



Feel Better Mastery

Session 5

What's Right & Re-Patterning To The Core

TRANSCRIPT

- Jennifer: Hello, everyone. Welcome to our fifth session of the Feel Better Mastery. We have been on a really quite amazing journey. We're on week three. This is our fifth session, which means we are at the halfway point, and I'm just tapping into all of you, and feeling the transformations.
- Jennifer: More importantly, I'm feeling the new considerations. I'm feeling you standing in a new place, with a new slight angle of perception on your life, and seeing that there's more to it than you thought. Now, many of you have been on a journey of healing for a long time, and what I find so fascinating for me, and for all of us is that, I mean I've been on a freaking journey since I was 16. I moved out of the house when I was 17, and from that day forward, I was on a journey of healing.
- Jennifer: "How can I recover from that?" was my thought. What's interesting is that, I talk a lot about doing to get, and doing to get is part of the journey. But, because you're with me, and I'm pointing out that there is a doing to get, we are at this new place. I'm at this new place. You're at this new place. The planet is at this new place. We are at this new place of really looking at things in a very different way. Looking at things in a new way. There's an awakening happening. There's both repression, and a lifting of repression that is happening.
- Jennifer: You can see the repression that appears to be increasing is actually increasing only because it's hanging on harder. That there is an expansion happening on the planet, and in all of our lives. The expansion is one of, it's like the wet blanket is being lifted. The heaviness is being lifted. That there is possibility and potentiality that is very prescient, and real, and palpable. That we can move into a new world, into a new state, into a new possibility, and the heaviness is lifting.
- Jennifer: By you being in this program with me, and the way that we've been playing together so powerfully, and the way that you've been in this place of deep consideration and willingness, that's huge. Willingness is enormous. Just the state of willingness creates such opportunity. Right now, let's just stand in that. I've had many, many moments where I've said to myself, to my soul, to God, "I am so willing. I haven't really been able, but I am willing," and I believe that's what opens doors. What would it feel like right now if you stood in this place of willingness? Of deep abiding willingness.
- Jennifer: I want you to feel that lifts us into some lightness. That lifts some of the heaviness, just moving into willingness. There are some people here that are going through some major, major stuff right now. There's no accident, I don't think, that you're here with me as you're going through it, because when we can have this kind of support and move through. I mean, you're going to move through it anyway. This stuff is going to be happening anyway.
- Jennifer: Yet, you're having these new considerations as you're moving through stuff. Some of you are not going through something major, and that's also part of your soul's journey. That you're here to be in more of a still point with it. Others are needing to be in the

midst of something really dramatic, and the circumstances appear to be very big. That's part of our soul's journey. I'm in the middle of big stuff. Mind you, I pretty much don't do anything small. Anyone else relate?

Jennifer: So, here we are. Here we are in this place of willingness, in this place of new consideration. Boy, that small change can really create a new dynamic in your life from this moment forward. Now, the opportunity is to do it and say, "It's not working. It's not working. I'm not feeling better." One of the things I wanted to talk about today is to, and I've talked about this a lot in my other courses, but I haven't really talked about it that much here. I realize that it's really an important thing to bring up again, for some of you who have been with us before.

Jennifer: That is this notion of what's right in your life. It's really, really, really easy, especially when we're in the midst of stuff, to constantly point at what's wrong. The opportunity is to point at what's right. What is right in your life? There's always something right in your life. There've been people that have been sharing. "Well, this is going to happen, and this is going to happen, and I'm going to lose my house, and I'm going to lose my kids, and my health isn't good, and this evil person is after me, and all these things are happening."

Jennifer: Yet, none of those things have happened. They're all catastrophized events in the future. What we lose sight of when we're catastrophizing, when we're saying, "Oh my God, it's going to happen. Oh my God." I've already shared this already. It reminds me of that time when it's like, "Oh my God, I'm 10 days away from living in my car. Oh my God. I'm 10 days away from living in my car Oh my God!" It never happened. I never in my life have lived in my car. I've never been homeless.

Jennifer: I lived in my cute little 900 square foot apartment for 10 years, and that was I think like my eighth year there. I never lived in my car. It did not happen. I thought it might, but it didn't. What we do is we think it might. Like, "Oh my God, I'm going to lose everything. Oh my God." I have a friend who was being sued, a ridiculous lawsuit, but for almost a year she focused on, "Oh my God, I'm going to lose everything. Oh my God, I'm going to lose everything."

Jennifer: Psychics, and mediums, and me were telling her, "I just don't get that. I don't see it. I don't know why I don't see that, but I don't see it." Psychics were telling her now, and astrologists were saying no. Again, none of that stuff matters. But she was like, "Oh my God, I'm going to lose everything!" I think I've already shared this story with you. It turns out, she has a multimillion dollar company. It turns out the settlement that was being asked for was \$100,000. Now, for most of us, that would be a lot, but for someone who has a multimillion dollar business, \$100,000 is not killer. It's not great, but it's not killer.

Jennifer: She actually had the money. I talked to her recently and I said, "What happened?" She goes, "It was \$100,000 settlement." I'm like, "Are you kidding me?" She said, "Yeah. I don't know why I freaked out so much." But, what she also told me in that moment is that that whole year freaking out, and then doing programs and exercises to move into the center, to move into the center, as all of us are doing right now, and as the two

years that I've been going through a financial challenge, it's only a challenge because I went from a \$6 million company to a \$1 million company.

Jennifer: I mean, shoot, a million dollar company's not bad, but when you go from six to one, it's hard. It's a little intense. All of that opened me in ways that nothing else could have. She said the same thing to me. What happened there opened her in ways that nothing else could have. Nothing else could have bashed that door down of terror. Nothing. When my sister passed away, there was nothing that could've gotten me to a place of compassion, nothing than losing my best friend. Nothing would've grabbed my collar, and shook me, and said, there's more than the cancer I had in my 30s.

Jennifer: I'm a little stubborn. How about you? It's easy for me to sit here and say that life shows up for us, but when we can say that and consider it in a place of willingness, and then when we turn our angle of perception and say, and look backward at the other times in our life that we needed someone, our soul to grab us by the scruff of our neck, or our collar and say, "Wake up. You don't have to be afraid anymore." Not the only. A powerful way for me personally as a soul to move through onto the other side of terror is to be terrified, and move through it. To see that there was no there there.

Jennifer: That's what many of us are being asked right now, on the whole planet. We're being asked to really say, and someone shared in the comments that they've been using, is it true. There's little pieces of this that your soul is going to go, "Oh, that's a good one for me. For me, is it true is something they use constantly. So, is it true? Is it true that I'm almost homeless? Well, that is true. I could be in 10 days. Yet, is it true right now that I'm safe? Right in this moment, for those of you who are watching this, is it true? Is it true? Are you safe?

Jennifer: Yeah, Begonia, that's a good question. She was saying, "I was just thinking, what if this way of being the observer doesn't stick?" Then she said, "What if it does?" Now, that question, the noticing, and then the new answer is what I'm talking about. "What if none of what Jennifer's teaching is going to stick? Oh my God. Well, what if it does?"

Jennifer: Now, you see how before, it was just going along, going along, going along. We're here going along, going along, going along at this one level. Then we say, "Oh my God, what if it doesn't work?" We pause and go, "What if it doesn't work?" It's like, "What if it does?" We just went up a level. Do you see? We went up a level just by that simple moment. "What if being the observer isn't going to stick? What if it does?" We just went up another.

Jennifer: By noticing the upset, using it in that moment as you did to ask a new question of, "Well, what if it does?" And then taking that on. Again, when we ask the question, "What if it does? What would that be like? What would it feel like," the what if game. If we do that, we're now shining the light of consciousness on it, which awakens it, which expands the energy, and actually physically raises the frequency of it, and brings us to a new level with it. Isn't that exciting?

