



Feel Better Mastery

Session 1

Your Core... Revealed,
Ignited & Activated!

TRANSCRIPT

- Jennifer: Hello everyone, and to the Feel Better Mastery. Oh my Gosh, we're here. Yeah, we've made it. I'm so happy that you're here, I'm so happy that I'm here with you, to play for the next five weeks in the advanced quantum energies of the Feel Better Mastery program.
- Jennifer: Tonight is a very special night because we're going to start with a bang. We're going to our core. So I want to talk a little bit about that before we start, and then afterwards I'm going to open the line for questions. The first call might be a little bit longer than the rest of them, because I know you might want to ask me some questions. So if that's the case then we might go a little bit longer, so I can take a few more questions. And if you don't have any questions, because you might be in this amazing space then that's good too.
- Jennifer: So let's talk a little bit about the core. On day two of the Feel Better Challenge, we did this little journey to our purpose and our gifts, we'll do that again tonight. But we're going to go to a more advanced level with it. What happens is, when we open up this and activate and ignite this part of us with conscious awareness (I've talked about this a lot, shining the light of consciousness).... When we shine the light of consciousness on anything in our life that was previously suppressed or oppressed, or held deep in the subconscious of our being, when we shine a light of consciousness on it changes, it has no choice. They're like little pieces of Dracula that when the sun shines on them they dissolve. That might be a bit extreme, but you get the idea.
- Jennifer: So when we pay attention to something it expands. When we shine a light of consciousness on something that is oppressed or dysfunctional, it has no choice but to change. We can't un-know it. So what we're going to be doing a lot during our time together, is paying attention. We're going to shine the light of consciousness on these parts of our life that have been hiding in the deep recesses of our subconscious mind. We're going to be shining a light of consciousness on the parts of our light that have also been kind of dimmed, because of these repressed emotions and repressed moments, repressed beliefs that are actually fueling our mind. So if we are in a pattern of, "Oh my God, I just can't stop something," then that's something deep and unconscious that's running the show by proxy, by default.
- Jennifer: We are going to shine a whole whack a light on all the pieces of dysfunction. And when we do that they have no choice but to change, no choice. We're also going to shine a light on who we really are, and when we do that, it activates it, it ignites it into our consciousness, and then we get to know who we are with the conscious mind. Now, I strongly recommend that throughout the next five weeks in our time together, that you don't lie down for these shows. I recommend sitting up, and sitting up with your back actually not on a chair. If you can, if you can't do that it's okay. But if you can sit up so that you can stay awake for this that's great. Now, if you do fall asleep, you're out. No I'm just kidding. It's totally fine.

Jennifer: Sometimes the conscious mind can't stay awake for some of the stuff, you're getting what you need in the moment. However, I would say, that I would keep the session that you keep falling asleep for, keep listening to that one until you're awake, because you're going to be layering, and layering, and layering, until your conscious mind can understand it. Again, when we shine the light of our conscious mind on something, it changes the dynamics of things. Will you still receive if you fall asleep? Yes. However, the bang, the activation, the higher quality of it, the potency expands, the amplitude expands when we can be consciously present. Okay? That sounds good?

Jennifer: Oh my gosh, I'm so glad you're here. I'm really excited that you're all here.

Wow! This is been in my consciousness for quite a while to do this class. Frankly I was a little nervous before we started because I can ... I know what's about to happen. It's that nervous excitement, you know what I mean? And let's talk about that for a minute since it's up. So sometimes we think the next step is scary, sometimes we think it's fear, when actually what it is, is just an anxiousness mixed with enthusiasm. And because we've had so many moments of fear and anxiety, we get confused that it's similar. So that's one of the things we're going to be doing in these advanced courses, is being very, very specific. We're going to be very, very, very specific and say, there is fear and fear is a good thing.

Jennifer: If you are walking in the forest, and you hear or hear a growl and smell something really cat like, that's a good time to be afraid. And then fight or flight shows up for a reason, it's the limbic system that we needed when we were hunting cats and wooly mammoths and having them for our meals. We needed fight or flight. So that part of fear was good but there's a new kind that we get confused with. And it's when we're enthusiastic that something new is coming, and we can feel it, and get butterflies, and we get a little nervous, and we lose our breath from it. And it's breathless. That is different, so feel the distinction between those two. Feel the fear that is genuine, that you're in danger kind of fear. Feel that right now. Just feel it right now. And feel what that feels like, and it's okay. It's not terrifying, it's not horrible, it's just fear that's there as a warning signal.

Jennifer: Now, let's put that aside and let's move into, unknown, the unknown. We're starting something new, we're moving into a new part of our life, we have maybe some expectations too that can sometimes go in here, and feel the enthusiasm though what's underlying. It's a little bit of excitement. Can you feel a difference? So there's a distinction that we're starting off right now today. The distinction of genuine fear, which is actually appropriate and right and good verses enthusiasm, and a little bit of anxiousness that goes with something new. So as we go into that, we're going to just tap a little bit deeper into that anxious kind of enthusiastic. It's not really fear, but it's just what's new, what's next. And as we're doing that, I want you to just pretend that you can be the observer in this place. Like really embody the observer, and really tap into beginner's mind.

- Jennifer: Pretend you can move into the mind of someone who is about to learn something fabulous and has no expectations. Someone who is starting to play the piano today has no expectations that tomorrow they're going to play a concerto. And that's kind of what we're doing, we're starting with something, and we are going to accelerate things absolutely, but we're here for five weeks. Now for those of you who are listening to the recording later, you might be able to go through this a little bit faster, you could go through all of it 10 days. But I do recommend that if you're listening to this later, that you do take some space between the show to integrate. That's in part why I'm doing it over five weeks. If you can do it over five weeks on your own, great. And if you feel like you can go through it all really quickly and then come back that's cool too.
- Jennifer: Beginner's mind. Be the observer in this moment and just described to yourself, what would it feel like if you were completely in the observer mode? Completely in the observer mode. What would that be like? What would that be like? What would it be like if you could completely be an observer? So that means ... The analogy is that instead of being in the movie, you're in the audience watching the movie of your life. It's like being like the archetype of Mother Mary energy, embodying that Mother Mary energy. Maybe embodying the kind of energy ... The Christ consciousness energy, which is very neutral but loving. What if you were embodying the spiritual scientist who is objective and is able to detach from the experiments of life?
- Jennifer: So whatever analogy works for you, the guardian angel. Whatever works for you, just use that to allow your mind to come with you as you embody the observer. Now take a moment and feel yourself being the observer 100%. Just pretend with me right now that in this moment you are 100% an observer. And that means there are no attachment to outcome, there are no conditions, there are no expectations there's just zero, the zero point. The still point to the moment. Feel that right now, feel the still point of this moment. That's it. And take a moment describe to yourself and if you're having any kind of struggle with this, just do the what if game. What if right now I was in the moment? What if right now I was in the still point of the moment as the observer? What if right now I could have be fully embodied in this observer energy, this zero point, this still point, this neutral with no conditions, no expectations, no attachments? What would that be like?
- Jennifer: I'm going to give you 30 to 60 seconds to just feel that now. Be the observer and notice how your mind quiet. Just pretend you're in the still point. And that you're able to observe life as if you stepped out of your life and able to observe it. What's that like? Describe it yourself, what it's like to be the observer. And now, what that description like? As you described it yourself what it's like, what's what's the description like? That's it. And what we're doing is, we are shining a light of consciousness, that's what it is. When we play the what if game away and when we take time to describe it, we're shining the light of consciousness on it and it expands. So we're going to play a lot in the observer in the next 10 classes. We're going to play a lot in the Observer.

- Jennifer: Another thing I'd like you to do is that you put together a journal of whatever you're noticing. So it's your noticing journal, so you can notice what's right in your life. You could start a page, let's say "what's right in my life," and start noticing that. So that's one page. You might have another page that says, "Here's what I reacted to today. I noticed that I reacted to this." And I would start a page that says or on the reaction one start a little sidebar that says, "What belief, what's present?" Because when you can see and unravel and see the beliefs, you can unravel them, unwind them.
- Jennifer: Remember when you pay attention, it's like the sun shining on Dracula, it dissolves. It just dissolves, shining the light on you. Good, good, good, good. So that's it. That's it. So there is your journal. That's going to be your homework throughout the five weeks is a noticing journal. Noticing what's right that's one part page. Noticing what's right. Then noticing what you reacted to, and then if you can, you might not be able to right away, but if you can notice the reaction. And what is a belief that might be behind that reaction? Notice that. Okay? Good, good. Okay, good. There we are. Okay, so just be in this moment and notice what you are noticing now. That's it. Very, very, good.
- Jennifer: And just that piece of considering this moment and committing in this moment as you are, because you're in the program of noticing, actually opens up all kinds of possibilities, all kinds of possibilities. That's it, good. So make sure you get your journal going today if you can or tomorrow and notice. And bring all of those noticings to every call, like especially the reactions and the beliefs behind it, because you'll be able to use them in the calls that were on. Okay, good.
- Jennifer: So let's talk about the core. So the core of us is what fuels our gifts. The core of us is what fuels our fulfillment. That when we know what our core is, everything else kind of falls away because it's all measured against the core. The core becomes a filter that we can use in our life. The core becomes this filter of, "Nope, that doesn't match my core." So it's an easy no or, "Wow, yeah that matches my core and following the bread crumbs of the yes. And what happens when we discover our core is, we no longer have these needs and wants and brace against life, or grasp into life. We instead have a place of neutral, where we access our core that provides us the insight as to what's next. We can hear inspiration and the impulses, the inspired impulses, the impulses, the I am pulse of our soul. So we can hear the impulses and act on them.
- Jennifer: The mind takes on a new place. It starts to become, instead of something that is stopping the energy, it starts to become something that is flowing with the energy. And when we know what our core is, we can now look at life and say, "Well, that's obvious what I'm going to be doing next," because it feels right. Now, the best part about our core is, when we know what our core is, we get so filled up when we are living from and taking action from our core. So for example ... And our core also fuels our purpose. It fuels our gifts. And our purpose and our gifts now move into the world from this clarity of the core, and it blesses everyone we meet. If you have a business that blesses your customers, and they feel different in that kind of blessing.

Jennifer: When you know your core, you can take action with a lot more ease and confidence, because you're not acting from the reaction of the subconscious, you're acting from the pure, innocent, loving action of the core of who you are. So we're going to have you access the core today. Now, not all of you may get really super clear on it, because it took me a really, really long time to really understand what my core is. And it was only recently that the light fully shone on what it was. And I believe it was, the light fully shone on what it was, so I could share it with you here tonight. And some of you might get is so profoundly that you'll just wonder how did I live my life up until now? And you'll look back and see in turn, that every single step of your life was being fueled by your core in a very subconscious way.

Jennifer: But the bottom line is with your core, is that when you are taking action in the world from your core, you feel great. It fills you up. You're not in overwhelm, you're not in stress, it fills you up. It fills you up. Now, we're going to unveil the core tonight. And then over the coming weeks we're going to leverage the core, and unwind of all the things around the core that have been dimming it or making it not as vibrant or the amplitude smaller. And that will include relationship, and shame, and forgiveness, and guilt, and we're going to be unwinding these things that have kept us from really living from our core. That's it. Now, I'm going to share one more thing about the core. We are our core and whether we know it or not, always we are living from our core.

