



Feel Better Mastery

Session 4

The Prosperity Mechanism + Ancestral \$ Release

TRANSCRIPT

Jennifer: Hello. Hello, hello, hello everyone and welcome. Welcome, welcome. Plug in my phone here. Hi! I knew there is something I forgot to do. There we go. That's better.

Hi! Hi everyone and welcome. It's awesome having you all here. We are here on day four. We have been playing and dancing in our core for almost ... this has been a week and a half now, right? We've been ... Oops. Okay. We've been noticing, and noticing, and noticing, and noticing, and noticing, and noticing, and noticing, and noticing, and noticing, right? We've been moving in a new direction of what if. We were playing a what if game with ourselves for almost a week and a half now.

We've been attuned to our core. We've been dancing in prosperity. We unwound some [inaudible 00:01:22] from some past life, prosperity challenges and that's just in three sessions. We got several more to go including tonight we got ... With tonight, we've got six more after this.

Whew, I'm actually having a little hot flash I think because the energy is really, really high here right now. We've got people joining us that are really starting to change their mind. We've got people that are still having some perception of struggle. I say that with ... knowing that ... I say perception purposefully because I keep wanting to tell your mind that it's perception yet it does feel real. These things feel real, don't they?

It's okay that they feel real. We get to use them. We've been going to the neural pathway gym meaning we've been using what shows up in the upset and we've been using it as a point of access now to move into our core, to move into the places of our [genius 00:02:23], our gifts, our joy, our love.

You're saying the Weight Watcher thing. Yeah, and I'm going to start Weight Watchers again because of this course. I trust the process when I do this and when I see that I'm using a Weight Watchers envelope here and mentioning Weight Watchers. It's not because I made a deal though I am that too. It's because the universe is providing opportunities. We're going to do a little bit of work on weight loss in one of the sessions here.

Yeah, we're here. We're doing it, right? Okay. Okay, I'm just reading a question here from [Krissa 00:03:18]. "I'm now having difficulty accessing my body's messages. How do I effectively release them fully and completely?"

Okay, so how do you effectively release something fully and completely? When your soul decided it's ready to release fully and completely, not a minute before. It's wonderful because our need to get rid of something, our need to have something cured, our need to fully release something create a beautiful compulsion to keep working on it, to keep playing with it. That's how the soul is getting our attention. Our soul gets our attention by completely and continually working with us and getting ... But it comes to a point, and I suspect that during these 10 sessions you will get to a point where you'll go,

"Oh, it doesn't matter." It's there until it isn't. You'll be who you are until you're not. You'll do this thing until you don't. That's it.

Now, if you can sense that, that is a place of deep and powerful neutral. Neutral is the most potent energy of love that you can find. It is the most potent energy of love that is in the universe. It's concentrated love when we can maintain a place of neutral no matter what is happening in our life or in our physical body. That allows the mind that is so quiet and so engaged that it creates a new partnership with the heart. We're going to play with that today in a little bit. Partnership with the heart; I'm going to write it down just so I got it.

Here's the mechanism of how that works. I'll just explain this so the mind can really understand this. Previously, things happen to us in childhood and even in past lives and there's even ancestral DNA stuff in there. It creates a set of repressed emotions and it creates a set of coping mechanisms to make sure that we don't, don't access those repressed emotions because those repressed emotions were dangerous especially for the time they have it, right?

Here we are. Deep in the subconscious there's this repressed emotions. Deep in the subconscious there's this coping mechanisms like judgment, lashing out, anger and so on that allow us to protect that. Those coping mechanisms, which are also patterns, they are the thing that fuel the mind.

The mind now takes on those patterns and the mind is the creative force in the universe, right? The mind is the creative force. The mind is where you manifest money and prosperity. It comes from your thoughts and your mind. One hundred percent of the prosperity and money that you want in your life comes from the thoughts you're thinking. The thoughts you're thinking are fueled by the beliefs, the beliefs that fell out of those moments of upset, the beliefs that formed around this is who I am, this is what life is, and the emotion that got repressed and the coping mechanisms that are protecting that are part of the beliefs, are part of the patterns.

Those patterns and beliefs are what are fueling the mind and that is what you manifested. You're manifesting all of those old beliefs, all the old limiting beliefs, the warped beliefs, the warped conclusions. Now, there's nothing wrong with any of that. All of that is good because all of those things helped you to survive.

Now some of you, you're hearing this for the 20th time because you've been in my other programs. I'm noticing that people are asking a lot of questions that I've already covered, I've already covered in this course. That's okay because it shows me that the mind can only grasp so much, and it reminds me to remind you to listen to this more than once because you're going to hear something completely different. People are asking questions that I have covered a lot in this program and it's okay. It's all good, it's all fine but it reminded me to remind you to listen more than once.

That's to this mechanism. Imagine now these old beliefs, these old way of being, this old way of thinking is ... Oh, shoot. I just realized that ... Okay. I think I was using the wrong mic, I apologize. I think you could hear me but I was using the wrong mic. Let me see to make sure I've got the right mic on here. Oh my gosh. The first five minutes of the audio weren't on. Darn it. Okay. Darn it. I'm so sorry. For those who are on the broadcast, I had my mic off. I thought I was doing it so perfectly. Okay, I apologize.

Not to worry. On the replay, I will capture everything I just captured on Facebook. Sorry about that. All right, here I am. Darn it.

Mercury is retrograde and I was in a hurry getting this together so I do apologize. All right, let me just regroup here. I'm going to use this moment to say it's all okay, it's all as it should be, and I apologize to the folks who are online who couldn't hear me. There is only about five minutes that you missed, and I was talking about the mechanism, the mechanism of ...

Yeah, see? Now it's gone. Do you see that? That's how ... That's probably why this happened. The mic was off for those who were on the thing. I just realized it. I felt really bad that for the first five minutes those who are listening to the audio missed it. I immediately knew that I could fix it later so no one's going to miss a thing. That made me feel better. I immediately knew that I had to pause for just a minute and just see if everything was okay and it was. I used it as a point of access to say it's okay. It's alright. It's alright. It's all okay. There's no disaster.

Now, two, three, four, five, 10 years ago I would have been a freaking disaster. It would have taken me out ... it would have taken me another 20 minutes or 30 minutes to recover.

That is what it's like to use what happens in life when life shows up to be in the state of neutral enough. The things of life don't take you out but you use them like ... That's the neural pathway gym. You use them to go into your brilliance, to go into your core, to go into it doesn't matter, to go into it's all right, to go into that state of neutral. You guys just have to see it, and we do it in action and I took all of 30 seconds. That's how this works, okay?

Let's get back to the mechanism. Something happened, a belief happened. There's DNA belief, there's cellular memory from past life. All of these things are here in the subconscious and they are running the show. The limiting belief that are in the subconscious are fueling the minds. The mind is now reacting to the world, lashing out against the world.

When it comes to prosperity and financial abundance, the mind is the source of creating money, prosperity, financial wellness and abundance in the world in three dimensions. This beautiful mind is where it comes from.

What have your thoughts been lately if you're having any kind of financial upset or sense of lack? Where are your thoughts? That's why I'm asking you to do your noticing journal. This weekend, in particular over the next few days between ... we've got about five days between now and our next session, and for those of you who are watching the recoding, take a couple of days off, okay?

I want you to really use your journal. If you want, you can start a new page for money and prosperity. I want you to notice the thoughts. Notice when the bill comes in and your heart pumps and you don't want to open your mail. Notice when you're feeling like, "What's wrong with me," "I can't do this," and "Oh my God, the world is going to end." Notice if your catastrophizing things and saying the worst case scenario is going to happen when it hasn't happened, when it hasn't happened.