- Jennifer: Suzanne had a question about anxiety. I don't understand what you're asking, so you'll have to give me some context to that. The opportunity then is to use that moment of catastrophization to say, "Oh my God. There's an eviction notice on my door. There's no money coming in. What the hell?" Well, in that moment God said, "You've been seeking outside yourself." I couldn't have heard it until that moment. I couldn't have heard it, because in those moments we are in this weird kind of warped surrender. Like, "There's nothing I can do. There's nothing. There's nothing I can ..." still point. Instant neutral.
- Jennifer: In that moment, our soul can get through to us. Our soul is constantly trying to get through to us. What we're doing here is giving you all kinds of little tools that allows your soul to get through to you. That's it. A new angle of perception on what is, and what isn't that allows your soul to get through to you. That's pretty much what this course is. Moving into a place so your soul can get through to you. Cool, huh? Good.
- Jennifer: Another step that we can take here, besides going to the neural pathway gym, which is just what Begonia did. The neural pathway gym is taking a breath, pausing, and using the moment of resistance, pushing against it to grow the new neural pathways that we are developing here in these new patterns. Okay, I'm being told to do something today. Loving it. Sorry, my whole notebook and everything just fell over.
- Jennifer: Loving what is, and moving it to the next level. What is right in my life? What is right? I've been having a little physical upset of late. I think I mentioned that I was in the hospital. I had another one of those events on Thursday, two weeks to the day. It freaked me out a little bit. I had to spend an entire day in a recliner, an entire evening. I couldn't lay down, because the pain was too intense. I have those questions like, "Heal or heal thyself?" What do you do when teaching a class like this when you're in a ...
- Jennifer: So, I got to really play and say, "Wait, what if it's all okay? What if you got this? What if this is up and out?" As I've been sharing. "What if the old stuff is just unwinding, and it's big old stuff? What if it's up and out to show you another piece that you're not seeing?" Then I move into neutral, still point, and I move into what's right about my life. "What's right about this moment? What's right and good about this moment?"
- Jennifer: As I do that right in this instance, let's everyone do that together. What's right and good about this moment for you? For me, I'm looking out my window here and I see beautiful nature. I see the trees swaying. They're doing wind yoga. I asked a tree once. I know this sounds weird, but I did. I talk to trees. It was a windstorm. It was very windy. I said to the tree, "Does it hurt when the wind pushes you so hard?" The tree seemed to answer and it said, "No, it's just wind yoga. It's an opportunity for us to gain strength." I'm like, "Wow, how cool."
- Jennifer: Right now the trees are doing a little wind yoga. They're swaying back and forth. Everyone just pretend you're a tree swaying in the wind. Take a moment right now. Breathe, and just pretend that you're swaying not an intense wind, unless your mind is taking you there. Notice that. It's a beautiful, gentle wind, and you're just swaying gently. Just feel yourself swaying in the wind. Feel yourself doing a little bit of wind yoga. Feel the still point in that moment.

- Jennifer: Now, is the wind wrong or bad by providing resistance to the trees? No. Are the things of our life wrong or bad by making us get a level of attention that we couldn't focus on if we didn't have these events in our life? It doesn't make it okay, but it makes it bearable in a way. It allows us to move through it with a measure of grace, rather than bracing against. Imagine if a tree was in a constant state of, "Oh my God, when's the next wind going to blow? Oh no, when's the next wind going to blow? Oh no, when's the next wind going to blow?" Constantly bracing.
- Jennifer: Imagine that bracing energy against a possible wind that could come in the future. Imagine if a tree did that. A tree would probably not live very long if it was constantly bracing against the next event. Notice that in your field of being. Do you brace against your life? Use it in this moment to say, "I do." I can honestly say that I braced a lot. I understand there's a really good reason why we're bracing, right? There's a good reason why we're bracing. So instead, take a breath, feel yourself being gently loved and nurtured by your soul, and by the events that your soul is bringing forward.
- Jennifer: Feel that events that are in your life as if they are just the wind loving you, and sway now. Feel yourself releasing and dissolving that bracing energy, and you just sway in the wind of your soul. We feel the still point as we sway in the wind that our soul provides that is somehow nurturing and supportive in this new context, isn't it? SEAL we are able to sway, we can now look and say, "What's right in my life? What is right and good about my life?" In those moments, when I was 10 days away from living in my car, which never happened, I was forced to say, "What's really right?"
- Jennifer: It's so much more powerful in those moments when it appears to be wrong to notice what's right. In the moment when I was lying in a lot of pain on Thursday in that chair and I'm like, "What's right with this moment? Well, my cats are on my lap, just loving me." Mary, my best friend and roommate was helping me. I felt so supported. "What's right about my life? My body's telling me something. I'm not quite hearing what it is yet, but it's definitely telling me something, and I'm listening now, and I'm not afraid. That's right, I'm not afraid anymore. I'm not afraid of the things that are happening in my life. That's right. I live in a beautiful house. I have this amazing bedroom."
- Jennifer: Seriously, I have the best freaking bedroom in the world. It's the size of my first apartment. The houses in my neighborhood make a master bedroom that rocks! I got to look at my beautiful bedroom. That's right. As we stand in this still point right now, and notice that we're no longer bracing against our life, notice if you can do that. If you're bracing, notice that too and say, "There's a reason why I've been bracing most of my life. Maybe that's okay."
- Jennifer: Yeah, Laura says, "The tree would be weak, and brittle. Bracing for the next shoe to drop is exhausting." That is so true. It's actually a drain on your energy in the most amazing ways. It's what creates a lot of physical symptoms, bracing against life. There we go. Feel the still point of this moment. In the still point, just pretend that you're there. Again, if you have any kind of trouble with this and you're saying, "Jen, you don't know what my life is like."

- Jennifer: You're right. I don't. It doesn't matter what your life is like. Right in this moment, your life is here in the now with me. Breathe into it. Allow yourself to move into the still point. Allow yourself to move into the still point, bring your attention to the still point, hold an intention of the still point. Allow, intend, attend to the still point. Feel yourself in this beautiful still point. That's it. Feel yourself in the still point.
- Jennifer: Again, if anyone's struggling with that, just pretend, what would it be like if you were in the still point right now? Just pretend. What would it be like if you were in the still point right in this moment? What would it be like? What would it be like if you were right now in the still point of the moment? Now, pretend that you're there, and now look at your life. What's right? Look through the eyes of what's right in your life, and get a pen and paper, and write it down. If you have your journal handy, write it down. What is right with your life? What's right with your life right now?
- Jennifer: Find something. There's so much to love about your life. There's so much. What's right? Do you have a pet? Do you have a kid that you love? A grandkid that you love? Do you have a favorite tree? Do you have a favorite pen? Do you have a favorite chair? Do you have a favorite TV show? That's right. Those are all things that are right. If you put them in a pile, you start seeing that the pile's actually pretty good. It's actually pretty big. If you really look at what's right, and put it in a huge pile, you see that it actually dwarfs what's wrong in aggregate.
- Jennifer: What's right? Stop signs. They're pretty cool. Stop lights are pretty cool. They make sure that we don't crash into each other. They allow us to go fast and then stop, and let others go fast. Streets. They're amazing. Bridges. Wow. Bridges are so cool, aren't they? Forests, parks, the ocean, lakes, wine, steak. So great. Notice the things that are cool. Water. I love my water filtration system in the house. I have these amazing baths, and this pristine clear water.
- Jennifer: The structured water and the filtered water together make this beautiful bath I love like crystals. What do you love? Feel it. What's right? Even in the things that are wrong, is there something in there that's right? Begrudgingly, your mind will say, "Well, yeah, you know, in the midst of all that, there's some pretty cool things that showed up." Like, I went to a doctor who basically told me I was nuts. I got to say, "I don't believe her."
- Jennifer: I got to have a moment of saying, "Wow. I get to see that she's a really good reason for dismissing all of my symptoms, and it's okay. I don't have to agree with her. I got to have this moment of, "Oh my God, isn't that cool that I am no longer at the effect of anyone, including a doctor? That I can get a second opinion, because that just didn't feel right. So what if I created this amazing doctor to tell me, 'You're basically having psychosomatic symptoms,' to say, 'Wow, you really believe that. You really believe that there's only one way to have an allergic reaction. Wow. That's fascinating. Not true for me, but thanks so much.'" And genuinely feel that way.
- Jennifer: I got to have this moment of, "I've changed so much!" What if that's what it was about? What if it wasn't? What if none of it matters? What if? What's right? What was right about that moment? She's probably spent like five to seven years fighting with people who have self-diagnosed themselves from websites. Poor thing. You got it? None of that

was wrong in any way, shape, or form. None of it. It was all that providing something for me. My soul was trying to get my attention.

Jennifer: Some of this stuff, I'm not quite sure about yet, and that's okay. I know it will be revealed. I know it. How about you. In this place, in this moment of stillness, can you see that all will be revealed? Can you see that what's meant for you can't be lost? Can you see that there's no need to brace against your life anymore? There's that old quote, "Things will work out in the end," and you know it's not the end if it hasn't worked out yet. Are you seeing this?

Jennifer: There we go. Good. Just feel the stillness of this moment. We're going to go into a little journey here. Yeah, and I'm just kind of feeling. I'm asking the guidance. I had an idea of what we were going to do, but in the moment guidance says, "Your soul basically works through me and says this is what we'd like to do today," so I'm just holding still and listening. You can do the same. Moving into that still point. Holding still is an oxymoron, by the way. Ignore that.

Jennifer: Notice yourself in the still point. Notice that place of the observer. That's where you are. Notice the place of neutral, no conditions, no expectations, no attachments. Notice that while you're in the still point, you can't brace. There's no bracing against the, "What's next?" Sit in the still point with me. They're going to show me what we're going to do next. All right, I'm getting three words that we're going to play with here. Dropped my pen. That was my pen.

