through anything and they're part of God. Of course, they can get through.
- Jennifer: Whatever you read or what everyone tells you about grief, everyone's going to have their own experience with it. Go with your version and if your version is ... And they might be able to tell you that "I'm doing great," but ... your loved ones right now are not telling you to stop. They're not telling you to stop grieving because that's yours.
- Marsha: I've had some really wonderful messages, too. I have the comfort of all of that, but it's too much. Yes. I'm too much shooting on myself.
- Jennifer: Yeah. You get to grieve. They would not ask you to stop, would they? Because that's your experience. If you need to grieve, you need to grieve. No one on the other side is going to ask you to stop grieving. Yet, I'm probably going to cry. I cry every week over the loss of my sister. I'm probably going to do that until the day we have our amazing reunion. I can hardly wait for that reunion, but I also don't want to leave the planet at this time to experience that.
- Jennifer: Yet, that's my experience. Some people will grieve. Then they'll be a time when they'll stop and all they'll have is good memories. One little image that might help you is one that I got before my sister passed actually. I think I got it in advance of this.
- Jennifer: They showed me that grief is like this little knife in your heart that creates pain. It's sandwiched between the two pieces of bread between the meat that is the knife is there that's pain. It is pain and it hurts. It still hurts when I think about as you guys all saw in session seven. Yet, on one side of it is the memories I had and part of the reason that meat, that pain is in the middle there sandwiched between these two sides is because I loved my sister so much.
- Jennifer: The level of grief represents the level of love. On one side of the pain is all of my amazing memories that I had. The moment when I told her that she wasn't spiritual enough and I had to walk away from her as my sister for a while. This in my twenties. I went in my spiritual arrogance and she said to me, "That's okay. I'll still love you. I'll still be here loving you." Who is the spiritual master? Those memories are there like, "Wow. Wow." That's one side of the pain.
- Jennifer: The other side is knowing that she's on the other side. As I know you feel this that these loved ones are on the other side loving you. So profoundly. They've got your back. You know there's someone there who's got your back. These are the two sides of the sandwich of our experience with our loved ones who have passed.
- Jennifer: We've got this pain in the middle that actually represents the amazing amount of love we had for them. On one side is our beautiful memories of them and on the other side is our deep connection that we have to them still. That's the sandwich of grief. Grief

represents all of it. It represents us missing those memories and represents a new foundation we have with them in deep connection. It represents this sliver of pain that will always be there.

Jennifer: I can't ever expect that pain to go away because I'm still here and she's not. Until I walk on water, and experience her through the veil in a way that is more powerful, I will feel that pain. We get to just allow all of that to be okay. Did that little explanation of grief help?

Marsha: That does. Yeah. But the allowing all of it to be okay really, really helps.

Jennifer: What if all of us in this moment, no matter what's going on in our life, allowed all of it to be okay? What if we did that right now? What if, right in this moment, we allowed all of it to be okay? What would that feel like? Just pretending that we can allow all of it, no matter what's happening, to be okay? What if that's something we could do? What would that feel like for you, Marsha?

Marsha: Feels like peace. Just peace that everything's happening the way it's supposed to.

Jennifer: That's right. Even if it doesn't look that way.

Marsha: Even if I don't like it. Yeah.

Jennifer: Yeah. We get to know that it's our mind that doesn't like it because our mind has an idea of what it should look like and it doesn't-

Jennifer: Because our mind has an idea of what it should look like, and it doesn't look right, so we have a judgment now about what life is, because our mind says that's not right. But in fact, our soul has this amazing plan. Our soul that was a narcissist in a different lifetime, for god's sake, has this plan for all of us, right?

Marcia: Right.

Jennifer: We get to see that in the lifetime when we were a narcissist, we didn't go to Purgatory forever. Even though I can look at that lifetime and see, god, I was such a dick. I get to see that I got a lifetime where I'm not a dick. Excuse my French. So we get to see that there's this continuum happening here that's really fascinating. It gives us space to play deeper, to go for some things that maybe we wouldn't go for. So how are you doing right now, Marcia?

Marcia: I'm doing okay. tears every so often. And then I forget sometimes and I say, no story ... No, I say no tears, just story, and then I laugh because I realize I've said it backwards.

Jennifer: As you needed to in that moment. And in this moment when you say, I'm okay, that was great. That was the truth.

Marcia: Yeah, it is.

Jennifer: You don't have to be fantastically fabulous, wonderful, blissful in every moment. Sometimes you get to be just okay, especially if you're in the midst of loss.

Marcia: Yeah.

Jennifer: What's it feel like to just be okay right now?

Marcia: It calms me down a lot.

Jennifer: Yeah, sometimes it's just okay. My first year after losing Abby, that's all I could get to, was just okay. And that was enough. So you get to be just okay sometimes, all right?

Marcia: Okay. Okay, thank you so much.

Jennifer: You're so welcome. Much love to you. Would you pick a number from one to 21, Marcia?

Marcia: 15.

Jennifer: Perfect, thank you sweetie.

Marcia: Thank you.

Jennifer: Okay, I'm going to caller number 15, and that's in ... Laura, you're on the air.

Laura: Hi, can you hear me?

Jennifer: I can hear you.

Laura: Hi. I'm so glad that I got connected. I'm also known as Danny, just so that everybody's not confused. I've really been struggling with hearing my soul's guidance and really being connected in a consistent way around my marriage. My beautiful mind gets really in there, and creates slippery ... I guess I have a lot of little walnuts that are sourced out of my relationship. We've been married for 25 years, and I had never been so happy in all my life, after my son was born and for quite some time. Then when his mom died, he changed. I think my heart was broke, but then I struggled and struggled and tried and tried and worked and worked-

Jennifer: When your husband's mother died?

Laura: Yes, when my husband's mother died our relationship just completely shifted, and he became angry and he just ... He's been treating me differently since then, and it just hasn't ever been the same.

Jennifer: How along ago was that?

Laura: 13 years ago. And we've been to a million therapists, and he's ... He's changing and growing, as am I, but it's just been such a struggle that it's made me sick.

Jennifer: Is there a reason why you haven't left?

Laura: Yeah, obviously there must be. I think hope and love and our son, and feeling like everything that we do to grow and get through things helps him. Him being my son. And I think also little walnuts that I have of abandonment and ... Little walnuts that I've been cracking a lot with [STT 02:21:21] since we started, and things have been shifting a lot. And I'm so grateful.

Jennifer: Good, okay good. You know that you're on a journey. You know that you're on a soul journey, that you and your husband are on a souls journey together. There's a beautiful co-creation happening. I get that you really understand that.

Jennifer: So Laura, you understand that you're on this amazing adventure with your husband, and I'm not saying ever to divorce someone, but I do know that sometimes our path can go parallel, parallel, parallel, and then it starts to diverge and sometimes it can come back together again and parallel, parallel, parallel. But sometimes the divergence is permanent, and sometimes it's time to walk away from things. That may not be the case here, but I really appreciate the fact that you are seeing that there's some things that you are learning about yourself, that there's some unwinding happening, that you're doing STT on the relationship. And it might come to a point when you realize that this is not what you want anymore, and it might not.

