



Feel Better Mastery

Session 6

Journey To Your Soul Map

+ Relationships

TRANSCRIPT

- Jennifer: Hello everyone and welcome to our Session 6 of the Feel Better Mastery. Oh my gosh. Wow. Session 5 was quite remarkable. I suspect Session 6 is going to be a little bit of integrating what happened in Session 5 because Session 5 was just so cool.
- Jennifer: Those of you who didn't do Session 5 yet, it's okay. We're just going to play ... Trust the timing of your soul, trust everything. It's all good, okay?
- Jennifer: On Session 5, wow, we did the most amazing repatterning and so many of you are sharing how you're starting to really see that when you stand in your core and your power that things around you shift.
- Jennifer: Mary Ann was sharing on the form here that the situation around her ... Thirteen was when a lot of things happened and when she reached that age, in the re-patterning, the situation around her was responding to her in a different way. She didn't have to change herself to fit into them but she was living in her core and they were responding. "Wow. Wow. Wow. I can finally feel some healing for all this time in my life from my core." Not changing her to fit into what everyone else was but all done in love for others who are not ... Even though they weren't nice.
- Jennifer: Perfect Mary Ann. Well said. Beautifully said.
- Jennifer: That's what we're talking about here when that beautiful repatterning allows us to really, truly experience a new state of being as if we're living in it.
- Jennifer: Yeah. Karen shares, "Since the repatterning, I've been asking myself what would new Karen do?"
- Jennifer: That's exactly right. It allowed this space for us to leave our timeline, move into a different timeline of possibility, experience it, I mean really experience it deeply and allow ourselves to move into this new paradigm and create evidence because our mind really loves evidence. We created evidence of what it would feel like to live this new life, to live a life that is from our core and we have to see and witness that the people around us changed. They can't help it. It's the law of physics folks.
- Jennifer: They can't help but change. They can't help but notice ... Not even notice, it's very deep in the subconscious and they also ... Well, they also do notice that this person is different and we have to play a different game with them. Let's talk about that.
- Jennifer: Most of us pretzel ourselves into different situations or we rail against it. We point, we blame, we pass judgment on those people around us who are making us unhappy. We think and our minds think that those people outside of us have to change in order to be happy. It logically does make sense but when you unpack it, it is insanity to think that someone out there has to change their behavior in order for me to be happy. That's insanity. That's setting ourselves up for unhappiness on a regular basis.

- Jennifer: Today, we're going to be talking a little bit about relationships. The primary premise which is that if someone is outside of us ... Okay. Someone outside of us has to be different in order for us to change.
- Jennifer: When we think about that from this moment of presence, we get to see that that's nuts. The only person that can change is us. Now what we noticed in the repatterning we really good sense of it, it was the Michael Tamara sensation. Michael Tamara tells you the story about him how he went into a bank... And there were bank robbers that showed up. He was a master and went into bliss. Went into bliss and laughter even.
- Jennifer: He just stood there and went into that energy. Didn't notice as much what was going around. He knew the robbers were there but he knew that he was in this really beautiful place and the robbers could not see him. There's video evidence of this. The FBI took him in and interrogated him because he was standing among them when all of the other customers were on the floor and he was standing among them and the shotguns were waving right in front of his nose. The robbers couldn't see him.
- Jennifer: The FBI was like, "What is going on here?" Finally let him go after hours of interrogation to realize he wasn't part of it and scratch their heads as to why the robbers couldn't see him. That's what we experienced and that was a moment of evidence that we experienced in the repatterning. We have to leave an old timeline and create a new one where we have to see that Michael Tamara effect.
- Jennifer: We have to see that when we are living in our core, which is what he was doing in that moment, that those around us have to change. Honestly there's only two choices. If there's more, I'll let you know as I do my research on this. A year from now, say there are three and five years from now, I'd say there's four. I don't know but right now there is two for sure. That is they either have to leave because they can't really find you anymore. They can't find that signature of upset or not good enough or shame or guilt which what we unwound with the STT and the repatterning.
- Jennifer: They can't find it and that's their hook into us. That's a hook into us from a relationship perspective is that they can't find that hook anymore. They have this carabineer that they want to hook into the energy of that belief. If the belief is gone because we're living in our core, if that belief is gone because we unwound it, they can't hook onto it anymore.
- Jennifer: To me, I was shown this a long time ago. It's like a Harry Potter distraction spell. It's like a Harry Potter distraction spell. They get distracted away. "they say... well, where's that hook? Where's that hook? Where's that hook? Oh well. There's another hook somewhere else." They hook into someone else and that's how it works. They disappear. They go away. They can't find you.
- Jennifer: They can't find you. The other thing that happens is two choices, they either go away or they change. They move into your field and they change. They have to change because they are entering our universe, it is now hookless. For those who can change, they will be able to enter our universe and then be impacted, supported and honored in our core