Jennifer: ...From our core intention that our soul came to this planet at this time to express. I believe that it's also part of the core of the soul, the overarching energy of each of our individuated souls, of our individuated aspects of divinity, I believe it's part of that. I won't know that for sure until I leave the planet, until I go to the other side. But that's the inkling I've been getting from what I've been receiving from guidance. So what happens is, and I've talked about this a lot, there's something that happens to us in childhood. And what happens in childhood, we've made a conclusion in a moment of trauma and upsets. Someone said something to us about who we are, they're likely in a state of frustration, or they're lashing out in some way, and they said something to us. And we take it on and say, "Wow that must be who I am. They said it, I believed them. They are important in my life. That must be who I am. I'm not good enough, I'm not lovable, I'm not smart enough." Whatever it is. And we take it on.

Jennifer: An event or trauma happens, we make a conclusion about what life is from that trauma. We say, "Wow, if ..." Remember the story of the little boy? He's walking along, and he just had an amazing day and all of a sudden, a dog starts to chase him, and he falls down, he loses his skateboard. He goes home, his mom doesn't support him. In that moment, he came up with many, many beliefs, probably 1,000 beliefs about what life is. "Life isn't safe. If you're in a state of bliss, you could die. The people who are supposed to care for me don't care about me. Things are more important to me," because he lost his skateboard. You see all the beliefs that are formed. And the other thing that happened is, in that moment, that little boy wasn't allowed to express his emotions, and they got

held. All these things are tied together, the belief, the repressed emotion, the hard coating around the emotion that got held, so that we could survive their----psyche when shattered apart in a million pieces. It's all over there oppressed and suppressed in a really sound strategy right.

Jennifer: And so, what gets covered up during those moments is the core of who we are. And so the core is still living, the core is still moving and animating our soul, animating our life. But because of all the conclusions we've made about who we are, sometimes the core shows up in the world as something other than the pure innocent perfection of the divine version of our core. So I met a lady once, and I was doing some healing work with her. And she's, well, she's famous in a lot of different ways. And when I went to her core, I saw this just sweet grace. Those are the two words, just sweet and such grace. And then in front of that, I saw this 18 feet wall, protecting that sweetness and that grace. And then in front of that wall was the persona that pretended to be sweetness and grace, but thought it was a lie. Deep in their unconscious, they thought that was a lie, because they've been told so many times they were something other than sweetness and grace.

Jennifer: And so there's a big wall, and then there's the false version of the core expressing in the world. And it looks like seeking attention, needing attention, shyness, lashing out, judgment. In her case it was an enormous ego and unrelenting need for attention, that it was hard to be around that person, because it was constant, this constant need for attention, and constant need and it was done through manipulation. So, sweet and kind showed up in the world as, "Let me help, let me help." And in the midst of helping creating a ruckus, "See, I am so generous I help these people I do this stuff," and then there's this crazy manipulation that happens and passive aggressive action that happens. But it's still coming from the core, but it's got the big wall that's protecting the core, and it's coming out as a false self.

Jennifer: I'll give me as an example. My core is giving and generosity. That's my core. That's who I am at my core. Now, when I give, I get filled up. And for people who that isn't their core, they would say you give up, "You give too much, you're not taking care of yourself." What they don't realize is, when I give I get filled up. If they gave as much as I did, it would deplete them. It does not deplete me. When I give from the pure essence of my core, it doesn't. But when I have a lot of people telling me in the past, "You give too much." And I believed it, like, "Okay." So I repressed it. So when I gave, it had a whole hook, "I have to receive back. I've got to receive. And if I didn't receive I felt depleted." But it's all ... It's warped interpretation based on something that happened. And it's okay that it's a warped interpretation. It's what we're going to be unwinding now. We're shining the light of consciousness on this.

Jennifer: This conversation is showing you a pattern, that when you see it in your daily life it has no choice but to change. You get that, right? So I have an 18 feet wall in front of my generosity, and my generosity then showed up in the world as having hooks in it. It was a neediness, it was a seeking of attention version of it.

Was it pure of intent? Yes, but it got a little wobbly and warped, because it was not the purest version because of the things that happened, the beliefs that I had on top of it. So now that ... What we're going to do here is we're going to go straight to the core, and we're going to watch the ... maybe, hopefully change the dynamics of all of this. It's not even a maybe, this is what we're going to do. So that we can move from our pure core.

Jennifer: And then, when I give now, now that I've cleaned up a lot of the other pieces of it, I kind of have smashed down that wall. Now that I can give from the power of my core...that's the other thing that shows up, is one word really giving from our core. We are powerful in that, so powerful that we become this vulnerable power, because the vulnerability and innocence of our core is profoundly huge. I talked about this on the heal-a-thon, that when we are moving from our core it's a gift to the planet. And it's a gift that is a thousand times more powerful than anything negative. Vibrationally it's a thousand times more powerful than anything that is negative. Got it? So when we move into our pure core, we also start to see the ways that we have been in our false core.

Jennifer: It was never false, but we thought we were something we've been told we weren't, so we try to be the other saying that they told us to be, and yet that's who we are. And so it all got muddled and confused, and a little warped. That's it. Very good. There's a little unwinding happening here as you consider all this. So I wanted to have this cognitive conversation before we move inside, so you're understanding where we're going, you have a bit more of a map, it's a bit more consciously aware, because we're going to go in now and access it through our gifts. We're going to access this core, and we're going to start to know who we are. So I'm going to give you two more examples of the core. My dear friend and mentor, her core is, she is the fertilizer of soul. She helps souls to grow, and when she does that she gets filled up. And she does a ton of session work every day, she does five, six, seven sessions and I looked at that, and I said, "Wow that's too much. That's too much."

Jennifer: But now that I see what her core is, that it fills her up, it can't be too much for her. Now, she did some of the things that I did it would be way too much, because even when I'm working in the background and creating ways to reach out to you, and creating videos and stuff like that, it's from my place of giving. So everything become, has an ease and a grace within it. And when she does a lot of sessions, it now has ease and great within it, because she knows that ... And again, the sign, the symptom that you are in your core is you feel filled up. This fills me up. So another one of my friends is able to release the negative energy from just about any situation. She can move into a room, and she uses love as her power source, to dissipate any negative energy. Cats do the same thing. And she's got this cat like energy. And so as a result is unflappable no matter what the situation is, no matter what's happening.

Jennifer: Anyone who doesn't have that would check in with her, "Are you okay? Like that was intense. You sure? You should probably rest after that." she's like, "No, I am so good." Because she got filled up by that. Filled up, nurtured, nourished by it.

So I hope you started to see. I wanted to give you a couple examples of what the core is so that your mind can start to agree and start to clamp on it.

Jennifer: Let's see if we can discover our core and there's no pressure here. If you don't get it today, you'll get it the next time. You can listen to this again. Okay, so no pressure in this course, there's no destination we're heading for. There's no cure and there's no cure because there's nothing broken. There's only life showing up in its different hues and densities, nudging us to a transition, nudging us to an expansion, nudging us to an evolution that might not be possible, without the circumstance. No matter what is happening in your life right now, it's there as a point of guidance saying go this way next. Most of you are here because there's something in your life that you want to change. And I'm glad that your soul brought you to this moment, but don't put any pressure on yourself in this program, it's not necessary. Just trust what's happening, trust what's happening.

Jennifer: And if I describe something, like the white space, and it isn't white, or you go into your sacred chamber, and it's dark and black, don't freak out. It's just what it is. I knew someone who only experienced sound with anything that happens. So if I'm describing something that is visual, and you can't see it, don't worry that's just not how you do it. If you go into something and are just sensing it, that's enough. If you go into something and is black and dark, don't panic. I want you to feel this right now, there is a dome of the highest vibrational energy of light. All the archangels are here, all the company of heaven is here, your guides are here, my guides are here, in this deep and powerful support. And we have created the most sacred and safe environment, so whatever shows up don't panic. And if you are, notice it. And if you are saying, "Oh my God, I'm in the dark, it is the evil." Notice that because it's just a belief. It's all it is, just a belief.

Jennifer: So no pressure on any of this, just follow along in beginner's mind, as the observer. Be the observer, be in beginner's mind. Allow that clarity that the observer gives you. And if your mind starts jumping in and analyzing and saying, "Oh my God, this is just like so and so's work, maybe I should have taken here core." Just notice that, because that's the beautiful mind's way of moving into avoidance, because for the mind, whose heart partner, soul partner seems to have left them behind, this stuff can be scary, but it's just the mind. And so you just say, "Thank you beautiful mind," notice it, write it down in your journal, "I noticed that during this exercise my mind kept jumping in, wanting to take over, wanting to analyze, wanting to go back in time and talk about this thing that happened. Just notice it.

Jennifer: Now, another thing. And if any of the work that we're doing of the next five weeks, a memory shows up, I am here to tell you, like a bad memory shows up, I'm here to tell you that the memory does not matter at all. The memory doesn't matter. What happened to you no longer matters. All that matters is the emotion that is being released. The repressed emotion that is finally being expressed, the memory of what created the emotion is not important or significant at all. If the memory shows up you can just do a little nod to it say, "Oh yeah, it was that." And move your energy right back. The memory does not

matter, it is only something that happened to you, it is not who you are at all. It's not who your soul is, and as you'll discover today when we access our core, it is not who you are. So remember that, if a memory shows up and it might, it doesn't matter, what matters is the emotion, it's process and what matters is being the observer.

Jennifer: So let's make a commitment to ourself that for the next 10 classes were really going to be the observer. In almost every instance, we're going to observe from that place of neutral. Okie dokie? Sound good? Excellent. Okay, so let's go on a little journey to our core shall we? Everyone take an nice breath right now, that's it. And just feel the moment, feel this beautiful moment, yeah. That's it. And just take a nice deep, deep breath. That's it, good. And feel the still point of the moment. Feel the still point of the moment. What's it like to be in this particular moment? You'll never be quite this way again. What's the moment like? What's the moment like? And feel the still point of the moment. Feel the heart's quiet. The emotions soften. Feel your physical body relax. Feel like your tongue relaxes. Relaxes your jaw, relaxes your neck and shoulders.

Jennifer: And if you need to move around again you can. That's it. Feel the moment expand as you notice the moment. And if anything is preventing you from being in the moment, you notice it and give it a nod and say, "All right, thank you for showing up, but I'm going to be in the moment here for a minute." And then play the what if game too. What if I were in the moment? What if I were in the still point of the moment? What would that be like? If I were in the still point of the moment right now, what would that be like? That's it. That's it, good. I want to go a little deeper with this now, we're going to go into the sacred chamber, so bring your attention. For those of you who know how to get there, go ahead and jump into the sacred chamber. For the rest of you, were going to do a little guided process here. We're going to hop on to the elevator that's found in the middle of the brain.

