



Feel Better Mastery

Session 10

Honoring The Mind - The Trinity Of
The Soul

TRANSCRIPT

Jennifer: Welcome to Feel Better Mastery and we are here on Session 10.

Jennifer: This is it. It's our last day together. I'm so delighted that we've been on this amazing adventure together for 10 sessions. Wow.

Jennifer: Let's everyone just think back to the Feel Better challenge. Think back to where you started and just tap in to who you were. Tap into the things that were so deep in the unconscious that they were just running the show by default, tap into that. Think about where you were now. How the angle of perception on just about every part of your life has changed. Just notice that right now. Notice how you're looking at things differently.

Jennifer: It's true, isn't it? What's so amazing about all of this work is that you can't unknow what you now know. You can't go backwards because you don't have tools, you don't have perception, you don't have a connection that can't be undone no matter what shows up in life. You now have a capacity to understand the mechanism of trauma, the mechanism of belief, the mechanism of coping mechanisms and when you're in it, you know it. That gives you choice and when you have choice you have freedom. Isn't that exciting? When you have choice you have freedom.

Jennifer: Now, even if you are in the midst of something and you notice it and continue on afterwards, you have this capacity now within you to say, "Wow. I couldn't stop. There's something here to heal."

Jennifer: Someone asked me about someone in my life and said, "How are they doing?" I responded and as I responded I realized I was really angry at that person. I'm like, "Whoa." I didn't stop my response but right after, I said, "Apparently, I'm pretty angry at them." The two people at the table having breakfast with you are like, "Apparently."

Jennifer: Now, there's something to do with that. Now we can use it as a point of access to move inside and access this new library that you've created within of knowing your core, knowing access to the sacred chamber, access to the still point, access to the place our soul. We'll do it right now. What would it be like if I were completely connected to my soul right now? What would it be like if right in this moment, I will completely connect to my soul? Just take a moment with me right now and play.

Jennifer: Again, this is pretend and fantasy. Just play. What if right now I were connected with my soul, right now? What would that be like? Take a moment and just play with that and tap in. What might that be like if that were true? If it was a possibility of an inkling of a maybe that were true, what would that be like? If right now, you said to yourself, "What would it be like if right now I were connected to my soul? What might that be like?" Feel it. Notice it. Play with it. Dance with it. Even if you just have an inkling and that's all it is, that's enough. That's enough. Play with the inkling. That's it. Just pretend and play that you're there.

- Jennifer: Now, here's a little piece you probably already noticed. I talked about playing and pretending. It is a powerful detour around the mind that actually puts you in it. It had one-on-one session with someone recently and they were like, "Yeah, but I don't want to just be in the fantasy. I want it to be real." I'm here to tell your beautiful minds today, in Session 10 that it's real. That everything you've ever gotten in your life that you've wanted to get and it came to fruition came from an inkling of a maybe of a possibility. It came from that moment of fantasy and pretend. Every single invention on the planet came from that moment of fantasy and pretend that detoured around the mind saying can't, won't, impossible.
- Jennifer: Everything that you've created came from that so it isn't a fantasy. By allowing yourself to move into the fantasy, into the pretend that creates an opening, an expansion that is real, that is absolutely positively real.
- Jennifer: In this moment, if you just stand aside and pretend and then in the back of your mind, on the peripheral of your consciousness, you just remind yourself that this is the pathway to creating something real in life. That everything you've done came from that place of pretend and fantasy. How do I know that? Because it wasn't there. There was no there, there. Then, you fantasized and pretended that maybe it could happen. Then you started getting impulses from your divine soul self and then you started saying ... then your mind started taking action and say, "Oh, we could do this and this and this." Then you take the next step, and the next step, and the next step and before you know it, it's there. Where did it start? It started from playing. It started from pretending. It started from moving into the fantasy possibility of it.
- Jennifer: The only thing that's different from that and an affirmation is I add the little piece, what would that be like if that were true? That allows the mind to come along on the journey and move into a new partnership with the soul.
- Jennifer: Okay. They're showing me one of the things we're going to play with today.
- Jennifer: Yeah, Judy was just sharing the word pretend is so less threatening than you have to, must, it should. You can stop shooting on yourself and it's easy to pretend. It's easy to pretend.
- Jennifer: We're going to talk a little bit about health as well today and then we're going to do a little wrap up here on the new relationship with the mind and the heart which will carry you forward from this point on.
- Jennifer: Let's talk about stress for a moment. Stress happens when our mind has decided that what we're looking at is wrong, incorrect and not good. That's pretty simple isn't it? But that's essentially what is. When our mind has looked at something and decided that's not okay, that's not good, that's hard, and it's never going to change, stress.
- Jennifer: Now, stress and all of that happens from the mechanism I've been talking about that I really covered beautifully in Session 8. The mechanism of how beliefs created from suppressed emotions that needed to be suppressed in order to survive and the coping

mechanisms that we create that create patterns in our life, the coping mechanism we create to make sure that we do not access that repressed emotion because it's dangerous and not safe.

Jennifer: What that does physiologically is it creates a set of beliefs and the beliefs create emotions and emotions creates a biochemistry in the body. It stimulates a natural instinct called Fight or Flight. It's actually Fight, Flight or Freeze.

Jennifer: Fight or flight has a beautiful designation in our survival. There is a big panther or cougar and you are prey. You see it and fight or flight kicks in to give you more adrenaline that makes everything run faster so that you can respond to the moment of real genuine threat.

Jennifer: Now, the challenge is, is that because many of our emotions that have been repressed, they're in the walnuts and we create these protecting mechanisms and avoidance mechanisms. The avoidance mechanism often shows up in our reaction to life. We point at something and says, "Oh my God. Is that ... Oh my God," and we go into fight or flight.

Jennifer: Fight or Flight is stress and stress creates a lot of health upset. Fight or flight is definitely a big part of inflammation which is a huge part of fibromyalgia. Any autoimmune diseases are often a result of Fight or Flight. Fight or Flight over an extreme time creates chronic illness and disease. Yes. It's stress but they're something fueling the stress. There's something ... which is fight or flight. Fight or flight is fueled by the beliefs.