Jennifer: Okay, got to write these down. Okay, so here's the three words. We're going to play with this. Let me just ask again. What is it we're going to do with these three words? They get to choose which one, and there's going to be an energy of all three. Okay, so you get to choose which one, and there's going to be an energy for all three. We're going to do a spontaneous transformation and a repatterning with these three words. The words are shame, guilt, and good enough. Shame, guilt, good enough. That's what's we're going to play with today. Shame, guilt, good enough.

Jennifer: These are obviously fundamentals that are often sitting deep, deep in the subconscious. Shame, guilt, and not enough. If you want, you can choose one, or you can just say, "I'm going to go for the whole kind of ball of wax altogether. Shame, guilt, not enough. Or, you can choose one. Or, you can choose two. Whatever you want to do. Whatever feels right for you. Shame, guilt, or not enough is what we're going to be playing with. As you consider shame, shame's a big one for me. Anyone who's had sexual abuse, shame is really, really quite big. It's been something I've been playing with for a lot of my life.

Jennifer: I'm going to go for shame. You can choose one, both, or all. Shame, guilt, or not enough. I want you to notice that your mind might have immediately took over and said, "Oh my God. This is going to be hard. I don't want to do this." Notice that. It's okay. It's okay if your mind doesn't want to do it. It's all right. It's understandable. But, just move into the place of observer for a moment, and just see is there an emotion attached to these as well? These are emotions in themselves, but is there an additional emotion that's attached to them? I'm just going to check in with myself. Is there an emotion attached to shame?

- Jennifer: Yeah. My whole deal in my life has been the best defense is a really good offense, so I've been extremely offensive. God, we're adorable, aren't we? My jam was to do the opposite. My avoidance mechanism was to be extremely offensive, and lash out in anger, and stuff like that. I can feel that along with shame comes these other coping mechanisms. There's a few beliefs in there. Again, if you can't do any of that, it doesn't matter. Just knowing which one you're choosing is enough, but if you can gather more intelligence around it, like what other emotions are associated, and are there any beliefs associated with.
- Jennifer: If you can't do that, you're doing it wrong. You should leave the course right now. I'm just kidding. That's what your mind wants to hear. "Oh my God, I'm doing it wrong." By the way, you cannot do any of this wrong. You can't get this wrong. You can't. Because every single part of it is part of your life's journey, every single part is leaving a breadcrumb as to who you are, and where you're at right now on your soul's journey, so you can't get any of it wrong.
- Jennifer: You guys get that, right? I'm so sorry for some of your minds that are like, "But, I'm not good enough." I notice that part too. Oh gosh, I'm sorry. I'm laughing a lot. I'm not laughing at you. I'm laughing toward myself of how adorable we are when we are in these wild and crazy mind cycles. Crazy in an interesting, fun, beautiful, loving way. I don't ever mean anything as a criticism or harm. Tap into the energy of it. Tap into the energy of it.
- Jennifer: I'm noticing the shame, and I'm noticing the coping mechanisms that I have of lashing out in anger and being offensive. I notice underneath that is sadness. Notice all that, and if all you have is the word, that's enough. I'm just going a little deeper, for those who want to, for those whose minds enjoy that, for those whose minds just want to get to it. That's okay too. You get this? Right? Okay, good. Let's move within our physical body and find out where is that being held?
- Jennifer: Whichever one you chose, or it might be all three. Where is that being held in your physical body? Where is that? Either the shame, or the guilt, or the not good enough, or two of them, or all three of them together. Where is that held in your physical body? There's only one place. There's only one place. Move to that one place. We're going to explore that one place.
- Jennifer: Angela, I want you to notice something. You said, "I seem to leave this place of stillness when I start doing a task." I want you to notice that what you just said was a claim. You actually claimed it and said that's what is. Instead, move into a place of noticing. Move into a place of just noticing, which I know you can do, and notice that you just claimed that you can't do it. That's okay too. As you notice, as you move into the place of noticing that you claimed that you can't do it, you just did it.
- Jennifer: You've moved into a place of observer. It's subtle, but it's vigilant. Okie doke? It's okay. There's no one on the planet at this moment... There might be one or two people on the planet, but I haven't met them, that can stay in the still point never ending. I'm not sure that's the point of our journeys at this time. Our journey is to spend as much time as we

can there, but I'm not in stillness all the time, that's for freaking sure. Sometimes, when I'm in a task, I notice that I've entered the still point as well.

Jennifer: You ever have that moment? Notice if you're doing that. Sometimes the path in is not what our mind intends. Have you ever had those moments where you're working on something, and all of a sudden an hour's gone by, and it's been fun. Well, you just did a task, and you were in the stillness for sure, so that is actually not a true statement, is it Angela?

Jennifer: I know you've done it. I know you've been in a task, and all of a sudden time has gone by, and it's as if no time has gone by, because you lost yourself in the still point. Okay? Notice when you make these claims, notice that you make them, and it's okay to make them. By the way, this is not the suppression course. This is not about repressing or suppressing anymore. This is about making those statements, pausing, breathing, and noticing it, just as Begonia did earlier.

Jennifer: What if it won't stick? What if being the observer won't stick? What if it does? Instant. Angela, what if you actually notice now moments in your life when you've actually done tasks, and have been in the still point. Got it? Okay, good. Let's move back into this. That was a good conversation, because we're now going to move into the observer. We're going to move into the observer, and just pretend in this moment that you're the observer, and describe what it feels like to be the observer. To be the fairy godmother, the guardian angel, the spiritual scientist, the archetypal Mother Mary.

Jennifer: What's it feel like to be the observer? Take a moment right now, and describe it to yourself. "As the observer, I feel like ... As the observer, some of the sensations of the observer are like ... As I am the observer, my experience is like ..." What's it like to be the observer? There we go. Beautiful. The group there just really moved into a new dynamic. We're also, by the way, when one person moves into an observer, it lifts all boats. It supports all of us to go, "Oh, yeah. That's right. That's right. That's what that's like."

Jennifer: Feel the observer right now, and I want to once again emphasize, we're doing a little spontaneous transformation technique now, and it's really important to stay in this observer. It's probably one of the only rules that I will say over, and over, and over again. It is very important to be in the observer. Of course, you can't get that wrong either, because if you move out of the observer, you will know it, because your mind's going nuts. You've taken over for the little one. You're now diving into their emotions.

Jennifer: You notice that. Take a breath. Move back into the observer. Allow the little one to be the expression, and you be the observer of that expression. You got it? Really, really, really, really important to be the observer. Do you understand? Important. And, it's okay if you lose it for a minute. You're not going to die, because you've not been in the observer for most of your life, and you're okay, you're still here. Okay, got it? I can feel some of our minds.

- Jennifer: You've got this. You've got this. You've got this. Does that feel true? You've got this. I've got this. You've done this before. Good. Feel yourself as the observer. There we go. Very nice. Feel yourself as the observer. What's it like? Describe it to yourself. Now, move into that part of your body. There's only one place, even if it's more than one topic, there's one place that's calling you. You got that? One place. You're going to bring your attention as the observer to that one place.
- Jennifer: I am feeling, I'm going into my knee. That's where I'm going. That's it. There it is. Got it? As the observer, we're going to move into that area of our physical body as the observer. Remember, we are detached. It's like we are watching the movie, not in the movie. We are in that still point. Good, now we're being present for that area of our physical body. As we enter that area, we see the younger version of us. We see the younger version of us and we say, "Hey, I'm here for you."
- Jennifer: We say to them, "I'm here, and I'm present for you in support. I'm not leaving. I'm not leaving you. I'm not going anywhere. I'm staying right here with you. I'm staying right here with you." I'm immediately being drawn to, and just notice what it's like for them to have this adult, this higher being in a way, this high-frequency being, this guardian angel, fairy godmother, spiritual scientist, Mother Mary energy, or just use the observer, whatever that is.
- Jennifer: What's it like for them to have this energy present for them that's detached? Notice that in the detachment of the observer that you are, you're actually giving them space to be themselves. They don't have to do anything, because there's no energy pressing against them. There's the observer that is containing our energy as observer, allowing them to be them. I'm feeling for some of your little ones, there's appreciation there. Some of your little ones are saying, "I don't believe it." That's okay too.
- Jennifer: Whatever they're experiencing, of course they would experience that, especially around this topic of shame, guilt, or not enough. As we approach them we just say, "I'm here. I'm present. I promise I'm going to be present, giving you space to be you. I promise." That's it. Beautiful. Whatever your little one is doing, that's exactly right. If they're hiding, if they're in blankets, if they're silent, if their back is turned, that's okay. They get to do that. This is their space and time.
- Jennifer: We say to them, the first thing I'm being called to say to all our little ones as the observer is, "I am so sorry for what happened. I'm so sorry." If you feel the emotion, I'm feeling there's a lot of emotion here. I'm feeling emotion. You just say to them, "I love you, and care about you so much. I'm willing to feel this with you. I'm willing to feel this with you, and I'm so sorry for what happened. I'm so, so sorry."
- Jennifer: At this moment, little one, whatever happened created a series of repressed emotions, and coping mechanisms to protect yourself from those emotions, to protect us from those emotions. I just want to thank you for the brilliant strategies you used to protect us. Thank you. Thank you, thank you, thank you, thank you. Thank you. You are so brave and courageous, and I'm so sorry for what happened. Because you repressed those emotions, we survived. In this moment, this is your time if you want, and you don't have to do anything. We're not asking you to change.