Laura: Yeah, I've been at that point, and then I've taken various action and then something turns me around, and the yo-yoing, and me just not really being sure, just not knowing. Not being able to go in there and bring my fabulous tool and put it around it, and not really get anything that I need.

Jennifer: Yeah, you'll know when you know. You will know when you know. And that's true for everyone who's having any kind of decision about anything in your life. I'm not telling you to do that, by the way Laura. For some reason your guidance is coming through and saying, think about the possibility. And that when you think about the possibility from the state you're in now, you'll be able to access some more energy of knowing, because you're different than you were even before you started this course, right? So in this energy, you will know when you know. And when you know ... I'm giving you a bit of a reading right now. This is a little bit different than a teaching. When you know, it will change the dynamic of everything. One way or the other. When you know it's time to leave him, everything will change and you will be in that beautiful dynamic of possibility of you in this new life. When you know that you're going to absolutely stay, it will change the dynamic of everything. You get that?

Laura: Yes. Yes.

Jennifer: There's a possibility here for you to know that you can know. What would it be like, just pretend right now that you knew, and it doesn't matter what the answer is at all. Just

pretend that you knew the answer. Absolutely do it. Again, you're not getting an answer. You're just getting a knowing that you've made a decision. Okay? And it doesn't matter what that decision is. You get that, right?

Laura: Yeah.

Jennifer: Okay. So just pretend right now that you know. Just everyone right now move into that energy of, it's after the fact and you know. You've already been through it, you made the best decision, you know you made a great decision, and you're in that state of, wow, I really knew. My intuition was right and I took action on it and I knew. Just move into that energy, and it doesn't matter what the answer is. Just pretend that you're on the other side of it, and that you followed those breadcrumbs perfectly of your soul and you know. What does it feel like to know that you know? What's that feel like?

Laura: It feels like a great opening up at the top of my head, and almost my whole face feels a little different. Especially my forehead. And it feels like I can relax. It feels like a relief.

Jennifer: Yeah, so I was shown that as I tapped into that, into the future, that I did all these things and I got to see how all of the things in my life were here forming, guiding me and guiding me and guiding me to the next step and the next step, into that step of knowing in my future. I get to see that all of it has been there for me all the way along, and I will know exactly when I need to know, and not a minute before. And when I know, I know the dynamics will change, circumstances will change, and they'll change exactly when my soul is ready for us to have that expression. Does that feel true?

Laura: Yes. Yes, thank you. I think I really at the very beginning of this course I think I did, and I have for a while, had a spiritual arrogance and then I realized over the struggles in this relationship that it was not ... That my connection was definitely something for me that I need to work on, and I've been working on it, but feeling like it takes two, etc, and so recently and particularly with your courses I've been just not doing the it takes two thought. It's just me and my soul. I think that shifted remarkably.

Jennifer: That is really, really, really cool, Laura. Wow.

Laura: Really remarkable.

Jennifer: The fact that you are now even to the point of neutral, that it takes you: wow. That's not something I can teach, because if I said that to most of your minds right now, your minds would give me the finger. So you were able to really get even that belief, which is a new age belief that comes from spiritual, and takes two, right? It's a belief that has the blame squarely in them as well as you. Yes, I'm taking personal responsibility, but takes two. And really when it comes right down to it, what you just shared is, it really just takes you. It is just you. It's you, it's you, it's you, and everyone is reflecting you. Including your husband. Wow.

Laura: Oh, I lost you. Are you there?

Jennifer: Yeah, I'm still here. I have to mute out while you talk so that there's no echo. But wow, that's amazing. Wow.

Laura: Thank you. I signed up for the STT training, just at the beginning of this live call, and so I'm really excited to do that too.

Jennifer: Oh I'm so glad you're in the STT training, because it's a daily practice, and you're going to watch things change in your life.

Laura: I already feel like I automatically use STT all the time now. I am a kindergarten teacher and so I've been playing this what if game with my students all day every day, and it's miraculous. Absolutely-

Jennifer: Oh my god, how cool is that? You're playing the what if game with your students, oh my god, in kindergarten. You make me so happy. Oh my god, that's so cool Laura, wow.

Laura: Yeah, the work, it's crazy how much we've integrated so quickly. Yeah, I just know that taking that course will integrate it even deeper.

Jennifer: That is fantastic, and yes. Oh, thank you honey. Thank you for that wonderful lesson you just gave us. What a freaking amazing teaching moment, that I could not have distributed, which is, it doesn't take two, it takes me. Is there a co-creation happening? Of course. But we are at the command of the co-creation. Oh, beautiful, Laura. Wow. So cool. Thank you, thank you, thank you. Laura, would you pick a number from one to 19?

Laura: Seven.

Jennifer: Thank you so much, sweetie. Thank you thank you.

Laura: Thank you, thank you too. Thank you, Jen.

Jennifer: Okay, bye bye. Okay Ramona, caller number seven. Looks like we're going to Georgia. I think it's Laurie? You're on the air.

Laurie: Hey, can you hear me?

Jennifer: Yes, I can hear you.

Laurie: Hi Jennifer, thank you again for a wonderful course. I've taken a lot of your courses, and I've taken the STT training, and would recommend it to everybody. I've done a lot of the STTs, I've done a lot of work on myself. I'm working in some spiritual areas a lot with angels and ... But physically, I have endured lots of lots of open heart surgery and ankle issues over the last two years, and it just drags me down. I try to shake it, I'm really good at holding myself in positive energy, but I just feel like I'm not getting to the bottom of something.

- Jennifer: Yeah, so I'm just kind of tapping into you which is creating another opportunity for me to do a teaching moment, which is: everything about this course can also be used in its opposite by the mind. The mind can use anything to move into avoidance, is my point. As I tap into you right now Lorraine, what I sense, and again this is for everyone, too, which is that the kind of doing to get energy but in a really different, very subtle way. You have really good reasons too to get, because you've got some health stuff going on, it's understandable. Totally understandable, and you're probably not even consciously aware of it because you're so focused on healing. And yet, the mind can use that to have us avoid what I was just talking to Laurie about. Which was feeling a feeling. Feeling the feelings.
- Jennifer: I think right now if you were just to feel the feelings, just right now feel the feelings of what it's been like to experience the upset in your physical body. 100 percent of our reactions are seeking the neuro-pathway gym. They're seeking for us to heal the part of us that has been hurt in the past. Reaction. But we have moments of response in the moment that are real, that have an emotion attached to it as well. So when you can feel and access that emotion, when you can feel and access the part of you that is confused and scared about what's happening with your physical body and just feel it. What would it be like right now if you just kind of felt that? What's it been like to have the open heart surgery and to have the stuff with your ankle? What's that like?
- Laurie: It was life threatening.
- Jennifer: Just scary. So, you know, we get to feel that. What other emotions are you feeling right now around all of that?
- Laurie: Right now, overwhelmed.
- Jennifer: Yeah, it's understandable. You get to feel a little bit overwhelmed in this moment, and just see it as kind of like a tunnel.
- Jennifer: So Laurie, feel yourself ... The emotions, sometimes it helps our mind understand what the emotion is, because we want to avoid many emotions at all costs, even when we're in the midst of it and are feeling something. It might help to picture it as a tunnel. You're in the tunnel of the emotion, and it's not a bad or evil tunnel, but it feels a little dark, feels a little oppressive. But it's not bad, it's just ... It's almost like a birth canal. A birth canal is a dark, compressed tunnel, and for a baby that compression is actually good for them, because that compression as they're moving through the birth canal expels all of the mucosa, the amniotic fluid out of their lungs. It's a natural process of compression that allows the baby to get ready to breathe. It's a tunnel. It's a dark, compressed tunnel, and there's literally light at the end of the birth canal. So feeling our emotions are a lot like that. That there is this sensation of dark compression that's actually pushing something wonderful out on the other side of it.
- Jennifer: So in this moment as you're feeling the overwhelm, just feel it and allow it and know that you're in the overwhelm, and that's understandable. Allow it, without going too far into crazy reaction terror or too far into suppression or repression, finding that middle