Jennifer: In this program you've been given some tools. You've been given a repertoire of places to go when you are in fight or flight. The more you move into the still point, the more that you slow down that fight or flight. The health comes with that. If you're in a constant state of worry, that is a constant state of fight or flight. That is tough, tough on the body. Over a period of time, that really adds up. I was talking to my lymphatic therapist today about another one of her clients who is in 11 year marriage that was very, very abusive. It was with the narcissist.

Jennifer: Of course, it was a true narcissist who actually does not have empathy, is somewhat sociopathic. He threatened her kids. What's the result at the end of 11 years without any of the tools that you have now? When you don't have these tools you're just lodging through. You're just barely eking by, you're surviving. With the tools you have you are turning all that around. Without those tools, she ended up having Lyme disease, abstain bar and she now has an auto immune thing. Eleven years of something that is taxing to the max create stress and the stress creates constant fight or flight. Constant fight or flight creates health issues, absolutely.

Jennifer: Okay. The opportunity now is if you're having any kind of health issues, it's likely the result of something that happened. It might have happened in adulthood. There's a good question on the Facebook about the emotions of beliefs from the last two years. You understand. Elizabeth was sharing that, she said like an absolutely pinpoint emotions belief from last two years, but don't really see it tie to childhood.

- Jennifer: Now, this is my belief. You can say no, it's not true. But it's definitely tied to childhood, past life, and ancestral DNA.
- Jennifer: Okay, so those are three key things to health challenges and abundance, beliefs, lack, and relationship upset. It all ties to something that happened in childhood.
- Jennifer: Now, most of us have repressed it. Remember, we've actually repressed the emotion and many of us have even repressed the incident. Repression and suppression is real. I had repressed memories about the sexual abuse. My sister had all the memories and I had repressed mine. When I came to her and I said I think something happened and she said, "Yeah. Here's what happened." She knew. She didn't talk to me about it because she wasn't sure it happened to me but she had all of her memories. I had repressed memory. Suppressed memories are a real thing. It's a coping mechanism that helps us to survive.
- Jennifer: Some of us have incidents that happened that we have completely repressed for a good reason. We don't have to unlock those memories. That is not what this is about at all. Memories do not matter in the list, not even a little bit. The incident does not matter. It's just something that happened that created a pattern. What we want to do now is play with the pattern, play with the repressed emotions. We do spontaneous transformation to allow that little part of us to unlock those emotions. EFT is another good way to do it. EMDR is a great way to do it. Qi Gong and meditation, those allow us to enter the still point which allow our systems to relax, which allows our being to be more relaxed in the midst of upset.
- Jennifer: I had so much trauma and STT has been the best thing I've ever done for me personally because it allows all the little tiny beliefs and repressed emotions, multiple emotions can be repressed in a moment, to unwind.
- Jennifer: What we do now is if you're in a situation that is really, really challenging, that's why I keep saying use it. Use it now as a point of access. It's the pathway through. Feel the feelings. That's the pathway through. Take a moment and like we just did, it took 30 seconds. What would it be like if I were in connection with my soul? Bang, still point. Move into the sacred chamber. Move into at the end of this spontaneous transformation technique it always reveals the part of us when we ask the question, what is it that you need? The little one shares with us what they need and we said, what that like? We open up this beautiful thing and a diamond is put in our heart and we can access that now. We can access all the diamonds that got put back in our heart.
- Jennifer: The opportunity now is to use all these things. Again, this is a vigilant practice. The good news is it doesn't take that long. The good news is in the moment of upset we can instantly change our mind and say no. Sometimes in the midst of the upset, you can tell that you are overreacting and it's okay. You don't have to stop it in the middle unless you can. If you can't notice you're overreacting, at the end you do spontaneous transformation, you move into the sacred chamber, you move into still point, you do meditation, whatever it takes. At some point during that day you take a moment for yourself and you stop the fight or flight and that over a long period of time will stop, will change, will transform, the resulting disease that happens from stress.

- Jennifer: Everything that we have been experiencing together, everything I've taught here is actually the tools that you can now use to stop the fight or flight which will actually allow the body to heal. Now, the body knows exactly how to heal. It knows exactly how to heal.
- Jennifer: Something I've been thinking about, I don't think we're going to do weight loss today or weight the perfect weight today. We're going to do it in the Heal-A-Thon on Saturday. However, something that is fascinating and they've actually done this for real is they did it with Olympic athletes. It was actually in the Secret, the movie The Secret. I met the guy Dennis Wheatley who actually created a program for Olympic athletes, the visualization program where you can visualize the race. You could tell that it's working because all the Olympic athletes now do it. You could see them at the top ... The Winter Olympics finished earlier this year and you can see them at the top going, doing their whole run whatever it is, their ski. They're doing it. You can see the gymnasts doing it in their head. It's been proven they have encephalograms and all kinds of data now, real data that visualization works because the mind can't tell the difference. The mind can't tell the difference between the real race and the race in the head.
- Jennifer: For physical health, I'm going to do a pretend workout every morning for 30 minutes for 21 days. I'm going to go into my sacred chamber and I'm going to go to the gym in my sacred chamber and I'm going to push weights and I'm going to run on the treadmill and I'm just going to do it every morning for 30 minutes. This is actually scientifically proven. I'm pretty sure you can Google it that people who have done this is not easy because it's not easy to work out for 10 for 30 minutes. Your mind wonders and so on. I'm giving it a go and you might want to try it too. They've actually proven that if you do it diligently, muscle builds. There's actual muscle endurance builds. Respiration improves. Just from visualizing a workout.
- Jennifer: I'm going to give that try to see if I can turn this moment of the tipping point of thinking if I move I'm going to get injured into a new place and try that as I'm also going to get on my elliptical trainer and stuff like that for a little bit.
- Jennifer: Nonetheless, your mind is the creator. It's so powerful. If you want you can also do the beautiful process we did on our last session, on Session 9 just loving the body and partnering with the body and seeing the body. If you want you could just visualize before you get up in the morning, take 10 minutes and visualize all the amazing nutrition that your body is receiving.
- Jennifer: Just allow yourself to know that you have these new possibilities. That now you understand these mechanisms, that you're probably going to invent something yourself that you could do with these things. These tools are a daily, daily, daily, daily practice. Did I mention? It's a daily practice. This is a daily practice to use your life and the circumstances and the upset as a point of access. Now instead of spiraling down, use it as a point of access to remember who you are, do spontaneous transformation technique. Do whatever you need to do to change the dynamic of that moment. Move out of fight or flight. That is your daily practice.