- Jennifer: In this moment, you can express this. We're very safe here. It's time to express those feelings. It's time to express whatever created the shame, or guilt, or not enough." If there's people involved, or a memory involved, we get to nod at the memory but know that the memory is not important at all. The incident that created the upset is not important. What's most important here for us as observers is to be there in support giving space to the little ones who never got to express something that was so important to express in that moment.
- Jennifer: We give a nod to the memory, if there's a memory coming up. Yet, we focus our attention on the little one and say, "It's okay to feel the feelings around this. It's okay to feel and express the feelings. Again, we don't need you to change. We're not asking you to change. You don't have to change. Just voice that which was not safe to voice when this happened. Give voice to it."
- Jennifer: For some of you, I can feel there's that little metaphor of the walnut that's being cracked open, and releasing, if you will, venting if you will. That emotion that had to be repressed. There we go. Now we just let them feel. Again, if you're diving in, notice that. Breathe. Move yourself back into the observer. If you're still feeling tears or whatever, it's okay. Just say to the little one, "I love you so much that I'm willing to feel this with you."
- Jennifer: This is yours, and we're the observer observing them express, and we just witness them feel. Whatever they need to do, whether it's rage, or just cry, or scream, or hide, whatever it is they need to do is perfect and we say, "Of course you would feel that way. Of course you would. Of course whatever you need to do is correct, is right, is perfect. It's exactly right. I'm so sorry for what happened. I love you so much. You were so courageous in saving us by repressing it. Now you're so courageous in finally expressing this feeling. Finally expressing.
- Jennifer: Of course there would've been shame there. Of course there would've been guilt there. Of course you would've felt not enough. Of course. How else could you have felt? Of course you would. I'm so sorry for what happened." Of course beautiful love is now filtering in, as they finally express and feel. We acknowledge that that is the perfect and correct emotion. "That was right. That was as it should've been. I'm so sorry for what happened. I love you so much. I love you. I'm so sorry for what happened," we say to them.
- Jennifer: We watch as this love starts to filter in, and they're feeling their feelings, and they're expressing it in any way they need to. They can express it until the cows come home. We don't need them to change. We just love, and love, and love, and love, and love them, and we watch the love come in and fill the space, and adore them, and cherish them, and acknowledge them, and create this beautiful space of allowing to express these feelings. That's it. We just witness them finally expressing, and bravely expressing, courageously expressing.
- Jennifer: We watch as the love moves in, and we notice, and they notice that this love is familiar, because it's them. In the repression of the emotion, the love got repressed to. It's them, and that's here now, and it's reminding them of who they are as love, who they are as

power. Within this love is their core. Within this love is the frequency of their core, of who they really are. They start to feel that. They start to feel as if they can embody that. They start to feel as if they can stand in that. That's a beautiful unwinding happening now in the still point.

- Jennifer: We just say, "I'm so sorry for what happened. I love you. God, you're amazing." Whatever you want to say to them. "Wow, you're amazing. Wow." There we go. There we go. We just watch the love fill, and fill, and fill the space. We notice, and they notice with us that the love becomes bigger than the upset. The love. It doesn't diminish the upset. It doesn't make it less significant. It just changes the dynamic of it with the love that is here that is so powerful. It has this beautiful energy of compassion, and allowing, and support, and acknowledgement, and deep cherishing and adoration.
- Jennifer: They're so loved. We, in turn, are loved. We feel the core, whatever that energy is. If you have words for it, use them. If you don't, that's okay. Feel the core of them being reclaimed by them. Feel them claiming that core energy of who they are as love, and the core energy that they are. Feel it waking up. Like a flame that is now burning, and they're standing there in this core energy. They're standing there.
- Jennifer: They're noticing that their chakras are aligning. They're noticing that the cellular structure of their beautiful little bodies are changing into one of power in the energy of this love that they are, in the recognition, the recognition, the remembering, the putting back together again of who they are as this love. Oh my gosh, it's so beautiful. The love is so beautiful. For anyone whose mind is diving in, just notice it. Notice that you've left the observer.
- Jennifer: Bring your attention back to the observer and say, "Thank you very much, mind. I know that you've been an amazing protection. I'm just going to stay here. I've got this. I've got this. I'm going to stay here with the little one, be in the observer, give them the space to be them, so that they start to really remember who they are. They start to remember their core." That's it. That's it. Good, beautiful, beautiful. Now, as we stand in this core energy with them, we notice the chakras are aligning, and the toroidal field is happening, creating a centrifugal force of power, and they can feel it too.
- Jennifer: They can feel this tremendous power. It's as if an energy is emanating off them of this power, of their core, and this love energy, and this acknowledgement and cherishing energy. They feel it as if it's rippling out into the world. It's changing the fabric of their very universe. It's as if their universe kind of did a regroup, a reboot. A reboot. Yeah. A refresh. The browser of their being refreshed, and now they're in this new vibration.
- Jennifer: They're standing in it, and they're noticing it. As they notice it, it seems to expand even more. They realize that what they're paying attention to, what they're bringing awareness to has expanded. They're like, "Wow, this is really cool. I can expand my power by just knowing I'm powerful. I can expand my light by just knowing I'm light. I can expand the peace that I am by knowing the peace." They're playing with this. They're dancing in this, and they're feeling the toroidal field get stronger.

- Jennifer: The energy that's emanating off of them is stronger. It's rippling in through their universe now, through their physical bodies now, through their emotions, through their thoughts, which acquire. Emotions are softened. They're feeling their power, and they're noticing that as their universe changes, that everyone in their universe must change in response to this, must change in response to this. They're standing there, at the age that they're at, probably somewhere between zero and seven.
- Jennifer: Whatever age they're at, notice the age that they're at. Mine's about five. We just see them really dancing in this five-year-old energy of power. In this natural place of their core. That they're noticing their core, and they're noticing that there's this rippling energy that is coming off of them that is very cool. As they notice that, they notice that their state of their universe has changed, and they notice that anyone who enters their universe is now entering a universe that is from this power and this core.
- Jennifer: They notice that they change as a result. They notice two things. That the people who had previously kind of done them harm cannot see them. They can't even find them. The people who may have created harm, yet are able to change, are able to enter their universe and change. Because they are standing in this great power, they notice that everything is responding to this power in some form or another. It's like they're wearing a Harry Potter's cloak of invisibility, by just being in their power, to anyone who would do them harm.
- Jennifer: Those people can't even find them and get distracted away. It's like a distraction spell. Anyone who would have previously done them harm in the old timeline, we're in a new timeline now, they can't find them. It's like they get distracted away. It's not like they've disappeared, but they just get distracted away. Whenever they have a compulsion to do something that's not okay, they get distracted away. There's this distraction spell that is part of the power of who they are, because it doesn't match their energy field.
- Jennifer: The people that might do them harm, they no longer match that energy field, so they can't enter it. In turn, the people who can change enter the field, and have no choice but to change in the face of this beautiful core energy and love that is present. Does that feel true? Does that feel true to them? Are they standing in the toroidal field of their power? That's it. We're going to do a little repatterning here, and we're going to grow these kids up. We're going to add five years to this moment.
- Jennifer: In that five year period, they can't unknow their power, so they've continually played daily in this energy of their core, and their power, of the knowingness of who they are. By age, for me it would be age 10. Whatever is five plus whatever age they are, bring them to five years in the future and have them look back on every year what changed. We're in a new timeline. It's okay to remember what happened in the old timeline to compare it, but notice it's a new timeline.
- Jennifer: Notice it's a new timeline. That they're in this new place, because they're living from the power of their core with deep knowing, and awareness, and awakening. That they've been living in their core. They've been living in their power center. They've been knowing it, and developing it, and gaining strength within it. They know that when

they're living there, there's a vibrational resonance that changes the dynamics of every relationship.

Jennifer: Notice in that five years that family members have changed. Some have left. Some have gotten help. Others are just not able to enter this energy field of love, because the difference in the energy is far too great they notice that at, for me it's 10, and whatever age your little one is at five years later, at that age notice how different life is. That the family dynamic has changed. That everything's changed. Notice that.

Jennifer: Notice that by them simply being them in their core changed everything. They get to see that and witness that. They're like, "Wow." Then we add another five years. Now my little one for example is now 15. How old is your little one? For 10 years now they've been knowing who they are. They've been witnessing the evidence change, and if you want to compare it to the old timeline, you can, just for comparison's sake, but notice how different it is compared to the old timeline. Notice the difference.

