



Feel Better Mastery

Session 2

Trust & Feel Better

Core Attunement

TRANSCRIPT

Jennifer: Hello, everyone, and welcome to feel better mastery, part two. I am so excited to play with you again. We had a very, very powerful first session, and we were able to access our core, and since then, you've been seeing how your beautiful mind has been playing with you, how your beautiful mind has been revealing to you the patterns of avoidance. The mind as it should wants to stay in what's comfortable, wants to stay in what is old and known because that's safe, and so we are stirring up this thing. We're stirring up the old mud to clear it out, and your mind, some of your minds might be freaking out a little bit, so that's okay. Some of you have joined this course in what seems like a state of desperation. Notice that. Okay, this is not a course that is doing to get, although there will be dramatic transformations, but when your mind is in this mode of desperation, all the things I don't have, it's all coming to a head, we are not able to be in the energy that is going to uncreate that, okay?

Jennifer: I'll tell you a little story. In 2007, I was 10 days away from living in my car. The eviction notice was on the door. There was no obvious solutions in sight. There was no income at all coming in. I didn't even have money to go to the bank, go get gas. I didn't have money for gas, and I didn't even have the money to do anything. If I wanted to go to the beach to relax, I couldn't because I didn't have the gas, because I didn't have the money. You get it? I've been there. I understand what this feels like. That doesn't help you, does it? However, my mind went to oh, my god. I'm going to be living in my car. That's where it went to over, and over, and over, and over again. I did a version of this. I wasn't quite as sophisticated with my beliefs back then, but I did a version of this where I was able to every minute say, "Am I living in my car today, right now, am I living in my car?" No. Am I living in my car now? No. Am I living in my car? No.

Jennifer: Is there a roof over my head? Am I safe in this very moment? Yes. The idea there is ... Sorry. Apologies. I just breathed in the wrong way. Hang on one sec. Sorry about that. All right. I'm back. The idea is that when we are in that mode of desperation, all we're seeing around us is what's going wrong. I don't have the rent. I don't have this. I don't have that, and it's getting close to the deadline, and the hardest part, and the simplest part to do is to change your frame of reference in those moments. Those moments are here for a reason. They're here to reveal the pieces that you are unwilling to access, until it appears to be dire straights. It is dire straights. There is no dire straight, although it feels that way, so I totally have tremendous compassion if any of you are in that, and I'm responding to a question here from Stephanie. The challenge is that you recognize that there is no dire straight, so here is the bottom line. It's a great story, isn't it? I was 10 days away from living in my car. What a great story.

Jennifer: I never lived in my car, so in essence, there is no there there. There's no story there. That never happened. It was all a concept in my mind that felt like it could happen, and it was there to show me something, and here's what that moment revealed to me. I was forced to go into the deepest, deepest place. I was forced to go deep, deep within, and when I went deep, deep within, I was asking these questions, like what the heck? The questions that I'm now sharing with you now, which is why, God? Seriously. I've worked so hard. I'm a good person, and what I heard was, none of that stuff matters. It has nothing to do with that, because those things are doing to get, and it's about being to

receive. Okay, so doing to get is, if I do this, so some of you may be taking this course to get something, understandably so. The first step is generally out of pain is to do something, so it's okay. It's part of the steps, but we are bringing conscious awareness.

Jennifer: We're shining the light of consciousness on the idea that we no longer have to do anything to get anything. The most important thing is to be, and notice, like we've been doing in our journal, notice where our mind takes us. Notice that our mind is going into panic. Notice that our mind is pointing, pointing, pointing, but you have to do something, have to do something. Rent is here. Got to do this. It's what are we going to do? What are we going to do? Between now and when something's going to come to fruition, we could freak out, and worry, and say, "Help. I need help. I need help," or we could pause and remember who we are. We could go to the neuro pathway gym. We could do some spontaneous transformation on ourselves. We could go to the core and say, "My god. This is who I really am." Again, it is more than just, and I hope you're seeing this already, just from the first class, that it's a lot more than just feeling love. It's more than that. A lot of the steps that many people tell you to do in order to move into a field of abundance is to, who do you love?

Jennifer: Feel that. That's really powerful, and that's not all. It's not only who do you love, but to feel that, and allow it to bring you to you as a love that you are, which is what the core is. The core is the love that you are, and it's your version of it. It's your individuated prism that the light of divinity shines through your gifts to then bring something into the world. We're going to do a spontaneous transformation technique today on trust, and faith, because trust and faith is oh, man. It's it. It's it. Why do we not have trust and faith? Because we've got a bunch of little ones running around, and most of you have taken the feel better challenge, but I'll just talk about this briefly for a second. Our little one, something happened to them, and in that moment, we made a decision about what life is. We decided life is not safe. We decided, I'm not good enough, and there was evidence right in front of us at a time when we were just developing from zero to seven.

Jennifer: We said, "Well that must be the truth of it, then." Okay, and so from that point, we repressed the emotions. They got held in that, what it looks like a wallet. It's a hard shell protecting us from the emotion that didn't get to be expressed for good reason, because that emotion needed to be repressed for our psyche to remain intact, and for us to survive, right? Now I've got a bunch of little ones that have running around inside of us, younger version of us, that have a whole bunch of beliefs, and that were formed out of a moment of trauma, and repressed emotions, and now we run around with these emotions, and these beliefs running the show, okay? We kind of get that concept, and life is showing up to reveal to you the parts of you that are ready to heal, and the reason why this is the advanced program is because we're moving from doing to get, we're moving from, I'm going to do this exercise so I can get well. I'm going to do this exercise so I can get abundance. I'm going to do this exercise so I can be healthy.

Jennifer: It's a subtle change. It's understandable that that's what you want to do. Understandable, and yet it doesn't work. We move into a different angle of perception, and we look ... We see that okay, whatever is showing up is showing up, telling me what's next to be healed in the gap, and if we're freaking out, that's what's next to be

healed. That's what's next, and again, this is the advanced course in part, and the reason you are here in part is because you have the wherewithal to move to this next level, and life is showing up, showing you the volume has been increased. It's showing you what is ready to be cleared out, and I'm so sorry that some of you, not all of you, but some of you are experiencing real devastation, and upset, and worry, and stress. I'm so sorry that's happening, and what if just happened right now, just pretend with me, what if every single bit of that stress is here to show you that you don't have to be stressed? It's here to show you that you don't have to be worried anymore. It's here to show you that that is no longer the path.

Jennifer: It's here to show you what's ready to be, what is the real cause of the stress, which is the belief and the emotions around those beliefs that were held so long ago. The beliefs and the emotions that were held so long ago are actually the cause of your stress. If those weren't there, then your little ones would be in great shape, and they wouldn't be worried, so part of the reason why our little ones get so freaked out is because the first time it happened, there was no recourse but to repress, right? What happens now, and what we're going to be claiming, and moving into right now is to actually be the adult for our kids, to actually be the adult, to be the guardian angel, to be the fairy godmother. We get to be that, okay? What we get to do is separate ourselves from the emotion, the reaction that is happening, okay? Separate ourselves from the emotion, the reaction that is happening, move into the observer, and allow the kids to react, but we simply observe in a state of neutral, in a state of zero point.

Jennifer: That state of zero point, by the way, is a state of powerful creation, and manifestation that can change the circumstances miraculously. The end to the story of that ... I was 10 days away from living in my car is I went inside, and I said, "What the hell?" What I heard from my guidance is, Jenn, you've been seeking your whole life outside of you. You've been seeking that somehow outside of you is the answer, that the brass ring, you might've remembered that brass ring. It's an old, old thing from the early 1900s, of the carousel going around, and you grab the brass ring, and it was a big deal if you got the brass ring. It became a saying, that if you grasp the brass ring, then you made it, you did it, you're great. What my guidance told me in that moment was you've been seeking outside of yourself, and what you've forgotten is that you, you are the brass ring. You are that which you are seeking. You are the master that you've been seeking. You are the answer. You are all of it. It is not outside of you.