Jennifer: So if you're right in the center of the brain, if you know where the pineal gland is in anatomy, that's where we're going. Right there, you don't have to know that. Just go in the middle of your brain. And there's an elevator right there. That's it. You're going to step on the elevator, and you're going push the button that says, to sacred chamber. And it's going to take you down, down, down, down, down, deeper, and deeper, and deeper. That's it. That's it, good. And as you go deeper and deeper you feel yourself relaxing more. You feel the thoughts quieting even more. You feel still point, the resonant energy at the still point even more. As you go deeper, and deeper, and deeper then eventually you come to the wormholes. That's it. And you're going to go through the wormholes, through the wormholes. You're going to go maybe up and down, it's all gentle, very gentle, because you're taking it to a different dimension, a whole different dimension.

Jennifer: You're going to the very center point of your soul in a new dimension of being. And eventually the elevator comes to a standstill the door opens, and you step inside your sacred chamber. You step inside this beautiful neutral still point of

view. And it's almost as if there's barometric pressure shift into stillness, pure, neutral stillness. And you realize as you're standing in this stillness that it's actually concentrated love. And it's your love, it's your soul. It's your soul version of love. And you take a few steps deeper, and a few steps deeper into the sacred chamber and look around, if your visual what does it look like? Look how beautiful it is, how bright it is. And if you're not visual, just sense. Are there sounds? Are there smells? Is there temperature? Feel, notice it, take it in. What does this stillness feel like?

Jennifer: And if any of you are having or thinking you're having trouble here, it's just a thought. If you have an inkling nature here that's alternated, the inkling gets you the whole. The inkling is like a piece of the hologram, it contains within it the whole. And so the inkling is all that's needed to embrace and be embraced by the whole of this experience. That's it right there, right there, good. That's it, beautiful. Wonderful, the healing pulses you just feel the stillness of this place, and you breathe in the stillness. It's as if you can breathe better here, it's as if, "Oh, I can breathe." Just take a moment and be with this the stillness and allow it. And again, shine a light of consciousness on this moment. What does it feel like to be in the sacred chamber, of you, of your soul? What's it like? Describe it to yourself. That's it, beautiful. Wow, it's like we just spent three hours there and in 30 seconds.

Jennifer: That's part of what we're going to be doing here too, is compacting a lot in a short period of time. That's it, okay. So just over there, there is this really bright light. It's a bright area of our sacred chamber. The very center of our sacred chamber. And before we get there, we're going to move over. We just notice that it's there, but beside it, there's that white space. And we're going to go into the white space. And we're going to notice that the cloak of our gifts is waiting for us there. And we just feel the magic, the energy of our gifts, shimmering in this cloak. And as we put the cloak on we can feel our gifts, and even if you can't, attach a name to any of it. it doesn't matter, that the mind game. It doesn't require a label, just a feeling. And we put on this cloak, and we feel our gifts humming through us, as if it's said it's magically stimulating our self to remember who we are as our gifts. That's it. And we feel our gifts. Yeah, we feel that.

Jennifer: And the words are not things like vocations, they're not things like, "I am a musician," or, "I am a teacher," or, "I am a nurse." that's not what is here. But you can feel that the vocation might be stimulated by the energy in this cloak. And it might be many. Each panel might be a different gift and each sleeve might be a different gift. And you notice all of the gifts that are there. For example, I'm noticing my creativity, that shows up as vocations in writing and singing, songwriting. But the gift is creativity. Yeah, so what are you noticing? What are you noticing as your gifts? Beautiful, just breathe it in, and notice that when you wear your cloak of gifts your chakra was immediately aligned. The seven chakra starting at the base, right at the bottom there where the pubic bone is. And then the second ... Which is red, and the second chakra is a beautiful orange, it's right below your belly button in your abdomen.

Jennifer: And then the third chakra's beautiful yellow and it's in the upper abdomen and then the heart is aqua-marine green. And then the throat is this beautiful blue. And then the third eye is this gorgeous violet energy. And then the crown chakra is right on top, and the spin of the top chakra and the bottom chakra are like trumpets coming out of the top and out of the bottom. And all the other chakras have like a trumpet out of the front and the back. And we notice that they're spinning in a perfect mode that they're all aligned with one another. And you can feel a sense that the alignment, the amplitude is perfect, and the spin is in the correct direction. And you can feel there's a toroidal field that's happening. And it's almost like centrifugal force that forces you to be in this position of pure balance and alignment. And if you want you can look up toroidal field, what that is from an energetic, physical perspective.

Jennifer: It creates a tremendous strength, as you feel yourself humming with your gifts, you can feel the chakras aligning and the toroidal field placing you in a position of deep, deep, deep spiritual, emotional, mental, physical strength, and endurance. And you just stand in that for a moment, and take a moment to describe what this feels like. What's it like? Describe it to yourself. There's a beautiful unwinding happening now as all of you are taking notice, shining the light of consciousness on it. Building awareness to awaken it even more to a stronger vibrational field in consciousness. What's it like to be in this moment wearing your gifts? That's it, beautiful. That's it.

Jennifer: And now you can feel a pulse, a magnetic field from that bright light we noticed just a moment ago. It's as if that is fueling the gifts. It's as if that energy is wanting to use the gifts to move through and fuel them into the world. And we're drawn to that bright, beautiful light. And as we are approaching the light we're being given little pieces of memory, positive beautiful memories of moments when we've been filled up, of moments when we've expressed something, and it was so bright. We're being fed these little pieces of insight and information. And we are being drawn and magnetized to, and we're walking towards this light, this is our core. This is our core. And as we approach it, we see how the core is fueling the gifts. The core is actually using the gifts to pull the core of our being into the world. And as we get closer we can see that it's connected directly to divinity, to source energy.

Jennifer: We can see that there's a direct connection. As if our core is fueled by this divine energy. And this divine energy fuels the core, and the core fuels, and fuses and leverages the gifts that move through us into the world. And as we get closer and closer to our core, we start to really feel and move and be animated if you will, by the things that have lived ... that have filled us up. We get to see clearly that our gifts are related to the core, aren't they? They're related. And in this moment we're kind of given a visual, were handed a little pictograph, a visualization, an image, maybe it's an object but something that that symbolic of our core, of what our core is. And it's handed to us. And as we feel this gift, it might have been implanted in you, or given to you, and you're holding it whatever it is. Yeah, we get to just ...

Jennifer: And again, it doesn't matter the label, or the naming of it at this moment doesn't matter. All that matters is what are you feeling. What are you feeling? What are you feeling? What are you feeling as you feel this core of you? That's it. What is the gift in your hand right now that is your core? How wide is the ... How do the gifts relate to the core of you? What are you really, really good at? What are you really good at that comes naturally to you? What are the things that people say to you, "How do you do that?" And to you, you look at them like they're crazy, this is easy. What is fueling that? That's your core. What do you do in your life that when you do it you feel so good? That your core. I'm inviting your mind in by planting those little seeds of images, so that your mind can start to understand that, "Oh my goodness, this is my core." What is your core?

Jennifer: And the master that is you, the part of you that lives in the infinite, in the eternal is here, in deep support and there's your entourage of guides and allies and angels are here too. And all of them are strengthening this core in your conscious awareness. All of them are in powerful support, supplying whatever you need, to know what your core is. And again, even if in this moment you are not quite getting it, if you just get an inkling of a possibility, maybe that's enough. That's enough. And in the course of this program you'll come to understand it more and more and more and life in your soul will provide you with the evidence, will provide you with insights, will provide you with ways of saying, "All right that's it. Oh yeah, that's it. Oh yeah, that's another example of what it is."

Jennifer: So in this moment trust, and tap in and know that your gifts are related to the core. That's it. That's it. And just take a moment and describe what it's like. What it is your core like? What's it like to be in your core? What's it like to feel your core? What imagery is showing up from your core? That's it. That's it. Again, I'm being tapped to remind you, what are you really good at? You may have even described it when you described your gifts. You might have actually been describing your core. That's it. That's it. So describe what it feels like to be in your core, what is it like? And you might remember, as you're standing there and describing times in your life when you felt this way. And now feel into the center of it, feel into the center of your core and feel into the center of your core, allow it to embrace you, allow it to fill you, allow it to nudge yourselves. Feel into the center of it, and feel into the center of your core.

Jennifer: And notice that as you do that it's as if the core is expanding. The core is expanding. And feel into the center of it. And feel into the center of it. And fill you as it. And it's almost as if you know the superpower stands, with hands on your hip. And you're just standing in your superpower of your core, of this core energy. That's it good. And you stand in the superpower of your core energy, you notice. It's just who you are in this moment. And just pretend with me that, that's true. And if you're not feeling that, just pretend for a moment that it's true. What would it be like if you were standing in the middle of your core, and you knew what it was. Just pretend and play the what if game.

Jennifer: What if you were in the center of your core right now, and you knew what it was? What would that be like? What would that be like? If you're standing in the core, and you knew who you are, what would that be like? What would that be like? That's it. That's it, very good. Describe it yourself. What it's like to be standing in the middle of your core, and then standing even more precisely in the middle of your core, and even more in the center and more in the center, what's that like? That's it, that's it. Beautiful. Wow, it's powerful unwinding happening now. Wow, big healing pulse here. Beautiful. And now as you stand in that superpower that stands in the middle of your core, I want you to notice something, that there's been a wall that's been protecting this understandably so. There's been a wall that's been protecting this.

Jennifer: And so right now as you stand in pure consciousness of your beautiful core, knowing more, and more, and more in every second of this moment, what your core is, even if you can't attach a name to it, it doesn't matter. But you can feel the essence of it, you can feel it, you can sense it. You can sense it growing in you, you can feel the guides, and the master that's you supporting you, and you could feel the divine energy amplifying it. That's it. As you can feel and sense all that. You feel that the wall now is stating to crumble. That the wall is no longer needed because you know who you are. And in place of that wall, something new shows up. It's like it's a ... In science, they call it the semi-permeable membrane. And I use that terminology even if you don't quite understand, I'll explain it.

Jennifer: It allows some things in and other things not to come in. So this beautiful kind of see-through membrane, thin but strong membrane, allows love and nothing else. And so now instead of a thick wall, the wall has dissolved and crumbled in the face of you standing in your brilliant core. And a semi-permeable membrane now surrounds you. This beautiful really seemingly delicate, yet very strong membrane, unbreakable membrane surrounds you. That's it. That's it. So still feels like its protection but its, a lot more flexible. And it feels like you can now be closer to your core in a way, in your life, in your daily life. Does that feel true? Very good, very good. And now you stand in your core knowing that that big wall, that divided you from ... It almost prevented you having access to your core is gone.

Jennifer: That wall that kept the innocent, purest, most beautiful and brilliant part of your core in a separate place from where you live day to day is gone. And now you can stand from your core in your life. And we're going to do a quick little visualization with this. Now, imagine tomorrow. You spend an entire day tomorrow living from this core energy. And then, no matter what showed up knowing that nothing can get in here but love, that whatever showed up you move from your core, you make a decision from your core, you see from your core, you see another and their actions from your core. What would that be like? If you lived your full day tomorrow from your core, what would that be like? And you can feel that your gifts are shimmering as well, that the cloak of your gifts is being animated by your core. Your core uses your gifts to bring blessings into the world.