Jennifer: What are they like now 10 years after living daily, and seeing the evidence of what living in their power and their core is like. Notice that life has still shown up, things have still happened. Some people have still left, and yet their reaction to it has moved into more response. That their capacity to still be themselves no matter what happens is there. That their energy field is still so powerful that the people entering it are responding, and have no choice but to respect the energy of powerful love and core energy that they are.

Jennifer: Okay. In their timeline, so they move from five years old, to 10 years old, and now to 15 years old in my case. It's not into our future. It's into their past, our past. They move from five years old, or four, or whatever, and then add five years to that. Five plus four would be nine. Then add five years to that, which would be 14. In my case mine was five, so now she's 10, and now she's 15 years old. Now he or she are in this new timeline. Got it?

Jennifer: That's it. We're growing them up from that age to now teenagers. Now they're standing as teenagers in their power. They're feeling their power. They're feeling themselves standing in their great power as a teenager, having witnessed changes in the dynamics of their family. Notice that their family is different now. That school is different, that their friends are different. They may move to another house. Even if life events have still shown up in this new timeline, they've shown up in a different dynamic. Does that feel true ?

Jennifer: That's it. That's it. Good. Notice that. That they are growing up in this new dynamic, and they know it. They can feel it. They can feel their power expanding. That's it. Now let's add another five years. Now, they're probably in their late teens or early 20s now. What are they like? What is life like? What are their friends like? What are they like? You can compare it to what the old timeline was, but know it's a new timeline. If you want to use it as just a comparison to see how different it is, that's fine, but notice the new timeline, and how different it is.

- Jennifer: Feel the freedom in their being. What's it like? Take in that moment in their 20s here, their late teens, early 20s, for them to just notice, what's it like to be and have lived in their core for the last 15 years? What's it been like? Take a moment and describe it to yourself, and have them show you what it's like to be this late teen, early 20 in their power, in their confidence, in that toroidal field with their chakras aligned? What's it like? What's different about this life now at this age? What's it like?
- Jennifer: Take a moment and describe it, because you know what happens when we shine the light of consciousness. It awakens it even more. It gives it strength and power even more. I notice how Toni says that as the observer she's in awe of the strength and power of these little ones. Yeah, they're amazing. They're amazing. We just feel what it feels like to be in our late teens and early 20s, having lived for 15 years in this energy of our core, of our great power of love that we are, and how it really has shifted the dynamics of our actual field of being.
- Jennifer: That it's shifted the dynamics of our circumstances. Now we're going to add 10 years. Now we're in our late 20s, early 30s. Again, you can compare it to the old timeline, but notice that this is a new timeline that has happened from the dynamic of that little one, who has grown up now to be this adult. Notice what it feels like to be this young adult, late 20s or late 30s, what's it like to be this young adult that has lived this whole time in their core? What's it like? Just pretend with me, if your mind's starting to jump in, notice that.
- Jennifer: Just say, "Thank you beautiful mind, but I've got this. I've got this. I'm playing in this new timeline of me that has lived from my core since I was four, five, six seven. I've lived from my core these 20 years, and I can feel my life is different. I can feel." What are some of the things you're doing now that are different? You can compare it to the old timeline. What are some of the things you're doing now that are different? What things are you doing now that are different? Notice that. Notice the dynamic of your family, and how is that different. Notice that. That's it. Notice it.
- Jennifer: What's it like to be this young adult, late 20s, early 30s, having lived in your great power, in your core for 20 years? That's it. Now, we're going to add 10 more years. Now we're in our late 30s, early 40s. I might have lost some of you at this point, so if at this point you're at the age you're at, what does it feel like? For the rest of you, what's this timeline feel like? What's it like to be in your late 30s, early 40s? What's it like having lived for 25 years in this amazing dynamic of your core, of the love that you are, of the power that you are, knowing that the field of being has created a universe where people have no choice but to enter it and go, "Wow, this feels good here."
- Jennifer: How is the situation different? You might have a similar life, but it's different. Notice the timeline. If you want to use the old timeline to compare, you can do that. What's it like now? In the late 30s, early 40s, what's it like? That's it. That's it. There's powerful healing happening right now. Powerful unwinding happening right now. What's it like? Now pretend that you've grown up all the way to this moment here right now with us together. For all the years since we were that little one, we've known who we are, we've known our core. We've known the love that we are.

- Jennifer: What does it feel like to be in this body right now? Notice if your mind is saying, "Yeah, but I have pain. Yeah, but this. When I open my eyes it's going to be ..." Notice if your mind is doing that and just say, "Thank you, beautiful mind. I get that you think you've got our back. I get it, but I've got this right now. I've got this. I've got this." I am really playing in this energy of what it would be like right now. It's as if there's a phase shift happening with multiple dimensions.
- Jennifer: It's like a phase shift is happening right now, and it's locking in. It's as if we're merging some energies here that are allowing these new energies of who we are as our core to lock in even deeper. That's it. There's powerful unwinding happening right now. We just notice what that feels like to be sitting here right now, as if we have grown up this whole time as our core. I want you to know that part of that is actually true, because we've always been our core. We've always been our core, so what's it feel like right now? What's it feel like right now?
- Jennifer: That's it. That's it. Here we are. Here we are in our core. Here we are, the love that we are. Here we are right now. What's it feel like? What's it feel like? That little one showed us who we are. In this moment, we thank that little one for revealing the truth of who we are. We thank the new timeline for showing us what's possible. I've been doing this for a really long time, these repatterning, and I started doing them on myself first a long time ago. Gosh, 20 years ago.
- Jennifer: Two things that I want to share about. This is called a repatterning where we grow. We discover ourselves, and we grow them up into the energy of who we really are. Two things. One is that, I have since learned that there are multiple dimensions happening at once. If this doesn't feel true, that's okay. I'm okay with it. But, it's helped me to consider this. Quantum physics has proved that there are slices of reality happening all at the same time. So, what I heard once in one of my recent visions is that these repatterning are actually tapping into a life that is real, a life that is real. We're tapping into something that actually happened.
- Jennifer: That helps my mind sometimes to go, "Oh." When I said there was a phase shift, it's as if we merged temporarily these two lives. One that did know their power at a young age, and was able to live a life of power. Merging with ours to show us and reveal to us that great power. We are in this timeline, and yet that timeline merged with ours, showing us and revealing to us, and it's part of us now. It's part of us now. We don't have to leave this timeline, because it's one soul having multiple experiences of similar events.
- Jennifer: We don't have to go to them because it's better. It came to us to reveal to us, and in turn I suspect that in that moment we also reveal to them our amazing courage and strength as we move through the old timeline. That's the first thing. The second thing is that the vibrational universe actually changes so dramatically that what you are experiencing is seeming fiction, seeming that's not what really happened in the original timeline, but it feels good, so I'm going to really focus on this new timeline.
- Jennifer: The new timeline actually catches up with itself and comes to fruition. I experienced that with my mother. A friend of mine online recently shared this big diatribe about how they don't like their mother. They don't have to like their mother. That their mother is

not a part of their life, and god damn their mother. It made me so sad, because that was me not too long ago. Everyone is doing the best that they can. If you don't feel that way, that's okay. That's how I feel now. That's my belief now.

- Jennifer: Even my mother, my beautiful, amazing mother. If you had told me five years ago that I would have the relationship that I have with my mother now, I would've said you were insane. What I realized is that the repatterning I've done over, and over, and over again has created exactly what I saw and experienced in the vision of the repatterning. It catches up and becomes real. It does. The people around us change, and we've talked about this. Our universe has changed. The universe of our being has changed, and it is now vibrating at a different energy.
- Jennifer: Just like that Michael Tamaris story, where he was standing with bank robbers, and they couldn't see him. They couldn't see him. The video proved that. They couldn't see him. What happened there? We're doing the same thing. We create a vibrational resonance that creates this beautiful energy of recognizing, recognizing, remembering, putting back together again who we are as our core.
- Jennifer: As we stand in our core, we create this resonance in our field of being that changes the dynamics of everything, and our circumstances change, our relationships change. Does that feel like that could be true? Does that feel like that could be true? Yeah. Take a deep breath with me right now, and feel this new timeline. It's part of you now. It's revealing who you are now.
- Jennifer: Ellen shared something really cool on Facebook here. She says, "This is showing me the key traumas that broke my connection to my core in the timeline." That's right. That's right. She says, "It's opening up so much more hope in this new timeline." That's right. We are in the new timeline. Does that feel true? Does that feel true? As we stand in this new timeline that's now part of us. That's part of us now. We can't unknow this. We can't unknow the feelings of our power and our core, having lived a whole life of it. How the circumstance changed.
- Jennifer: We have evidence as we stand and hear in this, right in this moment. Let's tap into that original three words, shame, guilt, and not enough. What does it feel like now? For some of you, it's gone. For some of you, it might be a change. Notice the change, however small or large. It's all on a trajectory. Notice if your mind's saying, "Oh, that didn't work," and use it. Say, "What if it did? What if it did?"
- Jennifer: Yeah, Melody said, "I experienced a merger of my core, and it was definitely multidimensional. Powerful healing and aligning." Yeah, and all we did was actually just notice who we really are, truly. At the end of the day, honest to God, all this beautiful amazing frequency, and work, and vibrational energy, and STT sessions, and really it's all metaphor that just allows us to remember who we are. It's that simple. Sometimes not that easy. We are right now as a group sitting in this refined, beautiful still point of our power.