Jennifer: Those of you who downloaded the poster, I am the master I am seeking. I am that which I am seeking. I am the answer, and when we go to our core, we start to really get this, and feel this, and sense this, that it's all us. All of it, and our mind cannot, I repeat, cannot get it. Doing that the mind does will not get us there. A "doing" mind is the one that reaches out and says, "Help. It's a disaster. It's horrible," when it hasn't happened. A mind is the person that says all these awful things are happening, and I'm going to get kicked out, my neighbor, and this, and that, that none of that has happened. None of it has happened. None of it. Get it? I didn't end up living in my car. It didn't happen, so in that moment, when I'm like, oh, I am that which I'm seeking, there is something popped open. I got to experience the piece of my core that I'm now ... Years later, I actually finally consciously brought into awareness, and when you do that, man, everything falls away.

Jennifer: When you bring in conscious awareness, all the old stuff that was suppressed falls away. It dissolves, and that's in part why I started this course with the core. Our job now is to be the adult for the little ones. Our job now is to be adult. Someone said something to me yesterday. All this stuff has happened, and you saw most of it on the healathon. I talked about being in the hospital, and I was working with my mentor, and I was sharing everything that happened, and I was sharing it with a smile on my face, and I was sharing that something else happened, where there is this seeming loss. It wasn't real. It was just a number that was kind of there, \$60,000 that we lost, but we didn't really lose, and all of it, a year ago, I would have been under the covers with the covers over my head, shaking my fist at God, and saying, "Why does nothing go right for me?" Now I look at it as, oh, my goodness. All of this showed me something beautiful about my life, and it was just a beautiful story of recognition, of recognition, of going to the neural pathway gym.

Jennifer: Even this morning, right before this show, I was a little stressed. Part of it is because I just want ... I want you to get this so badly. I want you to move into a life where nothing, no matter what shows up, you are in good shape, and so I feel some responsibility for that, and I was little stressed, so I just stopped. I became the adult for my little one. I became the grownup, and I said to her, "What's going on?" She was just upset about something that happened a long, long time ago that was creating a belief that was up for me about responsibility for you, so I just loved her. I did a spontaneous transformation technique with her, and I just let her feel, and let it unwind. Every moment of your life is an opportunity to let these things unwind. Why is this all happening? I think because there's something happening on the planet. I think you're part of the solution, and I think ... I'm so sorry that there's pressure around this, but we are kind of being pressured to wake up, and I'm sorry for anything that's going on in your life.

Jennifer: It's here for you to wake up. All of those things that happened that were kind of big deals, going to the hospital, and spending the night in a hospital. It's a big deal. Thinking that I lost \$60,000, which I didn't. It was just a number, and again, we can attach it, and throw meaning at things. That didn't really happen, but it looked like it happened, right? It doesn't matter. In this moment, I am in such good shape, okay? Because I used all of those moments to go in, and find out the parts of me that were ready to heal, period. That's it. If you're freaking out about something, use it, because the freak out is definitely not going to get you there. The mindset that created what's happening in your life is not the mindset that's going to uncreate it. Period. Okay? Okay. Very good.

Jennifer: You guys are starting to really get this, which is ... It's really exciting to me, and it's okay if you're not. It's totally okay, because some of this, for some of you will be this grand aha moment of oh, all of it's been leading to this moment, and some of it, some of you it's just the beginning, but what's really cool is this is an accelerated program. You're here for a reason. This is the accelerated journey, so you're going to be going to some really cool stuff, and notice all of it. Notice, this is acceleration time, and some of you might move into a little bit of detox. As the cells release toxic memories and toxic material, you might feel a little bit of detox. Marianne shared how she just said to her guidance, and to her body, "We're gonna slow this down a little bit." That's good. That's

a great thing to do. That's okay, too. At the end of the day, it's all the emotions that are fueling the mind, and the thoughts, and the mind is actually the creative force.

Jennifer: The mind is what manifests into the world, so what ... If you start noticing your thoughts, without repressing, noticing your thoughts without policing them, without making them right or wrong, when you do that, it breaks apart. Remember, it's because when you know something, you can't unknow it, and you know it, you're awake to it. When you're awake to it, you're making a new choice, and when you're in choice, you're in freedom. The most challenging place to manifest from is from a place of no choice. When you feel like you have no choice, it's really difficult to change it in any way, shape, or form. When you feel like, "oh, my gosh, I'm moving into my core. I remember who I am..." That's all that matters, truly, because from that place, we can heal those old parts of us, those old beliefs, those old limitations that were real, because they happen. There was evidence, but we can now move that into a whole new place of potency, of power, of space. Some of you shared with me that it, that ... I'm going to paraphrase, that it feels like you have more space around you, and that's true.

Jennifer: It's like we've got this ball around us, and I mentioned this I think before that many people are living with about an inch of space between, because they're so protective, and defensive. I was playing with someone today that is extremely defensive, and I found myself entering their universe and reacting to them, and so I got to notice that, and I got to notice that I was definitely there. My twenties and thirties, you kidding me? My field of being lives right here, but when we move into our core, when we do spontaneous transformation in the moment based on what's showing up, when we do that, our core expands, and now we have space to respond. We have an ability to respond, which is responsibility. When we are responsible now for all of it with space, and that ability to respond, again, we now have more choice. When we have more choice, we have freedom, and when we have freedom, we have this capacity to be in command of our manifestation. Thanks for letting me. Ooh, it's 2:22. There's a lot of 222s coming up, which is angel energy.

Jennifer: Just notice right now that all of us are being supported, that your mind is chewing on this, going, oh. Okay. Okay. I got it. Yeah, yeah, yeah. Got it. For any of you that are in a panic mode, just say yes, I understand why you're panicked, and it's time to be the adult for a little once. It's time to be the fairy godmother. It's time to stand in our power of our core, and look at the little one, and say, "Yes, you had every reason to be upset. You had every reason to react that way. Yes, I see. I understand, but I've got this. I've got this. I know my core now, and I've got this." For some of you, if you just have an inkling of your core, that's all that's needed. Just say to yourself right now, let's everyone stand in our core again. Let's move into that place of the core, and feel ourselves with our gifts, our cloak of gifts on. Standing in our core, the truth of who we are, the perfect emanation of divinity as us, as our individuated aspect of the divine. Right?

Jennifer: Hang on one sec. Okay. I'm just communicating with Rita for a sec there, so feel into the individuated aspect of divinity that is you, that is the prism that is you. Okay? Feel that. What's it like? Take a moment and describe what it feels like, even if it's an inkling. What's that like? To be your core. What's it like to be there? You may notice that other things just fall away. That's good. Just what if all that I'm saying was true? What if all

that I'm saying is true, that you ... That when you're in your core, it's the most powerful place of being? When you're in your core, your thoughts are different, and your thoughts are what is manifesting in the world. When you're in your core, you are creating a new field of being that creates more space in your field. What if that were true? What if by being in your core, you're able to see who you are, and therefore less and less of the things in life matter. They don't matter. They don't become dense in your field of being.

Jennifer: What if that were true? Describe it to yourself. What if that were true? Just pretend for a moment that it's true. What would that be like? What would that be like, and notice if your mind has this addiction to the drama of life. Notice if your mind has this compelling need to point at what's wrong. What if your mind ... Just notice if your mind has this compelling need to say, "Yeah, but how's that going to help me? How's that going to ... Yeah, but how? Yeah, but how?" Notice if your mind is doing that, and acknowledge your mind, and just say, "It's okay. Yeah. I got this. I see that you have some questions, and I understand, and I got this, and I'm gonna stand in my core right now. Thank you so much, mind," and know that those questions from your mind are being fueled by the things that happen to you, by the little ones that didn't get to express the emotions that created the beliefs. It's fueling the mind to butt in right now. Notice it.

Jennifer: Don't stop it. Don't label it. Don't judge it. Don't be frustrated with it. Just notice it. Just notice it. Yeah, so Victoria, that's an interesting question. Thank you. So Victoria asked, how exactly did you get out of the situation when you thought you might be living in your car? Victoria, that is a question that is 100% from the mind, and it has no answer, because there was no how. There was a being. I entered a state of being where I started to realize that oh, my gosh. I've been seeking outside myself, and I'm actually that which I am seeking. I am the brass ring. I started to move into my core, so if you want to know the how, it's exactly what we did on Monday. That was my how. Here's what happens. It's a really good question. Let's talk linearly about the mechanism, okay? It's not a how. It's a place of being. It's a state of mind. It's a state of being, okay?

