



Feel Better Mastery

Session 3

More On The Core + Prosperity Healings **TRANSCRIPT**

Jennifer: Hello everyone and welcome to our beautiful Feel Better Mastery Program and it's awesome to have you here on session three. You made it. Yay. We are going to play this week in money and prosperity, and before we do that, I want to talk about a little bit about what's happened so far. We are going deep here. You probably noticed and you may have also noticed that things are showing up and our minds are amazing because our minds really, really want to not change at all even if it's uncomfortable. Knowing that, know that we are changing. You've signed up for program. That's going to create tremendous change, accelerated change no less, and so if you've been playing in the dynamics that have been the same for a decade or more, this is not going to happen tomorrow and we are in an accelerated program.

Jennifer: Your soul has brought you here for a reason and so if you're experiencing any discomfort, it's because your soul is saying, "It's time to change." Your soul has brought you to a program that is creating accelerated change. It is inviting you into a place that you probably may have never even been before. You're being invited right now to create something with me that might not have ever been on the planet. Your soul has created this opportunity for you. In fact, I am you speaking to you right now and if all that's true, what if it were not true that you've been called here? You've been called to a transformation. You've been called to a transformation you've been praying for a long, long and a long, long time for some of you who are experiencing something chronic for a decade or more.

Jennifer: You're here for a reason and if it's uncomfortable, well just think about this. You've been playing in the same game, the same subconscious, dynamic, for a decade or more, and so what we do is we create an expectation, and an expectation is a dream killer. Expectations, it has to happen right away or I won't be happy or I won't be, or I can't be, or I won't have, or, right? All of those things create expectation which creates dissatisfaction, upset, creates ill health. That's what expectation creates, and so expectation, you know you're in expectation when it's like, well, I feel really uncomfortable. My god, this isn't working. My god, it's not happening. My god. Ever since the attunement, I felt terrible, is part of the frequency of expectation. If something outside of you must change in order for you to be happy that is expectation and it's a dream killer.

Jennifer: It's a heart killer. It's so hard on you. You feel you're not being supported so instead what I keep inviting you to do, and again we've only been at this for two sessions. That's it and they're powerful, and they were creating change and how do I know? Because some of you are feeling discomfort, especially some of you who have been experiencing something for a long time, the same dynamic. I said I'd answer some of the questions here.

Jennifer: Okay, so Rachel has some questions about not feeling good after that, and then she shared a little bit later that she's basically agoraphobic and hasn't been outside in five years. Something programmed for someone who's agoraphobic who hasn't been outside in a long, long time. I'm not surprised you're not feeling good, Rachel. Because you went from agoraphobia, not being able to go outside, living a life that is really, really

sheltered to this program. Your soul is saying, "Rachel, it's time baby." This program is answering your prayers to change the agoraphobia and if you think that there's going to be a grace and ease, and comfort in moving from agoraphobia and never being outside into a program like this where you have a life that is uplifting and fulfilling, there's going to be a little bit of challenge there.

Jennifer: There's going to be a tiny bit of pain there. There's going to be a little bit of discomfort as you move from something that is a forced safety into really moving into a place that is unknown, and I'm saying that I have tremendous love and safety, and honoring for you, and I've got my hand on your back, and as a whole community of people that have their hand on their back, and this isn't just a message for Rachel. This is a message for all of us. If we have been in a state of extreme protection, extreme coping mechanisms trying to keep those walnut safe so that we never have to feel the feelings that the protection mechanisms are protecting us from, this program is going to crack open some walnuts. The really cool thing is the discomfort is small and it's in by comparison to the discomfort of a life with agoraphobia for example or a life that has been so extreme and upsetting, and challenging.

Jennifer: By comparison to the decades spent in that, in those circumstances, five weeks spent in the little bit of discomfort because we're moving into change is going to be something I hope that your mind can cope with a little bit better than it's had to cope with agoraphobia or a life of extreme upset like Ande's experience. Now again, there's nothing ... there's no criticism of those like, my God. There are so many people in this program and I did another program called Me Too where there's so many people that were just been ... the things that happened have created such wild and crazy amazing coping mechanisms that have kept us safe until this moment. We are moving into a new power. We're moving into a new place of safety that doesn't require safety in order to be in good shape.

Jennifer: It just requires neutral. It just requires a place of knowing our core. It requires a place of us being in our core more and more, and more, attuning to our core like we did with the attunement and that place is not uncomfortable. That place is a place of deep power. That place is not necessarily bliss either. It is a place of your point of neutral and when we are there, our life changes. However, the coping mechanisms that have kept us going, flushing through life, pushing through life, using stress and overwhelming upset is the mind's only coping mechanism. Using those over and over, and over just to get through the next and the next, and the next. Life isn't about getting through and if you're in this course you're in a place where your soul has demanded that you no longer just get through, that you no longer are just in survival.

Jennifer: You're in a place where you're seeking and moving towards thriving. Now again, if you've been chronic for a long time, three, five, seven, 10, 12 years, this is not a sprint and it's not a marathon. This is a journey. This is an adventure and you're going to experience seeming discomfort as you move from that extreme behavior and upset into something and survival into actually thriving, okay? Here's a continuum, suffering, pain, survival, thriving. The area between these two is the gap. It's God's area of preparation and it's not going to happen instantly although that is a belief. That's a belief too. There can be grace. That shows up. There can be grace that shows up to create this instant

change and transformation. It can happen but for the majority of us there will be a passageway through and it's not necessarily easy but it is simple.

Jennifer: It's very simple. It's changing the angle of perception from one of this is horrible. This is terrible, pointing constantly to what's wrong, what's wrong, what's wrong, telling the story over and over again of what's wrong, what's wrong, what's wrong, and moving instead to, okay, that's wrong, and I'm going to the neural pathway gym, and I'm going to say this very specifically... Going to the pathway gym is "that's wrong but I'm going to use it as a moment of resistance to train and push against it, and move into something powerful and joyful, and loving." Neural pathway gym is using a moment of upset and resistance and discomfort, and saying and using it to say, "I'm going to use that now as a point of access." I'm going to use that now as a point of access to move into my core again.

Jennifer: For those of us who have been doing this, the dysfunction which is a good dysfunction by the way, no judgment here. It's a dysfunction that has kept us alive, that has helped us to survive, okay. We use it now to change our angle of perception and say, "I am not that thing that I'm pointing at that is wrong. I am joy. I am love. I am my core," whatever your core is, and you use that now to move into your core. That's the neural pathway gym. Using the new neural pathways that have been awakened in our first two sessions and moving into our core at every turn of upset, every turn of discomfort, every turn of saying, "It's not working. My God, I can't." Understandably so why your mind is going there just for a decade or more for some of you. For some of you who haven't been that long, it's been extreme and it's not going to be an overnight thing.

Jennifer: Moving from that level, agoraphobia for God's sake to thriving? There's a continuum that must be gone through in order to move from that side to this side, from one side to the other side of the continuum. We are going to do some spontaneous transformation today. We are going to use what's been showing up because we did something really, really exciting. Again, we're in the money week so we're going to play with our value. We're going to play with luck and luck is not just about money. Luck is a state of mind that points to the things that are wrong and allows them to grow. That's really what's happening.

Jennifer: When we constantly say or talk about the story of what happened to us, then that allows a frequency and our field of being to continue on and even grow. That's the neural pathway we're going and that I'm not saying that in order to please your thoughts or please your words at all. Please don't do that. I think I talked about that in the last session. This is not about pleasing. This is not about repression or suppression any longer. This is about noticing, okay. I've watched a lot of people in the new thought new age movement do this. "I'm not supposed to say can't. I'm not supposed to try. I'm not supposed to say that that's bad or wrong. I'm not supposed to feel upset. It's supposed to be positive," okay. That's not it either. That's moving chess pieces around the same plane.

Jennifer: That's so bad and I've seen there's a program out there that does this, that uses that what it gave a lot to move puzzle pieces around on the same plane of being and it doesn't change anything. It just represses stuff in a new configuration and what we're

doing here is we are going into instead of, I shouldn't, I can't, I didn't say that properly, I shouldn't be saying bad things. I shouldn't be focusing on what's wrong, no. No, no, no. Notice that you're focusing on what's wrong. Notice that you're focusing on what's wrong and then notice what's the belief that's behind that, and then use that to go the neural pathway gym which means neural pathway gym means do a spontaneous transformation in that moment. If you know what STT is, do that STT in that moment or just move straight away into a quick little meditation that these are all the neural pathway gyms.

Jennifer: Use it to then move into a different state of being and the more you do that just like going to the gym. It's hard at first. My ass has been so bad for so many months that I haven't been able to do anything and I'm on this new amazing miraculous medication where I haven't at business. I've been in the hospital. It's so cool and so I've been doing some exercise. Is that so amazing? I didn't have as much exercise but it's hard because I'm completely out of shape. It's not easy. I could only walk for about 15 minutes. Well, that's 20 minutes yesterday and it was hard, but if I keep doing it a bunch of times a week, but in four weeks from now it won't be hard. It's the same idea. Go to the neural pathway gym by using what you're pointing at, noticing that you're doing it, noticing that you're saying word try, the word try, and can't.