energy. Now, when we are in our core you've already gathered our core is light. Our core is love, pure love. It's pure love.

Jennifer: When we are in our core, we are in the purity of our divine state of being. When we live in our core more and more and more or from our core, acknowledge our core or tap back in to our core more and more and more, our frequency vibrates. The universe that is us ... The fabric of our universe that is us is now vibrating at this frequency.

Jennifer: Okay. question re Michael Tamara, it's Japanese. Michael Tamara, T-A-M-A-R-A. Michael Tamara. I think it's actually my interview that you can find on Google with him where he shared this.

Jennifer: Anyway, the fabric of our universe is now vibrating at this new frequency of our pure core. When we're vibrating at a frequency of our pure core, there are very few hooks. Imagine someone entering that universe is now at the effect... is being influenced, by this new higher frequency core energy. Isn't that cool?

Jennifer: This core energy is now creating a different life. Remember when I said our circumstances would change? Are you starting to see the "how," behind "the why" behind our circumstances has changed when we move into our core? Because we're vibrating in a new state and those around us have to change. We've vibrating at a new state. Our capacity to see is much stronger, clearer, broader amplified.

Jennifer: When we're vibrating from our core, in a pure and pure way, the universe is matching it. When we're vibrating in our core, we're lifting our head to the horizon of our life instead of down in the muck pointing at what's wrong and who's wrong and what they're doing and how they need to change. We are now taking responsibility for our life. When we are responsible for our life, we are in choice.

Jennifer: When we're responsible, when it's all us, then we are in choice. When we're in choice, when you have a choice to make, you have freedom. When it appears that there are no choices, which is an illusion by the way, 100% illusion. The sensation that you are stuck, that there are no choices, that there's nothing else, there's ... You have no idea what to do, that's okay, but underneath that if you're feeling like there's no choice, you are in a prison. We are in a prison when we don't have choices.

Jennifer: When we live in our core, we vibrate out to the fabric of our universe from our core. We're creating something different. We are lifting our chin to the horizon of our life and seeing there's so much more. When there is so much more, we are now in choice. When we're in choice, we are in freedom.

Jennifer: Yes. Laura was sharing that I used STT and she also used EFT which is a wonderful system of healing to move fluidly and in a level of neutrality when I had a reaction to a 22-year-old son after the last session. "Wow. It was great peace." She said. "I can make better decisions in the space." That's true. That's absolutely true.