Jennifer: I moved into that state of being, and from there, now all of the worry, and upset, and all that dissolved temporarily. When I was there, it created a field of being that moved, which created a mechanism that moved into the world that allowed me to start to be able to think differently. Instead of constantly thinking about what was wrong, and oh, my god, oh, my god, oh, my god, oh, my god, instead I was able to actually think clearly and maybe take actions that were different than just wallowing with the sheets over my head, in a pity party. That was me, and so I was in a place where I was now ... When you're in your core, you are now connected straight to the divine part of you that lives in the infinite and the eternal. You can call it the over-soul, the higher self, whatever you want to call it, and when you're connected, that part of you has the map and has the planet. Has the map, and has the plan. Okay? It has the map, and the plan, so it is now giving you clear guidance.

Jennifer: You can hear the whisper. It moves from a whisper to, do this. This is your next action, and when you're there, your mind starts to move into a place of more trust, and your mind can now take the guidance, and move into an action into the world. It's called inspired action. Versus answering a how, and doing to doing to get. Okay? What

happened in that moment is that I moved into a place of peace, and the peace allowed me to hear guidance, and the guidance said, "There's someone that you might be able to get alone from." I'm like, oh. Okay. Who might I get alone from? I started to think about, and I start ... My mind started just pondering, not in a place of pressure or freak out, but just in a place of huh, maybe. Then there was this lady, beautiful lady from church, and I said, "I have a business proposition for you, but I need a loan, and I would be willing to pay you back like this," and she says, "Put a proposal together for me." I'm like, okay. I can do that.

Jennifer: The soul provides you with things that you can do, so I went back, and I put a proposal together. A week later ... It wasn't a week. It was like four days later. I met with her, because it had to happen relatively fast. I went to the proposal of what my new business would be, which was the business I'm doing now. The universe pushed me out of corporate America, and said, "You're supposed to be doing this." The business proposal, the 10 days of living in my car forced me to do a business proposal, so I could get clear on what the next steps were, so I could get this loan, which I did, and the rest is history. I started my business. The business that I'm running now, the business that generated \$30 million over the last 10 years. It's not doing that now, but that's okay, too, and so if I hadn't have been 10 days away from living in my car, which my soul pushed me to because I wasn't fricking listening, so that I could get that I am the brass ring. I am that which I am seeking.

Jennifer: I am the master. I am the answer, and got me to my core, so that I could create a vibrational frequency and listen to divinity, listen to the divine inspiration, and take an inspired action in the world that forced me to create a business plan, that forced me to, that got me the loan, that got me out of the situation, and that had me actually start my business. Ta-da. When you look back on the things in your life that felt like there was no way you were going to get through them, what happened? How did you get through them? How did you do it? There is no answer for the how. You didn't know until you knew, so that's part of what we're talking about today, is finding the trust to know, to know, allow ourselves to be guided to the knowing that we need for the next step, guiding ourselves to the knowing that we need for the next step. Okay. Adrienne says, "If you are the observer, then you don't have control over making your decisions."

Jennifer: I'm not sure if I said it like that. Let me see. I'm not sure. Adrienne, can you ask that question in a slightly different context, because I'm not quite sure I understand the answer, and Rita's going to help me get that. Right? Someone just shared that my soul has my back. That's exactly right. Oh, my god. That makes me happy. That just gave me chill bumps. Your soul has your back, and Davina is sharing. It was a shift in perspective, letting go of worry and trusting life. Yes. Yes. I know that sounds way too simplified, but yes, that's it. Shifting the angle of perception, and starting to trust your life, because your life is love. Showing up in different hues and densities for you. Showing up, nudging you into an expansion that might not be possible. Some of us are a little denser than others. I'm speaking specifically about me. It takes me a while sometimes to get this. Oh, man. Aren't we adorable? We are so adorable, but sometimes it takes us a little while, and sometimes some of us are up to really big things, like Andi, that was on the heal-a-thon. Big things.

Jennifer: Big things happen in life to allow us to move into the bigness of it. When we overcome the big things, we overcome ... When we overcome them, we have a level of confidence that cannot be thwarted. If I had not overcome living in my car, I wouldn't have been able to overcome my sister passing. If I hadn't have overcome cancer in my thirties, I probably wouldn't have been able to overcome a lot of other things in my life. If I hadn't have overcome and moved through the sexual abuse that I experienced in childhood, I probably wouldn't be able to be here right now, showing you some alternatives, so that's my path. Each of us has this beautiful, divine path that was sent out at behest of the soul. The soul has yearned, yearned for this moment, has yearned for all the beautiful experiments of the soul. We're like spiritual scientists, and the soul has put out all these experiments to see how we react, how we respond, how we move through them, how we use them to evolve the soul itself.

Jennifer: It's not a test. We can't fail. All of us that are here, if you're here right now, it's because you're in the accelerated class. It's because you're in the accelerated class. All right. We're going to move into the healing, so what we're going to do is a little spontaneous transformation technique on trust. We've had this wonderful cognitive conversation. I usually do that, as you'll be telling through our time together, because when the mind's on board, and chewing on it a little bit, two things happened. It allows an opening, because it's considering it, and it creates an opening for us to go deeper.

Jennifer: Secondly, when the mind is chewing, it's a little bit distracted, so that we can detour around the mind and get to it. That's going to be a regular occurrence. Now we're going to move into the healing part. I'm going to do a spontaneous transformation technique on trust, and then we're going to move into the feel better, mastery attunement, which is different than the wellness attunement that you are offered. Every attunement is different, so that was one attunement. This is a different one, okay? This is for the wellness. This feel-better is kind of an attunement to turn on that core, whereas the wellness attunement is about physical, emotional, mental bodies. Okay. Good, so let's start, and we're going to do ... I think we're going to do something else, because I'm not going to tell you right now until we do it, just to make sure that we're not moving it, but bottom line that I want to get to, though, also, and we're going to feel this even more after the STT, is to move more and more and more into the adult, the observer, the neutral, the fairy godmother, for those parts of us that are freaking out.

Jennifer: To say, "I've got this." This is going to be backwards, but it's true. It's true. You got this. You got this. Unfortunately, Facebook turns it around for me, but you get the idea. You got this. You've got this, and how do I know? Because you're still here. Even if you leave the planet, you still got this. You've got this. Your core is ridiculously belief. Oh, my god. Right in this moment, I can see, oh, I can see the ... All the people in this course now, and well into the future. I can see beautiful jewels, just gorgeous. Gorgeous. Refractions of divinity, this individuated sliver of divinity that is your core is just beautiful. You can't believe what I'm seeing here. It's just ... Oh, my god. It's beautiful. You're beautiful. You are so powerful and magnificent, and some of you are actually able in this moment to see what I'm seeing. What happens when someone sees you, it ignites something within you, to say, "Oh, wow. I think I can see it." Some of you aren't. Some of you aren't, and it's okay. It doesn't matter, does it?

Jennifer: Does not matter. There's a beautiful unwinding happening right now as I just simply observe you as your core. That's it. That's it. That's it. Oh. Beautiful. Okay. That was a nice little, beautiful little opening healing. The bottom line is that you are the adult, that you are the fairy godmother, you are the guardian angel, you are the mother Mary archetype, you are all of that for all of these parts of you. The more, and more, and more you are that, which is what you are when you're in your core, the more you show up like that for your little ones, for the younger versions of you, the parts of you that are scared, or fearful, or are feeling like you're not good enough, the more you stand up as the adult, as the observer, as this guardian angel, archetypal mother, as you do that, as a spiritual scientist, whatever it is, the more you do that, the more your kids will stop reacting. The more they'll just be that's okay. Guardian angel has it. The adult has it.

Jennifer: Mother Mary has it. It's okay. The higher version of us has it, and we kind of stand between the subconscious little ones that are upset, and have never had a chance to voice the deep fears, and then we stand in the middle with the soul, with our soul, who's got our back, and our soul says to us, "I got this. I got this. I got this." We get to feel it, and have a little bit of trust with our soul, who's got this. We get to kind of play in between the little one in our soul, and feel the support of the soul. Feel the support of guidance as well, feel the support of a whole entourage in the unseen realm, feel the support of the angels, and we can use that to fuel us, to support the little one. Of course, the angels and all those are also supporting the little ones, but this part of us is a conscious part of us that is the powerhouse of manifestation in three dimensional reality. When we get it, and can stand, and say, "I've got this little one. It's okay. You have every reason to be afraid, but I'm not. I'm not afraid. I've got this."