I've worked with many people who are telling me 10 things that are horrible that are going to happen that haven't happened and in fact never do happen. When I was 10 days away from living in my car makes a great story, doesn't it? I never lived in my car. It didn't happen. There's two things going on here; we catastrophize things, we're fueling the mind. The mind has been the creative force that's creating a vibrational resonance in the universe saying this is what I'm paying attention to, this is what I'm awakening, this is the vibration I'm resonating to. The universe says "Okay, we're the same." You get it?

Instead, what we can do is we cannot repress and suppress. That's not what I'm recommending. I'm not recommending you're going, "Oh my god, I'm scared of the bill," "Oh my God, I'm scared that I'm scared of the bill," "Oh my God, I can't believe I'm just talking about how scared ..." That's okay. It's not about believing or further suppression or repression, right? It's about noticing what's the belief that's happening right now that is fueling my mind to move into terror and fear and lack. What's the belief that is happening, that is creating my life right now? What's happening that's creating my life right now? There we go.

All these people are saying, "Oh my gosh, I thought I had done something wrong." There's the perfect co-creation in me forgetting to turn my mic on. Shoot. Oh my God. It's the perfect co-creation between all of us doing that. Oh, aren't we adorable? Oh, everyone just tap in to how adorable you are. Just take a moment right now and breathe into your adorableness.

How this amazing mechanism of survival that continues to run the show deep in the unconscious, that that mechanism of survival helped us to survive and then we got lost within it. That's okay too because that is part of our soul's journey. That is part of our soul's journey.

The mechanism, again, is the thoughts, the dysfunctional warped thoughts that helped us to survive are fueling the mind to create thought to the world that are the creative force. If we could change our thought ... okay, and I've been talking about this already, if we can become the adult for the little ones that are still maintaining these beliefs and

thoughts, these limiting beliefs and thoughts; if we can be the adult and stand in the gap for these little ones and say, "It's okay. I've got this." You saw that just a moment ago when I didn't turn my mic on, I've got this. I've got this. That's my adult saying to the little one, "It's okay. I'm good. We are good. I've got this, I've got this, I've got this.

Let's just play with that in this moment. What if you've got this? What if you've got this? What if that were true? What if the adult self which is more connected to the soul, that is listening to the guidance of the soul, what if you got this? In order to feel this, release in your field as you play with that, right? There is a relief in your field as you play with that. What if I've got this? What if you, in this moment, you've got this? What if that were true? What would that be like if you really felt that you got this?

Yeah, Christine, the wife, Christine Glen, says, "If we did not get stuck, we would not get unstuck." That's true. One day, I believe that we don't need to get stuck in order to get unstuck. I believe that we are heading towards that where we don't require the stuck in order to get unstuck.

Yeah, Christine says, "Focus your attention on what you want to create. That's true end. That's true end, like she would kiss her bills. That's a beautiful thing to do.

[Mary Anne 00:15:51] did a post here on affirmations. Yeah, affirmations are fabulous. The affirmations that worked the best or the affirmations that we used in a moment of clarity and go, "Oh that's who I am. That's who I am," and we know it.

Affirmations, when it's not who we are and the gap is so wide those are difficult at best. When the gap is so wide, it's not that affirmations don't work it's just that when the gap is so wide we can use the affirmations as a point of access now. We can have an affirmation and pause and say, "Oh, that doesn't feel true." Use it to find the truth of it. That's the power of an affirmation.

Okay, so the mechanism is something happened, we've repressed the emotion, we have a coping mechanism and a set of belief that came out of that. Those beliefs and that coping mechanism and that pattern is now fueling the mind, creating the thoughts that move into the world to create. The opportunity now is to notice it ... to notice the belief. Notice ... Again, use your journal here. I'm repeating myself again because I'm feeling like that's really necessary. I hope that's okay.

Notice when the bill comes in if you're afraid. Notice when you're afraid of the bills coming in, and I used to be afraid to open my mail. I noticed that. Then, take another minute and say, "Gee, what's the belief behind that?" Follow that belief into the little one and let the little one express the belief; but remember, if you're doing any of that work it's incredibly, incredibly, incredibly important to be the observer. It's incredibly important to be this observer.

[Chantelle 00:17:41] is saying, "I'm getting more and more used to going into observer mode, thank God. I can observe my belief as being a victim." That's right. "Being trapped

in a traffic jam, the computer that freezes when I want to attend the seminar," exactly, "definitely a great big relief from being the observer. When I'm stuck in traffic jam, when the computer freezes as I'm logging in, somehow when I go into the observer mode, the challenges seem to vanish and I am calmer inside." That's absolutely right because when you're an observer you're in neutral. Here's the deal, it doesn't matter. It doesn't matter.

Okay, and again, I'm bringing conscious awareness to why the mechanism behind affirmation. I hope that's okay, Jane. Jane is giving us a resource for affirmations that work. They only work if you believe them. They only work if you're capping in the stuff that's like, there's a kernel in their truth that I can hug.

If you're going to do affirmations, find the ones that feel like they're true. If you're doing an affirmation that is so far from the truth for you, do that as well but notice that you don't believe it and use it as a point of access to go to the neural pathway gym which is doing STT or EFT, or going into your core, or listening to one of these shows again, or doing the affirmation or the attunement again, okay? That's perfect.

All right, so that's mechanism. The mechanism is our mind is creating. If our mind is creating, what thoughts are you thinking? That's the new work that I want you to play with this time, is in your journal take note of the thoughts around abundance. Do that for the next three or four days. What are the thoughts? What are the beliefs especially if you're going in to the more instinctual energies, the upset, the fear, the flight or fight around your beautiful emotions, around your beautiful thought, around your beautiful beliefs, around lack that's showing up, perceived lack that's showing up. Use it and go into your journal and notice what are the beliefs there. What are the beliefs? Then, do a spontaneous transformation.

Now, in a week or so I'm going to give you an opportunity to do a different course if you're interested on spontaneous transformation technique, how to learn how to do it. That allows you to have more access to that part of the neural pathway gym. However, you're getting it now, which is basically you go in, you find the emotion, where is that in your body, you find the little one or you find the belief and you follow the thread of the belief to the little one. Then you just allow the little one to feel expressed, but you are in observer mode as you do it. That's essentially the STT system.

Isn't that interesting? Isn't that fascinating? I'm going to do two things. I'm going to do matter. Okay, I'm supposed to tell you the story today. Many of you who have done this work with me have heard it before, but every time you hear it it's a little bit different.

We're going to talk about the partnership between the heart and the mind, the new mechanism of what that looks like because we're moving into that now as we identify with our core. Just tap into this right now.

As you identify with your core, just tap into your core right now. You've been playing with this for ten days now. Tap into your core. Even if you don't have any words, you

have a feeling. That's all that matters. The words are helpful for the mind to identify what that is. The mind loves label so if you can give a label to the feeling, that's good. If you don't, that's okay. Just go into the essence of the emotion, of the feeling of what the experience of being in your core, okay?

Go into that experience. That's it. Feel your core. Sense your core. Know your core. Know who you are and just pretend that you're doing that right now. What's that like? What's that feel like to be in your core? Describe it to yourself right now. My mind really likes the word that describes the core, but some of you don't require the word. That's okay too.

Tap into that energy. What's that feel like? Just pretend right now that you can tap deeply, deeply, deeply into your core. That's it. Feel your core right now. That's it. Just pretend that you're standing in your core deep deep, deep at the center of your soul. As you stand in your core, you start walking towards this beautiful area that is dark, that is filled with stars. It's a beautiful, gentle, loving darkness filled with stars.