Jennifer: And with that wall gone now you can bring them clearly into the world, does that feel true? What if that were true? What if it were true what would that be like? That's it. That's it. And so all day tomorrow you've lived in your core, what kind of a day did you have? What kind of a day did you have tomorrow? See it. Living from your core. Notice what happened that was different. Just pretend you can see tomorrow. What's different about the way you interact with people? What's different about the way that you are making decisions? What's different about the way you see your life? What's different about the difference about the way you see your antagonists? What's different about the way you see your circumstances, as you stand in your core? And again, let's do the superpower pause, you're standing in your superpower, truly your core is your superpower. What is your superpower? What fills you up?

Jennifer: Now imagine about tomorrow. You are acting from your core and every time you act it fills you up. You have more energy, more strength, more power. What's that like? That's it. Beautiful, beautiful. So bring your attention back now, and you can come to the core any time you like and re-remember who you are. And as we go through this program you might come back and notice some nuances of what it is, that you didn't notice the first time. And I would spend as much time as you can hanging out in your core and understanding it more, and more, and more. For some of you, you totally get it, for others of you, it's a bit of a question mark, but it feels good. It doesn't matter, none of it matters. All that matters is you are tapping into the core energy of who you are, what you are, of what you are. That's it. Another wave of it is coming in now. Yeah, it's a really expansion happening right here. That's it. Beautiful, beautiful.

Jennifer: Now for some of you again, you're going to be really getting it and others of you it might be a question mark, don't freak out, notice what you're feeling, notice what's going on, notice how you are reacting to this moment, notice how if you don't think you got it, it's just a thought, that's all it is. It's probably not true, but it feels true, notice. Notice it all. Write down in your noticing workbook and we will use that, we will use what you're noticing. Everyone's going to go at their pace and tempo of their soul. There is no comparison, everyone is going to do it completely differently. Even the way I described it might have seemed different for you, it's perfect. It's exactly what your soul is showing you right now. It's all good. Does that feel true? Okay, good. So bring your attention back into your sacred chamber, and just notice what it feels like. Does it feel different? Does it feel different here in sacred chamber? Do you feel different? Does your body feel different? Yeah, I feel a lot more energy in my field. I know some smiling more.

Jennifer: What's it feel like right now? Okay good. And you're going to just hand the master that is you, your cloak of gifts and he's going to hang back up again, knowing that, that cloak is simply a way of being reminded, because the gifts are already in you. And you're going to bring your attention back to this moment, at this time. That's it. This moment, in this time and when you're ready, before you open your eyes ... Before you open your eyes hold an intention that you open your eyes from your core. And look at the world from

your core. Oh my God, it's so beautiful. That's it. That's it. Good, now here's what we're going to do. I'm going to open up the lines for some questions. And I'm going to actually lower everyone's hand because we had some people raise their hand beforehand. So everyone's hand is now lowered, so if you have any questions or comments about this. This is your time to raise them by pressing star, two.

Jennifer: And so if you're on Facebook Live or on the webcast and you have a question I recommend dialing in so we can have a conversation. And I might be able to take some. Yeah, I can see the questions of Facebook Live so if you want to ask me you can. I might be able to see them. Oh man, this dirty. My glasses are dirty, sorry. Okay, Esther you're on the air or Esther.

Esther Rene: You mean Estherine?

Jennifer: Estherine, yes.

Esther Rene: Oh, okay. I have a question for you. I took a light body class field is near my heart, so I feel as I was going through the meditation that core was and you had my entire body syncing up and going out counter-clockwise along with it until I was spinning like a duck. What does that mean?

Jennifer: Okay. What I keep hearing to tell you is it doesn't matter. And how does that feel when I tell you that?

Esther Rene: You mean the spinning or the syncing up?

Jennifer: Any of what you just described doesn't matter. And what do you feel when I tell you it doesn't matter?

Esther Rene: It's like, okay.

Jennifer: Okay.

Esther Rene: I know what to do with that.

Jennifer: Right, that's the thing. Your mind has now come in and influenced the process, which is okay.

Esther Rene: Okay.

Jennifer: And as a result of the mind coming in and influencing the process, it's created something that feels confusing, which is a perfect avoidance mechanism for you to dismiss everything that just happened. I know you are doing that, but it's what ... So it's one of the things I want you to start noticing, it's one of the things that are mind interferes with, okay? Which is, what do I ... So your question was, what do I do about that? When we ask how and what I do? That is

a question of the mind and it's wonderful what little things you'll notice, notice when your mind has taken over, which your mind just did.

Jennifer: Your mind took over and said, "Oh, this is weird. Oh, this is weird." And then it started third spinning, "And oh, that's really weird. Oh my God, that's weird." Instead of ... And again, next time you'll notice and you'll just take your beautiful mind, we're just going to leave that aside. You can do whatever you want in this journey. If you don't want to spin, you can just say, "Don't spin." And that "i'm not enjoying that anymore.? Okay? You are in charge, you are in command. I'm going to tell you, okay, this is really a great question.

Esther Rene: Okay.

Jennifer: So I want to just thank you for the question, it's great because right at this moment on day one of the course, it's really powerful to talk about this. I'm going to take a quick story and then I'm going to let you finish your question. After about three years almost every Thursday night I would go to a drumming circle and we would do Shamanic journeying. And what I learned by doing it for so long and so regularly is that, whatever showed up on the journey was mine, 100% mine. And I had a choice in any given moment as to what to do. If something showed up that I wasn't enjoying I'd say, "I don't want to do that anymore."

Jennifer: And it would disappear. It had no choice, we are in command. Then I went on this ... I walked a journey, which was you know medicine with a Shaman in the middle of the jungle in the Amazon, with a tribe that ... This particular Shaman had never been in civilization. And I went on this journey and sure enough these things would show up, and I would say, "No, I'm not interested." I'm just going with my finger and it will go away. It has no choice but to go away. The idea is ... And some of the stuff is a cult demon from our mind. They are little demons, they're just things in our mind that are being fueled by the subconscious upsets that happened to us a long time ago.

Jennifer: So when we go on journeys like this, they're very, very deep and our mind is a little bit nervous about it, because it's going to change the dynamic of our life and it's been in charge for a while, and it'll say, "Oh, let's make it spin out." And so then it's just going to say, "What I do about that?" And then you're out of the process. So the opportunity now ... And I also wanted to just add that a lot of people who went on that journey did not know that. Did not know that they were in command and they did not have good experiences because, a lot of the negative impulses showed up that are deep in the subconscious. And they're up for review and we are in command at every moment. Does that feel true Esther Rene that we are in command? That you are in command of any of these journey?

Esther Rene: Yes.

Jennifer: Good. So if that's true then there's nothing to do. It's just a beautiful opportunity for you to notice. It's a moment of, "Oh my Gosh, my mind just took over." Put that in your noticing journal. My mind takes over during meditation. The gyrations that our minds will take to get our attention pay for get our attention, are astonishing. That's why I say it doesn't matter, because it's just the mind. So what was your second part of your question?

Esther Rene: When you took us to the elevator, mine went down to 36B, there was a fountain, and a fountain and a pitcher that looked like a waterfall. I mean, I'm sorry. There was a fountain on one side, on the left and there was a waterfall in pitcher on the right and then all of a sudden I saw a string of little mirrors going across the walkway.

Jennifer: Cool. None of it matters. That it's okay.

Esther Rene: Okay, okay. I didn't know if it had any kind of significance or if I should have been getting something out of there, something additional or what.

Jennifer: Only if it does. Only if it does. If there's information that ... I mean I have a lot of stuff in my sacred chamber and I don't ... It's just a matter until it offers up some inside information. So if you were to think about, was there any significance to that, was there any information for you, what do you get?

Esther Rene: I didn't do anything does now.

Jennifer: Yeah, it doesn't matter.

Esther Rene: Okay.

Jennifer: So I think part of the reason you to bring that question to me is to see that, "Oh, isn't that lovely there is waterfall in a picture frame... pretty. And in that moment, at any point in time you can say, "Do any of these have a meaning to me right now? Are they relevant to my journey?" They will tell you. So this is a great conversation. This is such a good conversation. I really you asking this Esther Rene because this is ... Especially on this first day here, because these are the things that we can consider.

Jennifer: So, number one, I want you to know, that you are in full command at every step of every journey that we ever go on in this course and from here on, does that feel true? It's not happening to you, it's happening through you. So you are in charge. And if anything shows up that's uncomfortable you get to say, "This isn't comfortable I'd like to change it." And you can change it, does that the truth?

Esther Rene: Yes.

Jennifer: Good. Now the other thing is, I want to remember that everything that shows up, it seems like maybe a symbol, or a dream symbol you could ask it. What are

you? What are you trying to tell me? Are you trying to tell me anything? You are in full command. Does that feel true?

Esther Rene: Yes.

Jennifer: Good. So this is going to be from here and in for you Estherine these journeys are going to be powerful. I will do the journey again between now and our next class.

Esther Rene: I will do that so that I can ask some questions.

Jennifer: Yes, yes. Very good, very good. Thank you so much for bringing these questions to me.

Esther Rene: Thank you.

Jennifer: Really, really cool. Thank you Estherine. Okay, I'm going to move to our next person here. If you have raised your hand. Say your name out loud.

Stephanie: Stephanie.

Jennifer: Hi, Stephanie?

Stephanie: Hey. I just want to say you're absolutely phenomenal and also timely.

Jennifer: I would say my love, that you're also actually timely. And I will absolutely accept your beautiful gratitude, and I also want to share that what ... And all of notice this, whatever you appreciate in me, is actually what in you already. So you my love are phenomenal, and you my love are timely.

Stephanie: Okay. Yes, absolutely, absolutely. In this process I went through a number of pieces, but it came down to living with incredible deep compassion and love.

Jennifer: Yes, that's right.

Stephanie: Yep.

Jennifer: Okay, so that's what you are. You are deep compassion and love, is that true?

Stephanie: Yes, yes.

Jennifer: And maybe you aren't scared, maybe you're just in a little bit of awe and that anxious enthusiasm.

Stephanie: Well, like anxious enthusiasm. I really want to get the playful side.

Jennifer: It's okay, listen we did something really big tonight and again you're not going to do ... Just like ... Remember I talked about beginner's mind?

Stephanie: Yeah.

Jennifer: We're not going to play a concert, we just learned chopsticks, we're not going to play concerto tomorrow. Right?

Stephanie: Right.

Jennifer: Okay. So you just really got that you're compassion and love, and I'm feeling that. Wow, yeah that's true. Really true. And up until this point, you did compassion and love with some wobble in it. Is that true?

Stephanie: Probably.

Jennifer: Yeah, there were some hooks in your compassion and love, as you gave that your-

Stephanie: Yeah, yeah, yeah, yeah, yeah, yeah.

Jennifer: Hooks in it. Right, there might have even been a little passive aggressive compassion and love. And it was exactly correct. But right now what you're seeing ... What sometimes happens when we really feel who we are, when we feel the truth of who are, There's a little bit of humbling energy that comes along with it, because we got to see that we did those things but there were a lot of weird passive aggressive kinds of energy into it. And it's okay that, that stuff was there because we didn't know how to do it any other way. We are trying to be ourselves with all these wild and crazy beliefs, that were fueling different behavior than what our core is.