ground of feeling the feelings around ... It's real what you're experiencing. It's creating an emotion and the emotion is true. It's real, it's authentic, it's as it should be. So do you know when we're doing STT on the little ones and we say that, we validate the feeling for that. We say to the little ones, of course you would feel that way. That is exactly correct. We get to say that to ourselves when we are in the midst of life. When we are in the midst of something that is traumatic. Because life feels traumatic many times.

Jennifer: We get to in that moment feel it, and we get to maybe experience it as, I'm in the tunnel of my emotions, and there's a light at the end of it, and when I get to the light it doesn't mean that I've repressed anything. It means I've just gotten through the emotion, that I felt it fully, and that carried me, just like moving through the birth canal carries the child through to the light. The emotion is carrying us through to the light at the other end. So as you're feeling that overwhelm, what's that like? To know that there's an end of the overwhelm, that you just get to feel it until you don't feel it. What does that feel like?

Laurie: Relief.

Jennifer: Yeah. Yeah.

Laurie: Why I hide it and have buried it is because it's almost like the outside influences want to grab onto that and say, yes, and they keep me there.

Jennifer: Hang a sec, Laurie. That happens only if it is a belief from the past that is causing the upset. That is an accurate description. This is really cool, because in a very, very way distinction that you are creating right now for you and everyone, me too. The distinction is that when you are feeling your feelings and it's authentic, then it's creating relief. But if you are feeling a feeling that is in reaction, it is creating a place for your outside circumstances to latch onto. That is correct. You're creating this beautiful distinction between those two. You get that?

Laurie: Yeah, sort of.

Jennifer: Describe back to me what I just said.

Laurie: If I'm feeling the feelings in the moment and then I have this sense of relief, and that's a good path and a good thing, and that feels good. But if I'm feeling them as something from the past, if it's connecting to something of a past behavior, then I'm in pain. I shut that out by not letting people get ahold of it. Or know about it, and then I shut myself off from expressing it even within myself.

Jennifer: That's correct. The little piece that's going to be different now for you is that when you're feeling the feelings, you got the first part perfectly. You're really getting this. When you feel your feelings, you actually have relief at the end of it. It was a healthy emotion that of course you would feel that way in the moment. You allow yourself to feel that way. You move through the tunnel of the emotion into the light, and you go "oh my god I feel so much better for feeling that." On the other side of it, it's more reaction. Versus responding with a healthy immersion, you're now in overreaction.

You're now in reaction and you can feel that it doesn't feel good. You can feel yourself spiraling down into it. You can feel yourself moving into a place where it's creating a ruckus in your field of being, and so in that moment what you shared is your belief is that when you do that you're creating upset for people to land on, which has some truth to it but not as much as you'd think. So instead, you use that moment, you do spontaneous transformation. Right?

Laurie: Okay.

Jennifer: Okay? So when you do the spontaneous transformation you're now unwinding that reaction. Then your universe fills with the new vibrational field, where it does change the dynamic of how people react and respond to you. However, that's not the reason to do the STT. The reason is not so that they'll change so that you'll be better. The reason is so that you will honor the part of you that's ready to be healed, move into that dynamic, allow the transformation, and then a natural transformation of your field of being shows up. How does all that feel?

Laurie: Very good. That feels like getting this energy away from me, or getting away from it.

Jennifer: Yeah, so let's reframe that. That's your mind's description, that you are a victim and that your mind ... That you have to get away from something or it needs to get away from you. That is the mind's description of what's happening. So notice that. Hmm, my mind thinks that it needs to get away from something or that I have to escape. Okay, good. That's fascinating. What I know to be true instead is that I'm a whole a being. I have this amazing core of who I am, and sometimes I have emotions that are attached by being in this beautiful domain of separation that is allowing expansion of my soul that is remarkable, and I get to feel my feelings. And there's no one that can attach or not attach to that, because I'm doing something that's whole and healthy and natural. And when I move into reaction, there's also nothing going wrong because I know that that reaction came from somewhere. There's a really good reason why it's there, and I just simply have to unwind it, and honor it, and allow it, and let the little one that's behind it express their feelings. Or I can just use that moment to just remind myself of who I really am and move into my core. In that moment there's nothing going wrong anywhere. That true?

Laurie: True. That is true. I like my core. Sometimes I think I retreat to it too often.

Jennifer: I don't think that's possible. If you think you're doing that, look at what's really happening. Are you really retreating too often or are you retreating to something that is different than your core and you just retreat because of this pattern that you just described to me, of someone's attacking, you have to escape? Again we're in the subtleties here, Laurie. We're in the subtleties. We get to notice everything. We get to notice how we describe things, and again never repress, never suppress what you're feeling or what you're saying. Notice it. So there's a little pattern of escape. In that sentence, it's probably the pattern of escape that is showing up versus I'm going to my core too much. There might be something there for you to play with, the part of you that needs to escape. What does that feel like?

Laurie: That is very interesting. I've been doing a lot of spiritual type development, and it started really with a course I took with you a couple of years ago, even before I was having any of these physical problems. All of this work of getting to the core and getting to my core and I feel that I've gotten very good at it. I'm doing work in angel core reading and things like that and I'm very good at people ... I get such positive feedback. It's so 180 degrees away from my actual occupation, but I know I am really much more in touch with my soul and all of that. So maybe there are two places I'm going. Maybe one is of escape and one is really of this true expansion and development. And then it frustrates me because I'm sitting here being held back by physical problems which I really believe I can ... Well no, see, that's another thing. I don't know if I necessarily believe that I can heal. I believe that I can overcome. You see what I'm saying is the difference?