Feel yourself in your core, walking in your core towards this beautiful area that is filled with stars. Feel your core in this place. That's it. Feel that as you were standing in your core. Just breathe into that and just give you some silence for about 30 minutes to breathe into your core. Claim it if you'd like. Say "I am." Mine is generous and giving, so I'm just going to say "I am generous and giving. I am that." What is yours? "I am."

Again, if you don't have words for it that's okay. That's okay. "I am." Feel it. Feel it pulsing. Feel, as it pulses, it moves off of your being. Feel that beautiful pulse of your "I am." I am generous, I am giving is mine. What's yours? Say it, "I am" and feel it. Describe what it feels like to be your core and it's pulsing off of you. It's creating ripples in your universe. It creates ripples in the world that is a creative force. As you stand in this beautiful place of the stars, you feel that rippling out. That's it.

Once you notice that as you're standing in this place of the stars, noticing the ripple of your core into your universe, that your thoughts are quiet. Does that feel true? Does that feel true?

That's it. Notice your core rippling out. Notice that as you notice your core, as you're in your core more and more and more because you awaken it by describing it, as you notice that, notice the ripples that are going off from your field of being. Just being in your core, it creates an amplitude in the ripples of you, of you-ness in your universe, of you which is the truth of who you are as your core.

As you notice this, notice that the thoughts are quiet ... that there are fewer thoughts. Those fewer thoughts are of beautiful point that allow abundance and prosperity to land. Does that feel true? That in this place of zero thought, of the zero point that we are in in our core, that it creates ... it's fueling the mind to be in a place of receiving. Does that feel true? You notice the mechanism of that. Watch the mind comprehend that; it's like, "Oh."

When I'm quiet, the mind says I am in a place of receiving. Oh, there we go. The powerful vibrational transformation happening right now as the mind starts to chew on that.

Oh, so there you are in your core. There you are in your core. You feel that as you stand in your core, you watch the ripples move out into the universe. You notice that the ripples are your gift, they're your gifts. Those ripples are your gift. This beautiful core of your being is a filter of ... Excuse me, is the fuel that fuels your gifts and your gifts moves out into the world. Watch that happen. Watch what it looks like as your gifts move into the world. Watch what happens as it lands on people and they are blessed by you, your core that fuels your gift. Your gifts contained within it, your core.

Watch how it lands on individuals and blesses them as if they wake up. Feel that. Sense that ... that the people in your purview are waking up to the simple act of you standing in your core, noticing that that core is filtering through your gift and landing on people. That's it ... that's it.

Your gifts are an energy, an essence. It's an extension of your core, like I'm a really good listener. That's a gift. Then the listening shows up as being a teacher. The listening shows up as being a nurse. The listening shows up as being an artist that can hear the pulses of the universe and puts them into music or into arts and paints. Do you see this?

Again, notice if your mind is trying to analyze it and figure it out and just say, "That's okay that you're trying to analyze and figured out beautiful mind." I get that. I get that. I'm going to just go with the pulse here. I don't need to know this.

Okay, so let me tell you a little story as you're playing in this beautiful energy of standing in the beautiful stars, playing in your core, noticing how your core is filtered now through your gifts and how your gifts move into the world and touch those people who interact with your gift. They are blessed, and you watch them wake up. Just keep playing with that and notice, describe to yourself what it feels like as I tell you the story.

I guess it would be three years of summer. Two and a half years ago, I went to the Amazon Rainforest with [Lyn Twist 00:28:20] and [Pachamama 00:28:23]. We went deep, deep into the Amazon forest. We had to take a plane in and it was 500 miles from a road and so we are out of civilization completely. We landed on a dirt runway in the middle of the jungle.

We spent some times with the aboriginal, with the indigenous people that live there, that have lived there for tens of thousands of years. Only a few of them have ever been to civilization. The rest of them live in the jungle. They forge the food from the jungle, they hunt for their food, they don't have refrigerators, they don't have Saran wrap, they don't have baggies, they don't have anything.

Their clothes are ... They do have some clothes from civilization; it's a thin veneer of civilization. They still make their own blankets from the kapok, the cotton from the

kapok tree. They use plants to dye, to make dyes, to make the blankets beautiful. They used to make their own clothes from all of these but they do get some of their clothes from civilization.

There I was, away from a world that was so different than this and it wasn't easy. It was definitely not easy. I'm glad I did it, never have to do it again. I'm glad I did it.

Part of the journey was to go on a spiritual journey using an herb. Some of you may know, it's called Ayahuasca. We purged all day, we fasted all day, we hiked for miles and miles and miles, we did this beautiful ceremony under a waterfall where we are cleansed. We sniffed up tobacco water and we got ourselves super clear. Then we went ... Right after the sunset we drank this Ayahuasca that was put together from the herbs in the forest by a shaman who's been a shaman for 60 years. He's an old guy.

We went on this wild journey. On that journey, I saw all these images of myself in video and audio ... Excuse me, video and posters, billboards, and on television screens, in different marketing poses. All these different things I saw it flashed in front of me, it flashed in front of me, it flashed in front of me.

Then, as I looked ahead it was like I was on a roller coaster and I was about to go down this roller coaster into an oversized ten-story head; my mouth itself was two stories. It was this powerful dark place and I was going down the roller coaster and I was about to go in this [inaudible 00:31:04] of my own mouth then I said, "No, I don't want to do that," and I just went "woot" and I ended up in the stars. I ended up in pure stillness.

Whenever I tell the story, the stillness is here for you. I'm floating in the stars in this pure, pristine, loving, beautiful stillness and I started to hear whispers ... whispers. It doesn't matter. It doesn't matter. It doesn't matter. It doesn't matter. Those images don't matter. What you do doesn't matter. The parts of your life that are upsetting don't matter. War doesn't matter. Politics doesn't matter.

It wasn't an energy of it "doesn't matter, so give up." It was an energy of "it doesn't matter, so live." So live. Then I heard the song, "Nothing really matters, anyone can see. Nothing really matters, nothing really matters to me. Anywhere the wind blows." I heard that song over and over and over again. Then Freddie Mercury showed up, who's singing the song, and we started having a little chat and we were talking.

We make so many things matter. When we make things matter, they become dents and it pulls us out of the still point, pulls us out of neutral. It pulls us out of the observer. It pulls off out of that. When we move into an energy of nothing really matters, it doesn't mean it's very different than I don't care. It said it truly does not matter. The mind makes things matter; and when the mind makes things matter, matter turns into actual matter. It turns into density in our life. It turns into density in our life.

When we're talking about abundance and prosperity, it really is about moving into that place of knowing that it does not matter. Moving into that place so we can stand in the

stars, in that still point of being our core and watch the mechanism of our being filter through our beautiful gifts that are part of our core and bless people in the world with it.

Some of us are blessing, is simply family and that's enough. Some of us are blessing beyond our families through our work and that's enough. Some of us are blessing a lot more, thousands and thousands, and that's enough. Some of us are blessing millions and that's enough. There's no hierarchy or competition in the blessings. One person blessed is enough.

I think it was Buddha met someone in the forest and that man only worked with Buddha but that blessing of Buddha changed millions of life. It's enough to be the blessing that is you.

Let's work backwards now, okay? There's a mechanism, there's all these people that are blessed by our core that has been filtered through our gift that they get to receive. Now, let's work backwards. Now we're working backwards from our gifts to our core and we've realized that all we have to do is just be ourselves, that nothing else really matters. That's it.

Now, what that does, it creates a beautiful place of space in our mind, in our thoughts that is ... Feel the mechanism of this, that when we have thoughts that are these, "Oh, it doesn't matter."

You have witness it when I forgot to turn the microphone on, that it was like it doesn't matter. I got it, it's okay, I can fix this. No problem. I have to use it to not only change the dynamic of that moment but also share something with you. That's it. My mind have to just go, "Oh, it's okay" and be in a place of receiving. That is the place of receiving. No thing creates space. We have space in our mind, couple of things happen.