Jennifer: Notice that you're focusing on what's wrong and bad in your life. Notice that you're pointing at it a lot. Notice it. In the noticing is the change. In the noticing is the change. Yeah. Denise says, "I'm noticing so many ways I limit or deny myself." That is breakthrough character, Denise. That's breakthrough character. When you notice it you are shining the light of consciousness on the pattern. You now have the pattern instead of the pattern running you by default deep in the subconscious. It's exciting. That's a moment of celebration, to notice that you've been denying yourself, notice that you've been just putting yourself in a state of constant discomfort by pointing out what's wrong. Again, don't stop pointing at what's wrong.

Jennifer: Don't stop it. Notice that you're doing it. Do you see the difference? Notice that you're doing it. Noticing is the change. Stephanie just shared that. Noticing is the change. That is absolutely correct. Noticing is the change. Noticing is now a point of access. You're pointing at what's wrong. This doesn't work. I don't like this. I don't feel comfortable. The attunement doesn't work, which is fine. Notice that you're noticing that and then use that moment to move back into your core. The last two programs, we did such a powerful work with the observer and the core, and if some of you are still questioning the observer, we'll go back to session one. Wow. As I was going through the transcript, session one, it's not posted by the way, the transcripts are long.

Jennifer: It takes a while because these are longer than they were planned but I'm really glad there because we really need to go longer as long as we need to, but as I was reading I'm like, "Wow." We really spent a lot of time practicing the observer so I recommend doing these sessions more than once, doing this session more than once. Catherine is saying, "That was me four months ago. I'm doing better now. Go, Jenn, go." For those of you who are new to this work, man, not going to happen tomorrow but by the end of five weeks I promise you will be feeling differently. I promise you will have the tools that

over the next three, six, nine, 12, 18 months, your life will be changing I would say dramatically. I would say dramatically.

Jennifer: Okay, so we've got another one there that didn't show up here. Let me see if I can get that one going. All right. All right, so I apologize. I have to pause when I'm reading. I'm not as good as multitasking as I used to be. Okay. Christine is saying, "There's a big difference between noticing self-limiting beliefs and believing self-limiting beliefs." That's right, very, very good discernment, Christine. There's a big difference between noticing the beliefs and believing them.

Jennifer: You guys are doing so great seriously. You're doing so amazingly great because you are considering something different. You're considering the idea that there's something deep in the subconscious that is running the show a bit more. Yeah, Angela is sharing, "I experienced more compassion when I noticed my resistance." That's what it's all about. That's what it's all about. That is the moment of change. Like I said, we're doing 10 workshops plus a healathon for that one little piece. That's all we're going to be talking about the whole time.

Jennifer: I experienced more compassion when I notice my resistance. That's it. That's it and when you experience more compassion when you ... thank you Angela for that. When you experience more compassion by noticing the resistance and not letting it suck you in into a spiral of upset, when you do that, you're changing the dynamics of everything. It's why some people have experienced a change in their dynamic of pain. People have had chronic pain. It's gone for the first two sessions and we didn't do any "physical healing". It impacts every single part of us. Now, I do some of this work by symptoms because the mind really appreciates it when I address their specific symptom. That's why we're doing money this week and next week we're going to be doing some stuff on health, and next week we're going to be doing stuff on relationships because the mind has a problem.

Jennifer: The mind needs a thing that's going to help their problem but you'll see as we do this amazing work together that we aren't actually addressing any symptom. We're just addressing the thing that the mind thinks as a symptom. The opportunity here, let me see if I can find Ande's questions because they were really, really good. There's a lot of them. Let's see if I could find Ande. No, it's not there. Guess I can't find it. Okay, so maybe I'm not going to get to that this time. Apologies folks. There it is. It's Ande with an E. Okay, so I'm going to answer some of Ande's questions. "After last Saturday's extraordinary experience of Jennifer picking me, I was feeling energy and later identified as my core. I felt that before but not regular for a long time but I felt it last Saturday.

Jennifer: I was running to light on Monday. On Monday though my husband suffered, he had another head injury on the job," so he's going through a lot, and so, wow. "In those moments, my question is whether I'm creating these slap downs as a wall to protect that core, and if so, how do I stop that?" Not everything is a slap down. Not everything is a message from the universe saying, "You have to go ..." I know I say that there's a lot, that there's ... it's all here for us, but some of it is not for us to think through so what you're doing Ande is you're ... this is a really great question. What Ande is doing and what many of us is doing, I do it too, is that we say, "What's going on? Why me? What

am I doing wrong?" That's not the point at all. That's the mind. The mind just goes right there.

Jennifer: Instead, we just notice something happened and when in amidst of awful we can maintain our core. Do you see that that's different than what am I doing wrong and how do I do it better? Am I getting a slap down from the universe? What did I do wrong? That's the question and that is such a mind-oriented question and you guys get that there is no answer to that. There is a zero answer because the mind can't answer that and the universe can't answer that. What's the answer to why me? There is no answer. The why me basically is that because you suck and you deserve it. That's what the mind will say. There's no answer to that so that's the challenge is we ask those questions. We're asking a question that can't be answered so instead that's why I'm saying, notice it.

Jennifer: Notice the questions that you're asking. Notice, am I creating a slap down as a wall to protect the core, and if so, how do I stop it? There is no stopping anything. There is no how to why that there is no answer to that. The only answer I can give you is go to the neural pathway gym in amidst of something tragic like that, something tragic like what Ande is going through. In amidst of that when we go to our core the only answer I can give is go to the core. That's the only answer. I remember this one time I was having this horrible frustration, my God. I was dropping this. I broke a glass. I spilled that. I spilled something that was expensive. I broke a thing that I cherished, a thing that I loved.

Jennifer: I tripped. I fell. I banged my knee. I banged my head, all this in one day. Okay, customer service staff, I actually can't deal with them, so sorry. All right, so I just got distracted there. Frustration, right, frustration, and I said to the universe, "Stop. Stop. Stop. Stop." Do you think that worked? It's the opposite of working. It's the opposite of working. It doesn't work. That's not how it works at all. What works is in that moment and I knew it. I knew it as I was screaming, stop, that I was no longer the adult, that I was a two-year-old, that is demanding something that can't happen because of the energy that I'm projecting at it and I would stop in that moment I stopped. I went, "Oh."

Jennifer: There's a part of me. I'm not being the adult. I haven't got my little kid. My little kid doesn't trust me because I'm freaking out and I'm yelling at the top of my lungs for something to stop that cannot stop from the vibration that created it which is what I was in. It's what Einstein said, "You cannot stop, change something from the mindset that created it." When you ask a question, how do I stop it? How do I get rid of it? That's not a question that can be answered and it's a question that will keep you in that same pattern. Instead what do we do? We step back. We take a breath and we notice that question. Notice the question. Wow, I'm in a pattern, and I understand when ... Ande's in something that's extreme and I understand and she's being beautifully honoring and taking the time to share it and ask the question but it's a beautiful question for all of us.

Jennifer: Again, Ande, once again, you are supporting all of us through this amazing question which is the question that you are asking is a mind-related question that was keeping you in the same place. Now, compassion, compassion, compassion here for what you and your husband are going through and the universe that is you knows that you can handle this. Know that you're ready to use this. Know that this moment you will be

sharing it the story in the coming days, weeks, months, and years for the tribe that you will be helping and I know that doesn't help you in this moment. However, and again I hope this ... I hope Ande's experience is good for all of us to remember that when we are in the midst of it and can find our core, we can move through in a way that we no longer have to ask how and how to stop it.

Jennifer: We no longer have to feel like I am somehow creating this horror in my life. That's not it either. That's not it either. You can see how the mind just go, "What are you talking about?" I can feel so many minds right now as I'm saying this thing going, "What are you talking about?" If you're doing that, move into your core so let's everyone do that right now. Let's just move into our core. Move into our core. Yeah. Move into our core. What does it feel like? What if right now you are in your core? What if right now you are in your core? What would that be like? Move into the white space. Move into that place where your core is and remember what your core is. We activated it on and some of you are still playing with it and that's okay.

Jennifer: That's okay if you're still playing with it. That's okay. Good, so I'm just going to look at these questions. Okay, so I will address a little customer servicing. I had a glitch that I discovered on the weekend. It was going to have the listings along that work. Click on the link again and refresh the page, okay? If you bookmarked the page, the bookmark no longer works. Click on the new link and if it's still going to somewhere weird, then empty your browser's cache. I apologize for that. All right, if we go to ... we're in our core, right? The core is the answer. The answer to pretty much everyone's question is the core. Ande asked us again which is doing to get. She's doing a lot of things, doing, doing, doing, and it's the same thing. That's copycat, go home and blah, blah, blah, blah, blah. How do we distinguish between this type of doing that feels purely inspired and how do we live in that only?

Jennifer: Okay, so we live in a world and in a society where we have to pee and poop, and wash our face, and brush our teeth, and go to sleep, and eat food, and drink water, and move our bodies. That's something that is just doing. We have to pay our bills. That's doing. Not all of it is inspired action. It's just things that we have to do to maintain our lives. If we were living in caveman times we'd have to go and gather food. That would be our main daily task, is to get food, and then cook it and eat, and that's it. That's it. We've got a little bit more complicated life but we've got grocery stores and things like that that we can go to. We have to go to grocery store and buy food. We have to have money to buy food. These are basic doing, right? From doing, if you look at Maslow's hierarchy of needs, then at the top of the pyramid is the thing called self-actualization and that's where inspired action comes from.