- Jennifer: Paula is saying, "That explained so much why some relationships are changing for me." That's right. They will either stay and change or leave because they can't find you because they're not willing to change. The people that will leave are not able to change at this time and that's okay too. That's okay. That's okay. It's okay if people can't change.
- Jennifer: Are you starting to see this notion that you are creating your life and your universe? It's so much better than being in the dark with ... In a dark room that says you're creating your life and you're like, "Huh? What?" It just makes you feel wrong, doesn't it?
- Jennifer: Well from this context that when you stand in you, in the power of you and the power of you is of course your core and you know who you are and you stand at that still point. Remember, I talked about this in the prosperity one as well. The mechanism is you stand in the still point of you. You stand in your core. When you do that, you have a greater capacity in your field of being. You actually have more space. When you have more space, you have an ability to respond which is responsibility. Ability to respond is being response-able. Ability to respond. Got it?
- Jennifer: When you are in that place, you have access to so much more intelligence, meaning intel. You have access to your soul's impulse. You can hear things.
- Jennifer: For example, today I heard really clearly that doing a workshop that I was supposed to be doing, coming up in the spring, was not a good idea. I'm like, "What? Why? Wow!" I was really surprised and so I checked in. I just got the impulse. Part of that is because I'm living more and more in the still point, more and more in the energy of my core, more and more of ... If you don't know what your core is, that's okay just be in the still point at least. That's a minimum. At minimum be in the stillness.
- Jennifer: Let me finish this story. I heard this thing and then I'm like, "Whoa! No, no. No. It's written in stone. I can't change it. No. I've already made plans. No." It's like, "Well, if you did this way then you could do this and this and then you can do that, that and that." It's like, "Oh, okay. I got. I got."
- Jennifer: I called the person and I said, "Well, what do you think?" They said, "You won't believe this but an hour ago we got an opening for August." I'm like, "Seriously?" He's like, "Yep." I'm like, "Let's do it." They're like, "Yep. Let's do it. That's much better. Much better for us, much better for you."
- Jennifer: Do you see how it works out? I could have fret it, I could have been upset, I could have been stressed because it wasn't ... Didn't appear to be working and it just wasn't supposed to work at that time and that's okay. Perhaps I needed to go through that little process there. Some of you are saying, "Well, why didn't you book it in the first place? It wasn't going to work out. Why would you ...?" That's the mind going ... Gorgeous, amazing, adorable minds.
- Jennifer: Our minds are trying to control things that they cannot control because we haven't known who we are. Now, we know who we are.

Jennifer: Angela shared, "I noticed that I'm not trying to fix or engage in relationships that feel like work, feel neutral just letting go." Very, very, very good Angela.

Jennifer: That whole thing I just shared about what just happened today is that within ... Coincidentally, an hour before I called, something shifted that would have ... That made the conversation just flow into something new and we recreated it.

Jennifer: Someone asked a question about how to make a decision. That's the answer. The answer is allowing ourselves to be in the still point, the mechanism. Just keep remembering what the mechanism is. Be in the still point, be in your core and allow yourself to be in that place that really, completely opens you to access to the impulses, access to the inspired wisdom, access to the inspired actions of the soul.

Jennifer: The soul has the map and the blueprint, folks. The soul has the map and the blueprint.

Jennifer: They finally told me what we're going to do today. Wow. Okay. They would not tell me what we are going to do today until this very moment. All right.

Jennifer: The soul has a map and a blueprint. The soul has ... Knows exactly what's next. The soul has an intention for this life and has a map and a blueprint that's going to get us there. Now, is it a straight line? No. Does the map change? Yes. Is it destiny and we just sit in the midst of destiny? That would be boring. I don't think that's how it works. Of course, I don't really know. We won't know until we're gone how this ultimately works but I suspect there's flexibility in the map of the plan because we're going to make decisions that take us on a detour that have us go maybe even a little deeper than even we intended into something.

Jennifer: Sometimes we're really stubborn and we won't move. We don't follow the map so we go on slight detours that all of it is serving the soul. All of it is serving the soul's evolution. All of it is part of the amazing journey and adventure.

Jennifer: I worked with someone. One of a ... I had a one-on-one session with a client and their core was adventure. It was so inspiring. Their core was adventure. It was such a cool place and I suspect that they ... Again, this is how we can support each other by showing each other what our core is. Imagine having a core of adventure. I think that it's just such a good place to play in because her core is 100% adventure. That means nothing matters. Whatever happens is part of the adventure. That's it. Wouldn't that be cool?

Jennifer: Anyway, I got a tiny bit envious of how cool that would be to have a core of adventure. That's part of the energy of it which is if we look at our soul's journey as this amazingly beautiful adventure, just this beautiful adventure then we are ... then anything that happens is actually part of the adventure. None of it is bad. This is part of the adventure.

Jennifer: That's the intention of the soul. The soul is here to have this grand, beautiful, opening and adventure. The soul is here to have this set of science experiments if you will, spiritual experiments. We've set up different experiments for us to explore different

parts of us. Some of you have maybe heard me talked about this before and if you saw my movie, you would understand this too.