Jennifer: Have you seen my core? Have you seen our core? Have you seen our core? Yes, so Adrienne says, "I understand being the observer, although it's been difficult for me to do that, but if I am the observer, doesn't that keep me from being in control of what I'm doing in the moment?" Yes. It does, and that's the point. You use perfect words. Doesn't that keep me from being in control of what I am doing? Yes. Yay. It's no longer about control. There's a really good reason why you needed to control, and so ... Again, keep controlling until you don't, because we don't want to just rip that out. It's not about repression and suppression anymore. It's about noticing. Adrienne, you've been in control to move into doing, and that was appropriate, and that question is so beautiful, because it is so revealing. It's so revealing, Adrienne, because it's revealing to you, the pattern. You move into control in order to do, and it doesn't work. It's about moving into command, which is really different than control, and moving into a state of being, which is the observer.

Jennifer: It's sometimes hard for the mind to understand that, so we're going to do an STT right now, because right now our minds are trying to chew on this, and starting to get frustrated. Once we do the STT, it will all become clear, because it isn't a mind ... The mind cannot solve this. The mind can't get it. It can't, so it's going to keep asking questions, and go, well, yeah, but, yeah, but, so let's just move into the healing now. Okay, so here we go. Again, it looks like we're going to go a little bit longer than 90 minutes, probably. I hope that's okay. I want you to get this. All righty. Here we go, so everyone just take a nice, deep breath. That's it. I want you to feel whatever frustration that you're having around any of this discussion, or feel the lack of trust that you had, or

whatever you notice that showed up, that said, "Well, that can't be that simple," okay? Whatever you're feeling that is uncomfortable right now around the core, around what we've been discussing. Any fear that you have about, is this going to help me because it has to be fast.

Jennifer: Move into that, and just feel the emotion of it, okay? Feel the emotion of it. What is the dominant emotion? Okay, so an emotion is ... I'm going to post this. I'll post this tonight, and if I forget, then you'll remind me. There's a ... I have a list of what emotions are, and some of us have been so far away from them for so long, understandably so, yet we have may even been able to understand that this is an emotion, so emotion is anger, sadness, shame, guilt, envy, pain, these are emotions, okay? Find what the emotion is behind the energy that you've been just feeling, okay? Frustration, that kind of stuff. Good? Okay, so now, where is that in your physical body? You're going to bring your attention to that in your physical body, but a certain kind of attention, so just notice where it is in your physical body, and if you say it's everywhere, then there's one particular spot. Some of you might find two or three spots, but there's one spot that we're going to go to, just one.

Jennifer: It's the one that's calling the loudest, okay, so you're going to bring your attention to that part of your body, but it's the attention of the observer. We played with that quite a bit in feel better mastery, and on Monday, but let's just play with it again, okay? What would it feel like if you were in a state of pure neutrality, detachment with compassion support, yes, but still detached? The energy is similar to, this is a metaphor of being in the movie theater watching the movie, versus being in the movie, okay, so you're detached. You know that whatever is happening is outside of you. It's not who you are, what's happening, and some of you might be ... It might be easier to be the spiritual scientist, or the archetypal mother Mary, or that's it. That's it. Beautiful, so describe to yourself what it feels like to be the observer, to be in the pure, pristine still point of neutral energy, of nothing, no conditions, no attachments, no expectations.

Jennifer: Just pretend for a moment that you can be in that place. What does it feel like to be in that place of pure neutral? What's that like? What's that like? Describe it to yourself, and of course when you're doing that, when you're doing that, you're shining the light of consciousness of the truth of who you are, and it grows. It gets stronger when you describe to yourself what it feels like to be in neutral, to be the observer. That's it. Very, very good. Very good. I don't know if you felt that, but there was a big shift, and all of us move into neutral together, into the observer together. Now this, whatever you're embodying, it's the fairy godmother, it's the adult, healthy adult, the mother Mary, energy, whatever it is you're embodying right now, you're going to hold that energy as you move into this place in your body, okay? As you approach that area of your physical body, there's a younger version of you there, and they see this adult, healthy adult, this fairy godmother, this guardian angel, whatever it is, Mother Mary energy.

Jennifer: They see that. They're like, wow, and they feel that you are giving them space because you are detached. They can feel the little ones, the younger versions of us can feel that you're giving them space, and the observer part of us says to them, "I'm here, and I'm present for you, and I'm not leaving you." I'm here, and I'm present with you, for you, and support, and I'm not going anywhere." They can feel again that we are in observer,

giving them space, and again, they get a sense of that. Some of our little ones might not trust it completely, but they get a sense of it, and it's okay if they don't trust. They have really good reasons not to trust. This might be the first time that they've ever met. That's because you've never been there for them before, because you couldn't, but now you can, and so now as you're embodied in this observer energy, you're there for them, and you say again, "I'm here with you, and I'm not leaving. I'm not going anywhere. That's it. I'm staying right here with you."

Jennifer: Wow. There's a really big shift that happens, and so now, we say to them, "I would be so honored if you would just feel the feelings of whatever you were just described as the uncomfortable emotions." This little one, we're going to encourage them to feel that, and while they're considering it, some of them are going to go right into it, and as they do, you stay in the observer, allow them to feel you observe their feeling, you're observing. As some of them may not, may be a little reticent, that's okay. That's understandable. We say, "I understand. Of course you'd be reticent." That's it. Good. Good, and now, and we say to them, You know, they're probably somewhere between zero and seven years old, and if they're not, bring your attention to that part, because that's the part where the most advanced healing can happen, because it happened here that led to the older, to the older, to the older pattern, so bring your attention to the little youngest version, the zero to seven years old.

Jennifer: Again, we're just going to tell them, "When you felt this the first time at the age that you're at, you weren't allowed to express the emotion. You had to repress the emotion, and that was perfect. Because of that, because you repressed and suppressed the emotion, this emotion that you might be feeling now, or about to feel, we were able to survive. You saved us. That was very a smart, sound strategy, to repress the emotion, and to create that belief that has been running things. Thank you for helping us to survive. Thank you for helping us to survive. Thank you. Thank you, thank you, thank you, thank you, thank you for helping us to survive. That's it, and so now, it's the time to give voice to that thing that could not be voiced. Now is the time to finally express, there we go, it's a lot more people are now, the little ones are expressing it. For some of you, there's still a little bit reticence, and that's understandable. We get to say, "Of course you would be. That's okay. Do whatever you need to do. It's all okay."

Jennifer: Some of you, it might not be a little one. It might be something else that is a symbol of some kind, and that's okay, too. We say, "Just don't be confused it. Know that our beautiful psyche is doing everything it can to protect itself as it's starting to consider this, consider this." That's right, and so we just say, "Of course you feel that way. Of course you would feel that way. Of course you would feel that way. How else could you have felt? Of course you would. That's appropriate. That's exactly correct, and I'm so honored that you are able to finally express it now. We just love these little ones, we say, "I'm so sorry for what happened, that you had to suppress this. I'm so sorry, and I'm just so blown away and in awe of your courage, for in that moment, knowing what to do to repress, and in this moment, allowing this opportunity to finally give voice to that which couldn't have been voiced."

Jennifer: If any of you are feeling like you're diving in, remember that you're the observer, and they're feeling, you're observing, because if you dive in, you're actually taking it away

from them, in a way, so just move back into observer, and let them feel, and you observe, and if you're still feeling an emotion, just say to them at least, "I love and care about you so much that I am willing to feel this with you. I am with you in this." That's very good. It was a beautiful shift. Very clear and clean energy now, as you are the observer, observing them expressing, and if you're feeling an emotion, you're feeling it with them. You're feeling it with them, so that they get to have their space to finally express beautiful, beautiful. Wow. We just let them feel, and feel, and feel, and feel however they need to do it. Some of them might need to feel it until they're spent, and we're also going to mention to them, as the observer, we're still in observer mode giving them so much space to just express this.

Jennifer: We say to them, "We don't need you to change. We're not asking you to change. We're not asking you to change. Just feel finally. There we go." Oh. Wow. It's a really big transformation happening as we're reaching the apex of the healing singularity here. That's it. That's it. Beautiful, and now you may notice, and they notice, too, that it's as if a portal or some portals have been cracked open, and what's moving in now is this beautiful energy of love. This powerful energy of love is moving in. Moving in. I'm moving in, and moving in. That's it, and the love, the little one goes, it's starting to remember, recognize this love because it's them. It's them that has love, and they're starting to recognize it, and feel, and remember, right. That's who I am. That's who I am, and in that love is the energy of your core. That core energy is now funneling in as well with this love energy, and it's reminding them of who they are, and they're starting to stand a little different.