Jennifer: These are great questions by the way, Ande. I can't wait to read your book when it comes out, the next book. Self-actualization is a different energy. It's a different frequency. It's a different vibration. It's what we're playing with in this program. Self-actualization is what we're playing with in this program and what that means is we're moving into a place of neutral, which I call thriving, instead of a place of survival. We're moving past the daily doings which we still have to do but they no longer become something that is challenging. I used to hate peeing. I hated peeing, because when I peed I was not doing something that I wanted to be doing in that moment, or I had a set

of to-do list and peeing was not on there. My God. We're adorable. There are things that are just everyday things, taking your husband to the hospital, doing the CT scan, doing all that is part of what's before you.

Jennifer: Again, our mind can take that. You can take anything that I'm saying now and that your mind can swirl it around and screw it around, and make it into something a little different than what I said. Your mind is an amazing, amazing thing that is creating warped coping mechanisms. It's just the coping mechanism and that's okay too, but notice it. Notice what your questions are. Notice what your questions are. Notice the beliefs that are behind the questions. Notice that your mind is struggling to solve a problem and there is no problem. There is no problem. Heidi was just saying how funny that you just spoke about refreshing our browsers. I immediately thought that when we moved into our core, we were refreshing our inner browser.

Jennifer: Heidi, that's brilliant. By observing we can make the inner move to remind our self to refresh our view so we can live our lives from core. I'm going to refresh my inner browser whenever I feel disconnected from my core. Heidi, that's brilliant. That's freaking brilliant. That's it. Okay, so Estherine], her sensitivities have been heightened. She's on a keto diet. Her husband cooked an omelet and he noticed that he used corn oil instead of olive oil. Notice, just noticing. Yeah, and she's been doing so many noticing this past week, that's right. I love that, Heidi. That's really good. Let's refresh our inner browser. That's what we're doing when we go to the core. We're refreshing the browser. We're emptying the cache. We're emptying the old belief. My God. That's so brilliant, I love that. Thank you Heidi for that analogy.

Jennifer: Empty our inner cache. Empty the old limiting belief and every time we go to our core, every time we use a moment to spiral instead of spiraling down, we go to the neural pathway gym and we do a spontaneous transformation. We go to that neural pathway gym, meaning, we use the resistance to go into our core and remember to who we are. We use it til we listen to one of these shows. We use it to do a quick meditation. We use that moment to change, to change. Yeah. Okay, so Karen says, "Whenever my mind comes up with something now, I have started asking, 'Is it true?' Most of the time it is a story. It's not the truth," beautiful. That's actually where there's an amazing system of healing.

Jennifer: Gosh, I can't remember her name. That is based on a lot of just saying. Is that true? Is that true? Byron Katie, Byron Katie, came up with this really beautiful system that says is that true? A lot. She is someone who was in such pain, such horrible pain, that she would not devalued herself so much that she would not allow herself to even sleep on a bed. She had to sleep in the attic, on a floor, with the ratty blanket because she didn't deserve it what her mind was doing. One night, she broke from that and moved into a state of deep grace. She was never the same after that.

Jennifer: Yeah, The Work. That's called The Work. Byron Katie's The Work, wonderful, wonderful book. Loving What Is, is her amazing book that talks about The Work. It's another system of healing that has similarities to spontaneous transformation technique. I've been doing what was previously called body dialoguing prior of that. When I read a book I'm like, "My God. This has an element that's part of body dialoguing, how cool." There's

things out there that you can use in that moment. If you are drawn to Byron Katie's work, use it. Like I said, this program compliments almost everything else you're doing, okay? Good.

Jennifer: I think you guys are getting it, moving to the core and here's what's really cool, is that in just a moment ago we moved into our core and immediately we were talking again, but it changed the vibration. It changed it, so let me go back to Ande's other question, so I want to make sure we get it all. As usual, we're probably going to go a little bit long because we're going to do a healing right now. Okay. Finally, Ande says, "I've done pretty well in being the observer this week. I'm observing anger, fear, overwhelming self-serving that I'm not even in the same universe as my core." Yeah, that's true. Understandably, by the way. Understandably, Ande. You've got so much going on but the key is to go there. The last paragraph answers all your questions.

Jennifer: I'm in reactive mode because of what's going on and I need to take care of my husband, that's right. If remain in observer mode even though I'm not living from my core, can I access guidance I need to move on to the next thing? Right now, when I hear Jennifer is saying a big thing is coming, I feel utter bafflement, and that's okay. That's okay to feel bafflement because it feels far away. It's not as far as you think it is but it does feel far away. How you're going to get there is to be in the core in amidst to everything you're going through. There's no accident that you're in this course at this moment in your life. I believe that you created that. You created this course to support you through what you're going through. That's how powerful you are. I hope you're getting that.

Jennifer: Okay. Please elaborate more on STT in the relationship to abundance of money. I'll do that a little bit later. Okay, so yeah we ... the key is when we're in the midst of real extreme it's pushing us to our core, that's why these things are showing up. It's not because we did something wrong. It's not because we're not getting it. It's not because we're a victim. It's not because of karma. It's because of life. That's it. Life is going to continue to show up. It's not going to stop because all of a sudden we've moved into our core by the way. Our soul has a little bit of a plan for us and our plan includes so that amazing life adventures that are showing up and our circumstances are here for us.

Jennifer: They're not happening because we're doing something good or bad, or wrong, or indifferent. It's happening because our soul is on a journey. Now, the opportunity is for us to move through that journey with a semblance of grace and ease by being in the neutral, by knowing our core, and knowing how powerful we are by dissolving the wall that we created to protect our core and being ... standing in front of the wall thinking that we're pretending we're our core and creating crazy wild warped coping mechanisms to protect ourselves in front of the wall that's protecting the core that is actually our power.

Jennifer: I know that all sounds warped and it is, but it's okay because that's the dynamic that help us to survive. Now, we're brick by brick taking that wall down. We're going to stand in our core, realize that we are incredibly powerful. We are incredibly powerful and that we are in that power is innocence. In that power is purity. In that power is joy and happiness, and love, and all those things contribute to the power that we are, and in that power creates a natural protection. The adventure of life is not going to stop

because we're in this program. It's not going to stop showing up. My sister it's not going to come back to life because I'm getting these principles.

Jennifer: The people that are going to ... none of us are getting out here alive and there are people around us that are leaving, and I'm so sorry because it is the most painful thing in the world when someone leaves us but they're not leaving us and yet that feels like they are, and we have to move through those moments. We have a choice now. We have a choice now to notice what those moments are creating and bringing up for us and believe in those what our mind is creating as defense mechanisms, as protection mechanisms to notice it all. I'm sorry, I went a little bit long with that conversation but it felt like it was really important at this stage in the program to understand that, okay? All right. That all, by the way, has to do with money.

Jennifer: That all has to do with money because money is the exact same dynamic. When we move into our core and move into that place, beautiful, trust and faith, when we move there, wow, we are in a field of abundance. When we are in the place of pointing what's wrong and this is bad and terror of money, we were in a place where money can't even come close to landing on us so all of that conversation was a money conversation. It was about luck. It was about, yeah, deserving, about the core ... there is a core belief that ... core limiting belief as well. I have a couple of core limiting belief. I have a core belief that I'm not supportive. I have a core belief that I'm not lovable. I have a core belief, blah, blah, blah, blah, that money is my savior. Money is the only thing that can save me. These are my core beliefs that I've been playing with on my soul's journey.

Jennifer: These are the beliefs that were created under the patterns of my life, that were created out of what my soul yearned, yearned, yearned, yearned to play with, to unravel, to evolve from, to use to move into a greater place of love. My soul said, "Let's come down here and play with violence." What is the opposite of violence? To me, it's generosity. My soul created a level 10 experience of its opposite in order for me to level 10 experience of my core. That's what our soul is doing. It's on this amazing journey on this planet. By the way, now this is a belief. I don't know if it's true but it feels true to me. I don't think we choose the easy planet, like this is easy planet.

Jennifer: I think we choose the greatest, biggest freaking roller coaster in the universe and we bought tickets for this so that we can have this experience, so that we can -- because when we're here in separation and we move from violence and not supported in luck to love and prosperity, and abundance -- when we can do it while we're here in separation, man, have we got it? Wow. Okay, so Jill asked a beautiful question and I want you to notice your mind in the question, Jill. [Julie 00:45:10], read the question again, okay? Before the call I was listening and watching a video of baby's laughing. I started out laughing and then I started crying.

Jennifer: I remembered my daughter laughing and I miss her laugh. I miss her and her laugh. I don't know what to do with that. It feels like a puzzle piece. Does that mean that I'm attached to my core because its feeling is moving through me or do I refresh my browser in that moment to get to my core? Okay, so that is a question that your mind is asking. Read the question. Read that question again. You guys get to that when I'm doing the question? That there is no answer to that and it doesn't matter. That's a

question that's analyzed. I have to analyze this. By the way, there's nothing wrong with that, Julie, because you asked that question here so I can bring it up for everyone in for you, okay? I have to analyze this. Does that mean that I'm in my core or does it mean that I'm not in my core? Or does it mean I have to refresh my core? Or does it mean I have to go to the neural pathway gym, or does it ... no.