Stephanie: It was a lot of protection ... A lot of potential in my life.

Jennifer: A lot of potential, of course there would be. You're deep compassion and love of course there would be protection of that. So when you are in the midst of that core of deep, deep, compassion and love, could you feel the superpower of it that you are?

Stephanie: See that was a little difficult because it is like I know that's the core but then when you said, does that feed you? I couldn't access that. I couldn't access that.

Jennifer: Right. And so that whole thing that you just said was your beautiful mind.

Stephanie: Okay.

Jennifer: And that's okay. And that's okay. It's okay that you're is saying no. So we're just going to say to the beautiful mind, "Thank you for your input. Thank you for

your perception." But we're just going ask Stephanie and her core and her soul, also in compassion, is she powerful when she's fully living in that?

Stephanie: Yes, yes.

Jennifer: That's right. And that right that you just said created a really big opening. That is allowing you to step into that power in the any way. It's understandable that your mind honestly can't go there Stephanie because your mind is part of that old wall of protection.

Stephanie: Mm-hmm (affirmative).

Jennifer: So now in this moment, what if you could stand right now in that superpower of love and compassion without any risk? Just pretend that we live in a new planet, everyone do this. We live on a different planet now, we've just traveled to a whole new galaxy far, far away in a whole new planet. And on this planet ... Just pretend, fantasize and on this planet we can stand in our core with zero risk, zero risk. Just pretend for a moment that, that's true. What would that be like if we lived on this planet far, far away and the planet is set up so that just like the rule of gravity is on this planet, the rule of that planet is that you can live in your core without any risks. We're just going to pretend that, that's the rule, so you have no choice. What would that be like if you're living on the planet and be in the center, to live from your core with zero risk, what would that be like?

Stephanie: For me, it would be like an amazing sexual intimate relationship.

Jennifer: Sure, and that's just the outward expression of it.

Stephanie: Okay.

Jennifer: That's all that is, that's just an outward expression of your core. What is your actual core though? Feel yourself on that planet and there's zero risk. What kind of things are you doing? What are you playing with? What does your life look like? What does it feel like? What your daily expression? What fills you up? As you live from compassion and love? There is right there. What's that?

Stephanie: It is all the sensations of the beauty of life really.

Jennifer: That's right. That's right. So that's a clue as to how you can start playing and expanding this compassion and love even more, this core of you. If you start creating more sensations of if in your life, like hanging out in nature touching a tree, cuddling a flower. You get nature much?

Stephanie: I'm in a desert but yes. I need to be by water though. I feel like I need to be by water.

Jennifer: Sure. So drive a car to a creek or a lake or ... Where are you?

Stephanie: Yeah, I'm in La Quinta near Palm Springs in the desert.

Jennifer: Okay. Then get your butt into the ocean, it's an hour and half drive.

Stephanie: Yeah.

Jennifer: And find a waterfall or find a fountain, there's lots of fountains in Palm Springs.

Stephanie: Yeah, waterfall, yeah.

Jennifer: And the fountains there are actually spectacular, they have the ... Are natural almost attraction of nature. I used to work in Irvine and there's all these incredible waterfalls attached to these places and there're ducks and blue herons.

Stephanie: Yeah, yeah, yeah.

Jennifer: So yeah, find a duck. Does any one of you know-

Stephanie: I see the ducks, yeah, yeah. I see them.

Jennifer: Yeah. But while you're there tap into this compassion and love energy. And again, we're going to be growing this, this is day one. We're going to be growing this over the next five weeks.

Stephanie: All right, thank you Jennifer.

Jennifer: Thank you honey, you're doing great. I'm going to move my attention out to the next person if that's okay.

Stephanie: Absolutely. Thank you.

Jennifer: Okay, we're going to 4336, 4336. You're on the air.

Speaker 4: Well, hello? I'm so happy. For many years I've followed you and your programs. But I usually listen to replays. Well, I joined yesterday because this is a good time for me. Thank you for choosing me.

Jennifer: Yeah, of course. How can I support you my love?

Speaker 4: When I went to core, I get a feeling of joy and relationship with people and sharing the joy.

Jennifer: Repeat that last part again.

Speaker 4: Relationship with people and sharing the joy.

Jennifer: Okay. Relationship with people and sharing the joy. Okay.

Speaker 4: Yes. And somehow in life ... Sometimes I feel lonely.

Jennifer: Yeah, that's the result of the wall. Just imagine ... This is outside of you, I'm going to tell you a story from third person. There's this beautiful lady and she's ... Her core is pure joy, pure joy. But she got hurt when she was a kid and then she got some things that happened in adulthood and she built this big wall around her joy to protect her joy. To keep it safe. And then in the other side of it, she was still joy but she was kind of a ... Just like a false story in a way.

Jennifer: But she was pretending to be joyful when she wasn't really ... But she knew her core was joy but she couldn't really feel it anymore because there's this huge wall. So the only way she knew how to protect her joy was just not interact with too many people, to try and keep herself safe. And so as a result ... Imagine now this beautiful woman who is keeping herself safe from others to protect her joy, but her joy comes from being in a relationship with others. So imagine the depth of loneliness that would create.

Speaker 4: Yeah.

Jennifer: You got it?

Speaker 4: Yeah.

Jennifer: That's what happened. So it's understandable and there's nothing wrong with that, but it's really good so instead of, now that you're in this program ... Again this the advanced stuff that I was mentioning we'll be talking about. Instead of saying, "I've been so lonely or I am lonely." Whenever you say, I am in front of anything, you've just claimed it. You just told the universe this what I am. Notice that, write it in your book, in your journal. I just claim ... I claim over and over and over again that I am tired or sad or whatever or I am lonely. And noticed that. Notice it. That's the first step, notice it, notice it.

Jennifer: And then, once you're noticing it, you can use it. Like going to the neural pathway gym and say, "Wow, there's a really good reason why I've created this loneliness," which we have all created, whatever we've create it and it was protecting this what seemed like a delicate part of me, because it was on the other side of the wall that was protecting the core. Now, I'm going to just move right into my core and be who I am. And when we're there, holy crap, man. When we're in our core we are superpowers. We are not vulnerable, we're not weak, we're powerful in it. And when we create from that place, it creates that toroidal field that we're unstoppable, we can't be pushed over. Does that fell like that could be true?

Speaker 4: Yeah.

Jennifer: Good. And this so cut yourselves some slack. You might not feel all of it tonight, but we've opened something huge and the universe is going to provide many, many opportunities in the coming weeks together for you to change that dynamic, and to really live from that place of joy in relationship with people. So it's not surprising. Most of us who are in our core when we've had a lot of trauma, which everyone in this planet has, and we've built a wall around it to protect it and then we're on the other side of it and we're in it and it's worked to create a condition, kind of false version of it. We created the opposite of what we want, because we're living in opposite now. We're living outside of the core trying to be the core by the protecting the core. And that you just got all a little wobbly and so we're going to un-wobble it. But right now the wall has been dissolved, but there's a new wall, so we're still protected. But there's a lot more clarity and flexibility. Does that feel like that could be true?

Speaker 4: Yeah, yeah.

Jennifer: Very good. Very, very good. Excellent. Is that okay if I move my attention to the next person?

Speaker 4: Yes, thank you so much.

Jennifer: Okay, thank you. Okay, I mentioned we're going to go a little bit long tonight because I want to get some of your questions tonight, most of your questions, so we might go an extra 30 minutes, making it two hours because we're already at 90 minutes. Okay, so here we go, Sandra. I think it's Sandy, in North Carolina. You're on the air.

Sandy: Yep, sorry I was on mute.

Jennifer: Oh, no worries. How can I help you?

Sandy: I'm still in the same place I've been, but pain levels are high, but going into the core, I really wanted to be in this program because of the quantum, you said that we're going to go so much deeper and what came up today was the creativeness that was squelched when I was younger, put behind that wall. And it was ... Then that turned into ... The only way you got attention was if it was a blanket of attention.

Jennifer: That's right.

Sandy: So, it's just the pain level it's so exhausting. I'm not used to this at all and been going on for three years. So I'd really like to somehow move through this so that I can get back to living, I mean-

Jennifer: Let's hold that intention that we get forward into living. There's that momentum instead of a backward momentum, first of all.

Sandy: Right.

Jennifer: Notice that there is, I want to go back energy. The energy that got you here is not the energy that you want to go to, right?

Sandy: Right, right. I want to move forward.

Jennifer: Remember I just did a beautiful parable of our last call, there was parable. Here is your parable; There is this beautiful young woman or middle child, beautiful creative. And it is her core. And that core got squelched and stopped over and over and over again. So she's got this huge wall around this core. And the result of the wall around that creative force was actually pain. And eventually it led to the point when the creativity was ... The creative force was so squelched and so repressed and so shelter behind this thick, thick wall and the creativity never got light. And so the creative force became ... It created pain. Does that feel true? So it's just a parallel.

Sandy: Yeah, what it really was, was that there were no emotions.

Jennifer: Yeah, which is okay.

Sandy: It could have, yes.

Jennifer: So when you start living from your core more and more, and it's going to start showing up. Is it Sandy?

Sandy: Yeah.

Jennifer: It's going to start showing up in your life. Opportunities for this creative impulse to be expressed. And you get to notice how you're reacting to that. And all of us get to notice how we're reacting to it. The universe will provide opportunities for us. Something happened recently that really had me ... gave me an opportunity to see if I was genuinely generous. And I was. And I got to use it to awaken that within me. You're going to be given opportunities to express this creativity. I suspect the more that you express this creativity and the universe, which is your soul will be providing you opportunities for that, the more the pain will go away. How long have you been in this pain for?

Sandy: Since 2016.

Jennifer: '16, '17, '18. So about two and a half years?

Sandy: Exactly, yeah.

Jennifer: Okay, that's going to be a month for every year. So it's two and a half months. That's not very long considering how long you've been in pain. And that's kind of

the rule of thumb but it doesn't have to be there can be moments of grace and it just be gone. But it's usually around a month for every year that we've had it.

Sandy: Okay.

Jennifer: Okay, and it's just the universe, which is you telling you to develop a wall and live in your core. And given opportunities in the coming days to play in this creative core, it's going to be exciting. I would love for you to share in Facebook in the coming weeks how the universe has provided you opportunities to express your creativity and how you reacted to it. And sometimes we look at it and go, "That's too scary, I can't do that." Noticed that.

Sandy: Mm-hmm (affirmative).

Jennifer: Notice that, if it comes around again, if it's like, "Okay, this time I'm going to play with it." Notice what that does. This is an iterative process. There's no destination at the end of our program. I am not going to guarantee here that your pain will be gone but I suspect it will change dramatically. I suspect it will, but I ... Our soul's journey is our soul's journey and I'm not going to be able to change that soul's journey, you are. That make sense?

Sandy: Yeah. I'm just noticing that it's the wall, that helped because I wasn't seeing in my vision what it was. I was doing a lot of core dissolving.