Jennifer: Yep. We all have our things in this lifetime. Some of us have physical things. And again, we have physical things, we didn't have physical things until we did, in your case. And some of us have emotional upset with spouses and with relationships, and some of us didn't have that until we did. And then some of us have lack and abundance stuff, and some of us didn't have it until we did. And so wherever our soul has taken us to, it's taken us to this part so that we can go deeper. So that we can expand more. So that we can learn more about who we are and what's here for us. And so all of this is here nudging us to an expansion that might not be possible without it. In your case you've got this physical thing that's happened that ... We've got quite a few people with some physical things. We've got quite a few people with abundance things. We've got quite a few people with relationship things. Some people have more than one. They are here requesting us to use what it is to wake up.

Jennifer: We're not here to heal. And I know I say heal a lot. I know I say heal a lot. To really honestly heal means there's something broken. We know there's nothing broken. Instead, just play with me with this, what if we're on this adventure and something has shown up to be part of the adventure, and that's it. In your case, you've got this stuff with your heart and your ankle. It's part of the adventure. In Andy's case, she's got a lot of things that are showing up. In Rachele's case, she's got the agoraphobia that she's had for 25 years. All of us have these little, sometimes seemingly large adventures. I've definitely got some health challenges. I've had almost my whole life that's been one of my things, is health issues, mainly health issues. What if I am not supposed to heal that, I am simply supposed to use it to evolve my soul, to have my soul get stronger and more powerful and more knowing and more discerning and move more and more and more into the neutral so even if I have an injury, which I had recently, I can show you this huge bruise on my hip, I had a really big fall. Right after Ultimate Life Overhaul, I fell really bad and really hard. Really? Really hard. What if that wasn't anything?

Jennifer: That stimulated my belief of, if I injure myself, oh my God, I injured myself all the time before this. "Oh, what if that's not anything?" What if it's nothing? What if it's just falling, and maybe the fall created a jar that aligned me? What if that's all that happened? What if that doesn't matter? The whole thing happened so that I could really look at, now I don't get injuries, now that's not a thing. If I do something that does create an injury, then what if that's not a thing either?

Laurie: I've been a dependent diabetic since I was 14 years old, and I'm 60. So I'm not new to medical problems. I somehow slipped on by without any serious problems for a very, very, very long time, even through the dark ages where they didn't have home monitoring for blood glucose. So something got me by and-

Jennifer: That's good for you to know, Laurie, something got you by. Yes. Hang your hat on that. Hang your hat on that. This too is something that you will get by.

Laurie: I see.

Jennifer: And I just want to comment, Laurie, about I think I did a session with you last year for ... Was it money and prosperity? Were you in that program?

Laurie: I was.

Jennifer: You are a completely different person. You know that, right? Do you remember that session, how I finally had to leave your mind to its own devices because you were just like, No, your mind said no. And yet you stuck with it and you stuck with it, and here you are. I'm actually getting tears in my eyes. I am so blown away by you. This conversation is not the conversation we would have had a year ago, even close. Do you understand that?

Laurie: I do. I do.

Jennifer: You are doing unbelievably amazing. I am so blown and impressed by where you came then to where you are now in your capacity to have a conversation where your mind is not constantly interjecting. I mean, you're just blowing my mind here. You're blowing my mind. You're doing so great. The fact that you're able to consider some of these concepts is just profound. Some of you who might be taking some of these courses in the future, you'll hear the conversation that I had with Laurie last year, and wow. Thank you, Laurie, for showing up to show me what's possible, because you are amazing. Is that okay that I'm sharing that?

Laurie: Thank you. Oh, yes. Anything that helps anyone else is wonderful to me, and that's one of my soul purposes, is to help people. One of my soul, like core things is wisdom and sharing and using that wisdom for compassion. It still seems a little technical to me. It's like, "Wisdom? I want kindness and love and hand-holding."

Jennifer: Wisdom feels so right on the money. It's interesting because wisdom is the opposite of the mind in its turmoil. Wisdom is the still point of the sage. Wisdom is the capacity to know even when you don't know. So you are wise... such a beautiful thing to describe you. Remember when I said that oftentimes we experience the opposite of our core through our life in order to be more and more our core? So when your mind was going crazy that that was a mind that was in turmoil that didn't have wisdom and now you're able to live more, more and more in that beautiful wisdom, the core of your wisdom. So well done, Laurie, well done. Is it okay if I move my attention to the next person?

Laurie: Yes, it is.

Jennifer: Thank you, my love.

Laurie: Thank you.

Jennifer: Thank you so much. And would you pick a number from one to 17?

Laurie: 14.

Jane: Hello? This is Jane here.

Jennifer: Oh, hey Jane. Hang on one second. I'm just going to read some of the comments here. Someone is asking about the STT practitioner training. So, yeah, I'll tell you a little bit about that. Once you get to STT training, I don't offer it as a separate thing for the STT practitioner program because you have to be in the training in order to get it. So I allow you access to that information once you're in the training, and it's in the listening salon. There's a link to become a certified practitioner.

Jennifer: Here's what it's about. You've got the six classes of the STT training. I think there might be a bonus class in there too. It's all waiting for you. It's all audio only. There's no video in that. There's one Facebook Live I did there that's available to you. And then the STT practitioner course is another six-week course, which is pretty cool, and then there is a live event. Now, the last live event was last May, a year ago May, and we're probably going to have another one hopefully this year. If not, for sure next year. Everyone who is a practitioner gets to come to all of them indefinitely. I might change that rule, but for now that's the rule. Hopefully every year there will be one. It's based on demand right now. We don't have a big enough demand or enough practitioners to do a live one. But the ones that I did live is recorded there, so there's a powerful video course in the program as well. So it's six sessions, a lot of worksheets, lots of research, and then there's a three-day live event, two-and-a-half live event. Two-day live event. It's two days. That's what's waiting for you through the certification program.

Jennifer: Then at the end of the certification, you actually have to take a quiz to make sure that you've got it, and that's the course. So it's actually really straightforward. It's probably the easier certification you'll get. You'll learn all kinds of stuff in the practitioner course, like how to start a healing practice, how to work with clients, how to do intake forms, the practical stuff as well as the more advanced materials. There are six different STT attunements that you receive in the practitioner course. In the STT training course, you get one that opens up the natural healer inside of you, and then the practitioner course you get six. That's what it involves. It's \$997 for the practitioner course, which is probably the least expensive course you'll ever take in your life to become certified in anything, and they're fantastic, and on Facebook Live.

Jennifer: So that's how that works. I hope that answers your question. Okay, we're going to go now to Jane.

Jane: Hey. Thank you.

Jennifer: Jane, baby, you're on the air.

Jane: I am on the air. I really have to set the context. I've been working with you. I first found out and heard about you and have been working and listening since 2008. So it's like 10 years.

Jennifer: Oh, kind of right from the beginning, huh, Jane?

Jane: Yeah. And I had signed up and did the first STT back in 2016, I think it was. And even the practitioner. I'm now retired. I'm almost 72. And I am now living in Lower South of the Central Coast, not Bakersville, but this is my cell phone. So I don't know if I have a question, but it is ... If you hear something in the background, it's because I'm sitting by the beautiful Lake Laguna and the Earth Day celebration is off in the distance.