Jennifer: That's the mind. My God, that's the mind. We get to notice that. We just get to notice that there's no answer to that. I don't have an answer to that. What I do have an answer is that your mind is trying to figure this out and that's not it either, and it's okay that your mind is trying to figure it out. Instead, just notice, notice, notice, my gosh, my mind is really trying to figure this out and that's not it and that's okay too, and that's okay too. Good. I'm glad you're laughing, Julie. Yeah, Julie just shared the LOL. Good. It's okay. Notice it. This is what I was talking about. This is the advanced course. This is the advanced course. Okay, so let's do a little healing and we'll do a little spontaneous transformation on ... I'm just asking into guidance what is the topic.

Jennifer: Victoria is asking, "Can we move into our core just by wishing to be in it?" Yeah, of course. You don't have to do any processes. Okay, so here's what you have to do, Victoria. You have to stop what you're doing, stand in the middle of the street. Make sure you have lavender and salt, and in your pocket has to be some sage, but make sure you have a match. You have to spin around five times. Light the sage at exactly the fifth time as it's coming to the third time. Make sure you have the salt ready to spray over your head. You see what I mean? I'm making fun. I hope you're okay with that, Victoria. Yeah. No. You could just go straight into it like we've done here, like we did earlier. We just went straight.

Jennifer: Just pretend right now. Let's do it right now. Just pretend with me right now that you can enter your core right now and tell me what that feels like. Tell me what that feels like. What's that like? Thank you. I hope you're okay, Victoria. I'm not making fun of you. I'm laughing towards you, not at you. I'm just kidding there too. Thank you for that opportunity. It was beautiful. Okay, so Victoria said I didn't take it ... I'm not sure what you meant, Victoria. Anyway, if you're taking it personally I'm really sorry. Thank you for that moment because it really was able to illustrate what our amazing minds do. Paula was saying, she's started writing what to do, right?

Jennifer: That's what we do, right? Instant access. We have instant access. What it's like to be in our core? Bang. We're there, right? That's it. That's it. Okay. Thank you, Victoria. You're not taking it personally, and it's okay if you do. You get to notice that too. This is a really great opportunity because we get to see what teachers and psychics, and so on, they can do that. Astrologers, they can say, "Here's what is. Here's what is." Every single piece of that we've created to go to the neural pathway, to create a moment of resistance just saying, "It doesn't feel like what is. No, I get to discard that." That was there for me to discard. That's it. There's no sign. There's no greater message. My God, it's a sign. Yes, there are signs but sometimes, again, the mind and its need to control will take even the new thought movement and change it into something that creates us avoiding these things.

- Jennifer: Yeah. Danny says, "My mind surrounds myself with everyone else's problems and then I forget who I am until I start laughing and how ridiculous that all is." Yeah. Laughing is a great way to move into your core. Laughing is a great way to experience abundance. Okay, so let's do a little laughing right now. You guys ready for a little laughing? Good, so we're going to do just a little laughing yoga right now. Again, if this is uncomfortable, notice it. If you think we're faking it, notice it. Notice it, okay? We're going to start by just going ha, ha, ha, ha. Ha, ha, ha, ha. Ha, ha, ha. Ho, ho, ho. Just do that. See what that feels like. Ha, ha, ha, ha. Make sure you're smiling as you do it, yeah. Ha, ha, ha, ha, ha. Ha, ha, ha, ha, ha.
- Jennifer: Ho, ho, ho, ho, ho. Ha, ha, ha, ha, ha. Ha, ho, ho, ho, ho. He, he, he, he, he. Ha, ha, ha, ha, ha. Ha, ha, ha, ha, ha. Ha, ha, ha, ha, ha. I'm going to open up the lines.
- Jennifer: Sorry. I have that going along a little bit longer. Okay, so let me get this right. Okay. Notice all of it. Notice, notice, notice, notice all of it. Notice what that felt like. Notice the relief. Notice that. Notice the still point that it's here. There are no thoughts that can be contained in that joy. Notice if you're having thoughts that are other than joy, notice it. Notice it. Notice it. Notice it. Notice it. Okay, beautiful. Patty is asking, "Will you please explain what going to the core means? What do you visualize?" What I recommend is that you listen to the first two shows because we did it the entire ... for four straight hours. We went through our core. We went through our core. It's not something that I can answer. That's a question that your mind is asking because you need to figure it out.
- Jennifer: That's the mind. The mind cannot get you to the core so what if right in this moment, all of us, we're in our core? What would that be like if we are right there? What would that be like? Lorie shared, "My husband just looked and asked, 'What was happening?' I told him that we were laughing and he started to laugh." There we go. How do I get to the core and how do I stay there? What does that feel like? Do you feel this? That's of the mind that when the mind is asking how, it's trying to solve a problem and it's saying the problem is I can't get to the core. When it's saying I can't get the core it's like I can't get the core. My God, I can't get to the core but how do I get to the core but I can't get to the core? That's the mind. That's the mind. That's the mind.
- Jennifer: We get to acknowledge our beautiful mind and say, "I see you beautiful mind. I get that you want so desperately to figure it out and I'm here to share with you that the mind will not get there." How do you get there? What if you just pretended right now that you're there? What if right now you just pretended that you are in the core even if you have just an inkling of it? What would that be like if you were in the core? What would that be like? What would that be like if you were right now in your core? Just pretend with me that you're there and describe it yourself because when you do that you're shining the light of consciousness on it. There we go. There we go. There we go, excellent. If you want to how to, that's the answer, and then listen to the first two shows because we went there over and over, and over, and over again.
- Jennifer: It doesn't have to be some elaborate thing. Honest to God, most of the things that I'm doing with you, that I'm playing with you, okay? Thank you for Maria for sharing in large type of what's wrong? One of the things we just talked about is please use a different

link and refresh the page. There was a challenge with that link before so please use a different link and refresh the page, okay? Notice that you are in an energy that it's like, "My God, there's something wrong," and that's okay too. That's okay too. That's life, isn't it? Every moment we're in the core, in the core, in the core, and then something happens, and we're like, "Crap, how do I get back to the core? No, no, no." There's a moment of resistance that's pushing me to just move into the core.

Jennifer: What would that be like? Good. Now that we're in the core, we're in that place of laughing and giggling. Feel that that it's still resonating, that energy. There was a relief that happened in that. In the core, you're present, no thoughts or worry. That's right, Denise. Denise shares, "In the core, you're present. There are no thoughts. There's no worry." That's exactly right. That's exactly right. That's how you know you're there. The answer to the question, how do you get there, just pretend that you're there. How do you know you're there? Denise just shared it. You're present. There's no worries. There's no thoughts. How do you stay there? Use your life to bring yourself back into it. Use the moments of upset which is the neural pathway gym.

Jennifer: The neural pathway gym is using the moments of upset. Okay, that was beautiful. The laughing part, actually I got that idea from Mary. She's been doing that in a course she's been giving and that felt really appropriate. That's abundance. That's abundance energy. That's the energy. Brenda says, "Click your ruby right it heels three times." That's the whole moral of that whole movie was you've always been there. You're always able to get back to Kansas. You just had to click your heels three times. Now, the idea of everything we're doing here is exactly that, now we know. All we had to do is click our heels three times and we're in the core and where who we are, and when we are who we are, everything around us changes.

Jennifer: When we are who we are, it doesn't matter what happens in the outside world even if it feels extreme and tragic. We are still in our center. We are still in a place where there's a grace and there's ease here. We're still in a place where we can know, not even manage through it but use it to discover something about our self that this event, this set of circumstances is demanding that we understand, and for some of us who are teachers, that so that we can teach this. There's no accidents that I had a challenging childhood with narcissism and sexual abuse, and alcoholism, and that I had cancer when I was in my 30s, and I had extreme adrenal fatigue in my 40s and that I have almost been homeless and that I lost my sister. My sister passed away at 53, when I was 51. There are no accidents that these things have happened on my soul's journey. All of them have made me a beautiful, more loving, more kind, more gentle, more generous person which is my core. All of them have contributed to my core.

Jennifer: Okay, good. Yeah. Patty, I'm not saying that you did it wrong. I'm saying that there's another death that's waiting for you that's why the mind is asking these questions. Listen to one and two again. I recommend. Again, I can't ask her. Denise says, "It's your home," and that's for Denise. Patty, you have your own place. We all have our own place. Every single person is going to experience something different and none of us can tell you how to get through it or what it is.

Jennifer: What you can do is pretend that you're there and describe to yourself what it's like. That's it. The challenge with a lot of this is it's super simple and yet our minds ask question after question after question to distract us away from it. Patty, right in this moment, what if right now, you just moved into your core? Just pretend that you could do it. What's it like there? You describe it here what it's like. Begonia's core is her core. Denise's core is her core. What's your core? Describe it.

Jennifer: That's the most exciting part is these amazing questions the mind asks, we get to say, "My god. My mind is asking another question. What if I just went into my core instead of trying to figure it out? What would that be like?" I know that some of our minds are going, what the hell is she talking about? That's kind of the point. That's kind of the point. Okay. This is incredibly powerful. I'm just asking guidance to what we're supposed to be doing and we keep getting distracted away from STT which I think is important, the stuff that we're not supposed to do STT. It's just the laughing thing was good and everything we've done on this beautiful call has been very, very healing. It's been a really important conversation.