Jennifer: Yeah. That ... Yeah. Just tapping into some energy here. There's a beautiful energy that's just coming in right now. That's it. That when we are ... The energy just continued. It's just really beautiful, sweet, healing energy that's coming in right now as your mind is chewing on these concepts it's creating this beautiful opening to unwind some of the old beliefs around things that were opposite to what I'm talking about. Yeah.

Jennifer: Part of this is a philosophy which is an extension of a belief so it may not absolutely be true and I might change it over time but for now, it makes me feel good and honest to God, that's really all that matters. Philosophies, beliefs that make you feel better, go with them. Go with them until they stop making you feel better and then go with a new one.

Jennifer: My soul wanted a Level 10 experience of love and of giving. Some people came onto this planet to have a Level 2 experience, some Level 3, 4, 5. Most of the people in this program came here to have a Level 10 experience. Yeah, just feel that. Feel that in your soul. Feel that moment. Yeah.

Jennifer: What if we all came to have this real high expression of love, a high expression of our core? A high expression of that? I believe that part of me also has a Level 10 forgiveness. Most of my life in this lifetime is about Level 10 experiences. Think about that.

Jennifer: In order to have, here's the continuum, Level 10. On the right hand is one side of the continuum. In order to have a Level 10 experience, we often have to have the opposite side of the experience. Now, if we only came in to have Level 2, then we would only need the continuum innate of a size of a Level 10 experience. Level 10 is huge. A Level 2 would be, "You know, I just want a Level 2." That means you have to go backwards just a bit to have a Level 2 experience but a Level 10 experience means that you'd have to have a Level 10 experience of its opposite. The opposite of love, the opposite of generosity which is my core.

Jennifer: Think about this. Think about your core and think about the level that you came in to play at, consider it and see if you get a number. One, two, three, four, five ... Out of 10. From one to 10, what's the number that your soul said "this is what I want?" We'll explore that a bit in a minute. My soul came in here to experience Level 10, what does your soul say?

Jennifer: You might now get this. Some people might be a 2 or 3, whatever it is, it's fine. Estherine's saying, she's looking for a Level 7, perfect. Just imagine now that your core has experienced the Level 7 of its opposite. There's Level 10, so Estherine is here at 7. She went from 7 of its opposite. It's not just the opposite of seven, it's the opposite of 14 in a way.

Jennifer: A lot of people are saying 7, some say 10. Paula says 7. Laurie says 10. Gonya is 10. Maybe she put too many zeroes in there.

- Jennifer: Tracy says, "Awesome awakening just happened. My heart is doing the thinking tonight." That's great. I love that Tracy. Okay.
- Jennifer: Are you getting it? We came in and said, "I want a Level 10 experience of forgiveness." You're going to have its opposite in order to get you there, the Level 10 of its opposite. I had a Level 10 experience of pain in order to get to Level 10. Now, think about your core. That's going to be in there. What is the Level 10 opposite of your core or Level 7 or Level 6 whatever level you are? What is that level opposite? What's the thing that's opposite? You're going to start to see in your life that you had many incidences that were at that level and it's opposite. That is to get you to this place of the Level 10 ... 7, 8, 9, 10 whatever it is for you of what your core is. Isn't that astonishing?
- Jennifer: Oh my God. Your mind is chewing on this going, "Oh my God that makes so much sense. Why I had those things happen? It makes so much sense." It makes so much sense. Okay. I'm going to tell you one more thing and then we're going to go on a little soul journey.
- Jennifer: I'm not sure where relationships are fitting in here but apparently they're going to. We might do another full session ... Another session on relationships at some point. I know it's going to come up. I thought it was tonight but we've had a little bit of understanding of that.
- Jennifer: Okay. I told this story before. I'm going to tell you again because this really is a function of how it is until it isn't. Our life is what it is until it isn't. Our beliefs are what they are until they aren't. Even if ... As we're embracing new beliefs those beliefs until they aren't.
- Jennifer: When I was about 28 years old, I was very, very depressed. I was about 10 years out of living from the abuse in my childhood and the alcoholism and the narcissism. I was really trying so hard to heal. I was way, way deep into new age philosophies and I was on a bit of a treadmill. I was asking ... I started exploring evil. I started freaking myself out. I've always been an avid reader. Oh my gosh. Excuse me.
- Jennifer: I started reading about the devil and about evil and about evil people and I freaked myself right out. I finally got to a point where I'm like, "God, I'm really scared." I knew at some level that I was a creator, that my fear would probably create some things which made me more scared.
- Jennifer: I just handed it over to God and I said, "God, help me with this. Help me with this evil stuff." I saw a street sign that said, "Evil Live." It starts spinning around, Evil Lived, Evil Lived, Evil Lived, Evil Lived, Evil Lived, Evil Lived. Then I heard the voice that said, "Evil is a life unlived."
- Jennifer: I'm like, "Okay." Evil is simply a life unlived which means evil happens when people aren't in their core because they're so separate. They're so deep into the density. There'd always have light within them but they've created so many walnuts and