- Jennifer: What's so cool is that it's only minutes. It takes one, two, three minutes. Every time you have one of those moments during the day, you take one, two, three minutes. It's not this big thing that you have to do, that you have to fail at and not ... right? It's just a couple of minutes. In those couple of minutes I promise when we talk next year, your life will be different. I can vouch for that my life is different.
- Jennifer: We get to move into the still point, the neutral. It's just such a powerful teaching these days. A friend of mine, a Master of Healing membership ... I have a membership site where I have some contributing speakers join us, psychics and the mediums and that's not you think that's okay. Our animal communicator came on last night and she was talking about this exact same thing, that the pathway to change your life is through being neutral, being able to stand in the middle of the tornado and the middle of the hurricane and eye in the still point and know that all that out there really has nothing to do with you. That you are you. That you being you. You being you. You being you is all that's needed. There we go.
- Jennifer: Just feel yourself in this moment right now. Just notice what you're thinking because what you're thinking is going to be your tomorrow. Notice what you're claiming. If you're claiming constantly, "I'm not good, I'm sick, I am ill, I am this." The "I am" statements are the truth. That's what you're going to experience tomorrow so notice what you're claiming.
- Jennifer: I'm not saying stop it. I'm not saying stop what you're saying. I'm saying notice what you're saying. Notice what you're saying to yourself, notice the inner dialog because that's your tomorrow. Your thoughts create things. That's your tomorrow. Do you want the thought you just had to be your tomorrow?
- Jennifer: Again, it's not about suppression or oppression. I want to be clear on that. Notice a thought and then make a new choice, try something. If you have a dominant emotion of upset or anger, it's okay to feel the emotions. By the way, if something makes you angry it's okay to feel angry. In fact, that's the pathway too.
- Jennifer: Now, the difference between feeling your feelings in a moment is that if you feel you're feeling in a moment that's healthy. That's like I'm angry and you have a good reason to be angry.
- Jennifer: Now, if in the midst of your anger you move into range and all that happened was that someone cut you off, you know there's something there because you are overreacting now. Feel your feelings and notice if it goes into an overreaction that's the moment that your soul is telling you there's something here to unwind, to heal, to honor, to love, to acknowledge, to let give a voice to.
- Jennifer: The other thing is if you're noticing that you have a feeling, it's like I'm sad, it's like yeah. You probably have a good reason to be sad.
- Jennifer: Now, if three hours later you're still sad, if three weeks later you're still sad well, that's called wallowing unless there is deep loss that just happened, that's a different story. If

you're sad and there's no apparent reason other than the circumstances of your life well, you now have the tools to do something with that. Use the sadness now instead and say, "Wow. I have a preponderance of sadness understandably so. I've been wallowing in my sadness now for days, weeks, and years." Okay. There is something here for me to play with this, something here for me to go back and just honor and love.

Jennifer: Okay? Good.

Jennifer: Notice the moment. How are you feeling in this moment? How are you feeling in this moment? Notice if you're frustrated. Notice if you're, "They can get it but I can't." Notice that. It's okay to feel that, but notice that's what you're feeling. Notice that we've talked about the mechanism of abundance. The mechanism of manifestation comes through your thoughts.

Jennifer: If you're thinking all that stuff, that's your tomorrow. I'm not saying that freak you out. I'm not saying that to create fear or fight or flight. I'm saying that to bring conscious awareness to wake up to how powerful you are so that you can now move and use it and change the dynamic, change the direction, change the energy of it. Move into the still point of you. Just being you is all that's needed and the challenges most of us don't know what "me" is. That's what we've discovered in this course is your core is you and that you understand your core more and move into that core more and more and more and more. That becomes this powerful, powerful, powerful force in the universe for you, for everyone in your life, for the planet itself. Does that feel true? Does that feel true?

Jennifer: Good. Good. Okay. There we go.

Jennifer: Let me just take a moment and take a nice deep breath right now. That's it. That's it. That's it.

Jennifer: Now, feel the still point at the moment. I'm going to do another little tool that you can use which is called the Still Point Breath.

Jennifer: Okay. Here's how it works. I'm going to explain it to you. I did it on the Prayer Circle yesterday. For those of you who are on the 1818 Prayer Circle, you might have already done this yesterday, but it's another really cool tool that in the moment, in a moment you can do it in a meeting and no one even knows you're doing it, to put you straight in the still point.

Jennifer: It is called the Still Point Breath and I'm going to explain it to you so don't do it until I tell you to do it, so that you totally understand how this works. Here's how it works. You take a nice deep breath. If you can breathe in to a count of 10, that's great. Most people can breathe in to count of five. Breathe in until whatever that is, but try and get to a count of five if not more. Don't push, because this is not a push thing.

Jennifer: Take a nice deep breath, and then at the top of the breath you're going to hold but you are not going to hold your breath. Okay? You're going to hold without holding your

breath. I know that sound weird but a lot of things I do are weird because it detours around the mind.

Jennifer: Your minds going to say, "Well, how? How do I hold without holding? How did that happen? How did that happen?" It's on purpose because you detour right around the mind goes straight to the still point.

Jennifer: Again, you're going to take a nice breath and at the top of the breath you're going to hold without holding your breath. Just to be clear, you are not holding your breath. You are not holding your breath. You will not be holding your breath. A lot of people get really confused because their minds are freaking out.