Jennifer: I think what I'm going to do is I'm going to open the lines now and I we'll probably do some healing. We're going to go to Arizona, last four digits are 8418. 8418, you're on the air.

Jayne: Great. Okay, hi. All right. The question is when, okay, when I'm in my core and then love and peace, fulfillment, I have no worries, no thoughts, no concerns whatsoever about the fact that I have to ... new funds have to manifest so that I can pay the bills, the daily stuff and the rent and all that stuff. In the process of looking at posting for jobs, day jobs, what I was planning to be doing my intuitive mentoring and whatever else I thought I was going to be doing when I came back to California, there's something super ... I'm not aligned with anything that I've seen. In the past week, I'm even less aligned.

Jayne: I stopped doing that, I go back into my core and I don't want to look for work anymore.

Jennifer: It's okay.

Jayne: I'm wondering where ... I know what I'm noticing about my mind but I'm also noticing that the bank account is getting very, very low and at times, I'll wake up in the middle of the night in the past week and it's like, how am I going to do this and what am I going to do?

Jennifer: Everything that is showing up.

Jayne: Yeah.

Jennifer: It's showing you the areas of your prosperity that are ready to change, okay? You have a relationship ... when things get seemingly dire, they're not dire, but they're seemingly dire, is that true?

Jayne: In my core, they're not dire at all.

Jennifer: That's right. Here's what's happening with your mind. Your mind is saying, yeah, the core stuff, nice and everything but we have to pay, we got that bills, right?

Jayne: Yeah.

Jennifer: Yeah. Your mind is actually the creative force of your abundance.

Jayne: Right.

Jennifer: Your mind is where all abundance comes from. Your mind is where all abundance come from. Every thought that your mind thinks is actually what is being created in your universe. Your thoughts are creating your abundance or lack of it. The more time you spend in your core, the less time your thoughts are activating something that is other than abundant. Now, your mind is saying it appears dire. What if it's not? Okay. Ten days before I was living in my car. My mind was saying, "We're about to live in our car."

Jennifer: I used it, I went to the neural pathway gym. I didn't call it that back then. I didn't know exactly what I was doing back then but again, I did it so that I could then figure out what ... identify what it is I was doing so that I could share it in this moment, right?

Jayne: Right.

Jennifer: You're likely doing the same thing. Okay. Definite side. I went to the neural pathway gym and I used it and I went into my core. I didn't even know that that's what I was doing but I get to see now that that's what I was doing and I have to change the dynamic and so I was sitting in my core, changing the dynamic. I was sitting in my core, I have to feel there were many thoughts that were creating all this ruckus and I have to hear some new insights. Will this be instantaneous? Maybe, maybe not. I didn't hear go to the 7/11 and meet Mike. Mike is going to introduce you to John who's going to introduce you to Sally who's going to get you a gig that's going to help you to make a lot of money.

Jennifer: My guidance didn't tell me that. My guidance said, "You are not what you are seeking. You are the power. You are the manifestation and the creative force in your university. You are it", and I believed it. I believed it so powerfully that I came out of that and say I'm it so I can create something different and I started to hear guidance that was different than how the hell am I going to pay my bills? How am I going to get out of this situation? How am I going to figure this out? My mind could no longer grasp on to that.

Jennifer: When it did, I said, "Are you safe right now?" Yes. You have no idea what tomorrow brings. Tomorrow could be a miracle. I wish it was. You have no idea. What's your name? Sorry.

Jayne: Jayne.

Jennifer: Jayne. Jayne, you have no idea what tomorrow brings. You have no idea what the miracle of tomorrow is offering you. You have no idea that tomorrow may be a miracle,

the day after might be another miracle. The day after might be another miracle. I have no idea when I was 10 days away from living in my car that two years later, I'd make my first million. That was an unbelievably impossible thing in that moment. My guidance was not to go out and do something. My guidance was to go out and be something, to be the power that I was that creates a vibrational force that allows guidance to come in and about a week, how much was I ... 10 days less so I think it goes like three days later.

Jennifer: I have inspired action to talk to that woman to leave me alone and the rest is history. That was a miracle. What happens is our mind says, "My god, I'm not feeling that I should get ... I'm not in alignment with any of these things. I'm not feeling that I should or not knowing what to do", and your mind is in this spin. It's in a spin that keeps you up at night and it's understandable because it seems dire. It's understandable.

Jennifer: Yet, there's nothing on your soul journey that is in here providing a moment of support even if it doesn't feel that way. Do you think that could be true?

Jayne: Absolutely.

Jennifer: Good.

Jayne: I've been spending a lot of time doing affirmations as well.

Jennifer: Yes. Affirmations are wonderful but an affirmation is only as good as the belief. If you do an affirmation over and over and over and over and over and over again, there's an energy of making sure you're making it but a more powerful way to do affirmation is to do the affirmation and identify when your mind says that's not true. It's a much more powerful affirmation to say, "Wow, I don't believe that at all", and then to move within and honor the little one and do a little spontaneous transformation if you know how to do that and honor the part of you that doesn't believe that.

Jayne: That's actually what I've been doing.

Jennifer: Good. Affirmation can be often doing to get. Using an affirmation to identify the areas that are not in alignment with you and then using that to unwind the little ones. The challenge that you have right now, Jayne, is that all you're doing, all of this that you're doing is doing to get and I know that could be really frustrating to hear that in a moment, I'm so sorry, because ... and the opportunity for us is to move into a place of neutral and I really ... I know how hard that can be. Move into neutral in the midst of it seemingly not great.

Jennifer: I know this doesn't help you at all but I've had so many moments of it in the last year and a half. I really didn't know how I was going to get through the next month. I still have it right now. How am I going to get through next month, right, because I have a huge net that I have to make every month from my old business which wasn't much larger than this business? I get it. The only answer that I can give you is to go into the core, lay there, listen to the inspired insights.

- Jennifer: What's happening right now is this dichotomy between the trust and the faith ... in your trust and faith right now and that you don't have ... it feels like your mind doesn't really have trust and faith in your ability for your core to actually create and manifest and your mind is the creative force. Your mind is what creates wealth and abundance and prosperity. Your mind and your thoughts is what create. Your mind and your thoughts right now is saying, "I don't believe it."
- Jennifer: This is something I shared on session two which is to be the adult in this relationship. Your mind is being fueled by the little ones. Your mind is five or six years old saying it didn't happen so I don't believe you. That's okay. Your mind gets to be in that place but the adult you, the observer you that is healed by the core and have a new relationship with the mind to say, "I'm so sorry you feel that way", and I get why. I get why you'd be scared. There's lots of evidence here in front of us that is indicating that this is dire and imminent and yet I know that you are ... you do this already, that you get to move into ... sorry about that. The phone rang.
- Jennifer: You get to move into a new place with this so that you are the adult in a relationship now. Honestly, many, many, many of us are in a place right now where our adults have to wake up and take control. I think I've mentioned this but recently, a lot of things have happened in the last week that I've been sharing with you. You've been going it through with me. My healer, the person I work with said, "Wow. Your little ones really trust you now", because they didn't freak out. I was in charge. I had a situation, I was in command. I was in trust and faith. I was in this place of knowing that nothing can go wrong because I'm just a soul on a journey and I know that's not necessarily an easy place to immediately get to but honestly Jayne, that's the answer.
- Jennifer: What would it feel like right now, and all of us can play with this, if right now, you entered your core, so move into your core right now, Jayne. I don't know if you're feeling this, but there's a little bit of ... and it's okay that this is happening and maybe this isn't true, but I'm feeling a little defensive an energy, is that true?
- Jayne: It doesn't feel defensive to me. It feels more like sadness.
- Jennifer: Yeah. Okay, that's good then. Good. Good because defensiveness always is citing sadness. Just allow yourself to notice the sadness and let everyone just notice the energy around money and finances right now. Just notice the energy around it. Notice the, in Jayne's case, it's dire and imminent and she's noticing sadness so the rest of you just know the emotion that is there around money. What's the emotion? What's the emotion?
- Jennifer: We'll do a little spontaneous transformation or I knew we're going to do one. It's good. Are you okay doing that Jayne? You'll be doing STT with me and it will help everyone. Is that okay with you?
- Jayne: Lovely. No, that's great. Thank you.

Jennifer: Good. Identify where is that sadness? For the rest of you, where the emotion is? Where is that in your body?

Jayne: It's in my lungs and my throat.

Jennifer: Okay. Lungs and throat. Okay, out of those two, which is stronger, giving you a stronger pulse of I need your attention?

Jayne: That's pretty hard because actually, it's moving. Maybe my throat.

Jennifer: Okay. Is it your throat?

Jayne: Excuse me?

Jennifer: Is it your throat? Skin to the throat?

Jayne: Yup.

Jennifer: Yup? Okay. That's good. Just want to make sure that your mind is certain that it's your throat because again, our minds are amazingly beautifully tricky that if it says, "I think maybe it's the throat" and we go to the throat, the mind will say, "It was the lungs that will plan this-

Jayne: That's what happened because then it was like, no actually, it's resentment from your gallbladder.