Now, we're going to talk about the mechanisms and you can stay in your core if you'd like as you listen to this part. The mechanism of what happens with the mind when we stay in neutral, here's how it works. When the mind is at peace, which means the adult has taken over. When we're in our core, we are the adult standing in the gap for all those little ones to say, "It's okay. I go this." The mind can now calm down. When the mind calmed down, as you just heard, the mechanism is it is in a place of receiving. It's open to receive. Lack is not part of a mind that is still and calm.

When the mind is still and calm, it starts to have a different level of trust in the whole process. It also has a different level of access through the heart space, through this sacred chamber, through this place of stillness. When we're standing in our core in that beautiful stars, I want you to notice something else is happening. We are receiving a direct connection from our source, from our over soul from, our soul itself.

Can you feel that? Get a sense of that. Standing in your core in the zero point, feeling the mechanism of how when we stand in our core it creates this beautiful ripple. We

can use our gifts to filter that ripple through and bless those who are experiencing our gifts. That's it.

Now, we take an extra moment to say "Oh, I'm connected to my source." We get to notice that this beautiful core is being fueled by source, by divinity itself, the part of us that lives in the infinite and eternal. Notice that. If you're having any problems with any of these, just pretend that you could notice it and then use the "what if."

What if that were true? What if that were true that I'm standing right now in my core? What if that were true? What's that like? What if it were true that I'm standing in my core that allows me to be more connected with my soul? What would it be like if I were fully connected to my soul right now? Take a moment and describe that to yourself. What it's like to be connected to your soul as you stand in your core?

That's it. What's that like? What's that like to be connected to your soul? What's that like to know now, to understand the mechanics that the soul is fueling the core? That's fueling the gift. There it is - soul, core, gift. That's it.

Now, where does the mind come in here? The mind is this beautiful vessel of action. The mind is a vessel of action. When the mind is in this place of quiet it can now connect to this whole mechanism here. It can now say, "Okay, I can see the connection to source. I can see that source is connecting to core. I can see that source, which is your soul, is delivering impulses of action to take action upon."

The source now is the living impulses that we can now hear from this place of neutral core, that this impulse is fueling the core and the mind can now be present as part of that. Now, when the mind is present it's going "Wow, I hear that." The impulse says ... By the way, the impulse is the "I am pulse," right? These are the ideas and inspirations that are coming through now directly from source. The mind can say, "Oh, I can see it and hear it." The core says, "I'm getting a beautiful impulse," and the mind says "I can take action on that." The mind says, "I'm going to do some research." The mind says "I'm going to go to 7-11 because I think there's someone I'm supposed to meet there." The mind is taking guidance and says, "Yes, I can take action on that. We're supposed to go to 7-11 and meet someone." The mind says, "Okay, I can take action on that," and gets enthusiastic.

The mind gets enthusiastic. The mind is the action taker. The mind is like the beautiful pet that wants to fetch. The mind uses the intellect to then bring this into the world and now the mind is fine tuned to manifestation in this world of density and can create from density. Can create from action.

Are you guys getting this? Core? Impulse? We can here the impulse, the mind. We can then deliver that impulse to the mind who's now able to perceive. The mind can take action in the world. That is the most powerful conscious way to manifest abundance and prosperity.

I want you to see now, this is the definition of being to receive. This is the definition of being to receive. There's no doing in that, is there? No doing. There's being, receiving the impulses, the inspirations and then allowing the mind to take action on those impulses. That is being to receive. That's quieting the mind so that there is space to receive. When the mind is quiet, it also sees. It also sees the opportunities. It sees the divine supply. It sees the support coming towards us. When the mind is in worry and upset, it just simply means that we're not in our core. It simply means that we are being run from the little ones who are fueling the mind with limiting and warped beliefs and consciousness. It's okay that that's happening.

The opportunity now for all of you is to now use it to bring yourself back into your core. Use it to settle the little ones down, but that's not it. Those are inaccurate words. To use it to allow the little ones to express that part of them that wasn't able to be expressed in childhood.

Oh my God, Karen gets it. Yehey, Karen! Mind blown. Good! The point was to blow your mind up so that it could move into this new dimension of partnership with the heart, partnership with the core, partnership with divinity, with the part of us that lives in the infinite and eternal.

Now, when the mind is upset, you know it because it's creating things like, "Yeah, but how? How do you do this? How do you do this?" That is a symptom of the mind. Use it to move back into your core. "I can't. I haven't been able to before this. No evidence of it." Mind symptom. It's okay that your mind has been there. It has good reason for being there. Your mind protected you when there was so much pain that you had to vacate the heart and the core. It's okay. Use it now to move back into the core.

That's why the belief ... Do a separate page in your notebook, in your journal right now, about the beliefs around money. Use them and you'll get to ... The awakening that happens from this is oh ... When I finally got to that little one who said, "The only way that I will survive is by having money because if I had money," the belief was, "none of the stuff that was happening would have been happening in childhood. My dad and my mom would have been way more stable, it wouldn't have created any of the abuse." That was the belief. Understandably so. That was it. Yet, I spent the majority of my life now thinking that money was a savior, going for the almighty altar of money.

When I got that piece, oh man I was free. Now, did my abundance expand exponentially? Not necessarily, but money is not necessarily it. I've had miracle after miracle after miracle of being able to get through every month and I know it's going to be what it is until it isn't. I so trust my soul so even if it is getting close to the end of the month and I still don't have a mic, it's okay. Beautiful impulse.

What are we going to do? It's like, "Oh, why don't we try this?" "Okay, let's do that." We zip it together and it works. We get through another month, and it's another beautiful miracle.

Would it be nice to have wiggle room? Yeah, but that's just the belief. There is no wiggle room. There's just what's in front of us and what we're doing. That's it, and it's going to be what it is until it isn't. All of it is here to expand, and expand, and expand. If I hadn't gone through all the crap I went through with my finances in the last two years, I never would have gotten to that piece about money as my savior.

Now, there's nuances of it that are coming up. There's nuances of it layer, by layer, by layer, by layer, by layer. If I get this ball of money coming out of the universe too soon, I'll still be playing in the old patterns. It's going to happen again. My beautiful soul is giving me beautiful opportunities month after month, after month to unravel and unwind in those crazy beliefs I had about money. I had crazy beliefs from so many sides. Okay, we're going to do a little healing there around this.

By the way, I don't know if you noticed but these cognitive conversations create tremendous healing. Beverly says, "Holy trust." Yeah. Bridget says, "I get it too." Beverly says, "Excellent explanation." Go ahead. I'm so happy you're getting it because when your mind gets it, oh my gosh, it's so powerful. That's why I say for those of you who fall asleep during the journey, it's okay; but I do recommend keep listening until you don't fall asleep because when your mind is present with the process it does make it a little bit more powerful but you're getting what you need even if you fall asleep.

All right, so we're going to do a little journey now. This time I'm being drawn to ... Okay, I told you the partnership with the heart, I got you, it doesn't matter. Wow, we're really getting to it today. Yeah! Okay, we're going to do a little journey to the ancestral money piece. I've done this before in the prosperity but I think it's going to be a little different because we're going to move from our core.

Okay, so everyone take a moment right now and move into your core and just really, really deeply, deeply be in your beautiful core. Deeply be in your beautiful core. That's it.

Okay, so Marilyn was just sharing that she has difficulty understanding what the belief is. It doesn't matter. It doesn't matter. None of that stuff matters. If you can understand the belief, that's great; if you can't, it does not matter. You can't do any part of this wrong. If you move into it and you understand what the emotion is, that's good. If you can't even understand the emotion, that's okay. As long as you see the pattern, that's good enough. That's good enough.