Jennifer: Isn't that amazing? That our power lies in the still point? Good. Feel this moment. This prescient beautiful moment of you as your power. You, as your core. You, having lived a whole life of knowing who you are. That's it. Just breathe into that this moment. If your mind is giving you any kind of analysis or, "Well, what about that? Why didn't I do that? How come that? Does that mean that when you do this in the multidimensions ..."
Notice if your mind is taking you away. That's okay. Isn't it? Of course it would.

Jennifer: This is intimidating for the mind. This is the unknown, and it's great, and yet our mind might not like it. That's okay too, but we can say to the mind, "It's okay, beautiful mind. I understand that this might be a little uncomfortable, but I've got this. I've got this. I've got this. I'm powerful." Whatever your core is, claim it in this moment. "I am," whatever your core is. Claim it right now and say that to the mind, "I've got this. I'm generous. I'm giving, and I have power in that.

Jennifer: I have evidence of that now. I have a whole lifetime that I can reflect on that showed me that my power is a natural protection. I've got this. Thank you so much for showing up, and protecting me for so long. I've got this now. I can be the adult here in this relationship. I can be the observer. I've got this, beautiful mind. Thank you. Thank you."
What does that feel like? What does that feel like? There we go.

Jennifer: Okay, we're going to open up for some questions. Okay, so we're going to go for Julie here.

Julie: Hi, how are you?

Jennifer: I'm good, honey. How are you?

Julie: I'm good. I'm hearing an echo, but that's okay. Wow, that was amazing. I went back to when I was first born, and then just because I felt very abandoned at that time, or that's the story I have around it. Seeing how confident I felt throughout my life, and how loved and accepted I felt. It's such a different thought than I've ever had before. Are you there?

Jennifer: Yeah. I'm muting myself out so it doesn't create quite as much echo. Yeah, and it's really cool, because I like the way you're describing it, Julie, because it's a new thought that you never had. That's the whole point of all of this is to have the new thought. The new thought about who you really are. The new thought about, it's a new thought. It's like, "Gosh, I never thought about what it would be like to be confident." That's it. It was always a thought away. Does that feel true?

Julie: Yeah, and feeling that loved and accepted feeling, versus always feeling like the outsider. I felt like popular, and that I was enough just being there. It was very interesting.

Jennifer: That's right.

Julie: I felt very peaceful, because I felt kind of teary at first, because I'm going through some stuff with a cat right now, and I felt kind of helpless around the whole thing. It's amazing how triggered I felt. Every time I talk about it, I get teary. Now, I don't feel that way anymore, because I think it was tapping into that helplessness that I felt such a long time ago.

Jennifer: Yeah, and now you're not helpless. You just aren't. It's just not true.

Julie: Yeah.

Jennifer: It's understandable how it felt true, and yet it isn't actually who you are. You're not helpless, in any way, shape, or form. And life as a result isn't hopeless, right?

Julie: Right.

Jennifer: You're not helpless, and life isn't helpless, and both of those things were simple beliefs. Understandable beliefs, and now you are playing in this new dynamic. There's a new energy field present of powerful, and loss is the toughest thing that we get to face, and no one gets out of this beautiful amazing experience alive, and we're going to experience tons of loss, and as we get older, there's going to be more loss. How many cats have you had?

Jennifer: I don't want to diminish this cat, because yeah, I lost my beautiful babies last year and the year before, and it's devastating, and those beautiful kitties leaving opened the pathway for these new kitties to come in, which I believe have some of the energy of the old kitties with them. I didn't think it was possible to have cats that are even better. Not that they're better. Do you know what I mean?

Julie: Yeah.

Jennifer: That are just as powerful and loving in this new dynamic. It's like, "Wow, that's so cool." By the way, you can talk to your cat if you want. At some point, it might be after they leave, about coming back. I talked to Sam a lot about coming back, and I'm pretty sure he came back in parts. I'm not quite sure about cat energy, because I'm not sure it's exactly the same as human soul energy. I think it's a little bit different. But nonetheless from our perspective we can say, "I want you back," and they'll pick if they want to come or not.

Julie: Right. It's also, what was interesting was how engaged I was in my life. I haven't felt engaged for quite some time. Doing the timeline, I was engaged throughout my whole life, which I haven't felt. The two H words, the helpless and the hopeless have just been such a long standing theme for me.

Jennifer: Yeah, so I want you to notice how it's okay to juxtaposition, but make sure you're not saying that you're not diving back into helpless and hopeless.

Julie: No, no. I was feeling so hopeful. That's what I'm actually trying to say is that I feel-

Jennifer: Fantastic.

Julie: I don't feel helpless. I feel very hopeful, because it just showed me such a different way of being for such a long time over the course from zero to almost 60. It's a long time of having that helpless and hopeless in the background, and having it shift to confident and hopeful, it's just very interesting. So, thank you.

Jennifer: You're so welcome. Congratulations, Julie. Well done.

Julie: Thank you.

Jennifer: Well done. Thank you, hon. I'm going to move my attention to the next person if that's okay.

Julie: Yes. Thank you.

Jennifer: Okay, we're going to Christine in Nova Scotia. You're on the air.

Christine: Hi, Jennifer. Can you hear me?

Jennifer: Yes, I can hear you. I mute myself out, so there might be a slight delay in responding.

Christine: Okay, thanks. That was just such a wonderful experience. I loved every second. I don't think I'm capable of having a question right now. I just feel absolutely blessed and honored, and as if I've been respected and loved all my life. That isn't the experience that I have been remembering, and it is so good to remember it now. Thank you.

Jennifer: Well, thank you so much for sharing that beautiful piece. It's just once again proving to many parts of you that you've always been powerful, and it was always a thought away. Yet, it just took this little journey that we went on to remember, to remember. Does that feel true?

Christine: It feels true. It's like I can remember it. I'm not sure that other people would actually remember it. It'd be nice if they did.

Jennifer: Okay, so here's the thing. That's what I was saying earlier, which is it actually will catch up. I'm not kidding. The other people who didn't experience that are moving. They have no choice but to move into the new vibration. As long as you don't dismiss it, and reclaim the old, which is possible at any step, but it's really hard to do, because you're in it now. You've got it now. It's so deep in your being now.

Jennifer: Your intention is so in this place of willingness now too that the fact that you're in this course, and you're practicing, and I can feel you practicing, it would be very difficult to go "backward," even though there's no backward or forward. The people around you will actually respond to this new dynamic, and it will be as if they've lived it with you the whole time. They won't have the same memories.

Christine: And many of the people who had the negative dynamic are literally gone from my life now. So, it has to change.

Jennifer: That's right. That's right. For those of you who are listening who have dynamics that have not left your life, it actually can change. It actually can. Like I said, it catches up. Now, will it happen tomorrow? I don't know. Maybe not. Probably not. It could. But, will it happen eventually? You bet, and as you start living your life from this place, absolutely. Because the people in your life have no choice but to respond to the vibration that you're living from, and that you are now living into your circumstance. They have no choice.

Jennifer: Just, excuse me, a little word of, it's not caution, but just a word of noticing now. That you're going to be changing your behavior now for sure from this experience and from this program. Behavior modification 101 states that some people who are creating a dynamic that isn't necessarily healthy may increase the volume of their behavior to get you to play again. My perception of that is different now, and what I see sometimes is that they're changing the volume of their behavior to get you to play again, but I think it's our soul that gets them to increase the volume of their behavior so that we can use that moment of resistance to say, "No."

Jennifer: Just like the doctor who said, she didn't say, "It's psychosomatic and you're nuts," but that's kind of what she was saying by some of the stuff she was saying. I got to make it absolutely not matter. That's what I mean. The behavior might increase, but you can just look at it and go, "Wow, it's so different. I don't give a shit. I don't care."

Christine: Yeah.

Jennifer: Right? It doesn't matter what they do.

Christine: Yet, I've never been here before.

Jennifer: That's right. That's right.

Christine: Yeah, this is a wonderful place to start fresh from.

Jennifer: Love it, Christine. Perfect. Thank you.

Christine: Thank you, Jennifer.

Jennifer: Thank you. We're going to, it looks like it might be Joy in New York, last digits are 7350, you're on the air.