Jennifer: Which is definitely helping but there's so many things that we're going to be doing in this program that are going to help. No one thing ... multiple things that pulling threads, cutting cords, dissolving walls, three spontaneous transformation technique, there's a lot of things that we're going to be doing here. But knowing what your core is and starting to notice that the universe is providing opportunities for you to start living in your core, and they might be surprising opportunities. Like in my case many of the opportunity to prove if I was really truly generous, that come with what seemed like a cost but in fact when I looked at it, it wasn't a cost at all because it forced me to be generous and look at it, to see how do you feel, like I'm great. Even though it looked like a loss, I felt great. So there cannot be a loss of you're filled up. So notice. So just notice-

Sandy: I get filled up when I work with people, I see their transformation, that just fills me up.

Jennifer: That's it. That's it sweetie. Okay.

Sandy: All right, thank you.

Jennifer: Thank you honey.

Sandy: Thank you.

Jennifer: Bye, bye. Okay, Joy, you're on the air.

Joy: Me, yes. Unbelievable because this whole wall thing, I have had the brick wall in front of me with the chains, since I was young I just knew there was a wall up and I always ... I could never understand how to get it down. And its been coming down for the past five or six years with all the different modalities and stuff like that I've been using. So now this really explains why I was afraid of the wall coming down, because I didn't know what was under there or if I could find me under there. Like what happened to me? I kep saying, "What happened to me?" I didn't even know what "me" was because I wasn't really living it for a long time and I did turn into that whole other extreme of negativity, extreme, like so unbelievable. And I kept saying, "This isn't really me." And I lived that way for so long. And then I've been kind of coming back to it and this just like explained it.

Jennifer: Oh, great. That's great. What's your core?

Joy: Oh my God. What is my core?

Jennifer: Yes.

Joy: I really think it's compassion and just helping people who like don't understand. I can't explain that, but you know I mean?

Jennifer: What you're describing there is service. Does that feel true? Did I get right or is that ...

Joy: Yeah, yeah.

Jennifer: Okay, so compassion-

Joy: In a way. yeah

Jennifer: Compassion through service maybe, or compassion through service, serving.

Joy: Right.

Jennifer: Yeah. I think there's a nuance in there that we're not quite getting at yet.

Joy: Right, yeah there's still that- Do you do healing work or therapy or work with people?

Joy: I was always the one that people would come to talk to and they felt safe talking to me that kind of thing, but I would never open up, like nobody knows me. Because I wouldn't really open up for a practice.

Jennifer: Is is helping?

Joy: Learning that balance, learning that balance.

Jennifer: Is it helping people? Is that what it is helping?

Joy: Helping people like mentally, emotionally that kind of thing. And I do reiki and stuff like that and I was just on prayer circle the other day. Just like doing them this morning, I got up this morning I was like, "Oh my God, I need to hold space for people," not just say, "Oh well, I pray for them." Blah, blah, blah, or what I think they should have or need but just to hold the space to let the universe and God come in and just be able to work with them in a way.

Jennifer: That feels beautiful. Did you watch the movie, The Help?

Joy: Yes.

Jennifer: There is a beautiful thing, this kind of thing that was underplayed a bit... which is the main character prays and she has a book, prays for people and they heal. It's just who she is.

Joy: Yeah.

Jennifer: It reminds me of that. It reminds of-

Joy: That's one of the few movie movies I've ever seen and really liked, yeah.

Jennifer: Holding space for people, that's a really nice sentence. Holding space for people.

Joy: Oh, I like that. And I like to do that. That's the kind of thing that fills me up. It does.

Jennifer: That's your core. That's it.

Joy: And on the mornings when ... Yeah.

Jennifer: And what's really cool about that is when you know that, that's your core you can do that, anything you do in your life, if you bring that attention to it and that intention and attention, it feels ... No matter what you're doing, you in the go in the grocery store or whatever you're doing, you can hold space for people.

Joy: Oh, I like that. I definitely like that. That feels ... That just feels good. That's really cool that you put it like that. Thank you.

Jennifer: Well, I just repeated what you said by the way.

Joy: Oh, Well. And I just want to tell you, I'm one of the people that would fall asleep when I first started this like a year ago, I would be asleep and I just knew that I couldn't handle it and I knew that it was going in somehow, it was filtering

in through. And now I would tell myself I want to go to sleep but I'm sitting up and I'm fully awake, I'm fully aware and I can handle it now. I can feel the difference too.

Jennifer: Wonderful, wonderful.

Joy: Sometimes I just need to do it that way I guess, till it wakes me.

Jennifer: Yeah, absolutely.

Joy: Oh my, God. Thank you.

Jennifer: Everything is as it should be. If that's what's happening that's what's happening. It's all good. All of it.

Joy: Yeah. Thank you so much.

Jennifer: You're welcome honey. Okay, we're going to ... Looks like a California cell phone numbers 6533, 6533, you're on the air.

Jonathan: I knew you were coming this way.

Jonathan: This is Jonathan.

Jennifer: Oh, Jonathan. Hey, Jonathan?

Jonathan: Hey. Yeah listen, I am, that's it.

Jennifer: That's it. You're right. That's exactly right.

Jonathan: And accepting and not needing to know anymore. That's what I got. It's enough, yeah.

Jennifer: Wow!

Jonathan: Yeah. Thank you.

Jennifer: I'm just being there with that. Thank you for ... Thank you for being, I am for everyone you meet, everyone you touch. That's really cool. That helps, thank you Jonathan, that helped me.

Jonathan: Thank you.

Jennifer: Thank you. Is it okay if I move my attention to the someone else?

Jonathan: Oh, definitely.

Jennifer: Awesome, great. Thank you so much honey. Okay, wow that's cool. Right, we're going to your last four digits are 8682, 8682 you're on the air.

Danny: Hi, Jennifer?

Jennifer: Hi, who's that?

Danny: It's Danny.

Jennifer: Okay.

Danny: So that was beautiful. I came to this place where I really felt super connected to ... I felt like the whole back hand and the whole back of my body just kind of came off and I was receiving ... Like there was no more boundary on the back and I felt super connected to the land where I am here, with the mountains and the ocean. And I really felt like my strength is ... That it's seeing ... Like almost of an overseer. Like I've seen a very large expanse. And really felt like my story didn't exist for a while there. Like there was no story, really unattached and really able to just see and receive and then provide, provide through receiving and that was this beautiful place.

Danny: And then after reflection and listening to some other people and to your talk, I realized where my difficulty lies, it's when I do have that wall or that ... It almost feels like a cap on my crown chakra where I don't ... Where the past fears sip in or where my vision for the future where I am looking ahead, instead of just receiving unattachedly and the reality doesn't match my vision and control flips in or fear ... control based on responding to a fear from the past.

Jennifer: Hang on, so this is all really good Danny because what you're doing right now is you're describing a dynamic of what you do. And that is breakthrough territory. Remember I said, when we notice it we now have it, and it can't run things in the unconscious anymore because we see. So everything that you're describing is incredible, so that's your truth because you're seeing the dynamic of the pattern.

Danny: Yes, yes. And I'm realizing besides the seeing I also have this great strength.

Jennifer: That's for sure.

Danny: But comes in as pushing too hard sometimes.

Jennifer: Well, here's the thing... There's a subtlety with what you said. You provide, you're a provider, I think that's one of your pieces of the core.

Danny: Yes.

Jennifer: Here's the exact words you said, "I provide through receiving." That is absolutely true. So I receive by providing. You provide by receiving. You see the difference? So you must receive ... You are a receiver sort of.

Danny: Yes.

Jennifer: You've got to receive in order to provide.

Danny: Right.

Jennifer: That's key.

Danny: Yes.

Jennifer: It is a tricky one, because you have got to receive. And I might be wrong here... By the way everyone is entitled at any point to say, "No, that's true for me." Because in those moments, sometimes I absolutely get it wrong.... Because your guidance says, "Get it wrong so they can correct it and feel stronger in their correction." Okay so, in this course. If I get it wrong, tell me, Okay?

Danny: Okay.

Jennifer: So if you provide through receiving then I bet that you're receiving things that allow you to receive or things like ... I might be wrong here again, listening. You're probably a good listener. You're probably good at telling people what you need, and if you're not, then that's something that you need to correct. You need to tell people what you need.

Danny: Yeah, I'm good at telling people what I need and my ... I'm a teacher by trade. And I've beautiful little small souls that are huge.

Jennifer: Hopefully, I can see you standing in front of them taking them in, receiving from them, so that you can provide to them. That's true?

Danny: Yes, absolutely.

Jennifer: And that's it. So now that you've got a conscious awareness of that, it's just time to open you to receive. You start controlling when you're not receiving. You are needing to control when you are not telling someone what you need.

Danny: Yes, or ... I mean I think what's happened is, I've had a lot of trouble with my health in the last 10 whole years. And it's been right along with the struggles that I've had in my marriage. And I think that there's been a lot of past stuff involved in that but there's also been some real lack of receiving in there or of trying to push and give, and maybe when I wasn't receiving.

Jennifer: So then you did not have the spontaneous transformation technique?

Danny: Yes.

Jennifer: Okay, so do an STT on the little receiver-

Danny: Receiver, okay.

Jennifer: Part of you did not get what you needed when you were a kid.

Danny: Yes.

Jennifer: Do some FPP on her.

Danny: Okay will do.

Jennifer: Okay, perfect. Thank you love. You're doing great.

Danny: Thank you Jennifer. Thank you.

Jennifer: Okay. I'm going to move my attention onto ... Last four digits are 3303, 3303 you're on the air.

Beverly: Oh, my goodness.

Jennifer: Hey, who's that?

Beverly: Jennifer?

Jennifer: Yes, ma'am.

Beverly: Beverly.

Jennifer: Beverly.

Beverly: Oh, boy. Hi?

Jennifer: Hi?

Beverly: You said something about if you don't like what's going on you can just change it and then I thought, "Well, no you said that when we notice something that doesn't seem right that's when we need to, or we can, deal with it." Am I getting that right?

Jennifer: Yeah, Okay so let me clarify that. It's not about "just changing it," it's about moving into a place where we are able to make a new choice. And when we can make a new choice, we are actually then changing it. So it's a little bit different than-

Beverly: Okay, I agree. I get that.

Jennifer: Just changing something in a mind oriented linear act that doesn't work. But moving to a place where we can be more present, more clear, living from our core and seeding what our patterns have been and noticing them and noticing when we're reacting. And in those moments of noticing that, "Boy I just reacted." Now instead of spiraling down into that reaction, take a deep breath and I'm going to move into my core. And when I'm in my core now I see things differently. And as I'm seeing things differently, I'm going to make a new choice, the next time that happens or this very moment of time. And I'm going to live, and I'm going to act now from my core and as I do that, that is actually a description, a definition of this new version of change.

Beverly: Well okay, I want to tell you that I did the five day challenge half-heartedly, "I don't need this, I'm so happy, I'm the most peaceful I've ever been," blah, blah, blah. And then today I just started talking. Oh my God, my solar plexus cramped up, I was like pissed off, and frustrated, even to the point where I feel like something coming up, not real vomit but kind of an energetic thing. And I get back to this thing where I don't want to be here. I think that has to be-

Jennifer: So that's why you're in this program. That's why you're here. Many of us ... Those people who are in the program are ... You're a part of this 10% that's making a difference on the planet. And happiness and nothing bad is happening in my life, is not good enough. I'm sorry about that. All of us-

Beverly: No, I get that.