Jennifer: Beautiful. What a great way to participate.

Jane: Yes. And it's a wonderful experience. So a question and no question. I feel like I'm far better now in terms of being. I have this absolutely marvelous mind that is always trying to figure things out. So listening to the courses has been, and particularly this last one, has been really good for me. I guess where I'm at right now is just sitting and I don't know until I know. And I love what Laurie said a minute ago, because sometimes I feel I don't know what my core is. I've got all these skills, I've got all these abilities, and then I have to sit and just I'll know it when I know it. So I feel like I'm in a better place, and I feel that for much of my life as a professor and as a cultural anthropologist I have this real concern about what's happening to the planet. I have lots of skills, but I'm not quite sure, and this is what the question is, what my next step is. Whether it is what I need to do STP ... It's STT and I said STPT. I have to admit ... And I don't have any physical challenges. I have a good pension. I'm not into a lot of material stuff. I don't know whether the practitioner ... I guess it would be STPT.

Jennifer: There is it, STPT. You've nailed it. I remember hanging out with you in those little Friday sessions I used to do. You drove all the way in.

Jane: Yes.

Jennifer: So I remember that. I love this piece. I'm just going to mute you out temporarily because you've got some background there. So, if you're trying to talk, I've got you muted temporarily while I speak. I don't know until I know. I suspect that's your core. Because that is the core of a professor, the "I don't know until I know." It's a compulsion to move out into the world and discover. It creates this beautiful curiosity, and it is a powerful thing that you just shared with all of us. I don't know until I know. I won't know it until I know it. I don't know it until I know. And what you just shared is that that gives you peace, when you move from I don't know until I know. I won't know until I know. I can't know it until I know it. I actually have a feeling that might be part of your core, is that "I don't know until I know." And our cores are weird. They're not just love and joy and

peace. It could be something really fascinating and interesting. So trust in that. I'm going to open your line now. Go ahead, Jane.

Jane: You're absolutely right. I mean, I did this program where I had trouble at the border a number of years ago, and she said this is like 12 different kinds of statements that really messes us up. I thought mine was "I can't," and really the core, what it was, was "I don't know." And you're right. I'm just really curious about lots of different things. And I've got tons of books and support materials. So maybe that's just it, just sitting there being and watching. There's a lovely people on a boat out in the lake. Yeah, just sitting there.

Jennifer: I don't know until I know. That's right. I mean, that's just unbelievably cool. Again, I've got you muted out until I ... So if you're trying to speak, I can't hear you. You mentioned earlier that you're tired all the time. Now, just imagine a mind that doesn't know that their core is I don't know. Just imagine how exhausting that would be for your mind. No wonder you're tired. So I have a feeling there's going to be a shift in your energy field as you reconcile and play with and tap into I don't know, I won't know until I know it, I don't know until I know. That is the compulsion that has you moving your curiosity, that has you observe things from that viewpoint. And I suspect now that you understand that better, that that's part of who you are, that you don't have to have a mind that's constantly judging that, or constantly feeling like you should be doing something different. How does that feel, Jane?

Jane: That feels right, in terms of it's moving from the compulsion of doing, or I have to, to I get to.

Jennifer: I get to. I get to. Yes, that's beautiful.

Jane: I get to. That means, you know, more or less I'm in a couple of writing groups and working on and writing out my memoirs. What is my theme? I don't know. So I don't know until I know it, and whatever is the next step for me to do will appear synchronically in the right time.

Jennifer: Exactly.

Jane: And not have to, yeah. Yeah.

Jennifer: And not have to. It's just you're exactly in it. You're exactly right. Yes. Oh, Jane, that's awesome. Yes.

Jane: Well, that is really good.

Jennifer: Yeah, and it's so simple sometimes, isn't it. We just have to change our mind about it, just look at it from a slightly different angle of perception. You already knew it, you already said, and you chose this moment to tap on my shoulder, your guide, to just point it out that you already knew what you didn't know that you knew.

Jane: Absolutely true. Absolutely. Yeah.

Jennifer: Okay. Are you feeling good enough to pass the baton to our next person?

Jane: Absolutely. By the way, when you announced 14, I knew that that's what it was. I knew that was me.

Jennifer: How cool.

Jane: Okay. How about if we go ... How many are there?

Jennifer: Sorry, 17.

Jane: How many numbers? 17. Let's go with 17.

Jennifer: All right, it's a deal. We're going there. Thank you, my love.

Jane: Okay.

Jennifer: All right, we're going to it looks like Mississippi. Last four digits are 2849. 2849. And you are on the air, 2849. Hey?

Sarah: Hi, this is Sarah.

Jennifer: Hey, Sarah.

Sarah: I had a previous appointment and could not get in until just now, so I've missed a lot of this-

Jennifer: That doesn't matter. It's okay. You're in at the perfect time. You've got chosen to play with me. All good. You've been doing the program, right?

Sarah: Yes, I've been doing the program, and I did sign up for STT training.

Jennifer: Yay.

Sarah: And I was listening to the previous lady who said she was tired. Well, one of the things I have been struggling with is clutter and messiness, what's got me into going this far with you, passed the 10 days, and now it's been five to six weeks, it was I was feeling tired and then after some of the training I'd no longer feel tired about the clutter. In fact, it's starting to just disappear. So I wanted to thank you for that.

Jennifer: That's pretty exciting.

Sarah: Yeah.

Jennifer: It's interesting, isn't it, Sarah, that we don't have to work on the symptom itself. The clutter is the symptom, but we can work on all the stuff around it and it changes the dynamic of just about everything in our lives. So that's a really cool example. When

you're in your core, when you are noticing what you're feeling and do through spontaneous transformation, you're going to learn more about that and how to do that now that you're in the course, when you're doing that, it changes everything so that you don't require some of the things that will be falling away from you like clutter. You just won't need it any more. For some reason, you needed the clutter, because it matched a belief that you had about yourself. When we do spontaneous transformation a lot and we do these healing journeys that we did that changes that dynamics of things, we no longer require some of these things that are the boulders and the weight of our being. So well done. Well done.

Sarah: Thank you. My question is about compulsion. You and she talked about compulsion, and I don't know until I know, and that was from her core. But how do you know-

Jennifer: Okay, you're already in tricky ground here because your mind is asking a how question that the mind cannot answer. And that's okay. Just notice that your mind is creating a loop, a self-fulfilling loop of "But how? Yeah, but how? Yeah, but how? Yeah, but how?" Right?

Sarah: All right. I agree, because just popping into something that's been going on for two, three, four hours is difficult.

Jennifer: Or not. Or it's not. That is also a belief.

Sarah: Okay. But the compulsion-

Jennifer: What if it's not difficult? Just play with that little piece that showed up.

Sarah: I didn't say it was difficult. I may have said it was difficult, but that's not what I'm getting at.