Joy: That's me. It was amazing. Just felt waves coming in and out of just, I could feel the changes in the dynamics around me from the time I was very little, like you said with the family, and family now and how it all moved along with me being in a better space, and just being loved, and accepted, and respected for who I was. That was what it really was for my core. I could just feel waves like vibrating out and coming back in, and just like

people coming back in with me. That's really not my physical experience right now. That is very different, and it just felt like hope, like hope is on the horizon, that lighting up at the tunnel, and just amazing. It felt good.

Jennifer: Do you know that light at the end of the tunnel, do you know what that is?

Joy: No.

Jennifer: It's you. It's you. That light is you.

Joy: Okay. Oh, okay. Got it.

Jennifer: The tunnel, guess what? The tunnel is you too.

Joy: Oh, okay. Okay, there you go. Yeah, it was amazing. Good.

Jennifer: Well done, Joy. Love it.

Joy: Thank you so much.

Jennifer: Okay, I'm going to the next person, ok?

Joy: Thank you, Jennifer.

Jennifer: Thanks. Bye. Okay, we're going to British Columbia. Last four digits are, I can't see it, 3262, 3262, you're on the air.

Jasmine: Hi, it's Jasmine. Hello?

Jennifer: Hey, Jasmine.

Jasmine: Hi. That was an amazing process for me too. It just felt like there was these ripples in the universe, and everything was changing. It actually started this morning in my meditation, and through this it was just like everything is being rearranged. It's an amazing experience, and tears are coming now.

Jennifer: That's exactly right. That's a beautiful articulation. Yeah, it's all being rearranged. That's it. That's, it's so cool because that's what I've been sharing from the beginning of this program. It's so cool getting this on day five. This is usually the breakthrough. Sometimes it's a breakdown before the breakthrough, which is what a repatterning is. From this moment on, we'll be moving in these new places, because we're standing already in this potentiality of hope.

Jennifer: Now we can practice it. Now we can play with it, instead of being in this place of the cynic. Being in a place of, "I don't know if this is going to work for me," and being in the place of deep willingness. We're now moving into a slightly different mode here. You articulated it perfectly.

Jasmine: It almost feels like I'm floating in the stars. Actually, that image has been there for me, like floating in the stars.

Jennifer: Yeah, that was the image. That's exactly what I experienced when I went into the ayawaska journey. To me that is the point of pure concentrated love, neural observer energy that is my constant beautiful goal. Again, I also know that that's not where I'm supposed to live my whole life from, but because the dynamics is part of what we're on this planet to experience. We buy a ticket for a roller coaster. We don't buy a ticket for a roller coaster so that we can go one speed on the same plane the whole time. The earth is like the best roller coaster anywhere.

Jennifer: So, we bought this ticket for this amazing experience of going up, and down, and sideways, and go around in a circle. If we bought a ticket, and came down here, and it was just milk, toast, gray, one speed, one note, and no ups, no downs, no sideways, just constant, oh my God we'd be bored out of our minds. Even though sometimes I know some of us want to say, "I'd just like like a tiny bit of boredom. Please," that's not the point.

Jennifer: Yet, that place in the stars is that beautiful reprieve that we now can tap into, I can tell right now that you can tap into that. You can actually hang out now at a moment's notice, at a moment's understanding. It's a breath away in that place in the stars. Well done.

Jasmine: Thanks for this program. It's amazing.

Jennifer: You're so welcome. Thank you so much for being part of it. We're going to Ottawa, Ontario. The last four digits are 5652. You're on the air. 5652, you are on the air.

Angela: Hi there.

Jennifer: Hey.

Angela: It's Angela.

Jennifer: Hey, Angela.

Angela: I too have been really experiencing just such hopefulness in terms of thinking that I get to cocreate my life. I get to, as the artist, as the painter really take it in any direction I want it to go. As I was experiencing, while you were speaking and walking us through the process, I started seeing how the relationships in my life, and particularly the close ones, like with my spouse, could actually be with me, with who I am, who I'm discovering, who that is now. It's almost like the tracks, going down a set of tracks, and there's a split in the tracks, and there's kind of that gear that shifts and allows that new path, that new direction to go in.

Jennifer: Yeah.

Angela: It feels so real, and such a way of honoring the past, and honoring where I was, and how I was shaping my life. But it's like whatever rules I had applied to myself, and ways of thinking, and patterns, and belief systems, that I don't have to justify them or feel bad about them, but I can just choose to let go of them. It's actually gone, and it's a lightness, and like I'm really curious to discover who I am now.

Jennifer: Yeah, the journey from here on in is, it's one of discovery. It's so perfect that I talked about bracing. So many of us braced against our life. Now we are the tree that welcomes the wind. We are moving into a life that we are curious about instead of afraid of. Very beautifully articulated. Thank you so much.

Angela: Thank you.

Jennifer: Thank you, hon. I'm going to move my attention to the next person if that's okay.

Angela: Yeah, please.

Jennifer: Okay, we're going to Utah. Last four digits are 0268. 0268, you're on the air.

Sandra: Hello, Jen. This is Sandra.

Jennifer: Hey, Sandra.

Sandra: That was amazing. I've been having some heart issues all day, so I went to my heart, and worked with the child that was there. It was so awesome to stand there as the observer, and watch as she got the message of who she was, and she put on this crown, and started dancing around. It was amazing to me too, because it helped me to recognize and realize some decisions that I had recently made, because of what had happened back then. Now, I get to take another look at that, and revamp it from the new me.

Jennifer: Beautiful, beautiful.

Sandra: So, from the bottom of my heart, I have to say thank you.

Jennifer: Thank you, sweetie.

Sandra: I am so happy that I got to do this this time. It came in between paydays, so I borrowed my daughter's credit card, so I signed up as Esther, but my name is Sandra. I am just so thrilled to be able to be doing this. I did the 21 days, and I've done that like about four times since I took it originally. This is like adding whip cream to the pie, so thank you so much.

Jennifer: Thank you. That is so wonderful. Are you under doctor's care for your heart?

Sandra: Yes, and I'm headed for more help with it tomorrow, so yeah.

Jennifer: Okay, good. Because, you know my thing about doctors... go.

Sandra: I do. I do. I have the same thing. I wanted to get to the point that if they tell me that it's just all in my head or make me feel like it's all in my head that I can say, "Bullshit," but I haven't got there yet, but maybe tomorrow I'll be a new person.

Jennifer: Great. In this new energy. You can play with that. Like, what does it feel like? Pretend now that this new person, that you're in this new timeline, and that this new version of Sandra goes to the doctor tomorrow, and no matter what they say, you're in this new version. What do you think your response might be? No matter what they say?

Sandra: Well, I know my body, and I know myself. I know there's answers for me somewhere. If it's not there, I'll find it.

Jennifer: Perfect. That's perfect. I want you to notice-

Sandra: Even if it's through more STT. I don't care. It doesn't matter.

Jennifer: Right. I want you to notice that there is zero judgment or blame on a doctor no matter what.

Sandra: No, I don't.

Jennifer: That was all just you and your power saying, "Yeah, I got this." That's the adult you that's saying, "I got this. I got this. I know me."

Sandra: Thank you.

Jennifer: Beautiful. Beautiful.

Sandra: Thank you, all.

Jennifer: Thank you. Thank you. Much love, honey.

Sandra: Much love to you. Bye.

Jennifer: Okay, bye. We're going to California, it looks like 6533, 6533, you are on the air.

Jonathan: Thank you so much. You really mirrored for me not knowing, listening, and following. That's always kind of scary for me being in the still point where what to do next, how do you do? Where do you go? How do you do it? You just shared not knowing, and taking us on a journey. Very grateful.

Jennifer: Thank you for your beautiful summary. Perfect. Not knowing, listening, and following. That's awesome. It feels like you're standing in this confidence. Is this Dean?

Jonathan: This is Jonathan.

Jennifer: Jonathan. Okay, I see. It feels like you're standing in this new confidence with that. To me, it almost feels like, "Duh," because it's kind of who you are. Yet, there are beliefs that waylaid that from happening. That's really cool, Jonathan.

Jonathan: Thank you so much. Definitely. Before the class tonight, I was blah. Then, I'm back on point. Thank you.

Jennifer: Beautiful. Thank you, honey. Notice the juxtaposition about how that blah was all you, and this moment is also all you.

Jonathan: Yes. Yes. Pretty much.

Jennifer: Excellent, Jonathan. Thank you, honey.

Jonathan: Okay.

Jennifer: Bye. Okay, we're going to Judith. You're on the air, honey.

Judy: Hey, Jennifer. It's Judy. I just want to share with you and Sandra, and anybody else on the call that yes we all do know our own bodies, and if you go to someone who's not listening, keep going to people who will listen and validate you, because I think we all know our own bodies. I just wanted to share that. And, thank you so much. Because, I had done some STT on myself on the way home from this call, and it just helped me to complete and move on, so thank you.