Jennifer: We're going to do this together. Again, I'm going to explain it one more time. You can take a nice deep breath. At the top of the breath you're going to hold without holding your breath. Here we go. Hold without holding your breath. There we go. Do that one more time. Deep breath in. Hold without holding your breath. There we go. The still point. It's great to start a meditation.

Jennifer: Again, another tool to put you in the still point. That's it. Good.

Jennifer: We're going to do a little process now for the mind and the heart. We might do a little inside into more physical health but that last session was pretty powerful. I do have a product for physical health if you're interested. I think it's pretty reasonable too. I will put that in email for you if you're interested.

Jennifer: I want to take a nice deep breath right now. If you want you can do still point breath.

Jennifer: That's it. Just feel the moment. Feel this beautiful moment. That's it. Notice the thoughts may be quiet, the emotions soften, and the body is able to relax.

Jennifer: That's it. Feel the moment. Feel the still point of the moment. Now, as you're in this moment noticing the moment that you're actually in the moment noticing the moment and that puts you into this observer state. Feel yourself as the observer observing the moment. That's it. That's it.

Jennifer: We're going to go into the sacred chamber now. If you have a way access it quickly, go for it. We're going to get to the middle of the brain and take the elevator down. Go into the very center of your brain bringing that observer energy, that observer still point with you. You're going to step upon the elevator and then press the button that says to sacred chamber and the elevator doors closed. You can feel yourself being conveyed down and down and down, deeper and deeper and deeper. As if the deeper we go, the more relaxed our body gets. Deeper and deeper and deeper.

Jennifer: That's it. We can feel the thoughts quieting a little bit more and the emotion softening a little bit more as this elevator takes us down and down and down and deeper and deeper and deeper knowing that we are being conveyed to the center point of our soul. Then the elevator starts going sideways and a little left, a little down as it moves

through the wormholes. We can feel ourselves journeying through the wormholes very gently, very lovingly. As we get closer and closer to the center point of our soul to our sacred chamber, we are noticing that the still point appears to be expanding and we notice that. We feel ourselves quieting even more and the emotion softening even more and our physical body relaxing even more.

Jennifer: The elevator comes to stop. The elevator doors open and we step inside our beautiful sacred chamber. We feel how it's a little different than when we started 10 days ago or five weeks ago I should say. For those of you are listening to the recording it might be little less time, but we're different.

Jennifer: We step inside and feel this remarkable still point. It's as if there's a barometric pressure shift into stillness. It reminds me of for those of you who are in the east coast who have winter. I used to hike in the snow a lot. I love the day after a big snowstorm because it was so soft and clean and muffled. It's kind of like that clean and it's muffled, this beautiful stillness. We just feel ourselves in the stillness. We feel ourselves in this beautiful, refined stillness. We notice that the stillness is like concentrated love. It's actual love. It's a different kind of love that what we thought love was. Love with no conditions, no expectations, no attachments, this is love.

Jennifer: It's like we're being marinated in this beautiful love, still point of love. We notice that this beautiful sacred chamber is made by us, by our divine self. It contains all the things that reflect our core. It contains the beauty that we like the smells that are favorites.

Jennifer: My sacred chamber smells like Lily of the Valley and lilac, the higher scents. You notice that it contains everything we love because it is the love that we are and it makes our sacred chamber unique from anyone else. That's it.

Jennifer: Now, as we stand there we notice that this little area that was built since the last time we are here. In this area there's this wonderful alter contraption thrown altar and it's actually has a sign on it says "The mind." It's an altar for the mind.

Jennifer: We stand in the sacred chamber. Before we invite the mind, we move to the place where we can find our deepest connection to our soul. That to me is a place where the stars are. For some people it's the white space. I'm going to move into the place where the stars are and I feel the temple of my soul above me. Wherever you can feel your soul ... the deepest connection to the soul.

Jennifer: Yeah. Feel yourself connecting to soul. It's as if the bandwidth has increased in our time together and in this moment in particular. As we notice the love the still point of love has also increase the bandwidth. We are in connection to our soul. We can hear the whispers of divinity itself, the divine part of us. The part of us that is infinite and eternal. We can feel and sense and experience and hear the impulses, our divine impulses the I am pulses.

Jennifer: However we feel that notice how you feel it. You might hear it, might see it, you might just sense it, you might just get an essence of it, a hint of it. Just notice that you are

receiving, you are connected to your soul. What's that like? Take a moment and describe it because when we describe something, we awaken it further. What it's like to be standing in the still point of your ... In the center of your soul connected to your soul and being able to experience the impulses of the soul. What's that like? Describe it to yourself right now.

Jennifer: I'm feeling gratitude so I'm just going to say to myself, "Thank you beautiful soul. I know you've had my back and I know that my mind has been a resistance for a good reason. Thank you for pressing the issue over and over again so that I evolve, so I know more and I accomplished what I wanted to in this lifetime." Meaning accomplished what my soul has yearned for. Just so that the mind understands as it's listening. Accomplishment is not more money, more fame. Accomplishment is more core, more knowing who we are, more living from that place. Accomplishment is creation, conscious creation not just creation by default. Accomplishment is ... it's good for us. It's good for those around us and it's good to the planet and it's good for us first. We feel our soul embracing us and nodding and saying, "Yes. Yes. I've got this. I've got this."

Jennifer: Then in that connection, we feel this thread that is connecting the mind to this conversation, to this connection. We tug that thread and say, "Beautiful mind, we have built an altar for you. There is a place for you. There is a connection for you here in this trinity of the soul at this time. The soul, us, and the mind, the soul, the observer and the mind."

Jennifer: We invite the mind down into this new partnership, where we say, "We want you to experience and hear the impulses of the soul, just like I do. We want your mind to feel that connection. We want you to act on the impulses and create action in the world. We want a new relationship with your mind." We invite the mind down into the sacred chamber and as the mind enters the sacred chamber it's as if there's a celebration, a trick or treat parade. We say, "Hooray mind."