Jennifer: When they're in their core energy, the chakras align immediately. The toroidal field gets going, and the centrical force of that creates this power, stance, that is immovable, and they start to notice that, and feel that. They start to notice that the love is bigger than that original upset. While the upset might still be there, and that's okay, and that might be appropriate, the love is bigger than. The significance of the upset just is a little diluted in comparison to the love that is here now, and as they stand in this field of love, something starts to shift within them, and they start to feel, and remember who they are. They start to remember that core part of them. That's it. Beautiful. As that happens, we ask them, around all of this, around the, whatever the original emotion motion was, the upset, frustration, whatever it was, anger, sadness, and around the transformation that just happened, and the love that is here now, and the core part of them that they're starting to remember who they are, around all of it, what is it that they need now?

Jennifer: Ask them, "What do you need now, little one? What is it that you need now?" That's it, and let them share, show you, and don't think about it. Don't let your mind try to analyze it or figure it out. Let them tell you. They will tell you what they need. Little one, tell me. Show me what I need now. What you need now, sorry. What is it that you need now? That's it, and just whatever that need is, my little one says peace, so whatever that need is, the next question to them is, can you show me, little one, what it would be like if I were the full expression, if both of us were the full expression of that? I'm asking my little one, "Can you show me what peace is like? What does it look like? What does it feel like? What would it be like if you and I were both a full expression of that? Can you

reveal that to me? Can you show me?" We're going to get them to show us. They will show us. That's it.

Jennifer: Now as they're showing us what it is, in my case, she's showing me peace, I get to just take a moment and say to myself, "What does that feel like? What's that like?" Describe it to yourself, and you know what we're doing here. We're shining the light of consciousness on that. We're growing it. We're building strength within that frequency. What's that feel like, and in that moment, the little diamond of that energy, the diamond that was in the middle of that walnut of repressed energy is available, and it's placed gently, beautifully, lovingly in our heart, placed gently, beautifully, and lovingly in her heart. Now we have this beautiful diamond. In my case, I have the diamond of peace sitting in my heart, and it's pulsing, pulsing, powerful energy. I feel the being, so we can recognize it, and feel it. We just feel, what would it be like if tomorrow, we lived in a full day in this energy of peace? What might that be like? What might that be like, if we lived in the full expression of peace, or in your case, whatever your frequency was?

Jennifer: What if you lived in tomorrow? Just imagine, pretend that all day tomorrow, or the rest of today and all day tomorrow, you lived in that vibration. What's being shown, the higher self is now here, and the higher self is now revealing to you the mechanics of what happens from the creative manifestation perspective. It's showing you that as you dance in this, for example, as I dance, and consider what a day in the life of peace would look like for Jennifer, what a day in the life of whatever it is for you would look like, our higher self is also revealing another mechanism here. It's revealing how your field of being changes. The universe that is you're the fabric of your universe, the boundaries of the ball of your universe are now vibrating, are now vibrating with this frequency, with this energy, right? That's it, and now as it vibrates at that, that is a creative force. You might be shown. Some of you are visual. Some of you sense. Some of you hear, feel, smell, whatever it is.

Jennifer: It's being revealed at some level how mechanism works, so that you can start building trust in this mechanism, that when you stand in the energy of this expression, in my case, when I stand in peace, my universe vibrates at this. That is a creative force, that it is now attracting people who have solutions to provide more people. It's now attracting solutions and resources that are responding to that energy, to provide more peace, and in your case, whatever your frequency is. Right now, it is being revealed to you that as you vibrate at this vibrational frequency, that something is happening to your life. As you vibrate at this frequency, the kin of your soul is raised to the horizon of your life, and you can now see the resources, see divine supply showing up, see solutions, see individual support showing up, see a new idea, a new discernment, see that there is solutions, and when there are solutions, there are choices, and when there's choice, there is freedom.

Jennifer: When you stand in the freedom of choice, all is possible. Does that feel true? Our little one is extremely proud. They're standing in that superpower position, da, da, da, da, da, with the heart pulsing with this diamond energy of that frequency, and it pulses through us with the diamond energy of that frequency, and it powerfully filters through our whole state of being, through the physical, emotional, and mental is pulsing at this now, and in this moment, we tap into the mental. What thoughts are present as you pulse at

this? Some of you may notice that your mind is trying to dive in and take over. That's okay. Notice it. It's okay. It's just a habit. Notice it. Just say thank you, beautiful mind, and I'm going to vibrate at this frequency. Be the adult. I've got this. I've got this. Be the adult that is what kind of thoughts are present. I've got this. The thoughts of peace for me are no thoughts. What are the thoughts for your frequency?

Jennifer: Yeah. Got it. It's pulsing for all of us. What are the emotions that are attached to this frequency? Again, notice if your mind wants to jump in and take over. Just say, "Thank you, beautiful mind. I hear you, and I'm gonna focus right here, right now, because I've got this." What are the emotions that pulse with peace? For me, it's very neutral. The emotions are softer, very loving, very compassionate. What's yours? Right? What's the physical doing? As you pulse with this energy of this frequency, what's happening to the physical, and notice if your mind wants to take over, and say, "Yeah, but that still hurts?" It's okay, mind. Thank you so much for pointing that out. I've got this. I'm going to pulse at the frequency of this energy. As my physical body pulses with peace, I can feel some relaxation, I can feel some unwinding, I can feel some solutions coming in to support my physical body. You got it? Then you stand in it. What we've been doing right now is we've been strengthening this new neural pathway.

Jennifer: Strengthening. Strengthening. Strengthening. That's it. Oh, my god. This is so beautiful. You are all so powerful, and so we thank the little one. Thank you, beautiful little one. She, he just, he or she just wants to play, and I apologize if I say she for the men. Just translate it, if you would, because I'm used to doing this for myself, so sometimes I say she too much, and I apologize. Let the little ones now just go and play, and we thank them so much for their support. That's it. Now we stand in this energy. We stand in this energy of our core, with a little bit more clarity, and so that's another brick in the wall that's been dissolved, even though a wall has been dissolved, there might be a few walls that kind of came back in, or some areas where it didn't quite take, so just another brick has been dissolved, as we claim who we really are, as we honor the parts of us that had really, really good reason for not being able to be in this energy.

Jennifer: We claim it now, so in this moment, we're back into this present moment, and just feel what it feels like to be you now, and think about what we were just talking about, any of the frustration around the conversation, around the core, any of the old mind. How does it feel now? It's like we changed. Esterine just shared, my knee pain went away. She said, "I got chills." Yeah, and if that knee pain comes back, use it. Use it to bring your energy back into your core. We have these little weaknesses for a reason. My weakness is my lungs, and I have a weakness in my left knee, which doesn't ... It's not as bad as it used to be. When they show up, I'm like, whoa, I'm listening. It's asking me to go back into my core. It's asking me to do a spontaneous transformation on my little one. It's asking me to go deeper. It's asking me to remember who I am. It's asking me to be and not do anymore, but take ... Listen. Let me just clarify that a little bit more.

Jennifer: Take action, don't do. Take action from guidance, inspired action versus doing from the mind to get away from, or to get to, okay? In this moment, we are in a state of clarity where we can receive divine guidance, and take an action from that guidance. There's a beautiful unwinding happening right now as we consider that. That's it. Now we're going to move back into the sacred chamber. Let's move back into this place in the sacred

chamber, or into the white space, whatever feels right, so move your ... We're really close to that right now, so just move your energy back into that deep, deep place at the center of your soul, where the white space is. Move into that white space energy, and I'm going to do the attunement now, the feel better attunement. Okay, so this is an attunement that will allow any dormant energies of your core to be turned on, okay? This is a feel better mastery attunement, which is the attunement of your core. As it turns on your core, it also turns on ancillary energies and qualities like trust and faith.