Jennifer: Wonderful, Judy. Thank you. That's really, really great advice. Thank you, thank you, thank you. That was a powerful reminder for all of us that we know ourselves. In this moment, Judy reminds us that we know. We know better than anyone no matter what. Period. Is that true? Feel that, everyone. Feel that. Is that true? Okay, we're going to Texas. Last four digits are 5559. You're on the air.

Melissa: Hi, there. This is Melissa.

Jennifer: Hey, Melissa.

Melissa: Hi, there. My question is, I didn't really feel anything in this. I kind of sort of had a sense of something, but it's nothing like what people are describing. But, the process, did it, it still occurred, and it'll still kind of unfold in its own way in its own time?

Jennifer: Yeah, so tell me what you look like. How tall are you? Are you thin boned, kind of delicate features? What do you look like?

Melissa: Yeah. I'm petite. I don't know. 5'4", petite, auburn hair.

Jennifer: You're an ectomorph. I don't know if you hear me talk about ectomorphs before. Ectomorphs process things just a little bit differently. It's less emotionally and visually

based, and more sensation and intellect mind based, which is good. It's a good thing for you.

Melissa: I'm sorry. Can you say that again, but a little slower? I have a hearing deficit.

Jennifer: Okay, will do. You are an ectomorph.

Melissa: Mm-hmm (affirmative).

Jennifer: Which means you are more mind oriented.

Melissa: Okay, yeah that feels right.

Jennifer: A little less emotional content is needed. You don't require the emotional content that someone like me requires. Does that feel true?

Melissa: I would say it's delayed often.

Jennifer: Yeah, and you can maybe even change that from delayed to it's just not as needed as it is for other people as it is for you. From that perspective, I would do this journey again. Of course, you're getting what you need. The sensation part is all you require. You do not require the big ... With the clouds parting. You don't require that.

Melissa: Okay.

Jennifer: My biotype requires that. It is important for me to experience a deep emotional connection. The mesomorph requires some of that. The ectomorph simply doesn't. As a result, if you're getting an intellectual understanding, a mind oriented of the wires are connecting, and if you have that experience along with the sensation, man, you are golden.

Melissa: So, to kind of put this in perspective, to see if it's kind of sounding the same. What's going through my mind is when I'm reading something, when I'm doing something, and I hit something, and it feels right, I know it.

Jennifer: That's it. That's exactly.

Melissa: Okay, definitely that's how I experience things.

Jennifer: Perfect. For the ectomorphs out there, ectomorphs aren't often attracted to this kind of work, because it doesn't necessarily jive, and they hear all the people in the audience going, "Oh my God. That was amazing! I saw lights, and I felt my heart expand! I felt warm, and heat, and tears are pouring down." The ectomorphs are going, "What the hell is going on over there?" It's just not how you do it, but when you're hearing all these people saying all this stuff and you're feeling like, "Shit, am I doing it wrong? Did I not get it?" No.

Jennifer: It's just that you now get to go into your version of it. What is your version of it? Again, I actually don't know what your version is, because I am the opposite of an ectomorph. I am so deeply emotional, and visual, and sensual. None of those things are better or worse than. By the way, it's just our genetic makeup. That's it.

Melissa: Right, I understand. I'm a therapist, and so I can listen all day long to people's emotional, and I tease that I make men cry, and I put them to sleep from the work that I do with them, and I don't take it home with me. I don't get overwhelmed by their stuff.

Jennifer: Yeah, that's in part because of the ectomorph, but the ectomorph, when they get it, they get it. They change instantly. Instant change. I have to experience something deeply, and go deep with it for sometimes years. An ectomorph can get a concept and go, "Oh!" Over. It's done. They get it. Don't listen to, and this is the challenge with a lot of these workshops is that it's the mesomorphs and the endomorphs, they're standing up to the microphone sharing all the wonderful stuff that's happening, and the ectomorph's just scratching their head. But now that you understand this, and again as an ectomorph, now that you understand it. That's the key, understand.

Melissa: Is there a source that I could learn more about the ectomorph?

Jennifer: You know what, I learned all this through PH360, and they talk about it quite a bit. If you're interested, I can give you a discount, all of you a discount if you're interested. Just go to specials.healingwiththemasters.com/specials. If you join, join using the Lifetime, it's I think double now. I think it's double what that price is.

Jennifer: You can join there, and then you can take the test, which is about 45 minutes where you measure everything. It'll tell you what your type is, and then it'll also tell you all the food you can eat. It'll tell you how you think. It'll tell you when a good time is to work. When a time is to back off. It'll tell you what good times for you to eat sugar, when's not a good time for you to eat sugar. A good time to exercise. When it's not a good time to exercise. It'll tell you all that stuff. That is where I learned this stuff about the differences between ecto, endo, and meso, which they have six categories that are based on ecto, endo, and meso.

Jennifer: Yeah, you can learn about that there. I don't know. You could try. I haven't done this. You could Google ectomorph, and what are the characteristics of healing for an ectomorph. You could Google that and see what shows up. I haven't done that personally. I probably should. Yeah, you can check that out. Just know that you don't have to compare yourself to all the other crazy mesos and endos out there who are the ones that speak the most.

Jennifer: The ectos don't speak as much, because they're figuring stuff out. They're figuring it out. But it's different than the belief. The mind oriented approach that an ecto has is, that I encourage for an ectomorph, is different than the mind interfering, and the beliefs that are causing upset. Just know that your ability to tie things together-

Melissa: Happen very, very fast.

Jennifer: Yes. That's right. It happens fast, and it's instant transformation. It's really cool to watch an ecto just, you tell them a concept and they go, "Yes, got it," and they're done. It's just how ectos work. Rita just posted the link to PH360 in the Facebook group.

Melissa: Oh, great.

Jennifer: So, you can go there and grab it from there. Thank you. Thank you for giving me the chance to explain ectomorph a little bit more.

Melissa: Okay, so my job is really just once I do it again is just to kind of trust and allow it to unfold.

Jennifer: That's exactly right, and know that your intellect will grab what it requires in order to make the connections that allow you to then unwind.

Melissa: Okay. This is making sense too. I'm sorry. I don't mean to take up more time, but it's making sense.

Jennifer: Take as much time as you want. Take as much time as you want.

Melissa: I'm working with my spiritual coach who said that when she sees me on a spiritual level, she sees me going around kind of grabbing all of this information from everywhere, and kind of collecting it, and putting it to use right away.

Jennifer: That's exactly right. That's exactly right.

Melissa: That's exactly what you just said.

Jennifer: That's exactly right. That's a perfect description of an ectomorph, of how an ectomorph moves through transition. Perfect.

Melissa: Okay, well I told her I've got 50 million books around, so that makes sense to me. All righty, well that relaxes me, because I'm listening to most of these sessions and I'm frustrated as all hell going, "I'm not experiencing this! What the hell is the problem?" Clearly I am, but just in a different way.

Jennifer: That's exactly right. Know that, I don't necessarily know how to do an STT session for an ectomorph, but I enjoy ...

Melissa: That sounds like my life story. Go ahead.

Jennifer: But what I do know, what I do know is that the ectomorph can take the concepts. Because, I do give a lot of conceptual content. That you will take the concepts that happen during a session, and be able to use what you require in order to create the transformation, in order to create the connections that allow you to go, "Oh!" Then it creates a vibrational change.

Melissa: That makes sense to me, because whenever any training I go to, I immediately turn around and the next client always is the one that needs it, and I can apply it immediately.

Jennifer: There you go. Now, another thing I want you to notice is when you say, an ectomorph says, "That makes sense," that means you got it. That's what an ectomorph needs. It needs to make sense. That's perfect. It makes me smile when you say that.

Melissa: Yes. Yes. I agree. Okay.

Jennifer: Perfect. Thank you, hon, thank you so much for that. That was really really cool.

Melissa: Thank you.

Jennifer: Okay. Bye bye now.

Melissa: Bye bye.

Jennifer: Okay. I think that's a wrap today. Thank you all so very much. This was a very, very transformational day. Oh my God. I'm so happy! We really went for something powerful, and unique, and the clarity, it feels like the fog has kind of cleared a little bit. Yeah, there we go. Well done. Well done, well done, well done, well done. So powerful, and committed, and engaged, and just notice now, and use your beautiful journal to notice what's right in your life. It's going to be a little bit easier to notice what's right from this new place of this repatterned core.

Jennifer: If anything shows up from the old, just you've got this. Be that adult beautiful observer self, and just stand in that still point and say, "I've got this. It's okay, mind. I know that you want to react to this, and I understand why. I've got this. I've got this." Notice all of it, and be the tree that's swaying, that's allowing the wind to sway us, and give us a little bit of wind yoga. Notice the circumstances of your life giving you beautiful wind yoga. Does that sound good? You guys are awesome. Thank you. Thank you. Thank you.

Jennifer: I'll see you on session six. I have an intention for session six. I'm not sure if we're going to go for it, so I don't want to plant a seed, but just know that it's going to be incredibly powerful. Okay? I love you guys, and I'll see you all for session six. Bye bye, now.