Jennifer: The soul and us, we say to the mind, "We've got this. We've got this. We want to give you as much space and capacity as possible to do what you do best, beautiful mind, taking action on the guidance. We love how you are so good and gifted at taking action on the guidance. That's what we want for you. We are inviting you in so that you hear the guidance, so that you're present for the meetings, so that you are here to receive the impulses. How can get together and understand it and then you can take action."

Jennifer: When we start trusting this process more and more and more, you can move out of worry and fear. You can move out of pointing at what's wrong and instead all of your energy is spent on hearing, trusting, having faith in the impulses of soul and acting on that. We give the mind leeway because the mind has been in the habit and so we just say, "There's leeway here and you can't do this wrong because we've got this. If anything happens where you get worried or upset or ... It's okay. We've got this."

Jennifer: Then we point at all the tools that we've been receiving lately. We say, "It's either spontaneous transformation we can do. We can honor the little ones that created conclusions about who you are that you are now living from. We've got the core. You see the core? This is who you really are. Can you see how the core creates these

beautiful perfect boundaries around us? See when we're in our core? Do you see the connection to our soul now? We can hear the impulses more and more and more. Can you see how when we stand in our power that our vibration changes, our universe changes and anyone who enters it must respond to the positive force of our universe?" The mind is going, "Yeah, I've been noticing some of the stuff lately."

Jennifer: We say, "We're here for you, beautiful mind. We're here. When you feel unsafe, it's okay. You had good reason to feel unsafe and I'm so sorry. Yet, we have all these tools that can move that energy now. You can now be what you're meant to be, a beautiful energy of action from impulse of the soul, from guidance of the soul, and we celebrate you, mind. Thank you. Thank you because all that you bring us now, if it's any kind of worry or upset, we get to use it. We have all these tools and a reservoir of libraries that we can remind ourselves of who we are. We can use it now. It's okay if you get upset. It's all right. You don't have to stop it but we are going to be playing with it differently. You get to hangout and witness and be part of the conversation in your altar. This is your home. You are part of this beautiful dance of life that we are in."

Jennifer: As we stand there in this new connection, in this ... It's almost like we got a new agreement with the mind. We notice the little areas in our life that had been in challenge. We just notice it and we notice the mind notices that with us in this new context and sees and immediately sees the tools. For some of you, the mind might see that luck, the abundance of challenge.

Jennifer: We see that there are tools and that all of the steps that we've been taking to change the dynamic of how we see our life, we can now use. The mind, in this moment is considering being on board. Then we point to the physical health and we see the fight or flight. The mind sees the part that it's played in that fight or flight and says ... and there might be a little willingness. For some of you, there might be an inkling of a maybe of a possibility of willingness that the mind is willing to change that dynamic of fight or flight.

Jennifer: The mind now sees that there are tools and the mind now sees that the mind has had a part in some of the upset and it's okay. We say to the mind it's okay. It's understandable. If we could have done better, we would have and we just didn't know and now we know. Now we know. We shake on it knowing that it's going to be a dance. It's going to be a beautiful unfolding. There's going to be ups and downs and seasons and yet here we stand with a new opportunity to change the entire dynamic of the trinity of the soul which is us as observer, the mind that is the creator and our soul which has the map and the plan and we're now working together.

Jennifer: We now know our score. We know who we really are. We know that when we're in our core magic is afoot because the vibrational universe changes when we're standing in our core and the mind sees that. We think back on that story of Michael Tamara in the bank with robbers where the robbers couldn't see him. The mind is like that would be cool if that were true in this new consideration. It's like, "Yeah. What if we change to the point where we are actually refracting love into the world and we don't have to be conscious of it? What if we change the point where our circumstance has no choice but to change because we're standing in this powerful energy of truth of who we are? What if that were true?"

- Jennifer: The mind is considering it yeah, that would be cool. What if our relationships change because they have no choice but to change because they enter our universe and there are at the effect of this balance that we've just found between the mind and the observer, us and our soul? What if that were true? Who might we be? What might our life be? What might this planet be? The mind is getting juiced up to act. It's ready to go do some research. That's it.
- Jennifer: Yeah. It's a beautiful moment. It's powerful healing happening right now, transformation, as we move into this new dynamic and as if the master of the soul comes, the mind comes and we come together and we hold hands. Yeah. If there's tears it's just a tear, no story. We hold hands with our soul and our mind and we say to each other, "I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you."
- Jennifer: We turn to the little ones that are protecting the repressed emotions in the walnuts and, "We say we've got this." The mind feels a little bit more because the mind has an affinity with these repressed emotions, very deep connection there because the fuel for the mind's upset and confusion comes from this repressed emotions and the mind now knows that we've got this and it's on board and can actually say that to the little ones. We've got this. Knowing that there's still things to heal and to unwind and transform. There's still going to be moments where something shows up and it reveals the part of us that is ready to be healed and loved and acknowledged
- Jennifer: It's the journey, it's the adventure of our soul. It's what we came down here to play with. It's the Level 10, Level 7 whatever your soul is has created that many walnuts of repressed emotion. Now, all three of us the soul, us as observer and the mind is now present with each other holding hands in deep love acknowledging the little ones. Acknowledging that there are still walnuts to crack open and this amazing adventure of life is going to provide many opportunities to do that. That's it, but there's walnuts to crack open that are for physical health, that there are walnuts to crack open that are for abundance, the financial abundance health in all this.
- Jennifer: There are walnuts to crack open in relationship but we're strong and together we're so strong. Together we stand. That's it. Right now the tree, the triad of our soul now stands in our core in the core energy. We are bathed in that the truth of who we are. The core that we discovered in the first two sessions, we stand in that energy now. Whether it's physical or relationship or abundance, that core energy is there to provide answers, opening solutions, resources, discernments, supply and support.
- Jennifer: We stand in the truth of who we are, our core. Some of you have words that describe the core, some of you don't and it's okay. Just move into that expression of your core even if it's just an energy or light, move into it. Some of us have words to describe it, move into that. Take a moment to describe what it's like to stand in the trinity of your soul? With the soul, with you as observer and the mind together in your core, what's that like? Take a moment to describe it to yourself. What it's like to be in your core, in this new dynamic? The mind is right there, understanding and feeling and experiencing the core. The soul is right there supporting our ability to experience the core. That's it.