Jennifer: We're being asked to go to a different level of why you're here. So I'm not surprised that happened, because it shows you that there's more. There's more to play with, there's more unwind, there's a more expansive place you can stand. I'm getting that thing ... I used to say this a lot, I haven't said this in a long time, but I personally stand in the gap for all of humanity. That's part of my core, a stand in the gap for all of humanity. What I feel is something that was so deep and so oppressed and so suppressed, and it comes up, and I play with it and unwind it and honor it and acknowledge it and cry through it. I know that I'm also standing in a gap for all of humanity for that thing. And I believe all of us, have committed at some soul level to that, that's why all of us are in the soul together in this course. That we are standing in the gap for everyone. Because when you heal, Beverly when you take the contentment that you're at, and then something showed up to say, "Well, it's not really 100% contentment." And you take it to the next level, and the next level, and the next level, you are changing not only your life, but everyone's life. Does that feel true?

Beverly: Yeah, I get that.

Jennifer: Good.

Beverly: Yeah, I feel a lot more freer right now talking to you. I think I fell asleep during part of what you were talking about, going up in the elevator.

Jennifer: Okay, well that was the beginning. I always listen to this again.

Beverly: No, I went up in the elevator and then when I got to the sacred place I just ... I don't know what was going on but I feel like my core has to do with ... I have a heart for people who are downtrodden and I used to work with prisoners. I have a real heart for people that are just kind of in the roughest times, drug addicts and things like that. So the other thing that I've noticed about myself is that I can go into the park in those trees. I love those trees, when I'm with those trees I'm like in another world and so there's part of me that's like up in the ethers a lot. Does that make sense?

Jennifer: Yeah, it does. Play with something if you would, play with the idea that when you're with the trees, they're helping you to not be up and out but that you are actually bringing heaven down. They are showing you how to bring heaven down. So not only be up with them but be in the roots with them, receiving the nourishment that is down, bringing that beautiful energy down to ... I mean you said the downtrodden and then you talk about going up in the elevator. The elevator actually goes down, interestingly. Again, it's okay. It's okay. None of that's wrong. You didn't get any of it wrong it's just where your pattern goes to. So the opportunity now I think is to consider bringing heaven to earth. So bringing it down instead of leaving, because I think you said that you wanted to leave maybe, and then if you bring it down then it can be here with you. You don't have to leave to go get it, it's here. Does that make sense? That message is coming through just for you. I don't know what I just said-

Beverly: You really get ... I think you get me.

Jennifer: Well, I think that you get you and you're using me to tell you.

Beverly: Thank you.

Jennifer: Okay, Beverly.

Beverly: Yeah, thank you.

Jennifer: Thank you honey. Okay we're going to 2465, last four digits are 2465 you're on the air.

Dorothy: Hello?

Jennifer: Hey.

Dorothy: Yes. My name is Dorothy.

Jennifer: Dorothy.

Dorothy: I'm sort of very new to your work and I did actually join up for this first one and at the time I sort of didn't quite know why I joined up but I did, because I didn't really feel safe, but I really got a lot from that. And the reason I'm dialing just to speak to you was, of course I'm very new to all this work and just the thing with the core and the gifts, I sort of really quite not got a sense about that properly, how that sort of, the gifts relate with the core and then just something there, that was ... When you were speaking about that was when I felt like just connected and close.

Jennifer: So let's start with that. What if it doesn't matter if you get it? What would that be like? What would that be like for you? What would that feel like if you didn't have to get it?

Dorothy: Very freeing because I do feel like I really ... My mind is really, really all the time feels like it needs to get things.

Jennifer: Yes. And that's okay. That's okay. Your mind is just one of those minds, it's probably part of your genetic make up. There's ectomorph, mesomorph, and endomorphs. Do you mind if I ask what you look like? Are you of ... Tell me what you look like. Are you tall? Are you thin? Do you have delicate features? I mean, tell me what you look like.

Dorothy: Yeah, something on the thin side, yes, fairly delicate..

Jennifer: Ectomorphs are very mind-oriented. So that makes sense. So consider, just think about this Dorothy ... for those of you who are very mind-oriented, ectomorphs means, you usually have delicate features thin bones, or you could be tall with short legs. And a little bit more mind-oriented in your genetic make up. And that's fine. It's really good to play with the mind as a result. So if you were to think about the times in your life that it felt good, whatever you were doing felt good. What were they? For those that are ectomorphs out there who didn't quite get how to access your core, ask yourself these questions: Things that you like that kind of fills you up, that felt really good. What kind of things were you doing?

Dorothy: One things I love is being in nature, at the beach in particular is something that really fills me up. I'd love to be living near the beach again but yeah, just being nature, going for walks in nature.

Jennifer: What happens when you go in nature, what's going on there? The rest of you, whatever you chose, what's going on, what's happening? Picture yourself walking on the beach, what's happening?

Dorothy: I just feel expanded and joyful and ... Yeah, just like a new child, where you're sort of exploring and everything is new and different, the different sounds. Yeah, everything about the beach, I absolutely love.

Jennifer: Yeah, so you're there like a child, and seeing all of the different things and everything is changing all the time, I'm going to use a word and let me know if this word is correct, it feels like there's this beautiful curiosity. Is that true?

Dorothy: Yes. Maybe not quite the word curiosity but yes sort of.

Jennifer: How would you describe it then? What's being stoked?

Dorothy: I'm sorry, yeah just my phone just did a little bit of a bumping. Just move on.

Jennifer: So it's not curious, but what is being stoked there? All these new things come in, what is it? What is it that's happening? If it's not curious, what is it then? Just pretend in this moment that you know the word that describes this perfectly. Single word.

Dorothy: It just reminds of traveling where, it's like opening to learn everything new and the amazement and learn joy of having all these awareness and things like that, yeah.

Jennifer: So new, awe, amazement. Good. This is likely a description of your core. It's new, amazing, it's awe-inspiring, it's innocent like a childlike innocence. And of that resonate?

Dorothy: Yes, yes.

Jennifer: So let's just pretend that you are that. Let's pretend for a moment that you are, and it's new and it's on and it's stimulating, and there's amazement. It's stimulating the work, does that work or does that not work?

Dorothy: Yes, yes. Stimulating.

Jennifer: Okay, so when you're filled up, when you're filled up like that and you're traveling and you're at the beach, and you're at these places. How does that flow out of you then into your life and into the world, into others? How do you think that flows out of you?

Dorothy: I'm not sure because I really feel like, in my life in general I really feel ... You know I'm 70 and felt all my life just like I really don't free and I don't feel like I'm living life in the way ... Here to live life. I've had some deep experiences with meditation where I've experienced a deep connection with oneness and light and everything. At times, I've felt like that's what I'm here for, to be life in the world, but I feel like my life doesn't reflect it in any way and I feel like I'm really limited and restricted in my life, I'm not living-

Jennifer: There's probably some truth to that and there's probably not some truth to that... I mean you talked about going to the beach, it sounds like you've done some traveling and you've gone to the beach quite a few times, is that true?

Dorothy: Yes and something just at the moment in my life my life...

Jennifer: Then that's a slightly different statement. So these are the things that we can put in our noticing notebooks. UYou threw this whole thing out that said: "my life is not good. I have not lived my life, I've been not free, I haven't lived my life. That's not true. You've traveled, you've been to the beach many times you expressed that, right? So just notice that part that your mind has decided that isn't good enough. And it's okay that your mind has decided that. It comes from somewhere. But new and amazement and stimulating is part of what your core is. And so if you stand in that, in new and stimulating and amazement, just imagine if you ... Just imagine, if you stood there. Let's do a little fable, a Dorothy fable. So there's this woman, her name is Dorothy and she stood on this pedestal. And this is the magical pedestal. And the magical pedestal, it was like a prism if you will.

Jennifer: She was like a prism, and when the white light of this eternal beautiful energy came on, she saw through eyes and saw amazing things with shock, with awe, it was stimulating. And so as she kind of felt that awe and stimulation, she made some decisions from that place and she did some things in the world. She taught something or she took a course, she did meditation. And as she did that, she became the prism. And as she became the prism, she noticed somethings that she wanted to do, maybe she wrote a book, or maybe she got a song, or maybe she wrote a poem. Maybe she created something that's never been created before. And this beautiful awe and inspiration now came through her and was brought into the world and it became a blessing to the people who knew her. Now that's the fable of Dorothy. What's that feel like?

Dorothy: That feels really amazing and as you were first starting to say, so I was just feeling like all these energy and like ... Yeah, like I could feel as though all my soul, had a vibrating energy.

Jennifer: That's great. That's great. That's right. So for the ectomorphs mind there needs to be just a slight nuance of conversation. I'm glad we're having this for all the ectomorphs, because I'm not, I'm an endomorph so everything is feeling in the soul. And so my description is usually that. I will keep that in mind as I do the journeys to try and bring a more cognitive pieces. So your question was, I didn't quite get how the gift is connected to the core. So for you, you got it when it was turned into it's opposite. When you have your core, and you become the prism and you start feeling awe and inspiration and then you act upon that in the world, then you are a blessing to those around. So the action is your gift, and the blessing is the result of what your gifts do for people. That make sense?

Dorothy: Yes it does, and action is the area I am needing...

Jennifer: That's cool. There we go.

Dorothy: I am sort of very limited in not taking action lots of times in the things.

Jennifer: Yes. Okay, so I think your core might be inspiration in the action.

Dorothy: Okay. Yes, that really makes.

Jennifer: Okay, so that's wonderful that you realize that action was the piece of the core. Really good, really good.

Dorothy: Okay, lovely.

Jennifer: Excellent. Thank you I think that-

Dorothy: Yeah, wonderful.

Jennifer: I think that helps a lot of people.

Dorothy: Okay, yes. Thank you very, very much.

Jennifer: You're welcome.

Dorothy: That's really nice. I've really just been soaking up and loving listening to the five day challenge the last couple of days. Yeah, just sort of done with it quickly because I came into it late and I just love so much of what you're saying and doing.

Jennifer: I'm glad you're here.

Dorothy: Yeah. Thank you very much Jennifer.

Jennifer: Welcome.

Dorothy: Yeah.

Jennifer: So I've just realized that I've not done the attunement. I'm going to do the attunement in our call number two. All right, so I apologize for that. I did promise the attunement and it just doesn't feel ... Feels like the core is plenty for tonight and we're going to do the attunement on Thursday once you've had a little bit of time to integrate the course. So every so often I make a promise and I can't necessarily keep it. I will keep it just not in the exact same way I said I would. So I apologize for that. We're going to 8418 you're on the air.

Jane: Hi Jennifer, can you hear me?

Jennifer: I can.

Jane: Oh good, that's great. This is Jane.

Jennifer: Hi jane?

Jane: Actually, I just came back to the ocean in California from five and a half years in Sedona.

Jennifer: Oh, wow.