Jennifer: Okay. Is it gallbladder?

Jayne: Yeah.

Jennifer: Okay, good. This is good. Again, shine the light of consciousness on how your mind is moving into avoidance and for really good reason, right? There's nothing wrong with our minds moving into these moments in avoidance and creating these wild little games of lung and the throat. Okay, maybe it's the throat and then if we were to go into the throat, then the mind would say, "Yeah but it was gallbladder the whole time so this isn't going to work." We are so adorable, aren't we? Our beautiful mind can do that kind of stuff.

Jennifer: The opportunity is for us to notice all of it. It's for us to notice all of it. You have created me saying there's no question that I am you talking to you, you have created me as a point of reference to just point out these little details of your mind so that you can go, wow, look at what my mind does. It's amazing. Your mind is amazing and it has kept you safe. Does that feel true?

Jayne: Absolutely.

Jennifer: Good, good. Okay so bring your attention now into your gallbladder and the rest of you, bring your attention to where in your body, your physical body you are being called. That's it. Very good. Now, we're going to move into observer here now. Before we go into the gallbladder area for you, whoever the rest of you are being drawn to in your body, we're going to move into observer. Jayne right now, what would it be like if you were embodying the observer? It's like the fairy godmother or the spiritual scientist or the guardian angel or the Mother Mary archetypal energy or just you as observer, kind of the energy as being in a movie theater, watching the movie versus being in the movie.

Jennifer: Of all of those things, tell me, describe to me, choose one or choose one of your own of what it feels like to be in the observer and the rest of you, do the same. What does it feel like to be the observer? What it's like when you embody that observer energy? Very nice. What's that feel like Jayne?

Jayne: That has been one of the most difficult things for me because I'm-

Jennifer: Okay. Once you notice, your mind right now has decided that you can do it. Just notice that. It's okay that that's happening but notice it. You are doing breakthrough after breakthrough after breakthrough here because you're using me to show you how your mind takes you out, okay? It's beautiful. It's really cool. Your mind has decided that you can't do that, okay? We're going to thank the mind and say, yes, I understand that you believe we can't do that. That's great. Thank you for sharing that with me but I'm going to go right over here and I'm just going to pretend and play the fantasy land like I'm reading a fantasy novel, it's pure fiction, I'm just going to pretend that I can embody the observer.

Jennifer: Just do that. Just be the Jayne and pretend that you're embodying the observer. What would that be like if you actually were able to be the observer? What would that be like for you to be the observer?

Jayne: For me, the tension and the heaviness in the area of my gallbladder released instantly. I wasn't feeling it like it was my own.

Jennifer: That's pretty cool, huh?

Jayne: Yeah.

Jennifer: All you had to do is be the observer. You embodied the observer for a nanosecond and your gallbladder released. That's how powerful you are, that this whole moment, the moment you identify that the mind was once again trying to get you to avoid any opportunity to move deeper, and you just said, "Look, thank you very much mind but I'm going to go over here and be the observer", in that second the gallbladder released. That's how powerful you are. Just imagine that from that place, the more you move into that place, how powerful you'll be able to manifest anything you want in your life.

Jennifer: What does that feel like?

Jayne: I feel like some of the moments when I have manifested things, that felt like huge miracles.

Jennifer: Yes. The challenge though is to release the notion and the idea that you did something to create the miracle. You didn't do anything to create the miracle. You were just Jayne. Jayne, by being Jayne, by being your core, by being the observer, by being in the neutral creates miracles. Is that true?

Jayne: Yes.

Jennifer: It's not the doing that created the miracle, is it?

Jayne: Absolutely not. I just was-

Jennifer: Yeah. That's right. That's right. You have an amazingly active mind that has protected you for a very, very long time and in this moment, your mind has shown you and revealed to you all its protection mechanisms. The protection mechanisms include things like I can't, this is hard, I don't know how. I want you to listen to this again and you'll hear these. Does that feel true what I just said? This is hard-

Jayne: Yes.

Jennifer: Yeah. Good. I still want to do an STT so that everyone else can experience that. I still think there's one here for you, okay?

Jayne: Sure.

Jennifer: Thank your mind. It's so powerful that it created this wonderful backwards way of moving into the neutral to create a miracle and there's a tiny little piece of resistance so that we wouldn't do the STT. Isn't that cool? The mind is amazing.

Jayne: I know I'm supposed to say yes but I feel frustrated about it.

Jennifer: What if you weren't frustrated with it? What would that be like? What if you were just in this beautiful place of neutral experiment? You were the spiritual scientist that is observing experiments of your soul in this moment and you just have to say, "Wow. My mind is amazing and my mind has kept me safe. My mind has protected me, allowed me to survive." A lot of things. Is that true?

Jayne: Absolutely.

Jennifer: Yeah. Your mind is just still in protection mechanisms. That's okay and it's showing you, it's revealing to you all the different ways it does that. What if that's okay?

Jayne: Scientifically, it's great.

Jennifer: Scientifically it's great. Perfect. That's enough Jayne. That's enough because your mind has judgments about it, but scientifically, it's okay. That's enough to create a new place of being. Is that true?

Jayne: Yes.

Jennifer: Yay. Okay. We're going to an STT now for everyone. Move into the observer. What does it feel like to be the observer? Just describe it to me what it feels like to be the observer. Describe to yourself what ... yeah, go ahead.

Jayne: It feels like deep peace and lightness.

Jennifer: Good. Bring that deep peace and lightness now into that gallbladder area, okay? Even though the gallbladder is loose I can feel your mind saying, "Yeah, but the gallbladder is already healed. Why are we going there?" I don't know if you were actually doing that but-

Jayne: No. No I wasn't.

Jennifer: That's really good.

Jayne: I get it.

Jennifer: That's something our mind can do. Good. I can tell very good Jayne. We're good. All right. Bring your attention now into your beautiful gallbladder and the rest of you bring your attention as this observer that you've just experienced into that area and I want to emphasize really, really intensely right now how incredibly important it is from this minute forward to be the observer. If you feel yourself diving in at all, if you feel yourself diving in at all into the emotion, into the upset, the little one, the younger self is feeling, move back into the observer because when we do that, we allow the little one to finally express, when we dive in, we're taking over, okay? We don't want to do. We want to back out.

Jennifer: If at any point in time you're feeling upset which we're encouraging the little ones to feel at this stage. Julie is going to feel for the sadness, other people are going to feel anger, some people are going to feel betrayed, whatever it is, allow the little one to feel ourselves diving in, we back out to let them feel we observe. They feel we observe. They feel we observe. They're very, very, very, very important.

Jennifer: Okay. Thanks for letting me do that, a little teaching moment for everyone Jayne. You embody the observer and you're in your gallbladder and I can feel your little one tapping her foot saying, "Are we going to get here or not?" I love your little girl. She's usually great. Anyway, there she is and we're going to bring your attention to her as the observer and we're going to stage for our little ones. I'm here and I'm present and I'm not leaving you. Here and I'm present and I'm not leaving you. I'm here and I'm present and I'm not leaving you. I'm not going anywhere. I'm here right with you. I'm here in support. I'm here in love and I'm here with you and I'm staying right here with you.

Jennifer: There we go. How does that feel Jayne? How did she respond, little Jayne respond?

Jayne: It feels really good. What I need to say is that my name is Jayne, J-A-Y-N-E. I'm wondering if you heard it differently because that was part of the resistance as well so that's why I have to say what my name is. It's J-A-Y-N-E, Jayne.

Jennifer: Got it.

Jayne: Okay, thanks.

Jennifer: Okay. How is the little Jayne doing?

Jayne: She's good, just cute.

Jennifer: She is. When we initially talked about the finances, there were sadness there. We're just going to acknowledge that there's sadness and that if she wants, this is a good time to finally express. We're going to have to share something else with her Jayne. We're going to say that a long time ago, whatever age she's at, something happened that created sadness is that sadness. That sadness wasn't really allowed to be expressed ... safe to express. That feel true?

Jayne: Absolutely.

Jennifer: As result, she repressed it and suppressed it which was really smart. It was a very sound strategy and so the rest of you are saying to that cute little one that whatever they're feeling, they repressed it and suppressed it which is a very sound strategy so that you could survive. First of all, thank them for helping us to survive. Thank you so much for repressing this emotion. Now, is the time to finally allow that emotion to be voiced, an emotion that couldn't have been voiced before to finally be loved.

Jennifer: How was she expressing that sadness?

Jayne: It's turned to anger.

Jennifer: Sadness, okay. Sadness and anger definitely connected.

Jayne: Yes. Anger underneath it.

Jennifer: Great. We're just going to say of course, she would be angry. Of course she would be angry. That is an appropriate, that is a correct emotion, that is exactly right, isn't it? Is that true?

Jayne: Yes.

Jennifer: We're going to just let her express it and let the rest of you little ones just finally express it and we say, of course, that is what you'd be feeling. Of course it is. In fact, that is right, that is appropriate, and we just allow them, although they don't need our allowing,

there's an energy of allowing here that just says yes, feel it. Yes, feel it and they get to do whatever they're doing. How is she expressing that anger?

Jayne: I just heard like you speak echo. Can you hear me, Jen?

Jennifer: Yes. How is she expressing that anger, Jayne?