Okay, let's move everyone to our core. Now, I want you to notice that I interrupted your core. Were you able to stay there? Were you able to move back into your core easily? Notice it. You're all doing so good. I want you to notice how you're doing good. Let's just have a moment of celebration. "Celebrate good times, come on! Doo doo doo doo, celebrate! Celebrate! I am in my core, yes I am! Celebrate! Celebrate! I can get to my core really easily. I am good, I am good, I am good. There's some things my mind can't do. That's okay, that's okay, that's okay."

Okay. Good, good, good. All right. Excellent. Beverly says, "Money and abundance are not the same to me." Yeah, they can be different but what if they were the same? Money is just energy. Money is just energy.

You know we invented money, right? Four thousand years ago we decided that money was easier to carry than a flock of sheep that we were going to trade for a manor, a manor house, so we said, "Let's create coins because they're easier to carry." Instead of going across the sea with a bunch of cows, and goats, and pigs and sheep, we had a satchel of money instead, so we invented money. We invented money. It's our invention. Then we said this coin equals this much; we assigned a value. This coin needs to equal this much and this coin equals this much. We assigned value to it so it's 100% an illusion, 100%. It's an illusion. Money is an illusion. It's nothing. Money is just something we created to make it easier for us to exchange goods. That's it. That's all that money is. That's it. It's no more, no less.

If that's true, then money is simply vibration. Money is abundance, money is prosperity, money is financial wellness, it's wholeness, it's you. It's not a reward, by the way. It's not a reward. We're not successful if we have a lot of money. Oh my gosh, that was a huge lesson for me in the last year.

I've been the most successful I've ever been because I am happier, and calmer and more peaceful. To me that is the epitome of success. The epitome of success is more calm, more peace, more view that there's more potential here for me always, that I have this amazing adventure of the soul. It has nothing to do with money.

Abundance is a state of being. It's being to receive. That's what abundance is. It's a frequency of possibility and money comes along with that. That's it. It's just matching. Money matches the vibration.

Some people have come to this planet to be exceptionally wealthy. Some people have come to this planet to play with it in a different way. Some people are supposed to have just enough, and that's what their soul decided.

Yeah, so when we can tap in and say, "Oh, man." I mean, if I have to spend the rest of my life living month to month, that's okay. That's okay. That's what I get to do. I get to play with you and this amazing work, this amazing domain of playing with our adventure of the soul. That's enough for me. Yeah, I'm really tapping in. Is that true?

The little savior thread, "Money is my savior" is popping up its head up a bit and that's okay too. I get to know, "Oh, there's something more to play with around this money stuff." I get to notice that. Am I doing to get? Am I playing with the money stuff in order to get more money? Well, that's okay too but notice it. Notice it all. Allow it all. Let's go back into our core. Let's go into our core and feel our beautiful core. Feel our gifts. Feel who we are. That's it. Just breathe into that.

I'm supposed to do a soul song today. I'm going to do a soul song in just a bit with this journey that we're going on today.

Okay, so feel your core. Feel yourself standing in your core. Feel yourself. What's it like to be your core? To be you? Just to be you. This is you. What's it like? That's it.

Now, as you're standing in your core, there's a pile of money, wealth, abundance. Glenda Green calls it the Adamantine Particles. Abraham Hicks calls it the pile that you've been developing, and I can't remember the exact words that they're saying but there's a lot of different ideas out there in the spiritual community and the human potential movement that describe there's a pile that we've created, a beautiful pile that we created.

Just look at it and observe it and say, "Wow, isn't that amazing?" and notice if your mind goes to why can't I have that? Why can't I create that? Why isn't it coming to work? Notice. Notice your mind go ... Just say, "Thank you beautiful mind. Thank you for keeping me safe. You've kept me safe from these thoughts for a long time but I've got this. I've got this now. I've got this now."

Just look at that beautiful pile and notice that you have tremendous supply. You got huge divine supply there. Does that feel true? Whatever you want to do with that pile, you can go for it. Some people, I can see, want to run through it, go for it, roll around in it, feel it, let it shower on top of you or just observe it and feel that and notice that this is divine supplied. It's here. It's real. It's for real. It's what you've been accumulating and it's just abundance. That's all it is. That's it. Notice it. There it is. Notice it. Do whatever you will need to do to really get into it. Just feel what it feels like to know that you have this beautiful divine supply that's right there. That's it.

Then notice if there's any glitches in the energy. Are there any glitches? We're going to probably do at least one process, maybe two. Notice the glitch and notice the ...I'm going to say one glitch and it's a glitch that comes from the DNA. It's in the ancestry. Notice the glitch there. Notice the glitch and just see that there is a string. We're going to take that string again like we did on day three.

Instead of going to your past life, we're going to go to an ancestry. Notice the glitch and notice that there's a little tether on the glitch. This is the ancestral glitch. It's somehow creating a block to the money, to accessing the money. Does that feel true?

Pick up the tether. Again, for those of you who are not visual, just sense what's happening here. Just allow your sensation to happen. For those of you who are not sensing or not visual, if you're auditory, just follow the trail of the sound. Whatever it is, you cannot do this wrong by the way. You can't do it wrong. However, your soul is showing it to you is exactly what you should do, okay? I'm using a certain guidance that uses clairaudience, sentience, voyance and all the other stuff. Whatever it is for you, pick the one that feels right for you.

There's a tether, so you pick up the tether and you start following it. You're going to go back in your ancestral line. You come to parents and you pause there in your parents. You just take a quick look at the vibrational frequency of abundance and how does it feel with them. You noticed there's a little glitch there? You don't have to do anything with it. Just notice. We're just noticing right now. Just say, "Yeah, there's that glitch and there's that glitch." You don't even have to label it unless you can. If you can label it, great. If you can't, it's okay, just notice there's a glitch on both of those sides. I can see my dad's glitch, I could see my mom's glitch.

We're going to follow the thread back and we're going to see both of their parents. We're going to see that there's a little glitch there that's similar. There's some similar glitches but each of them have their own glitch. Just notice it. It's like, "Wow, there's glitch."

We're going to follow the tether back and we see parents on both of those sides so there's more people involved and each of them have glitches. We're going to follow it back and back until we get to a real start point that creates a similar thread. Now, people are attracted to each other for a reason.

There's one single thread. If we follow the tether way back, we can see that there's a thread that makes its way through all of these individuals that ended up in us. That thread is part of our DNA, and so we look at the person that started it. We're moving all the way back to the one person.

For me, for example, it's in the 1600s and it's a man. I can see ... We're going to be present now. We're going to embody the observer, we're going to be the guardian angel for that person. We're going to show up just like an angel. We show up for them and they see us, similar to what we did with our past life on day three.

We stand in front of them and we see that there is this ... My thread is that belief that I had about money which is about being the savior. If you don't know what the thread is, that's okay too. It doesn't matter.

We stand now as the observer, as the guardian angel. Remember, we're observing them and we stand in front of them and there they are. There's that ancestor that has the thread to all of these different souls that led to us. It's in our DNA, this thread of lack and upset around money and financial.

For me, this man in the 1600 was ... I could see that he had some similar things which really took a lot of risks and went for it, and went for the big risk to get the big things but also create great loss. Excuse me, that's mine. What's yours? I can feel when I belch, I'm really on to things. Excuse me for that.