Jennifer: This is not the attunement for trust and faith, but this is the attunement that will support your core to be so much stronger and more powerful, more prescient in your consciousness, in your field of being. It's going to awaken that core even more into your consciousness. It's going to unlock any dormant energies around your core, okay? You guys ready for the feel better core activation of this attunement? Good, so since you registered, the key, this energetic key of the attunement has been forged. It's been forged since the minute you registered, and it's now going to move into your being and unlock the energy of your core, okay? If you're typing right now, just bring your attention back into your sacred chamber, so that you can feel this. You can receive this powerful, okay, so stop typing. Move back into your core. Move back into your beautiful white space. That's it. Now feel the white space, feel that neutral energy of no thing, of zero point, of neutral in concentrated love, of no conditions, no expectations, no attachment. Pure zero. Pure stillness.

Jennifer: That's it. Beautiful. Beautiful. In this place, we are about to do the attunement. Sometimes I'm silent during the attunement, so don't panic. Just allow yourself to feel the attunement, and experience the key moving in, unlocking, and I will tell you when that happens, okay, so right now we're in a place of preparedness, so we are being prepared. There's these beautiful ribbons of light, and everyone's getting a different ... Some are getting rainbows. Some are getting specific colors, but these rainbows are coming, and gently, lovingly nourishing, nurturing, honoring you, and preparing you for this attunement, the attunement of your core. That's it, so just allow yourself to receive these ribbons of light as it prepares you for the integration, prepares you for the opening, prepares you for the unlocking. That's it. That's it, and now the preparation continues as anything that, and these ribbons of light are supporting this.

Jennifer: Anything that is no longer needed at this time, as the keys are about to be delivered and unlocked, unlocking this energy. Anything that is no longer needed, any energies that are no longer needed are now asked powerfully, asked to leave. That's it, and they leave. That's it. There we go. That's it. Good. Now new ribbons of light. These are white, pure white ribbons of light now. Pure white ribbons of light are coming in, and any old energies from what is left is now leaving. That's it. Deeper preparation is happening. That's it. Okay. Beautiful. Those beautiful white ribbons are just cleaning things up. That's it. Preparing. That's it. That's it. Good. Okay. Here we go, so the keys are ready to go, and they are now moving in. They're beautiful, gentle, loving, so gentle, so much ease, and grace, and elegance in these keys as they move in, and unlock this core energy so that it is at its fullest potential for you at this moment, and can grow from here as you move through this course, and move through your life, and use life to unwind anything that's no longer needed.

- Jennifer: It just grows and grows and grows and grows, so it starts in this powerful, gentle, gentle yet potent energy, as it unlocks your core. There it is. Whoa. It bubbles up into consciousness even deeper, the elements, the nuances of your core. That's it. That's it. Now each of your guides, and allies, and unseen realms are here in powerful support, powerful support, helping you now to integrate this beautiful, gentle, graceful energy. This is subtle, subtle, nuanced, gentle, graceful energy. It goes exactly the speed that you require. It cannot overwhelm. It cannot. It's impossible. It goes exactly at the pace and tempo of your soul, at this moment of time, gives you exactly what you need right now, no more, no less. You're receiving exactly what you require right now, no more, no less, so it cannot create these overwhelming energies in any way, shape, or form. It's impossible, because it's your core. It's who you are. That's it. That's it. Beautiful. Give you exactly what you require. No more, no less. That's it.
- Jennifer: These beautiful guides, and allies, and helpers are here to just yeah, lovingly support you. It's not a support of you need help. It's just a support of, well, yeah. Duh. That's who you are. That's it. That is beautiful integration of this energy is now happening, and is powerful, gentle way. It's like a softening that's happening. It's like soothing energy. Like a cooling energy. That's it. There we go. There we go. Beautiful. Now the universal vacuum cleaner comes in, and anything that is no longer needed now, that the new integration has happened, is just vacuumed out like dust bunnies under the bed, just vacuumed out gently, lovingly, sweetly, and fun. That's it. This very clean energy here right now, very clean energy. That's it. That's it. Good. That's it. Those of you on Facebook Live, who had your eyes open, you saw me guzzle some water, so it's really good for you to drink lots of water during this program, to try and get ... You might need extra rest as you start to integrate this stuff.
- Jennifer: When you're ready, just bring your attention back to this moment. That's it. Feel yourself with opening your eyes into this new energy of who you are. I feel different. I don't know about you, but I feel different. That's it, and know that the core is now strengthened. The core, even if you still don't have quite a deep understanding of what it is, it's been turned on. The volume has been increased, and you will know what your core is in the coming days and weeks even more, and more, and more, as the evidence starts to stack up to reveal to you who you are. Yeah, and the energy is just kind of starting to simmer, starting to slow down a little bit so that you can bring your attention back into the full presence, and again, make sure that you're caring for yourself, especially after this one. This is a powerful session. Between the SCT and the attunement, so make sure you're well hydrated, and you're caring for yourself. Okay. That's it. Everyone take a nice, deep breath with me and make a sound on the exhale.
- Jennifer: Okay. Ready? Inhale. Ah. That's it. Ah. Beautiful. Beautiful, so we've gone a little bit long tonight, but I am going to take a few questions, and some of you ... I have a feeling we're not going to go very deep into questions tonight, because we're so transformed in this moment. We're really in such a place that you might have to go backwards to find that mindset, that "what was I complaining about? What was upsetting?" If you could, stay in this place and ask a question from here, rather than trying to recall what was wrong moments ago, okay?

Jennifer: Perfect. Okay. We're going to ... Looks like Missouri, last four digits are 9351, here on the air.

Heidi: Hello.

Jennifer: Hi, there.

Heidi: Hi. This is Heidi.

Jennifer: How can I help you, Heidi?

Heidi: First, thank you so much for everything. I'm just like pinching myself that you actually got my call. I'm so excited, and you were totally right. I had a question prior to what we just did, and now I'm going to fix it.

Jennifer: Very good. First I just want to say, well done. That's really, really good. That's really good.

Heidi: Thank you. Thank you, so my core ... Thank you for helping me get in touch with it. It's very tall, very sort of powerful, and fearless, which is great for me because I have suffered with severe anxiety and panic disorder type of thing, and I'm just really coming into something very different, which is so timely, and so I guess my question is, I'm very sensitive to the energy of people around me. My husband says I'm kind of an empath, and I want to be able to feel calm, and confident, and steady like my core feels. When you shift your energy like this, people feel that energy shift, and I want to feel like I don't have to shrink in front of people, and that I can feel confident, and it's not going to make them shrink. How do you balance that?

Jennifer: Okay, so when ... Your mind is now starting to, trying to understand and comprehend what it can't, okay? When you are in your core, it doesn't matter if you are empathic, okay? I'm going to tell you something that, and some people might be upset by this. Everyone on this planet is an empath, everyone. Okay? The minute that we try to say, "I'm an empath," we've just put on a label on ... The way that most people say I'm an empath, therefore means I'm sensitive, and you put a label on yourself that sets you up. How's that working for you, to be too sensitive? How does that work, right?

Heidi: I don't like it.

Jennifer: Belief, but because it's a belief, it's not true. It's not true. Being an empath does not matter, because when we say, "I'm an empath," we just put a label on something that we cannot change, and therefore makes us ... It's not fun. Okay, so instead, we get to say, "What is your core?"

Heidi: My core, the word that keeps popping up is calm, really calm, and ready, and grounded.

Jennifer: Okay, so once upon a time, there was this little girl, and she came into this world as this beautiful, calm being, that was here to be a calm presence on the planet at this time. It

was a superpower of calm, so it wasn't just to take away from someone, and it wasn't just to give. It was just to be this energy of calm that creates this beautiful energy for herself, and for everyone around her. One day there were some people that were really not very present or conscious, and they didn't understand this calm energy or what it was. They were in their own stuff a lot, and so they said some things, and said some things that had her question her calmness, and had her feel like she had to protect her calmness, so she built these walls around the calm, so the calm would be maintained, and she would feel safe. Then she realized that she was still calm, but now she was on the other side of the wall. The calm was in the wall, in the middle, and she was on the other side of it, but she was in this place of calm.

Jennifer: She said, "Well, in order to be calm out here, I better manipulate, protect, and try and feel safe, and create these protection mechanisms like anxiety, and call myself an empath so that I could have a reason why I'm anxious, and I could call myself sensitive, so that I could make sense of why I can't be calm anymore, because I have all these beliefs that I'm not calm." She created all these wild and amazing coping mechanisms that helped her feel safe, to protect something that she already wants. Then one day, she realizes, and then she crashed the wall down, and moved completely into this beautiful element of calm, and she realized it was a superpower. It was actually something that was powerful, and so she didn't require the wall. She didn't require the protocols of anxiousness, and empathy in order to be safe, because she was automatically as she stood at the center of her superpower of calm, and as she started to know her calm, as she started to know that, and be it. She started to see how that calm created power, created a natural protection.