Jayne: Just yelling and kicking and telling her mom it's not true. It's not fair.

Jennifer: Great. Yelling, kicking, telling your mom it's not fair.

Jayne: Not true.

Jennifer: Not true.

Jayne: Then it goes back to sadness, believing that because it's my mom and I'm only three, what she's telling me is true about me and what I did.

Jennifer: Yes. Just to be clear, the memory doesn't matter. All that matters is the sadness and the anger that fell out of it. She gets to be angry about that. Something happened that made her angry and she wasn't allowed to express it. The incident that created it is interesting but it's not relevant. Does that feel true?

Jayne: Sort of kind of but not ... the energy of attention feels like it's on a gallbladder meridian now up behind my ear, back to my neck.

Jennifer: I want you to notice that you are in your mind, beautiful Jean right now or Jayne. I apologize Jayne. You're in your mind right now doing an analysis. You're using your professional skills to dive into what a three year old would not be telling you about the gallbladder meridian.

Jayne: I see. I thought you were talking to me so I didn't know you were talking to the little one.

Jennifer: Yes. We're staying with the two-year-old. We're staying with the little one.

Jayne: Okay. Okay. Thank you.

Jennifer: Yeah, bring your attention back to her.

Jayne: Thank you.

Jennifer: She gets to feel the feelings and she gets to notice that something happened but what the most important thing is that she finally expressed her feelings, that's it.

Jayne: Okay. Okay.

Jennifer: Okay? No more no less. There's no big story here. There's just an emotion that got repressed and she gets to finally feel it. How is she expressing that emotion now?

Jayne: Actually, what it looks like is she's quiet now and it looks like what I'm seeing or what the experience is is that once she expressed her emotion, mom picked her up and said I'm sorry and so there's a moment of connect.

Jennifer: Beautiful. Beautiful. It might have been your mom. It might have been archetypal mom. It might have been herself that picked her up. Again, all of it is perfect. All of it is perfect. I want the rest of you to notice that what happens is when we allow the little ones to feel, that creates an opening and the opening creates an energy of love to flow in and the love that's flowing in is actually us. It's actually them, it's actually the love of us and that love allows these beautiful moments of change and transformation and resolution to happen.

Jennifer: She is powerfully allowing love in now. The love that is actually her. Does that feel true?

Jayne: Yes. Yes.

Jennifer: Beautiful. Beautiful. That's it. Lovely.

Jayne: Thank you.

Jennifer: Really, really nice. We're going to get her to ask a question and the rest of you, do the same. We're going to ask a question or for now, round all of this around the finances, the sadness and the anger, around the incidents and the resolution that just happened. We're going to love this here now around all of it. What is it that she needs now? The rest of you ask your little one what she think. What does she need now?

Jayne: A stuffed unicorn.

Jennifer: Good and what would that look and feel like is she had a stuffed unicorn? What would that be like for her? Ask her to show you what it would be like. Ask her to show you.

Jayne: It would be her ... she's showing me, holding it, it's soft, loving it. She feels confident and supported.

Jennifer: That's great.

Jayne: Yeah. Yeah.

Jennifer: What's that like, being comforted and supported? Ask her to show you. Ask her to show you.

Jayne: She's twirling ... her long braids are flying out in circles. Her skirt is flying out and she's really happy.

Jennifer: That's it. That's the energy, that's it. Good. At this moment that she is standing in with the energy of her power around her being happy, this is the energy for you of abundance. Whatever your little one expressed and what it felt like, this is your energy of abundance and you can use this now as a filter. You can use this now as a place that you can go to. If you want to "do something", you go to this place and you be that energy because that energy of her twirling around with her braids flying, that energy is the energy of abundance. That is the energy of abundance for you.

Jennifer: All of you just identify the frequency of abundance. By releasing the piece of you, the part of you letting them finally express and then letting them show us that frequency of what it is to be in that state of abundance, you can now return here. Whenever you have a worry or you wake up in the middle of the night Jayne, return to her. Return to this moment and let her show you the stuffed unicorn of support. Let her show you what it feels to spin around in happiness and that place will create a frequency through the mind that will create something in your universe, create another of the many miracles that you've already created.

Jennifer: Now, what's happening Jayne is you're doing it from a frequency of presence, authority, from you're taking a stand, you're bringing absolute conscious awareness to it which creates a frequency of potency and amplitude that is different and way different than an affirmation could ever be. Does that feel like that's true? Again, there's nothing wrong with affirmations and affirmations are powerful, amazing and great and when you do an affirmation from this place, it will have a frequency behind it. Does that feel true?

Jayne: Absolutely.

Jennifer: Beautiful. This is your go-to for abundance here. Does that feel like something you can do?

Jayne: It feels like fun.

Jennifer: Yay. It feels like fun. Excellent Jayne. Excellent, excellent, excellent. Well done. Really well done and it was powerful. Thank you for being a catalyst for so many here on the call.

Jayne: Thank you.

Jennifer: Okay. Okay, you guys are probably getting the idea of how the mind ... and it's amazing, wild gyrations to take us away from the parts of us that we've been afraid of for good reason. Are you starting to see this? Are you starting to see how this works? Yeah. It's like a dark cloud dispersing in the sky filling in the empty space. There it is. There it is. Good. I think that was from what the observer felt like. I'm going to go to another call and then we're going to probably wrap this up.

Jennifer: Okay, I'm going to go to Julie. Hey Julie in Toronto. You're on the air.

Julie: Hey Jennifer. Sorry but I just don't have my hand up. I think you had pretty much answered my question from the Facebook.

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

Julie: Yes, definitely.

Jennifer: Okay. Thank you honey. That was really ... I want you to notice this moment. This is a cool moment for you that you're able to release this moment of playing with me. That's really cool. Did you get that?

Julie: Sort of.

Jennifer: Okay. What would it feel like if you felt your generosity in this moment that you are full, that you got what you needed and then you get to move on? That's a moment of abundance. You just had it and now your mind is questioning it. Is that true?

Julie: I didn't see it that way but now when you say it that way, it feels complete.

Jennifer: There we go. That's perfect. You didn't see it that way but now that you noticed, it feels complete. That's it. That's the breakthrough. Another breakthrough. That feels true?

Julie: Yes. It does.

Jennifer: Really good. Well done Julie. Okay, I'm going to move my attention to someone else now. Really well done.

Julie: Okay. Bye-bye.

Jennifer: Okay. We're moving on to someone who's anonymous. If you'd raise your hand tonight at all, say your name out loud. Say your name out loud if you raised your hand.

Renata: Renata.

Jennifer: Renata, you're on the air.

Renata: Yeah, hi. I am in procrastination. I had this incredible miraculous opening that I manifested and then do you remember I talked with you in those five days then I had some digestive offset and so now that it's over, I'm not making any move on this.

Jennifer: What if you're not procrastinated? What if you just labeled it as something and therefore that stopped the energy? What if there's no such thing as procrastination? If there was no such thing as procrastination, what would you do? Imagine right now that you live on a planet where procrastination is impossible. It's not even a word in the vocabulary that no one can do it. It's not a physical thing that you could actually do. Just imagine right now you lived on that universe.

Renata: I would just be.

Jennifer: That's right. What happened is something happened and you ... wow. I must have done something to create that. How would I do it again? Do you see how the mind thinks? You didn't do anything to create it Renata, you were just Renata, okay? Then you said, "Well, I guess some digestive enzyme upset, that must mean something and it must mean that I'm not doing it right now so how do I now, now that's it's all stopped?" Do you see how your mind? Which is the creative force?

Jennifer: You have to get this right. Manifestation, 100% comes from your mind. 100%. If your mind is in that place of analyzing and how do I do and how do I do to get and I must have done something right because this happened. What if there is no right or wrong? What if there is no procrastination? What if there is no self-sabotage? What if there is no block? What if none of that can even be? None of those things are real at all. If all of those labels are gone then we actually have to look straight at our soul and say, "What's next, dude? What's next beautiful one? What have you got for me because it feels like procrastination?" It feels like I'm blocked. It feels like I'm stuck but I know that there's no such thing as that so what have you got for me soul?

Jennifer: Renata, I want you to answer this question for me and the first thing that comes into your heart, answer. Okay, first thing that comes to your heart, very first thing. Don't think about it at all, okay?

Renata: Okay.

Jennifer: You ready? The rest of you do the same.

Renata: Yeah. Yeah.

Jennifer: The rest of you do the same. Answer this question for the first heartfelt impulse which is the I-impulse. What's your soul guidance toward for your next? First answer, the rest of you, do the same. What is it?

Renata: Expansion.

Jennifer: What did it say?

Renata: Expansion.

Jennifer: There we go. That's it. Okay. First word. Okay, let's take that word and now, let's unpack it. What expansion? Ask your soul to show you what expansion is. Ask your soul right now everyone what that word was. Unpack it. Ask them to show you. Ask your soul. What does expansion feels like?

Renata: Full blossoming of who I am.

Jennifer: Full blossoming of who you are. That's it. What's that feel like Renata? What does that feel like? What's that like? What's the experience of full blossoming and the rest of you-

Renata: Expressing all my gifts.

Jennifer: Expressing all your gifts, that's right. What would that feel?

Renata: Excited in showing up in the world.

Jennifer: Showing up in the world.