What's yours? What's your ancestor showing you? He's showing you what's happening and the emotion that he has. I'm the observer, I'm the fairy godmother and he's seeing me as that, as his guardian angel energy. He's like, "Why are you here?" and I said "I'm

here to help you, to support you, to acknowledge what's happening and to love you. I'm here with you and I'm not going to be leaving you. We're going to really understand this piece. I'm here to support you." You say that to that ancestor. That's it. You say that to that ancestor. We share and support. Really feel yourself being detached from him or her, whoever it is. Feel yourself.

Yeah. Heidi, of course you know your ancestors. It's in your DNA, my love. It's in your DNA so it doesn't matter if you knew them. It's in your DNA. We're talking about DNA strands here so allow your cognitive mind to relax and chill and just allow yourself to move back to the DNA string. That's what that thread is that you're holding. It's DNA. It doesn't matter if you know any of them.

I certainly did not know my ancestor in the 1600s. You would not have known this person anyway so just allow your conscious mind to just relax, follow the string of your DNA because it's a DNA cellular memory that we're working with here. Follow that string back to that ancestor because it doesn't matter, you wouldn't have known them anyway. Just follow the DNA string. This is cellular memory that we're playing with here, okay? Just follow it back, that string of the cellular memory. Follow it all the way back, okay?

Again, your beliefs around being adopted, beautiful Brenda, or something that it would be really good for you to play with because it's really creating all kinds of wild stuff, understandably so. No judgment here. It's understandable. In this instance, you asked so I'm answering that it's DNA cellular memory that you're following so just follow the string of the cellular memory. It doesn't matter if you know any of them. You certainly wouldn't have known this ancestor. It's cellular memory. There we go. Very good. Very good.

That was actually really powerful for all of us to understand that this is simply cellular memory and we're accessing the ancestor in our cellular memory. That's it. Good. Very good. Very powerful, very powerful. Okay, so be present with that person as a guarding angel and just observe what their circumstances are. It doesn't matter if you understand the story, just understand the emotions of their feelings. Feel and sense the belief that they might have. If you can't access the belief, that's okay. All of it is okay. Whatever is showing up to you is exactly, perfectly right. That's it. Beautiful.

Now, you're standing in front of them and you're just saying, "I see you. I see you and I'm here and I'm present for you in support." Tell me what are you feeling around the circumstances. What are the emotions that you're feeling? What emotions are you feeling in particular that you're not able to share, that you're not able to share? They're going to tell you ... For example, my guy ... it's a man and he is telling me that it's really bad and that it's really bad and debtors' prison is a possibility and that he hasn't told his family. They don't know that it's really bad and so he's totally losing his mind and understandably so, so I get to say, "Yeah, I see that."

It would be really, really powerful if you could just share with me how you're feeling of really expressing. That's it. We just let these ancestors really express and share and feel what they're feeling. Finally, express the feeling in that, like mine is terrified but has been putting up a brave face for everyone which has made it worse. He's now crying and scared and he's sharing it. Now we noticed that there's a little version of them that is also feeling this and we allow the little one ... yeah, the little one, and then we just acknowledge whatever they're saying. Yes, that's right.

Danny said it's hard, hard work that their ancestor is saying and you say, "Yeah." It seems that way, doesn't it? It's the emotion and we just let them feel the emotion around that. Hard, hard work feels unfair and unfair feels frustration and frustration feels like there could be anger there. That's it. Allow them to feel the feeling. Again, we're the guardian angel. We just allow them to experience it. We are the observer. We are observing them expressing. It's not ours, it's theirs; they are expressing.

We watch their little one now show up in that expression. Knowing that, that expression came from a little one, from their belief and we watch them, both of them. We just stand in deep, deep support of both of these versions of our ancestors and just say, "Yes, of course you would feel that way. Of course, it seems that way. I'm so sorry for what's happening, beautiful one. I'm so sorry. I'm sorry for what's happening."

We feel our core in this moment. We feel our core. As we feel our core, we noticed that our core is part of the observer and we are super present in our core with them. We just say, "I'm so sorry for what's happening." I see how challenging this can be and I see ... and they start to really express and they start to trust us and feel safe with us and start to really express.

Their little one starts to express and feel as well, and we just say, "Of course she feel that way." We watch now as the love starts to come in through their beautiful expression of emotion and finally expressing what could have been expressed. This beautiful field is filled with love right now, filled with love. They sense and feel the love that is here, and we point out to them. This love is you. This is your power. This is you. This is your love. They're in awe, like "Wow! I am this energy?" and we say, "Yes, you were the emotion and the love. You were all of it."

Then, something kind of happens as this love filters in and embraces them, embraces them and the little one. They start to stand in a new posture. Then the mechanism of what we've been talking about starts to show up, they start standing in their core. They start feeling this beautiful energy and power that they are. They start to be able to open now. There's an opening here to hear their divine soul whispers. Same soul. No, it's a different soul but it's the same vibrational frequency of soul energy that is moving into them now and it's giving them some answers. It's giving them some new directions. It's giving them some new ways of going through the next steps.

It's not necessarily easy because all of our ancestors are in a state that created something, that created this blip, this glitch in our DNA and the DNA of all our ancestors

that led to us, right? Again, we're observing them experiencing it. It isn't ours, it's theirs. Make sure you stay in the observer. That's right.

Now, as they stand in their power and they start to receive their soul guidance, they're being given some impulses, the I am pulse, new inspiration. They're given this new inspiration that when they act upon the inspiration of the soul from a place of being, that opens their receptors to receiving.

Again, everything we just learned about the mechanism of manifestation is emanating from us and instantly they're getting it. Instantly they're seeing it. We don't even have to explain it. They're like, "Oh, my gosh, I can't."

When I'm being me, I can hear. When I can hear, my mind can take action from a place of clarity. My mind, this is a place of peace and calm, that this is a place of reception. It vibrates into their universe creating a whole set of new circumstances. In this moment we now can flash forward and show them their life in this new state of being that creates a complete resolution of what's happening to them, that their place of being now from simply expressing the emotions, allowing this new information and this new insight in.

We are truly guardian angels that are miracles for them because we're showing them how powerful they are. They are able to see that power because we are that power and we show it to them. When they do that, they are now moving in a new mechanism of their life where they are able to receive divine inspiration and know that there's a new answer.

I can feel that some of your ancestors have actually invented new things, new ways of being, new political forces. I can see my ancestor has now ... Wow, he changed the dynamic of even ... I can't even remember the word for it now, I just said it. Debtor' prison. That that whole framework changes in his hands now. We watch as this thread has been tugged and it filters through all the way our ancestral line and the cellular memory of it simply dissolves. This is if we can breathe in this moment. We can breathe in this moment.

We've shown them some of their future, that they are able to use their great power and this great moment of upset to turn upset into power, and the possibility into new design for them, their friends and family and even some of them for society. Right? It's so beautiful. That's it.

We say, "Thank you." We reveal to them that they are our ancestor and that they have healed us in the healing of themselves and we thank them. They're in awe. They're in awe and they go now into their life from a place of power. They know that they can be who they are and in that being is great power and strength and possibility and flow. We come back now, come back to our pile and we see that this glitch has dissolved and has unlocked it for us.

We feel that it actually didn't matter in the first place but it's nice that the glitch has been dissolved. We feel that it didn't really matter in the first place and yet we have access to this divine supply. Our minds can sometimes say, "How do I get some divine supply in the world? How do I get the divine supply in the world?" We say, "It's okay mind, I got this. I got this."

We witnessed how that beautiful ancestor just claimed their power and that was enough. We can do the same. The mind can now move into a place of beautiful honorable surface to the inspiration and impulses that come through are connected, our capacity to be connected in our core. That's it. That's it.

We just ... There's a little know over there. It's the trust know. It's like a volume knob. We just turn the trust knob up a few notches and we noticed that the light fills the space as we turn the trust knob up, that our capacity to trust our soul's journey increases through this experience. Our mind witnesses the trust knob go up so our mind is now in a place of expanded higher volume trust. The amplitude or trust has increased. Does that feel true? Does that feel true?