Jennifer: Okay. Well, that's cool. That's a little breakthrough moment, because difficult is just a little habit that you just broke, which is also part of clutter. Right? Difficult goes along with clutter. So you just said it's difficult to come into something that's been happening for four hours, and then I said what if it wasn't, and you said that's not what I meant, and you got to immediately see that that wasn't what you meant. That's cool. Is that cool?

Sarah: Yes.

Jennifer: And right now I'm freaking your mind out, which might be a little frustrating, but I'm doing a happy dance that your mind is a little freaked out. I'm sorry about that. Do you want to play with the little clutter stuff still? Or what would you like to play with, Sarah?

Sarah: Well, maybe I'm still in the mind, but this word compulsion.

Jennifer: Okay, compulsion. That's good. Let's play with compulsion. Everyone has a compulsion. Some people call it addiction. Let's play with that. I like that. Then I am going to do a

little weight loss thing here before we finish up too at two o'clock. So we're going to do a quick healing on compulsion. Okay, that sounds great, Sarah. When you think, anyone thinks, about an addiction/compulsion that you have right now, where some people call it procrastination because it feels like they're paralyzed, they can't get things done. So just play with that. Just play with that idea that there's a compulsion or an addiction that you haven't been able to address, and it's frustrating, it's overwhelming, whatever it is, and that's part of this notion of procrastination. Procrastination is an illusion. It's just a label we put on something that we haven't been able to get to yet. So just feel yourself in the compulsion, and Sarah tell me, and the rest of you do the same, follow along, do your own with this, Sarah, what's the emotion that's underneath that compulsion? If you were to identify an emotion, what would it be?

Sarah: I was thinking here I go again in the mind, passion.

Jennifer: What was the word?

Sarah: Passion.

Jennifer: Darn it. I missed it again. What was it?

Sarah: Passion.

Jennifer: Passion. Passion. Okay, good. Okay, so passion. All right. So the rest of you identify the emotion, and that's a unique emotion, passion. So, Sarah, if you were to identify where passion is in your physical body, where would that be? And the rest of you, identify where that emotion is in your physical body. Where is that for you, Sarah?

Sarah: Solar plexus.

Jennifer: In the solar plexus. Okay. So you're going to bring your attention there, but before you bring your attention, you're going to move into your observer. Just pretend right now that you're moving into the observer, moving into that beautiful observer, and that the observer is detached, very detached, so there's no conditions, no attachments, no exceptions, detached. As you're in that detached energy, you're also noticing that you're also compassionate. It's as if the detachment

Jennifer: You're also noticing that you're also compassionate. It's as if the detachment is giving space so what's it feel like to be the observers here?

Sarah: Kind.

Jennifer: Kindness, lovely, so your observer is kind, lovely. Just allow that kindness to be really top-of-mind, so the rest of you just notice what it feels like to be the observer that's it. Kindness, excellent. So bring that kind, detached observer into that solar plexus area, okay? As you bring that beautiful, kind observer into the solar plexus area you're going to notice a little one a younger version of Sarah. Little Sarah is there and you just make

yourself known to Sarah and what she sees in this kindness is like a fairy godmother almost. Does that feel true?

Sarah: Yes.

Jennifer: As she sees that and you just say yes that's essentially what I am, and you just say to her I'm here and I'm present and I'm not leaving you and the rest of you your observer says to the little one I'm here and I'm present and I'm not leaving you. I'm here and I'm present in support and I'm not going anywhere you say to them.

Sarah: That I'm not going.

Jennifer: That's it, good. How did she react to that, Sarah?

Sarah: A little weary.

Jennifer: Yeah, of course, she'd be weary, right? She has a lot of reason to be weary doesn't she?

Sarah: Yes.

Jennifer: Yeah, so we just say to her, of course, you feel weary, and we just encourage her in this and I want to feel the weary. To feel the weary at the age she's at when something happened. I'm just going to share a little piece of what's going onto her. The age she's at when something happened created tremendous weariness, and she wasn't really able to express that weariness in any of its forms so she repressed it and suppressed it and just soldiered on and that was the right thing to do to get through that situation and we just say thank you for helping us to survive and how does she react to that? The rest of you do the same.

Sarah: Calmer.

Jennifer: Yeah, and we get to say that even in the midst of calm she can be weary because that's appropriate. Right now it's a really powerful time for her to express any of the emotions. It feels like there might even be an emotion underneath the weary. We're not asking her to change either you can tell her that. We're not asking her to change she doesn't have to change, and we encourage her if she wants to feel all the emotions even the ones the uncomfortable emotions even the ones that might be underneath that weary and the rest of you just encourage your little ones to feel. So what's happening now is there another anger? There it is, so she gets to express that anger and you as the observer get to say to her, of course, you would be angry. Of course, you would be angry.

Sarah: You would be angry.

Jennifer: That anger is appropriate, it is correct that you have every reason to be angry, is that true?

Sarah: Yes.

Jennifer: Yeah, so she gets to be angry and remember that we are the observer observing them being angry, so we're observing and as we are observing and we are a little detached we're actually creating space for them to actually feel fully. Does that feel true?

Sarah: Yes it does.

Jennifer: Excellent, so she's really able to go for the anger and how is she expressing that anger and the rest of you just notice how the little one is expressing. How is she expressing the anger?

Sarah: Pumping her little arms and crying out.

Jennifer: Yes, and that's exactly right. That is appropriate, that is correct, that's as it should be. She has every reason to pump her little arms and scream at the top of her lungs, yes, and we get to hold space as the observer as she expresses that. Very, very good. Now something's happening here and what's happening is that there is this beautiful energy of love moving in, and what's interesting is that it's just when she repressed those emotions as she should of that was really smart she also repressed a little bit of her light, her love, and now that she's finally expressing this light and love is moving in and it's actually it's her so this love that is her is moving in and reintegrating. Does that feel true?

Sarah: Yes, it does.

Jennifer: Excellent. So this love is moving in. As this love is moving in, she's starting to really feel her power. Does that feel true?

Sarah: Yes.

Jennifer: Yeah, it's like it's reintegrating. That's it, that's it, that's it. It was a powerful unwinding happening, and is she still feeling any upsetting emotions and she can if she wants, I mean, it's totally appropriate if that's still there.

Sarah: No, it's no longer there.

Jennifer: Great, it's just the love that's moving in, and now she stands in the power of love that she is as she stands in this great power. That's it, that's it, beautiful. That is really, really big energy moving in here she's very powerful. Can she sense that she's emanating energy from her field of being that is actually changing the fabric of her universe does that feel true?

Sarah: Yes, it feels true.

Jennifer: Good, and as that is happening she stands more in her power with a level of consciousness is that true?

Sarah: Could you say that again?

Jennifer: It's as if she has a conscious awareness that as she knows her power, her power increases.

Sarah: Yes, that feels true.

Jennifer: Perfect, so as she's standing there in that. There we go, that's it, beautiful. Okay, now we're just going to do this last question with her which is around all of it around the compulsion, around the passion, around the weariness and then the anger around all of it what is it that she needs now? What does she need now? Ask her what she needs now. This is really important at this stage to make sure that she is answering. Our mind isn't answering she's answering. What is it that she needs now?