- Jennifer: That's it, that's it. It is very powerful healing and unwinding happening right now. What's it like? Describe it to yourself. What's it's like to stand in the core in this triad, in this Holy Trinity of our soul? What's it like? What's it like to be marinated in your core energy? To have that core truth permeate to the sub atomic level, helping you to remember your great power when you're in your core. What's it like? That's it.
- Jennifer: Some of you may be noticing the rippling out. I want you to stand in this place of deep power with the three parts of you acknowledging and noticing and awakening even more by that noticing the core that there's a rippling out into your universe. The fabric of your very universe has changed and transformed. That's it.
- Jennifer: That's it. That's it. Your mind has an inkling now that, that transformation is a creative force that can change the dynamics of just about any circumstance and it ponders that. That rippling out creates a natural boundary around you and that natural boundary is getting stronger and stronger every time you stand in your core. Does that feel true? Does that feel true? That's it. That's it. There's a beautiful healing pulse here right now. Yes, that's it. That's it beautiful. Excellent. There we go. There we go, lovely.
- Jennifer: Remember this is a place that you can come anytime that your mind has a permanent altar area for it to be present with you in this new contract. There might still be some things to play with in terms of being on board with all of this and that's okay. We get to give the mind the flexibility to move at the pace of the soul, of the tempo of the divine part of us.
- Jennifer: In this moment we bring our attention back to our sacred chamber. We let the mind move into that area where it's new altar. It's beautiful home. The soul moves back into the infinite and eternal. We stand as the conduit between them as the observer. We just stand in this sacred still point of our sacred chamber right now. Now we just look around and we say, "Thank you. This is me. This is my soul."
- Jennifer: Knowing that you can come here every day and it beckons you to come here every day, to move into that still point into the place of remembering of who you really are, to move into your core. Live there more and more. Live from there more and more. That's it. Now we're going to bring your energy back to this moment and you're going to open your eyes with this new relationship between the mind and the soul and you. Knowing that it's real, it has happened that's it.
- Jennifer: Now, open your eyes into this new reality. Open your eyes with the knowing that you have these new tools, these new places to go. There's new points of access. I'm being told to remind you of Sessions 6 and 7 that were wild rides to the map room. That's something you can do as well. That's it.
- Jennifer: You can access information inside, answer questions there, make decisions from there. From all of these places in fact.
- Jennifer: As you open your eyes, you open your eyes into this new life knowing that the still point that we created today is creating your tomorrow, knowing that the new relationship

that the mind is now considering is a creative force that is creating tomorrow. That's it. Knowing that every day is going to supply you with amazing opportunities to go deeper and deeper and deeper into who really are as your core. The opportunities may look like something other than what the mind had previously intended, but the soul has a map and knows what's going on and the opportunities to move more and more and more into a place of trust that our souls got this.

Jennifer: We've got this and the mind can do what it does best which is take action from the intellect. Take action and make things happen. We feel that our body feels different because we are in fight or flight when we're in the still point. The more we're not in fight or flight, the more physical can heal. The more the emotions soften. The more that we aren't in fight or flight the more we can heal. That's it. Beautiful.

Jennifer: Wow. Well done. I'm going to take a question or two but we're going to have an entire day on Saturday to answer questions. I'm probably not going to do a lot of Q&A tonight. I might ask one or two questions and maybe some healing work. We're going to go to 3891. It's looks like it's Buffalo. You're on the air. Hello?

Renee: Hi Jennifer

Jennifer: Hi, who's this?

Renee: This is Renee.

Jennifer: Hi, Renee. How can I help you?

Renee: I am still trying to wrap my head around how to do forgiveness.

Jennifer: Okay. That's an interesting way you said it to start with because forgiveness does not have a how. It's not something that you do. This is a state of being. Forgiveness is a state of being and it's not something that is just all of a sudden going to happen. Let me rephrase that. It is something that's all of a sudden going to happen. I said that wrong. It is something that's all of a sudden going to happen. It comes from what I've been talking about this full force. It comes from moving into a new frame of reference, a new discernment, a new understanding.

Jennifer: Let's talk about forgiveness. First of all, forgiveness starts by forgiving ourselves. Ho'oponopono is a really good way to start because it's self forgiveness. It's a really powerful method for forgiveness first of all. Forgiveness comes when we can forgive ourselves first and then when we can move into a new way to look at another person. When we can see them as individuals that are doing the best they can. For some of you, that may seem like an impossible thing because your mind is saying, "They didn't do the best they could. They are horrible." Forgiveness comes, however when you are in the state of mind, in the extreme neutral where you can see something different.

Jennifer: I'll tell you a little story. I didn't think I could ever forgive my mother because I felt that my mother was the reason why my father sexually abused my sister and I. I forgave my

father long before I forgave my mother interestingly. Again, it was just my mind. I had moments where I was really going deep with this. I had someone who actually helped me with this as well.

Jennifer: Sometimes forgiveness is not something you can do. You might help with it. You might need someone to guide you. Nonetheless a lot of the work that we're doing here can eventually lead to forgiveness. What I saw is that I took a little journey to look at my mom's life. I got to see that my mom was born in 1932 right during the depression. A decade and a half or so after World War I. A lot of people that came back from World War I with extreme PTSD that no one talked about. Then during that time there is depression, huge PTSD and no one talked about it. There was no recourse. There was no healing of it. There were no courses like this at all to be seen anywhere. Psychology even was kind of seen as frivolous and ridiculous. That's the world my mother was born into.

Jennifer: Then on top of that, World War II happened. That generation had the most crazy external pressure, external stress, crazy external stress, the whole world did. They came up just like all of us, just like the mechanism of stress and abuse, they came up with the coping mechanisms that helped them to survive. Warped coping mechanisms, warped emotions that repressed, warped belief about what the world is and how to survive. Really crazy warped beliefs happened at that time.