Yeah, so a lot of people are sharing on Facebook their stories of their ancestors. I want to remind you too the stories are powerful and yet what's way more powerful is the transformation that happened. The stories are really cool, really powerful. Please share them and just remember that, again, with this new age stuff, I watched it so many times that people got way distracted by the stories which aren't nearly as important as the transformation that the stories delivered.

Yeah. Stand now with your Adamantine particle or your pile of good, your pile of divine supply and know that it's just energy, it's just energy and that when you are in the state of being that energy can show up and land, that has a place to land when your thoughts are quiet. Notice that your mind is the one that actually activates this pile in order for it to show up in the world. The mind that is activating it is the mind that is quiet and hearing these inspired impulses. The inspired IM pulse of your soul, of your infinite internal self. That is wealth. That is abundance. That's also where money shows up in that field of being.

Yeah, beautiful. Wow! Well done folks. That was really good. How are you feeling right now? I'm supposed to be doing a soul song right now.

I want you to notice that as you're standing with that new dissolved ancestral piece gone. That on day three we played with the past life piece that was dissolved into a different state, that we are standing in our power, that we understand the mechanism of manifestation very clearly now that when we're simply asked our mind quiets. When our mind quiets, it's in a place of readiness to take action. To take action, we can hear the divine impulses of the soul, the divine inspiration. The mind can act on it and move into the world. It also creates a space of receiving, a space where money and financial abundance and wellness and prosperity can land.

We understand the mechanism of all these. We understand that all comes from standing in our beautiful core. That's it. As you're doing that, as you're playing with that, as you're feeling now I'm going to do a soul song here. The soul song is sound vibration that allows us to take the new pattern. It's like it's a weave that's really loose and the sound vibration tightens the weave so it becomes a platform, a strong platform upon which these new possibilities can stand upon. That's what is going to be happening with the soul song. It's creating a sound vibration, tightening the weave of the pattern. Here we go ...

(singing)

Beautiful. Just feel that new pattern, that new tightened weave of this new re-patterned movement of prosperity. What does it feel like? What does it feel like to have all turned, dissolved, changed, transformed, opened up and stood in the gap for everyone, all of our ancestors in our past lives, into this new framework of possibility and flow? To know that we are now the adults that has a clear understanding of the mechanisms of manifestation? Because we have that new understanding, we can allow the beautiful flow of abundance and prosperity to just be what it is. To notice if it's a trickle and that it's okay, that the trickle is just allowing us to look further to see where the dam might be; to notice if it's a flowing river and that's okay and notice that, that flow is just you in your core.

If the flow slows, that perhaps is just a season for you to do some deeper exploration to reveal a few other things and take a few layers of the onion of beliefs off and that's it. To trust. We noticed that we've turned up the volume of trust and our mind is now in a state of noticing that there's more trust that quiets the mind.

We know if the mind is quiet, that there is tremendous manifestation that work from that quiet mind. When the mind isn't upset, we know that, that is also a creative force and we just notice it. We don't get scared of it. We just say, "Oh, look at that. The mind is upset." It's time to use it as a point of access. It's time to use it as a point of access to go deep within now and notice and remember again our core.

None of it is doing to get. All of it is just allowing us to move back and back and back into a state of deep being. Deep and powerful resonant being. In our being, our core. In our being, our core that moves into our gifts that creates blessings in the world for those that we love and live. As we stand in our core, we are more connected to our soul and can hear the divine impulses and whispers. Our mind is in a place of common peace that it can now take action upon those inspirations.

As we do all of that, we know that we're on this beautiful, perfect adventure and there's nothing wrong or broken. It's just here guiding us to us what's next and next and next and that's it. That's it.

Oh, beautiful. Everyone, take a nice deep breath and bring your attention back here now. Beautiful. Beautiful.

Okay, I'm going to lower everyone's hands. I'm going to take one call. I'm just going to take one call. If you'd like ... If you have a question now after all of that, if you have a question now, raise your hand. I want you to notice that ... I really like you to ask a question that it's from this place of your core. It's not a question from the mind that's saying what's wrong because you're in a new place now. If you raise your hand to say, "What's wrong?" that's from your mind and you just completely dismissed everything we just did and you've moved into your mind to remember the story of what's wrong.

Instead, I'd like you to stay where you are. Stay in this energy of the core where you know the trust volume has been increased, the trust amplitude has been increased. That we've released something from our DNA. That we released something from our past life and that we know our divine supply. We're aware of it, we understand the mechanism of manifestation. From this place, ask your question.

Star two will raise your hand. Star two will raise your hand if you have a question from this place, and we might not. We might be ready to just finish. Again, there are no questions that are bad but I would really like us to try something a little different tonight where if you raise your hand it is a question from your core. It's a question from your core.

Oh, thanks Anne. [inaudible 01:21:05]. [Asterine 01:21:07] says, "It feels so much is flowing." That's right. Good. Very good. Let me see if I can see more questions. There we go. Good. Denise says that something really shifted in the class, she can feel it. She's very calm and easy. Pamela said, "I saw a golden light shoot down the whole descendant line from my ancestor once he decided what his belief system versus what has a new child picked up from his father." Beautiful.

Danny's blacksmith ancestor invented a chain which made things easier. Very good. All right, let me see if anyone raise their hand. Okay, we're going to New York. Last four digits are zero, five, seven, eight and ... hang on a second.

Ching: Hello?

Jennifer: Yes, go ahead.

Ching: Hey, [inaudible 01:22:22], this is Ching.

Jennifer: I'm sorry. What was the name? Can you speak a little bit more into your-

Ching: Oh, okay. This is Ching. I'm from New York.

Jennifer: Yes, go ahead.

Ching: Hi. I just want ... I have a [inaudible 01:22:36] I need you to help out. I want to know ... I am confused how can I find my call? What is my call? You say [crosstalk 01:22:45]-

Jennifer: [inaudible 01:22:46] on the call so far?

Ching: At first. I went to a first and then this one.

Jennifer: Okay, so go to the next two and then ask me that question next week.

Ching: Okay. Okay, that's great.

Jennifer: [inaudible 01:23:02] a big question like the answer's six hours' worth of conversations.

Ching: Mm-hmm (affirmative). I know. I just-

Jennifer: [crosstalk 01:23:12]

Ching: -your core, yeah.

Jennifer: Thank you.

Ching: Your core is kindness and generous as it was mine.

Jennifer: Thank you, Ching. [inaudible 01:23:20].

Ching: Thank you.

Jennifer: [inaudible 01:23:21] again if you still aren't clear or bring the question to the next call, call number five.

Ching: Okay.

Jennifer: Okay. Thank you so much.

Ching: All right.

Jennifer: Okay. Anyone else? Star two will raise your hands? It looks like that might be it. Now, isn't that exciting? That's really cool. It's okay if there's questions, by the way. No problem with questions.

Cynthia saw shiny coins drop into her ... to "my ancestors' pockets." Beautiful. Victoria would like to be able to heal the sun through her with this session. "Is there a way to transfer the feeling to understand it?" It's really a good question, Victoria. It's so funny how our beautiful minds will ... Let me change this. Hang on a second. Okay. Okay, I'm moving this back into ... All right, so ... Making sure I'm there. Good.

Okay, that's a really good question. I'm going to go back to the question again. How we support the people around us and support them in their healing is to be us. Our job is

not to heal anyone, by the way. My job is not to heal you. Your job is to heal you. When I change, the people around me change. You know, the universe that is you?