Sarah: Fun to play.

Jennifer: To play and have fun that's right. So we're going to ask her and the rest of you do the same ask your little one to show you what is in your case fun, what is fun? Ask her to show you what's fun, what's playing? Ask her to show you that.

Sarah: Running on the beach and chasing the waves.

Jennifer: Beautiful. Running on the beach and chasing the waves, beautiful, and what does that feel like? What does that feel like for you, Sarah?

Sarah: Freedom, free, uplifting, lightness, wonderful.

Jennifer: That's it. Just imagine that this little piece of you that has been reintegrated this fun and wonderful and freedom energy is now part of your daily life from here on in what do you think that might be like?

Sarah: Really wonderful.

Jennifer: Exactly, really wonderful that's right, so what you've just done is you've created another piece of the library of the truth of who you are that you can revisit. Does that feel true?

Sarah: Yes.

Jennifer: In your being you can now reference this running on the beach playful wonderfulness. Anytime something upsetting shows up you can now use it to access the beach. Does that feel true?

Sarah: Yes, it feels true.

Jennifer: Wonderful. Now that we're in that energy let's reflect back on the compulsion what does that feel like now the compulsion?

Sarah: Like I haven't been to the beach in a long, long time and I need to go.

Jennifer: Excellent, that's excellent. That's also a trigger for that. Does the compulsion feel like it has a little less energy or maybe it doesn't?

Sarah: The energy is changed. It's more of a say use me as a tool rather than a hard you must.

Jennifer: Wow, that's huge. Oh, my gosh, that is so cool. Oh, my gosh, that's exactly what I've been talking about it's so cool that this is now the partner in resistance that when you have that compulsion you know that it's got your back so that you can run to the beach. Does that feel true?

Sarah: Yes, it does.

Jennifer: Oh, my gosh, that is so fantastic. Sarah, thank you, thank you, thank you so very much. Thank you, thank you, thank you, thank you, thank you.

Sarah: Thank you, thank you.

Jennifer: Much love, honey. Okay, so I'm going to do a quick little thing on weight loss. This is something that if you really want to play with weight loss I would play with STT as often as I could, so for those who really want to consider weight loss I would recommend getting into the training program. The idea with weight loss or even weight gain I know some of you are looking to gain weight. It's the same as everything else I've been teaching in this program, okay? It's the same as everything else I've been teaching in this program and that is that it's the thing that our soul has decided will get our attention, yes. It's the thing that our soul has decided will get our attention, so what that means is for you, for me I've got beautiful weight things to play with.

Jennifer: Again, I didn't have a weight problem until I did. No story there. I will have a weight problem until I don't, and maybe it's not a problem. First of all, that's just the first thing, right? These are just symptoms to get our attention. It gives us things that we're ready to heal up, and for some of us it happens to be weight either gain or loss, so what we get to do is notice. Now there are some theories that say we gained weight to create protection that feels like that could be true and it doesn't matter. It doesn't matter because what are you going to do with that? The mind is like, well, now I have a label attached to it so I just need to be protected so I get to keep the weight.

Jennifer: The things in the name of spirituality people say, well, you did that because you gained weight in order to protect yourself because of the abuse. Great, now what? So now what? It doesn't matter. It might be helpful to understand that there's a pattern there, yes, that's helpful, but use the pattern then to move in and heal the part that's ready to be healed. Boundary work is beautiful. We've done a little bit here. We did a really powerful session in Ultimate Life Overhaul. If you're interested in that go to Ultimate Life Overhaul.com. It's still waiting for you. It was a powerful weekend course I delivered. My God, it was so cool. It's one of my best things. Feel Better Mastery was one of my best things, too, but this was one just, also, just amazing because the format was quite different than anything I've done in these kinds of courses or could do.

- Jennifer: There's something there about boundaries that is just so profound, but we've already done a little bit of it here which is when we're in our core we actually can look up and notice that our boundaries get stronger because we're stronger and those boundaries get stronger and the stronger they get the less we need the things that we need like clutter, like relationship upset, like physical upset, weight, same thing, okay? It's just a different format. If we want to lose weight we use the moments and it can be challenging because it's a vigilant practice. When you're about to eat something that isn't good for you that you know has lots of calories, you know doesn't feel right there's a couple things that are happening there. First of all, we're giving energy to that saying it's bad and then the food moves into our body as I'm bad, I'm bad, I'm bad as a vibration, and if I eat this I'll gain weight.
- Jennifer: The energy is put onto that food as when I eat this I'll gain weight. I'll gain weight. I'm gaining weight as we're metabolizing it. The energy is there because our belief is on it so we can notice all of that. We can notice what's the belief in the moment I'm eating a donut. Am I eating a donut? Well, I'm saying donut only because I love donuts. I have this theory that if my belief about donuts were that they made me thin that they could, but I'm not there yet. So notice that, and if you're eating emotionally notice that. I'm eating emotionally. I am about to take a bite out of a donut and I believe it's bad for me and I believe it's not good for me and I'm still biting into it and I'm still going to swallow it. It's okay for the first donut to do that. It might be okay for the 30th donut to do that, but at some stage along there you can pause and go to the neural pathway gym, it's the same as everything else.
- Jennifer: Taking the bite of the donut, what are your beliefs in the moment about all of it? Why do I need this donut? What's happening with this bite? Am I infusing the food I'm eating with juju that's going to create what my beliefs say it's going to create. Play with it. I'm really considering on playing it with you. I obviously have a bunch of weight to lose and the New Age people would say don't say loss, but that's it I want to lose the weight, and that's my belief so I get to play with that. Again, we don't have to police or repress or suppress anymore ever. We get to say, oh, my gosh, I want to lose weight. How does that feel to lose the weight? It actually feels okay for me then I'm going to go with that.
- Jennifer: If you say, no, I don't want to be in a place of loss then go with that, right? Then just a little, little side moment here we don't have to point at anyone else and tell them how to speak anymore, or how to be, or how to feel, right? We don't have to because we don't have to do it with ourselves anymore, so the weight loss is truly about you're about to take the bite and you notice what you're feeling. That might be the start of it and that's it, and then you move into maybe you might move into stage two where you're about to take a bite, you notice how it feels, you do a spontaneous transformation.
- Jennifer: You move into your core. Is that really who I am and you might make a new decision and you might not. Again, this is gentle. Be gentle with yourself with this, and then the next phase is you're about to take the bite before you even do the thought of maybe even possibly going out and getting you do an STT in that moment. I suspect that slowly, but surely things will start to unravel and you no longer require it. Now, again, I'm, not

someone that can really sit here and coach you on weight loss when I'm super wanting to do that myself, but this is what I would say to me, so I hope that helps.

Jennifer: All right, I'm going to take one more call before we finish. That was the weight loss thing, and about warping time. Warping time happens naturally and I don't know why I left it for so long to talk about it, but warping time has happened throughout the whole course. Remember I said we've been together for a year. It kind of feels that way doesn't it? At least it feels like three or four months not just five weeks. It feels like many, many months we've been together. That is time warping. Time warping happens when we are in the still point. Have you ever been in an accident and it seems like time slowed down? It did. It's only because our perspective has changed.