Jennifer: Then I started to see this and go wow. That's really insane and then to have absolutely no recourse, there's no therapeutic process that can help them, none. I'm like. "Wow." I started to have this inkling of and then all of those warped beliefs and the conclusions about life and the coping mechanism that shut up the coping mechanisms were equally as warped. It created a situation where black was terrifying and she would do anything to make sure there was no luck, anything. She made some really fascinating decisions about her kids and about what she would do in the name of making sure that we had income and safety and money. None of it makes any sense but in the context of seeing the walnut she created, the coping mechanism she created, it snapped in my head, "Oh my God. That made sense to her."

Jennifer: From her perspective, she was protecting the best she could. Some of you might look at me and say, "You are nuts and delusional." That may be true but it doesn't matter because what it did is allowed me to move into forgiveness so much so that, Thanksgiving two years ago, I went home to my mom and I apologized to her for judging her, her whole life. Now, she didn't know quite what to make of it but it completely changed our relationship and I can genuinely tell my mom that I love her and I didn't before. I have compassion for her.

Jennifer: Again, remember I talked about how the dynamics of our universe changed? Well she is different with me too, completely different. She had some antics to get attention. They just don't happen because I give her attention because I love her. I actually genuinely love her.

Jennifer: Know that whoever you want to forgive, I can feel you wanting to forgive him. It's a really long answer, Renee. I hope this is helpful but I can feel your willingness to forgive

and ... Let me tell, your willingness it takes you so far down the road of possibility. I think you know this Renee that forgiveness is not them saying I'm sorry because they likely can't. They don't know how. Forgiveness is us being able to accept all of it, being able to stand in our observer with compassion, being able to for ourselves as well as potentially them. For some of you, this whole concept is just too much and that's okay. You don't have to. However, when you forgive, you actually take you off the hook. That's that. Many people told me I don't want to let them off the hook for what they did. Understandable. But at this stage, what they did likely happened years ago and even decades ago and maybe at the beginning of our time on this earth.

Jennifer: Who is on the hook? We are. We actually, by forgiving someone we let us off of the hook. Again, forgiveness is not something that you can just say I forgive them. It is a process that takes you to a state of mind. Now, some of you just through that telling about my own experience with my mom may have helped you with some forgiveness. I'm going to let you talk Renee. I've given you a very, very long answer but I think it was really important and powerful. What are you feeling about that Renee?

Renee: I am in conflict with saying that I can be able to forgive someone. When it's also someone that I feel I have to do whatever I can to make sure he stays in jail because of how much he not only harmed me but other people and the harm I believe he would do if he were released.

Jennifer: That's right. I am not saying forgive and hang out with these people at all. I mean the story of my mom happens to be something that I can do but no. You do not have to hang out with him and in fact you can still forgive someone and make sure they stay in jail. Those two don't have to not happen together. Forgiveness is a state of mind that allows you off the hook. Forgiveness is also ... also in the state of forgiveness you can say as conscious awareness as you are that this person will hurt again and needs to stay in jail. Those two things don't have to happen in [confidence of this 01:12:01]. Is that still true? Are you still there?

Renee: Yes, I am still here.

Jennifer: Does that feel true?

Renee: It does and I'm just still trying to wrap my head around that conundrum.

Jennifer: Yeah, yeah. Your head will not get you there. Wrapping won't get you there and I'm saying right now that forgiveness is not something that might happen tomorrow or the next day or even next year. Right? Are you needing to multitask? Can I come back to you?

Renee: No, it's okay. I'm getting my son to drive.

Jennifer: Okay. Forgiveness is not something that might even happen immediately although it can. Again, it is more about letting you off the hook than it is [inaudible 01:12:59]. Do you understand that?

Renee: Yes.

Jennifer: Okay. That means that it is a state of mind that when you can understand that whatever they did, they did from a place of again and it's not letting the hook off of anyone who is doing harm or violence to anyone. However, everyone has a really good reason for behaving the way they're behaving. It has to do with the coping mechanisms, the mechanics that I talked about over and over again. Repressed emotion, the mechanics that came up from it et cetera.

Jennifer: Now, there are certain people on the planet like narcissists for example, who are born narcissists. There's a chemical imbalance. They are born that way. Sociopaths, they are born that way and if you are entangled with one, extricate and leave. Make sure you leave. This whole new age thing about love everyone, there are certain people that you cannot and should not be around. You can't work it out because their biology and their chemistry won't allow it.

Jennifer: Now, I really scratch my head about them and honestly I don't have an answer as to why are they on the planet except to say that my guidance keeps telling me that sometimes there are people that sign up to be those kinds of people to create a ruckus so that our soul can move through it.

Jennifer: Now, it's a pat answer. I don't like it but it helps me feel better. It also made sense. Again, do what makes you feel right, what makes you feel good. Take the belief that feels bad. If that belief helps you that this person signed up to create a ruckus in your life and the life of those who he harmed and that makes you feel better, use it. If your belief is there is evil in the world and he's one of them and you don't want anything to do with him, believe that. Again, find the best belief for you but what I do know is that every single person has come to this planet as a thread of divinity.

Jennifer: Again, I don't have the answer as to why there are these kinds of people in the world that are doing this. Now, let's take my father. My father was a sexual predator. He was a radioholic. He was an alcoholic and a narcissist. He was not a good guy. When he passed, I celebrated. I was just so glad that that part of my life is over. I don't have to freaking deal with that again. I celebrated. It was not a very "spiritual moment" for me, right? But nonetheless I got to a point where I got to have that same dynamic that I just described with my mom. I got to see that something happened to him. His dad died when he was 13. His dad might have been an abuser as well and we are victims of victims, often, most of the time. We are victims of victims. Something cracked in him and he wasn't able to cope and his only thing he could cope with was power over. Sexual predator became his power over. I get it. I was really glad he left the planet, really happy.