Victoria, I know how much you love your son and I know that you want him to get this information. How he can best get this information is by you being it. I'm not kidding on that. When we force our loved ones to take this course when they don't want to, it doesn't work especially if they're not open to it. The best way to do it is to be it. That's how we change the people around us.

When you live in this abundance, Victoria, your son will go, "What is going on? Show me." Then you can share this course with him if you want. It's fine. You guys have paid for it, it's okay to share this with your family, but he's not going to get it until you are living it.

When you live from this place of your core, when you're living with this clear understanding of a mechanism and using that mechanism in the world that is what changes everything and it changes the people around us.

Remember, during the feel better challenge and during the first day of the first session I talked about the universe that is us, that is vibrating at the belief. Anyone who enters that universe has no choice but to respond to those belief. Now, prior to now, our beliefs have been "I'm not good enough, it's not okay, it's ..."

What we're doing is we're slowly but surely peeling these beautiful onions of beliefs. We're releasing them. We're dissolving them. Now we're living from a new belief and our universe ... and our universe is filled with these beliefs. Our universe is humming with this new belief of our potentiality for our divine supply. Humming with it, right? Humming with it.

When your son enters your universe, when you're really living this, like really fundamentally living this, he has no choice but to change within that framework. When you see his brilliant abundance, because all of us are born with this abundance, it's our birthright abundance, when you see abundance in someone else which is simply seeing their core and their light, something happens and it excites something within them.

Okay, [Bagonia 01:27:29] is saying that she has a little back pain after her ancestor changed her beliefs. Yeah. And? We talked about this, right? It's not surprising. Let's look at this ... Some of you might have a little healing crisis, most of you won't, but some of you might.

Okay, just imagine that something ... that we changed the DNA today. There's energy moving through this part of us that has never moved through before, okay? Never moved through before.

Just imagine that your foot has been asleep for two hours and then it's like, "Oh my god, my foot is asleep" and you can hardly walk on it and then it really hurts because you got

that pins and needles sensation, right? We know that the pins and needles means that something is waking up so we can just say, "Oh, it's waking up. That's good."

Imagine there's energy moving through an area that has never moved through before. It could create pain. Now, again, I'm going to qualify that by saying, Bagonia, if this pain gets acute and it gets really bad, go to the doctor, go to the hospital. It's coincidental, okay? If it gets really bad, go see someone for it. Please. I'm not a doctor, so I'm not saying don't go to the doctor but I want you to notice that if it showed up from this day, that there might be something there. That's it. It's just energy moving through, or use it and do a spontaneous transformation on yourself.

Yeah, that's a different question. All right. Danny says, "When I was doing [STT 01:29:21] with the little me who was hurt by loved ones who betrayed her, I asked her what would it be like to have their loved ones have your back? My little one said I needed more realistic expectation. That feels like your mind, Danny. I don't think your five-year-old would say you need more realistic expectations. I think your mind told you that.

When doing spontaneous transformation work in a three ... From zero to seven is usually what we're working with, with the little ones, the young versions of our self. It's like on the call, I think it was Jane that said, "My little one is saying the gallbladder meridian." No. A three-year-old doesn't know anything about a gallbladder meridian. Danny, your little one would never ... Someone from zero to seven wouldn't say you need more realistic expectations. Just notice that your mind went in. Notice these things. Notice that a zero to seven-year-old would not say something like that.

I remember once I said, I was working on myself and a seven-year-old said some comment about a psychological component of my parents. I immediately got, "A seven-year-old would never say that. That was my mind." Just allow yourself to know that your mind is intervening there.

Anne, you said, "I'm thinking that I need to accept that my loved ones don't have my back 100% of the time." Well, there is some truth to that because the only person that really has your back is you and yourself. That's it. Because no one else can have your back the way that you can. It's unrealistic to expect that all these people are going to have your back 100%. They don't even know ... You're the only one who knows what your back is. Hundred percent, there's some truth to that because it's all you. It's all you, so it's a really good question. Good question there. Okay.

Yeah, Cassandra asked, "Do we only change our DNA or do we change our parent's and kid's DNA as well?" That's a great question, thank you for reminding me. Everyone's DNA just got changed. Everyone. You just stopped it. You just stopped it.

[Rossie 01:31:45] is saying, "I'm experiencing lots of resistance." Congratulations, Rossie. Congratulations. Excellent. You're noticing the resistance. I would probably hasten to say that you might not have noticed it before. That is a powerful breakthrough moment.

Congratulations. Notice the resistance and use it to move into your core again. Use it to move into who you are, okay?

[Deroda 01:32:16] is asking for a script because she didn't understand some of the words. The transcripts are something that for those of you who is English as a second language will help. Because these sessions are longer than I expected, the transcripts are taking a little bit longer to do. We're trying to get to them as fast as we can but it takes a transcriber a couple of days now to do them instead of the normal 24 hours and then it takes me another day or two to get to them, to go through them, to edit them so that they're right for you. Apologies, it's taking a little while. For those who are watching this later, just ignore me because the transcripts are waiting there for you.

All right, so it feels like we're done. We're getting housekeeping questions now.

Thank you so much. That was a powerful day. If you're feeling resistance, use it. Notice that you're noticing the resistance where you might not have noticed it before. That's cool. That's breakthrough time. Notice if any of this is challenging. It's okay to notice that it's challenging. It's okay. Again, this is not a sprint and it's not even a marathon. This is just ...

If you've had years and years and years, I said this quite a bit in session three, if you had years and years and years of challenge, it's not going to be instant. It could be; I'm not saying it isn't, but it's likely going to take a few tries with this stuff. In three months, 12 months, 18 months you and I are going to be having very different conversation. I can feel that for you, Rossie. That in three to five months, we're going to be having a very different conversation and you won't be focusing on the resistance that you're having. You'll be focusing on how much less resistance you're having day by day.

The resistance is always a gift, always. Every minute of things that appear to be a resistance is just that old neural pathway saying please let's train the new neural pathway, please let's strengthen the new neural pathway.

Let's use this resistance training like you go on a gym. We don't yell at them when we're ... For those of us or anyone who does go into a gym to train their muscles, they're not yelling at the weights saying, "How dare you be so heavy." Use the resistance. Use the resistance. Use the resistance. Use it.

Again, if you're feeling like super resistant and super upset about anything, go to session two and fast forward into the laughing yoga because that will just dissolve resistance in its track, okay?

You guys are amazing. I love you. Get your little prosperity page going. Notice the emotions that are present. Notice the reactions that you're having. If you can identify the beliefs behind it, do so. If you can't, judge yourself for that and just keep them. Just kidding. If you can't identify the belief, that's okay. Play with this. Play with this, play with this, play with this, okay?

Some of you are very new to this. Don't get frustrated. Just allow yourself to give yourself a little break, move into beginner's mind and listen to the first show again, because there's lots of great direction there about beginner's mind. You're not going to play a concerto tomorrow when you're just learning C and G chords on a piano. You're not going to be able to do this beautiful flamingo guitar playing when you're learning chords.

That's what you're doing right now. You're learning the beautiful basics of what it's like to be a human that is in thriving. Many of us have not been in that so this is new territory. Allow yourself some space to play with this, okay? You're doing freaking great. I'm so proud of you.

I will see you for session five next week. For those of you who are listening to the recording, it's waiting for you but I would take a little break to integrate some of this work from this powerful week of financial abundance and prosperity.

A lot of people are sharing what's wrong on Facebook and that's great, that's great. Share a little bit of the breakthrough too. Do both. Do both. If you have a breakthrough, share it. It's okay to share the upset too. That's what we're here for. I'm noticing that the conversation dialogue is changing a little bit too. That's cool.

Great job, you guys. I love you and I will see you for session five. Muah! Bye, guys.