Jennifer: As this beautiful, beautiful being started to know this, and understand this, she started to ask questions like, "But how do I maintain it?" She immediately knew that part of her immediately knew there is no maintaining. It's who I am. Then how do I protect it? There is no protecting. It's who I am. The end. So Heidi, you get it?

Heidi: Yeah. I do. That's perfect. That's so good. Thank you so much.

Jennifer: Really, you are doing fantastic, and it was really cool how you just totally felt it, so again, this is the advanced program, right? I'm not ... I can't give you a answer of step by step how, because it's you. I'm me, you're you. All I can share is that your you at its core is more powerful than any belief you've ever had about who you're not. Get it?

Heidi: I do get it. Yes. Thank you.

Jennifer: You're doing great, Heidi. Doing great.

Heidi: Thank you, Jennifer. Thank you for answering my question.

Jennifer: Of course. Okay. I'm going to move on to the next person. Okay. Okay. Here we go, "After the key unlocked, I got this message. I am random. What does that mean?" I don't know, Laurie. What does it mean? You know the answer to that. That's part of your core, so happen right now, what would that mean? If you knew ... Just pretend

right this minute, Laurie, that you know what that means. What do you think it means, and I bet you you'll be just blown away at how brilliant you are. Diana says, "It was weird that my little one wanted to stand with me in the white space and hold my hand during the attunement." No, it's fabulous, because she helps us prepare. Your little one helps you prepare for the attunement. If you're asking me for interpretation, you are the master you are seeking. You are the interpreter. You are the answer. You've got it. I can play with you in it. I can support you and guide you in it, but you've got this, and here's the best part about this program, and how I teach.

Jennifer: Is that you're going to discover all your own answers. This is your journey. I'm me, you're you, and I am here to guide you. I am compelled to guide you. It's part of my core, but you've got the answers, truly, and here's the best part, that when you know that you did this, when you know that you discovered this, when you know that it's you that came up with the answer, it's you that came up with the interpretation, it sticks, and it's permanent, because you're not going outside of you, and someone's telling you who you are. You know it. Isn't that exciting? I know sometimes it's really great to just get the freaking answer. Sometimes I'll do that, but every single time I do it, I will ... If I don't, call me on this. I'll say, "Is that true?" Because then you can say, "No. That's not true," and get to the answer, or you can say, "Yes, that's true. Thank you for showing it to me. Thank you for revealing it to me," okay? That's my agreement to you. All right. Going to the next call.

Jennifer: We're going to Idaho. Last four digits are 9357. 9357, you're on the air.

Mary: Hi, Jennifer. This is Mary.

Jennifer: Hey, Mary. How can I help you, honey?

Mary: Oh. Sorry. I'm quite emotional.

Jennifer: It's okay. It's okay to be quite emotional, and again, I just need you to remember that when those tears are there, it's just tears. There's no story, just tears. Just relief. There's no story, no story, just tears. No story. There we go. There we go. There's a nice shift there.

Mary: Yeah, so my core ... My first one, I've got compassion, because I ... That just seemed so clear in the last two days, really struggling with. What is the second one? What is it? Just with the attunement there, really got that ti's love, and a lot of self-love. I'm doing chemo and radiation for rectal cancer, so ...

Jennifer: Oh, Mary. Beautiful, Mary. That's self-love, my love. That's it. That is it. That's it. That's it.

Mary: Yeah.

Jennifer: Self-love, or your soul came down here to love yourself. Your core can get here, and your cancer is showing you to love yourself.

Mary: Yeah.

Jennifer: When you love yourself, Mary, you heal us all. You heal all. Mary.

Mary: Yeah. I'm beginning to feel that, to see that. Yeah.

Jennifer: I have so much gratitude for you loving yourself, because you heal me when you love yourself. You heal me. You heal everyone listening. You heal the world. Mary, your core is to love yourself. That's not my core. It's not anyone else's core. When people say self-love, I say, "Yes, because that is the path," but for you, beautiful Mary, when you self-love, you heal us all. Got that?

Mary: Yeah.

Jennifer: It's just the most cool thing. Beautiful. Oh. I love you. I love you, Mary.

Mary: Thank you. Yeah.

Jennifer: I love, and so describe to me right now, what does it feel to love yourself as I love you in this moment?

Mary: Oh. Calming. Reassuring.

Jennifer: What's that like?

Mary: The calming?

Jennifer: Yeah, the calming, and the reassured.

Mary: A lot of fear with the ...

Jennifer: Of course there's ...

Mary: Unknown, and-

Jennifer: Of course, there is. Of course, but just watch how self-love dissolves that fear. Is that true?

Mary: Yes, because then I'm out of my mind, and into my heart. Yeah.

Jennifer: It's who you are. You are self-love. You are the compassion that comes along with this. Self-love is your core. Self-love is your core.

Mary: Yeah.

Jennifer: Feel the self-love. As you're feeling the love for yourself, which you're feeling right now, move into watching how that self-love creates that ripple in your universe, creates that

ripple in your emotions, creates that ripple in your thoughts. What's that like as you feel the love for yourself, which is your core, and as you do that, it's creating ripples in every part of your being? What's that like, Mary, and the rest of you do the same. Good. Very good.

Mary: Yeah. I'm relaxing in my body. That's it.

Jennifer: Feel that relaxation. Feel that relaxation, especially in the ... Feel that relaxation. It's like it's circling all the way down to the first chakra, and then that self-love in the first chakra is just poof. Creating this beautiful release there, and there's a younger version in that first chakra that has something to say.

Mary: Yes. That's where the cancer is.

Jennifer: Yeah. That is secondary to this moment, but what does she have to say? What does she have to say?

Mary: Hold on.

Jennifer: She had to hold on. She had to hold on. Yeah, and so she gets to just ... What would it be like for her, and if she's open to it, she doesn't have to do this, by the way, but what would it be like for her to let go, for her to let go?

Mary: Wow. Everything could fall apart.

Jennifer: That's right. That's exactly right. That's the belief. If she lets go, it could all fall apart, and so she has it together, and so we're going to just thank her so much for holding it together. Oh, my god. What a brave little one, incredible little one. Just allow her to have the feelings a little bit here, and try to ... Mary, just feel it with her, but be the observer if you can. That's okay.

Mary: Okay. Yeah.

Jennifer: It's okay to feel it with her. Just let her have that emotion. In this moment, we're going to just let her feel how unfair that was. That was not okay. Was it?

Mary: Yeah. No.

Jennifer: Not okay.

Mary: No.

Jennifer: She gets to feel the feeling of how hard that was to hold on, for so long, for dear life, yes?

Mary: Yes.

Jennifer: We get to just say to her, "I'm so, so sorry for what happened, little one, so sorry that you had to ... "

Mary: I'm so sorry.

Jennifer: I'm so sorry for what happened, and the rest of you can play with your little one here. So sorry for what happened, little one. Oh, I'm so sorry. I'm so sorry that you had to hold on, and because she held on, you were able to survive. You were able to live. Is that true?

Mary: Yes, but I feel like a lot of others, too.

Jennifer: A lot of others were able to survive, so she is just a miracle, isn't she?

Mary: Yeah.

Jennifer: Just a miracle, because she saved many, many people. That's beautiful, and so in this moment, it's time for her, if she wants to just feel all the feelings of how unfair it was, of how hard it was. She gets to just express that now, whatever that looks like, and what would that look like if she fully expressed it? Rest of you do the same thing. Play with your little ones, or hold space for them. What would it be like, Mary, if you really expressed, and how is she expressing?

Mary: Yeah. Feel like I'd fall apart.

Jennifer: Yeah, she would. Yeah. That's true, so let her. We're going to say, "Go for it. Fall apart." Okay. Just in this moment, in this sacred little moment, she can fall apart. She can put it all back together again in a moment, but for just this moment, she can fall apart if she wants, and if she doesn't want to, that's okay, too. When asking to change, she can do whatever the heck she wants. This is all her space, so how is she expressing that right now?

Mary: She's shaking.

Jennifer: Good. That's right, so at first, she would shake, right? Of course she would, and just notice that you're the observer, observing her, and she's the one doing the shaking, yes?