Jennifer: Two years later, I was finally able to connect with him on the other side in a new way and I got to actually experience him as something different than who he was here. He apologized and he is now a dad. I actually have a dad on the other side as a genuine father and it's been an amazing experience to have this person who's got my back and there's no way he could it while he was here. I get to have witnessed and experience that he's changed. Again, some of you are going to look at this and say she's freaking

delusional. But I'm okay with delusion as long as it makes me feel good. Go for it. Maybe my delusion is that my dad has changed and he's a good guy and on the other side now. He's got my back and that feels good, right? Do what works while making sure you are in good shape. I hope you understand that the program has never been about having a sit down with a psychopath. That's not it. This is generally inner work. Most of the work that we have to do when in conflict with another is our work. When we do Ho'oponopono, self-forgive, they can change. They can change but that's not the point. The point is to make sure that we are in good shape.

Jennifer: Are you ready for forgiveness right in this moment? Nope. But is there a willingness to you? Yes. That's huge and that will take you on a path Renee where you will get there but the mind, take will get there. But the mind, by the way, will never get you to forgiveness because the mind isn't the one that's going to forgive, right? The heart is what forgives. The soul is what will move into that place of it's a state of being forgiveness. It's not something you do. It's something that you are. Does that make sense?

Renee: Wow. This surprised even me. The word compassion came to mind.

Jennifer: Very good. There is definitely a shift right there that just happened. Now, I want you to feel in the midst of that shift. Let's awaken it even more and allow yourself to tap in to the shift that just happened. What does it feel like in your being right now as you have taken on this new consideration? What does it feel like?

Renee: I feel lighter. I felt a lightness happening in my chest.

Jennifer: That's right, very good. Allow yourself to describe that, again, what does that lightness feel like? What's the like to have the lightness? Again, we're awakening it by bringing consciousness to it. We're waking it even more. We're growing that muscle of lightness. What it's like to have that lightness in this moment?

Renee: I'm smiling, which I wasn't doing before that.

Jennifer: That's right. Good. Very good. Now, as you're standing in this lightness and smiling, we're just going to do a little pretend, little experiment here, okay? This doesn't mean anything. As you are in the lightness, as you're smiling, think about him, what do you feel?

Renee: Wow. This surprises even me. The word compassion came to mind.

Jennifer: That was fast. Very good. Very, very good. Very good, Renee. Again, this is definitely a journey. For someone like that? Man, this is a huge journey and even if you completely and fully forgive him, it doesn't mean that you are trying to get him out of jail. You get that, right?

Renee: Yup.

Jennifer: Excellent.

Renee: I can see he's one of those people that you talked about that-

Jennifer: He's not going to change.

Renee: Yeah.

Jennifer: Again, some people, I really hope that a day comes when a narcissist can change. I pray for it. So far, I have seen zero evidence that that is possible. I talk about this at length in the Ultimate Life Overhaul if any of you are interested in doing that program. It was a weekend. It was amazing. I talked about it quite a bit about narcissism on that program. If any of you are interested in that, you might want to check that out, ultimatelifeoverhaul.com

Jennifer: The narcissists can't take responsibility. If you can't take responsibility for your actions, you can't change. As a result, I've never seen one change and I'm really hoping that that one day I can come across something that I could do in my healing work that could allow a narcissist to shift but so far I haven't come across it. I trust maybe one day that will happen, but for the time being my advice with narcissists is to do Ho'oponopono, stay the heck away from them. Do everything you can to not react because they are seeking stimulation. Because they can't feel emotions as everyone else does, they seek stimulation.

Jennifer: If you cannot react, they will seek the stimulation elsewhere. Don't hang out with them. I mean do not spend time with them at all. They are not safe people to be with. Just make sure you're taking care of yourself and you're making the same recommendations to your friends and family. I'm sorry you're having to go through that. How are you doing?

Renee: I am doing better than when I first get on the call for sure.

Jennifer: Good. Good. Good..As I've been sharing all along, this is a vigilant practice to use these moments. When playing with narcissists and sociopaths, it's so unfair. It's so unjust. Then you use it. Use it to unwind, use it to remember your core, use it to heal that part of you that felt injustice when you were young and change the vibrational field and another narcissist will not appear. What's that feel like?

Renee: It's good. It's not something I have and I'm going to use the word thought but that's what I thought of before.

Jennifer: Yeah, it's okay to describe your mind. Again, I don't want anyone to ever repress or suppress what their mind is thinking because it is the breadcrumbs to what's ready to be healed. Whatever it's saying, you get to look at it from that observer perspective and say, "Wow. My mind is really thinking somewhere else." Check here. I'm going to use it. I'm going to use it to change my mind. That was a great, question Renee. That's a

fabulous way to finish this stuff. I want to thank you so much for that co-creation because I think that helped a lot of people. Thank you for that. Thank you.

Renee: Thank you very much.

Jennifer: You're welcome. Okay. That is a wrap already. I'm going to finish this up here. Thanks everyone for this amazing journey. This is our last class and we do have the Heal-A-Thon coming up on Saturday. For those of you who are listening to the recording later, please listen to the Heal-A-Thon. We're going to have interactions like we just had with Renee where you ask the question and I will answer the question. There's going to be healing. There's going to be spontaneous transformations. It's going to be extremely powerful. What's so cool about this Heal-A-Thon compared to the one that we did prior to this course starting that had you maybe join the course is that this one is in a much more intimate group.

Jennifer: Play, bring your questions, bring your comments, and I just suggest that you bring the questions that not the questions you would have brought before you started this program but the questions that you have now at this stage five weeks later. Those for you who are listening to the recording it might be a little bit sooner than that. But bring your questions even though just listening to recording long after, bring it. You will receive the answer, I promise. No matter who I work with, there is great content because we are a soul group that is gathered together. We've come here with similar things to play with. There are answers there for you. I'll see, those of you who are live, I will see you at 10:00 a.m. on Saturday, okie dokie? Love you guys.

Jennifer: This has been a fantastic journey. I've been delighted to play with you. You guys have taken me through some amazing roller coasters myself of transformation and I appreciate that. I'll see you on Saturday for the Heal-A-Thon. Much love to you. Thank you for being here. See you guys. Bye-bye.