Jennifer: Time warping happens when we can cram way more in a short period of time. We've done a lot more than 10 two-hour classes. It feels like we've done 40 five-hour classes, right? That's time warping so if you want to time warp move into the stillpoint. When that surfer dude was under the waves he was time warping because he stopped he went into the stillpoint. He said, "Wow, this could be bad. What am I doing? Who am I right now? What's the solution? What could be a solution?" The time extended in that moment, so again that's another simple thing, that's time warping. Cool, huh? All right.

Jennifer: Okay, you guys look like you're in great shape. Let me just look at these questions here. Okay, here's a good question to finish up with. Is our beautiful mind the same as our ego? I don't 100% know the answer, but I'm going to give you my take on it. My sense is the ego was designed to keep us alive and the mind was designed as an adjunct to the ego when it got lost so the mind and the ego became closer together when we vacated the heart, and the mind became something that is in partnership with the ego instead of the mind being in partnership with the soul.

Jennifer: Mind or ego are not bad. An ego is a powerful thing. It gives us confidence and ego is something that keeps us alive, and ego is something that says that we should maybe try something different, so they are different. Sometimes they work together to reduce the energy in our field. When the mind is healthy the ego is healthy. When the mind is in relationship with the soul the ego is healthy. When the mind isn't healthy the ego has a platform to get unruly. I hope that helps.

Jennifer: "Please, please, please TTA." I don't know what TTA is. Oh, Stella. Okay, so someone is asking about anxiety and depression. That's a really big question I'm pretty sure we've been addressing it the whole time so I'm not sure I can actually answer that question. I'd say take the course again with that in mind and you'll get your answer Indira. This is a great way to finish up here today. If there's something we want to play with I think I told you about that time I was playing with evil and I got that message about the signpost that says evil and on the back it said live and evil is live backwards and it spun around a whole bunch of times so it became evil-live, evil-live, evil-live, and I heard the voice that said, "Evil is a life unlived."

Jennifer: Now what I did was I went into an intention of please help me to understand this so you can ask your guides. You can ask guidance, please help me to understand this, and life will present many, many opportunities. You can also do it with this course. You can go,

please, God, help me to understand my anxiety and depression and then use your left hand, and go onto the listening salon and say, which one right now will help me with that? You choose the one that your left hand says, ooh, there's a little tingle on session seven. I don't know if it is that, but just pretend it is. There's a little tingle on session seven here. Okay, I'm just going to go there. I'm going to do session seven, however, I'm going to do it 100% from the intention of understanding in your case anxiety and depression, right?

Jennifer: So you move into that program and you're going to hear a completely different class with that intention. Isn't that cool? You can hold an intention before you go to sleep. Help me to understand anxiety and depression, God, and help me to unravel it and understand it in my sleep, and during your sleep you will dream, you'll have dreams that will unwind it. Even if they're weird dreams they don't matter. There's nothing wrong or bad; it's just figuring things out and unwinding things. Isn't that cool?

Jennifer: So know that this course is here for you forever. The downloads and everything will be here forever. The videos are on the listening salon. They'll be in this group. You can come back to this group and hang out and play with your friends here. It will be here forever, right? So know that that's all here waiting for you, and know that now you have this little trick that you can do. I'm going to hold an intention for something that I've really been wanting to change and I'm going to take one, two, three classes with that intention and know that whatever we do in that class you're going to feel it from that intention and be able to heal it. Isn't that exciting? Isn't that cool?

Jennifer: Of course, if you're interested in the STT training, it's STT Training Now I think is the course. If you're on the listening salon you can click on the buttons there that attach to the STT Training course. Know that doing spontaneous transformation technique is also something you could do for anxiety and depression. Where do I feel that in my physical body and then do STT with it, okay? So you've got so much of a repertoire now. You've got all of these calls. You've got the Heal-a-thon here today, and you've got all of these in recording to go back and listen to again and again and again holding a new intention with something that you wanted to play with.

Jennifer: I originally designed STT because I was extremely reactionary. I was a reaction-crazy woman so STT was something to do in place of reaction, so instead of reacting or as I reacted noticing I was reacting moving into this place to unwind the part of me that needed to react. Now what I've learned by teaching the course now and now I have practitioners is that it's not all reaction. Not everyone uses it in that way, but you can actually hold an intention of something you want in your life, understand where the stress is in it, and then do a spontaneous transformation on it, so all that is available to you.

Jennifer: One more thing I'm being guided to tell you. Of course, the STT training course is a prerequisite to become a practitioner and then there's the practitioner training course that I explained a little bit earlier on the call what that is and here's what's happening with all of this. As I mentioned this is the last time I'm teaching a course like this. I'm done teaching these courses. I've got a whole bunch of them available. I'll probably send you an email for some of the other courses if you haven't taken the other ones, so this is

it. What I'm going to be focusing on is getting STT training out there and getting new practitioners, so part of my intention is either in 2019 or '20 I'm going to be doing a summit.

Jennifer: Some of you might be listening to this course as the summit is happening I don't know. I'm going to be doing a summit and the people that are in the summit I'm going to invite guest speakers in they're going to be you. Those of you who are STT practitioners who have a practice, who have discovered some things. I heard this morning that someone's going to specialize in STT for children. I've never done STT with children before. I noticed some people that do and some people might specialize in that. I'm going to interview the STT practitioners and what their specialization has formulated out of this so that we can spread this more so it could be you.

Jennifer: Maybe one day you'll be on the STT summit and me interviewing you about STT. Wouldn't that be exciting? So that's a possibility, too, so I've got lots of plans for you, and there's lots of stuff coming and I'm trusting the process implicitly it will happen when it happens, okay? So I'm going to wrap this up because Facebook Live is about to cut off, so I want to thank you. I want to thank you. Oh, my gosh, this has been a real blessing for me and you have co-created this through me. I am delighted that you're here. I am delighted that you are now in the world creating a universe of you that is creating ripples on this planet that are different than anything we've ever done before. You are this catalyst for change right now that is so profound, and I am just so honored and privileged to play with you. I am so, so honored and privileged that we got to have this dance together.

Jennifer: I'm so honored and privileged that you trusted yourself enough to co-create through me the guidance, and then use it. Can you feel that you are a ripple that is changing this whole thing? I love you, love you, love you. There is more to come. There's more ways that we're going to play. The Ultimate Life Overhaul is here too. Ultimate Life Overhaul.com., STT Training Now.com if you want to play with that, and I think I'm going to be doing an in-person program Ultimate Life Overhaul in-person program in October. I'm thinking about it. That's where my breadcrumbs are taking me. I might be opening up a course for entrepreneurs. Just stay on the email list and watch what's showing up. I'm so honored to play with you because you created this course through me so thank you. I love you, you're doing so good. Thank you, guys. I love you, love you, love you, and I'm going to wrap this up now. Bye-bye everyone.