Renata: In full potency of my soul.

Jennifer: Yeah. What would the full potency of your soul look like and feel like if it were in full expression? Again, just keep unpacking it, asking yourself these questions, everyone else. What would the full expression of your soul be like? Just imagine it. Just imagine that you're out picturing into the world that Renata is now living at the full expression of her soul. What would that-

Renata: Shining gold-like without fear of being prosecuted.

Jennifer: That's a big old mind mess up without being-

Renata: Okay. Yes, yes.

Jennifer: We just got to the belief. There's the belief, okay?

Renata: Yes.

Jennifer: There's the belief. All right. We're going to do something here now. Everyone right now, Renata just did something beautiful. She just said, "I could do it without." Everyone access that place that you were just in. What would that feel like and that what would feel like? Just now, just hold that for a second and move into your mind and see what your mind has to think about that which is what Renata did with right there which is prosecution. We're going to get somewhere with this right now, okay? If Renata lives in her full gift, she could be prosecuted. If you lived in your full abundance, what is your mind saying could happen, okay?

Jennifer: Grab that, use that, bring consciousness to it and now, we're going to go on a little journey here, okay? I'm going to take you all on a journey. I think I'm going to beep you out temporarily Renata as I do this. Okay. We're going to go on this little journey now. We're going to follow that thing. Renata says prosecution. What is yours? Mine for example around money is savior, that's the thing. What was your word? What was your word that just showed up? Now, there's a tether. It's like there's a string or rope attached to that word. Just pretend that you're seeing this word as an object or a symbol or the word itself and there's a tether attached to it, okay?

Jennifer: You are going to follow that tether and hand over hand, follow that tether and you're going to back in time to another lifetime. You're going to go back in time to another lifetime. You're going to follow that tether to another lifetime that is absolutely associated with that word that if you have abundance, then you're going to have this other worry to think about. That word now has attachment and you're just going to follow that attachment back and back and back back in time and you can't get lost here by the way. If you let go, you'll be right back in the white space, right back in your core, okay? Nothing bad can happen here.

Jennifer: You just follow that tether and there you are in that lifetime and you're getting acquainted. You're seeing a different place, a different time. You're seeing a different area of the world. You're seeing in front of you now is that life. You're the soul that's now watching that part of you that had that life that is associated with that energy with that word. For example, Renata's was prosecution and right now, you are in the observer. You're in the observer as you observe this part of you that has moved into the past and you're being the observer.

Jennifer: Ask that soul that is you that is living that other life looks up and sees you, they see you like a guardian angel. They feel like an angel. It's like a miracle. You're there as the observer observing them in the experience, in the emotion, in the offset. You're seeing where the offset came from, from a previous lifetime of yours. It's all part of your soul's journey but you're on the observer and you can see this.

Jennifer: What does that feel like to you Renata? Can you see that past life? That part of you in that past life?

Renata: Yes.

Jennifer: Good. You're going to be really present with them and you're just going to say, "I'm here with you and I'm not leaving you. I'm here in support of you." You're just going to say that to them. You're here in support and they see you as a guardian angel. You don't have to deny that because that's what you are and you just say to them this energy that you're feeling, this energy of prosecution, a really good reason to feel that way. You just acknowledge it. Does that feel okay for you, Renata?

Renata: Yes.

Jennifer: You just say, yeah and there's an emotion underneath it and we just let them feel ... allow them to feel the emotion that's present there. There's an incident that is creating emotion and we just allow them to finally express it. They might not have been able to express it in the moment. Does that feel true Renata?

Renata: Yes. Yes.

Jennifer: There's prosecution there and what's the emotion that they're feeling around that?

Renata: It's betrayal but that's not emotion.

Jennifer: Yeah. What's an emotion under the betrayal then? That's good, really good.

Renata: It's sadness. Sadness.

Jennifer: I'm here to support you in this sadness, we say to them. I'm here to support you in this sadness. I'm here and it's okay for you to feel that it's safe with me, to finally express that emotion and we just witness them breaking down into whatever emotion that is and are they breaking down into sadness, Renata, that part of your soul in that lifetime?

Renata: Yeah.

Jennifer: We're just there present with them in the observer mode saying it's understandable. Of course they would feel sadness. Of course they would and yeah. We're so sorry for what's happening. We get to say to them, I'm so sorry for what's happening. I'm so sorry for what's happening. I'm so sorry. We get to reveal that to them now that something really powerful for them and that is that we are them in the future. We are them in the future. We get to tell them, I'm you so our soul is fine. No matter what's happening now, our soul made it through this. Our soul made it and you're going to get through this and your soul is going to eventually become me and I'm having a really fascinating and interesting life adventure in my time. How do they respond, Renata?

Renata: With hope.

Jennifer: We tell them that they are ... can you see how beautiful and strong they are? Do you see that?

Renata: Yeah.

Jennifer: Do you see what a vision of light they are that they are deep powerful brightness?

Renata: Yes.

Jennifer: As you do that, you see that you're looking at a part of your soul, does that feel true?

Renata: Yes.

Jennifer: That through the expression of that emotion that they are now in the new place of potentiality that there is this energy of hope here, there's an energy of their power, there's love flowing in and just like what we do with spontaneous transformation with the little one, there's this energy of love that is coming in. It is the love of their soul. It is the love from the infinite and eternal divine self that is pouring in now and support, does that feel true?

Renata: Yes. Yeah. Strength.

Jennifer: And strength. They're standing in a new place now and it's as if they're now standing with their cloak of gifts over their shoulders. They are now standing with their chakras

aligned and the amplitude in the direction potently, powerfully moving, that they're standing in their alignment and they know that they can move through this with power and with knowing that there is support that their soul has made it and that their soul is supported. Does that feel true?

Renata: Yeah. Yeah.

Jennifer: They look at us and say, I've got this. We say, yeah, you do. You are powerful beyond measure. As they claim that they got this, we feel reverberations through our universe and we feel that like moving through our own physical body and our own emotions, at are our own thoughts that I've got this. Does that feel true?

Renata: Yeah. Yeah.

Jennifer: That's it. That's it and so we thank them and we move right back into the white space. We move back into this moment and we feel what it feels like. What does it feel like now when you think about finances and money? What's it feel like now?

Renata: It feels like powerful, power and stamina.

Jennifer: That's right. Now, you are able to live as you just described in your full potency in the world. Does that feel true? That part of you including in that lifetime in that thought. Is that true?

Renata: Yeah.

Jennifer: Wonderful. Great job. Wow. Really great, Renata. Take a nice deep breath. Everyone take a nice deep breath. What we're creating is this beautiful library of these truths of who we are. We're creating this library that we can revisit. We're creating the library that we just created with Jayne and moving into the truth of who we are. We're moving into a library of releasing that past life and living the truth of a new truth about who we are. As we do that, we are cutting cords from the past life, from our future, from what has held us. We're moving it back ... all these things allow us to be more and more and more in our core and our core is now what fuels our mind which is the creative force, which is the place of abundance comes from.

Jennifer: Our core, our connection to our divinity, our connection to source is what fuels now the mind and the mind is the creative source. Now, every time we have a thought of lack or stuck or obstacle or self-sabotage or procrastination, we use it. We go to the neural pathway gym, meaning we use that moment to move ourselves back into this moment, remembering this moment of our power, remembering this moment of our core, remembering this moment of the words that describe who we really are.

Jennifer: We're building this library so that we can have reference point after reference point after reference point after reference point of who we really are and when we are in a place of being, it is the powerful, powerful place of manifestation that creates things

way beyond that the mind can ever conceive, way beyond the bill, way, way, way beyond lack or debt. Way beyond that. Does that feel true, Renata?

Renata: Yes. I think that's just maybe strong energy through the soles of my feet. They are pulsating. I have like huge sons. It's just like such a grounding energy like I feel alive in my legs. It's like I'm totally grounded.

Jennifer: Beautiful. Well done and that totally grounded energy is also a symptom of abundance so you now have a visceral reference point. You can move back into that energy again. You've got a cellular memory right now of what it feels like to stand in abundance like they're vibrating your feet or planted, you're in it. Does that feel true?

Renata: Yes.

Jennifer: This is a visceral reminder.

Renata: Thank you very much.

Jennifer: You are so welcome, Renata. Well done and thank you for being the catalyst for that powerful transformation for all of us. Thank you honey.

Renata: Thank you.

Jennifer: Okay. I think that's a wrap for tonight. That was really cool how these beautiful souls showed up as catalysts and Jayne and Renata really revealed something, and even Julie to really reveal the healing and the process and the movement towards abundance. I thank you for being here. This is a longer show. I think Thursday is going to be just a little bit shorter but these first three sessions are longer than anticipated I think because we really need this groundwork to move into the rest of the program so I think that it's going to get a little shorter.

Jennifer: If you need to break any of this up at any point, that's okay. Get to a certain point and say, I'm done and you're not missing out on anything. The fear of missing out, FOM, none of that happening here. You can pause at any point in time and finish it up later in the same day or the next day. We got space in between these classes. For those who are watching on the replay later, no worries. There's great space in between the classes to integrate.

Jennifer: I want to thank you all so very much. Very, very, very, very good work today guys. I love you. I thank you and I will see you on session four, okay? Okay, bye-bye now.