Mary: Yes.

Jennifer: Okay, so let ... Of course she's going to shake, right? Of course she is. That is exactly correct. That's exactly what should have happened. That's right. That's it, right there. Good. Good. Anything else showing up as she's shaking? Any other emotion that's showing up?

Mary: There's some pain, but ...

Jennifer: Yeah. That's right. There is pain. Okay. You feel the pain, too. That's right. Of course she would feel the pain. That's right. There we go. There we, oh, wow. Wow. Very powerful. So brave. She's so courageous, isn't she? Wow. That's it, and so what else is she expressing?

Mary: She's afraid.

Jennifer: Yeah. Of course she'd be afraid, so she gets to feel that fear. Finally. She was not safe the first time. It was not safe.

Mary: No.

Jennifer: Right now, she gets to finally feel, and express, and give voice to that fear. That's right. There you go. Right there. Oh, man. That's very good. She is incredibly brave and courageous, and the rest of you, just let your little one feel if you're moving into the STT. That's it. That's it. Very good. Oh, yes. Very good. That's it. Oh, man. She is so incredible, isn't she?

Mary: Yeah.

Jennifer: What's happening now is this energy of love, of self-love is filling the space now. It's as if by her finally expressing what could not have been expressed previously, that it's filling the space, and it's allowing her to remember, to put back together again the self-love that she is, to recognize, to recognize this self-love power that she has. Does that feel true?

Mary: Yeah. It's with receiving. Yeah, like even with food or water now, to even get the nutrients talking to her, it's like, please.

Jennifer: Yeah. We're not asking her to change, my love. That's her mind.

Mary: No. No.

Jennifer: We're not asking her to change. All she has to do is feel. All she has to do is remember the self-love that she is. That's it. No more. No more. Okay? Is that okay?

Mary: Yes. Yeah.

Jennifer: Back into observer, we don't have to beg her to do anything, because she is so powerful in this energy of self-love that's moving in. Does that feel true?

Mary: Yeah. No. She was saying, "Please."

Jennifer: Oh. Got it. Got it. Okay. Good, and so every time she says please, the energy expands, and the self-love that she is. She's saying please to herself.

Mary: Uh-huh. Yeah.

Jennifer: Is that true?

Mary: Yeah.

Jennifer: Good.

Mary: Yeah. I think so. Yeah.

Jennifer: Good, and so love starts to grow, and grow, and grow, and grow, and grow, and the energy of letting go is still there. It doesn't have to change, but the love is bigger, and it's more significant in comparison. Does that feel true?

Mary: Yes. That calmness is larger.

Jennifer: That's right. She just kind of feels herself stepping into and standing in this energy of what she really is, and how she's able to remember it. Does that feel true? There it is. Nice.

Mary: Yeah.

Jennifer: Feels like a little bit of relief centered. Is that true?

Mary: Uh-huh.

Jennifer: Good, so that relief is always a sign for everyone, by the way, a little teaching moment, that relief is a sign of that we are moving more and more into that core part of us, the sign that we are in our space. That's it. Very good. Very good, so around all of this now, around self-love that she is. It's just so powerful, so beautiful, around the energy of the fear, and the letting go, and all of the stuff that was there before, and has been kind of moved into a state of transformation around all of it. What is this that she needs now? What's she need now, Mary?

Mary: Oh. Lightness and fun.

Jennifer: Right. Brightness, did you say with a B?

Mary: Light.

Jennifer: Light. Okay.

Mary: Yeah. Lightness and fun.

Jennifer: Oh, L.

Mary: Yeah.

Jennifer: Lightness.

Mary: Lighten up, yeah.

Jennifer: Lightness and fun. Good, so ask her to show you, and the rest of you, ask your little one if you're doing the STT with this, what do they need now? Ask them to show you. Ask her to show you, what would lightness and fun be like? What would that be like? Ask her to show you, show you what lightness and fun feel like. That's it. What's that like? Describe it to me.

Mary: A popsicle wrapped in a warm blanket. Eating a popsicle wrapped in a warm blanket.

Jennifer: Eating a popsicle wrapped in a warm blanket, and what's that? What's that like? It feels like giggling energy to me. What's it feel like to you?

Mary: Yeah, like soothing, and satisfying, and oh, that thirst. Yeah.

Jennifer: There we go. There we go. There we go. There.

Mary: Yeah, it's the comfort, the warmth and comfort. Yeah.

Jennifer: For its warmth, satisfying. Excellent. Excellent, and so now you're this beautiful adult as the observer, and just ... She's showing you the comfort and satisfaction, and so your job now, my love, is to feel the comfort and satisfaction, and the giggly fun. That's your job. That's part of your self-love, which is what your core is. Okay?

Mary: Uh-huh.

Jennifer: Yeah. I know what a gift you are to the world when you love yourself, truly. Is that still true?

Mary: Thank you. Yes. I receive that, a very beautiful level. Yeah. Thank you.

Jennifer: Good. Thank you, sweetie.

Mary: Hear this.

Jennifer: Yeah.

Mary: Yeah. Yeah.

Jennifer: Thank you, thank you, thank you. I feel really honored and privileged to be able to witness your core tonight. Thank you.

Mary: Thank you.

Jennifer: More to come, Mary, okay?

Mary: Yeah.

Jennifer: This is just class two. You're doing great. Does that feel true?

Mary: Yes.

Jennifer: Good. Yeah.

Mary: I'm doing much better. Yeah.

Jennifer: Very, very good Mary. Thank you for being here.

Mary: Thank you very much.

Jennifer: Okay, Mary.

Mary: Thank you, everyone.

Jennifer: Okay. Okay. I think that's a wrap for tonight. That feels like that was really powerful, and I hope you guys have started to see what I've been talking about. Keep your noticing journal going. Notice what shows up in doubt, and in lack of trust and faith, because when that shows up, it's simply revealing, simply revealing the habit of belief. That's all. That's all, and so instead of using it to spiral down and say, "Oh, it's not working. Oh, I can't get away from this. Oh," instead, use it to spiral out, and say, "What is my core?" I've been attuned now to my core, and oh, my gosh. When I use it to move into your core, use it to remember what your core is, use it to strengthen your core, use it as a point of resistance, go to the neural pathway gym. Use it as a point of resistance now instead of it spiraling you down, it strengthens the new. Do that, until we meet again, on class number three. Okay? For those of you who are live, take time this weekend to dance, and play in your core.

Jennifer: Dance and play in the resistance. Sound good? Oh, my god. I'm so impressed with you folks. Wow. I am so freaking impressed with you. Okay. Yeah. You can do the attunement over, and over, and over again, and Andrea from Amsterdam, you are not in your observer. She's saying that I'm getting so angry, and I can't stay with the guided meditations. I can't tell you enough, folks, how important it is to distance yourself, and be the observer, and let the little one express and feel. It is crucially important, because then we spiral down into it, and then we're in the energy, and that's not ... The point is to allow the part of us to express, and for us to be in the observer, so Andrea, what I'd recommend is stop doing the process right now until you can be in the observer. Your homework, Andrea, is to ... If anyone else is having that same problem, just pause right now, and just take a day or two to just feel what it feels like to be the observer, observing the little ones having expression.

Jennifer: Feel what it feels like to be in neutral, to be the observer, detached. See what it feels like to be detached from that emotion, and let that part of you emoter, and you detach. Practice being the observer over the next couple of days. That's different than repression or suppression, okay? It's not suppressing or repressing. It's using the moment of upset to observe that there's a belief underneath it. That's it, and then if you

feel like you can do spontaneous transformation, you stop the spontaneous transformation the minute you dive in until you can maintain the observer, okay? If you're angry, it's understandable, but that part of you is angry, you be the observer, observing that part. It is crucially important to be the observer if you're in a spontaneous transformation technique, profoundly important. I hope you're starting to see that. Profoundly important to be the observer, and not dive in. Good. Very good. Very good. Very good. I love you guys. Thank you for being part of this program.

Jennifer: Man, can you feel that we are going to change things on this planet? Thank you. Thank you for being you. For those of you who are live, have a wonderful weekend, and for those of you who are watching the recording later, take a day or two before you dive into the next one, okay, and fabulous. I think next week is money week but I have to meditate on it. Okay? Good job, you guys. I love you, love you, love you, and I will see you on session number three. Buh-bye now.