Jane: Because I was not ... I just felt like a little flower, I wasn't able to make it in the desert. Okay so this is really interesting because yesterday, following what I had experienced in the five day, I had an experience with my little one yesterday. And what I was getting was that my core is love. And I didn't have a clue as to what you were doing today. But then when I went into it today, what I was getting was that the wall was so intense that I could not get around it. So everything hurt and it actually felt like what it would be like to be in a birth process. It was like my diaphragm and my chest and then a headache across my forehead and it just wasn't letting up at all. And then I actually heard, "if I am bliss and I'm strong and powerful, I will die."

Jane: I wanted to be a photographer, first I wanted to be a dancer and there were restrictions from the family. And I wanted to be a photographer and there were restrictions because it was only for men. And I ended up just the other day going out and I've always photographed flowers, my love is being in nature. I feel one with spirit. My passion is just loving the creativity of the divine and being one with that. And I just went out the other day and I started doing all these photographs and I've been walking every day for four days in my brand new neighborhood here, taking photographs of a particular kind of flowers to show children, because I've always had a very deep connection with children. Knowing that if we can help children remain connected to who they are and to the divine, it's going to be a heck of a lot of a better planet and easier life for them, than say spending their whole life trying to empty out that cauldron of all the junk I have created.

Jennifer: I'm just going to pause you for just one minute and just ask you, you're moving into a little pattern here of talking around a lot of different things. In part because it feels like you might be avoiding the piece that you really want to get to, might not be. But I'd like to bring you into your core of love.

Jane: Thank you.

Jennifer: And if I'm in bliss I will die and then dancer and photographer. So it feels like there ... The core of love is, yes absolutely. It's beautiful. And that nature is such a powerful thing for you because nature is the innocence, perfect, purest version of love. Does that feel true?

Jane: Yes, yes.

Jennifer: And so love, your version of your core love, it feels like some of your gifts like mine, like my gifts are creativity, dancing, photography is a very, very creative endeavor. And so feels like your gifts are the love you like to express through your gifts of creativity. And all of that brings you to bliss. Now remember when I told you the story of the little boy in The Five Day Challenge?

Jane: Yes.

Jennifer: And the little boy was in pure bliss. And he was in this absolute moment of pure bliss that went immediately too, "I could die." So frankly something has happened that created a similar belief. And what you're tapping into now is a belief. And what's really cool Jane is that you now understand this pattern. So to sum it all up, you've got this beautiful creativity piece and it gets thwarted by other people, because that will provide bliss and if you're in bliss you'll die. You see how the pattern kind of comes together in the whole of it?

Jane: Mm-hmm (affirmative).

Jennifer: And so you built a wall to make sure that you don't die, because if you go into your creative nature in love you could die, so we've got to create a wall, and the wall is really painful. So you've done a marvelous incredible job right now in that conversation of sharing with me all the little pieces. And we no longer have to be afraid of, "If I'm in bliss then I will die." You don't have to be afraid of it anymore. As you move into the observer part of you, in that core of love you can see that it's just a belief. And it's a belief that you required until this very moment in order to survive. That feels true?

Jane: Yes.

Jennifer: So we just honor that part of you that needed that belief. Needed to protect yourself from bliss, because if you had achieved bliss through dance and photography back then, your family would not ... It would have been certainly not safe and maybe even dangerous. Is that true?

Jane: Absolutely.

Jennifer: So your brilliant self, your brilliant soul said "nope, cant' do that," because that was true, if you were in bliss you could die. That was true. And now, now it's a belief that has been running in the subconscious. So this is a breakthrough moment. And the only thing I'm suggesting to shift is to ... And again, I saw this a lot when I've worked with a lot of people who have been on the path for a while. I don't know if you've been doing this spiritual stuff for a while or not.

Jane: Yeah.

Jennifer: What I noticed is that, and I might there with you because I've been doing this for a long time... I went to the Harmonica Convention in 1987. I call it that, the

Harmonic Convergence is what it's actually called. I've been doing this for a really long time. I've been in spirituality in one form or another since I was 17. And I remember those times when I went into the drama of the breakthrough and lost the breakthrough entirely. And then it's the drama of, "Oh God, if I'm in bliss I'll die. Oh my God." You're not doing that. I'm just saying there's a tiny bit of that in there. And I only know that because of years of practice that I had with it. That's a breakthrough moment, that's not a moment to stop and say, "Oh, this is awful." It's actually a moment to say, "Oh my God, that's what it was. And it doesn't have ... It's not that anymore because I see it. Because I feel it."

Jane: You're absolutely right. And what I can tell you is, this is something that I've been dealing with for years because-

Jennifer: Obvious.

Jane: I had a-

Jennifer: Beckoning.

Jane: ... A very. Pardon. Sorry?

Jennifer: Yeah, decades. This is a core belief. Yes.

Jane: Well, yeah and I had ... there were two years where every time ... I used to have all the kinds of intuition in the shower, when I first came to San Diego I got in the shower one day and I couldn't breathe. And that went on for two years until I started working with a very well-known person who finally, at the end of six months, in our last session said, "You were in bliss ... You were in bliss in the womb and you had a twin, and when the twin died you realized you could never be in bliss again. And you came anyway." And so I have done so many courses-

Jennifer: Here's the thing Jane. Here's the thing. It's wonderful when we have those moments of understanding, unfortunately, for so many, so many times in my life the ... Okay. Let me tell you a little story.

Jane: Okay.

Jennifer: I was asking to help the planet. I was out asking, Gaie, I was asking Mother Earth, I really liked to help planet because I saw that there was a bunch of darkness when history happened in a place and there was violence upset and upsurgence, the earth actually held on to that like we hold on to memories so I said I really want to help. So I got this vision as I was sitting on the ground, that this hand came up out of the earth and it said ... it was basically saying, "Hold me." And then I held the hand I got pulled into the middle earth. And when I was there, it was the King that pulled me and I met the king and the queen of middle earth, and they had these beautiful berries and there were the ogres, just a magical ... This gorgeous landscape there, so beautiful. And they told me

that they needed someone from my side in order to heal the earth. It was both of us that had to work together.

Jennifer: So we did this elaborate ceremony and we eventually healed the area around the house, and we started healing all of the mantle of the earth, and it was an incredible experience. And when I came back from the experience, I was back in my body and I was just reflecting at how cool that was, I got this really powerful voice that said, "The journey doesn't matter at all in the least one second. What matters is how you feel, what matters is what healed in you, what matters is how does that impact you and did it make a difference for you and as a result it'll make a difference for others. I did a ton of re-birthing, I worked with Ray Castellino. I have a specialty in craniosacral therapy for re-birthing. I've helped so many people understand the memory but not use it. I've so many people go through some woo-woo stuff and get stuck in the understanding of it.

Jennifer: So what I am saying to you is, all of those amazing experiences, let's change the angle perception on them ever so slightly to one of, "Now I see the pattern and that all that matters." It doesn't matter what happened because that's not who you are. And is there sadness and grief in you for the loss of a twin? Sure absolutely. And I can feel that. And in a way that's long over. You're a grown woman, long past that moment and that moment is still impacting you, yes. But it's only impacting you enough to give you the sentence that you gave us today, that is actually the moment of breakthrough. All the stories about what brought that moment to fruition, what brought that that belief in, does not matter any longer. If you said, "That experience no longer matters because it's not happening to me now, number one. And number two, if it's something that happened to me it's not who I am. Who I am is this core."

Jennifer: And who you are beautiful Jane is core and love expressed through creativity. And you had this beautiful belief that was formed in that moment in womb that has created this amazing adventure of life. But in this moment is a sentence, which is "if I'm in bliss I will die." That was the truth. And it's something now that can be seen and honored and accepted, and we get to do and STT session on the little one that experienced that, and we get to say that, that's changed the angle of perception we have on it. It's not who I am, that's just not going to happened, that created the belief and that belief is now my consciousness, and it's starting to unwind. How does that feel?

Jane: Perfectly right on.

Jennifer: Yeah. So those of us who have been on the extended, wild and rocky amazing journeys of healing with healers that take us on these wild escapades, they're fantastic and it's over. We're in a new time and this is why I'm talking about all that stuff, Jane that you could hear. And here is different from there. And here is a time when we don't have to throw meaning at these things anymore that were spiritual. We used to break through instead of keep us in awe at how magical our psyche is which is wonderful. We have a second of that. And then

we go on to, where is it leading us? How do I feel now? What unwound for me now? Oh my Gosh, we're way over time. It's been such a good conversation.

Jennifer: But anyway, how are you dealing with all this? Because as you can tell I'm very passionate about it because that's what this course is about. Taking us from the diagnosis, the spiritual diagnosis. That's what that is, a spiritual diagnosis. You were in the womb and this happened and you came up with the belief. And then the clouds part, and we go into awe... but we're still stuck. And instead we go into this more advanced moment of, "Yes, that's it." And it doesn't matter what happened what matters is the belief that the held and they're now being cracked open, and expressed. And we have a new belief around the level of understanding that's going to take us to a completely different place.

Jennifer: And that what happened to us no longer matters. What matters now ... Nothing matters now. So that doesn't mean stop living. That's not what I mean by "it doesn't matter," what I mean is, it doesn't matter so start living. So now take pictures and feel the love at your core. And feel how the love at your core, with conscious attention on it, when you take those pictures, knowing you're going to share them with children, and you're going to show those children what their core is through your pictures, that's all that matters. You're no longer going to die if you're in bliss. Not going to happen.

Jennifer: You're going to live in your bliss and you're going to change everyone around you with your endless change. And we're going to explore that even more in some of those spontaneous transformations we'll be doing. But tonight what we're doing is we're having this really cool cognitive conversation that allows us to change the angle of perception of what we used to do, to where we're going next. And where we're going next hasn't been invented yet. You and I are inventing it right now in this conversation. Does that feel true?

Jane: Absolutely.

Jennifer: Awesome. So I'm going to wrap this up.

Jane: Thank you so much.

Jennifer: Thank you Jane. That was a really cool conversation. And thanks everyone for letting me get on my soapbox. So I will be taking questions on every call. I know I'm not going to get to everyone tonight... because were already two and a half and I wasn't expecting that. But I'm really glad we did, because this is our first one and we wanted to go far. So for some of you who didn't get through the whole thing, you can go in chunks with this. You can do the session work and then listen to the Q and A after, at another time because you've got space in between each of these shows to integrate the work. So do your journal, do your noticing. Notice that when you're noticing you're breaking a pattern. And that's all that's needed, is to notice. To break the pattern, all that's needed is to notice

it, because when you shine the light of consciousness, is no longer running you. So create your journals and do that.

Jennifer:

And I will be doing the attunement now on call number two. Okie dokie. This is a blast, oh my Gosh, I'm so happy you're all here and I'm delighted that you're starting to really understand what your core is, playing your core ... You know what? Start a different page in your journal and write down, my core is, and then start to watch how the universe is going to start supplying you with moments to show you your core. Okay? And we're going to be playing with this, we've got five weeks to get it. So don't panic if you're quite getting it yet. It's okay. everyone's going at their tempo of their soul. Thank you for being part of this program, I'm delighted you're here and I will see you on call number two. Okay? I'll see you soon. Good night everyone. Good bye.