repression and repression that they don't think that they can get through so they create this false floor that sits upon their soul that they stand upon that appears to be evil.

Jennifer: That is a philosophy that works beautifully and has continued to work. It will likely work until it doesn't. Now, around the same time, I was super depressed and I said, "God, help me out." They showed me this vision of me being before I was born in a council with all the people I was going to live within this lifetime. Long before even the people were born and we were deciding how we're going to support each other. The people who were abusers actually stood up and said, "I love you so much that I am willing to be the observer to support your soul's intention, your soul's journey." I'm like, "Wow. That's really cool."

Jennifer: When I heard that I'm like, "That makes so much more sense now." I was able to let go of a lot of things. Also, during that vision, they showed me, during that same council meeting that I was being guided to do what was going to be in the map and the intention for the soul. What was my Level 10 experience, what was my level going to be, what was the experience is going to be, what was going to be its opposite so that I could achieve the Level 4, 5, 6, 7.

Jennifer: At the time, I was ... They were recommending about Level 6 or 7 experience that I could either do these two things, explore these two things or these three things. Now, the two things were part of some ... Some were past life, some were something I've always wanted to explore. The three things had another different type of past life, they were three different things. Either these two things or these three things. In that moment the vision showed me that I chose five. It also showed me that five is not just five, it's actually an algorithm because you see the continuum is from here to here, not from here to here.

Jennifer: It's not from the middle over, it's the continuum. It's the opposite of seven is not zero, it's minus seven. Got it? What that created was an algorithm of 222 six. Instead of five, it was 222. Instead of a Level 6 or 7, it was a Level 10 plus like we're going to need 100.

Jennifer: I'm like, "Yes. That's what I want to do. I want to do all five." They tried to talk me out of it. They said, "No. We don't think that's a good idea but ..." and I said, "Yes. I want to go. I know that this is a big time on the planet and it's an important time and I want to use it and go for it." They're like, "All right." Then people stood up and said, "I will do this. I will do this. I will do this." That was the vision.

Jennifer: When I was 27, 28 that vision was so incredibly powerful for me. I got a whole bunch of things that my mind have to chew on and said, "Wow. They loved me so much that they were willing to do that." That helped me so much. I have to see why my life was so hard, seemingly hard. That's why it was so hard and because I chose 222. I chose five instead of three or two.

Jennifer: Fast forward now, two years ago. I still had belief that formed out of that vision. Guess what it did all those years later, 25 years later? It created a hard life. It was a belief. That's it. It's just belief. That belief saved me at 27 and created a hard life at 50. We

have the belief until we don't. I said, "That doesn't matter anymore. The 222, the five, the three, none of that matters."

Jennifer: Is it true? Maybe. Maybe it is, maybe it isn't. It doesn't matter. It doesn't matter anymore because I'm not at this place where I closed a book on that whole ideation and I now have a new set of beliefs that I stand upon that I simply have to be in the still point in a neutral. That too is a belief by the way but like I said, take the belief that works for you until it doesn't. Use the belief that works for you until it doesn't.

Jennifer: Now, it's still that part of the vision where the abusers stood up and said I will do this to you still works for me. I like it. It makes me feel good. I'm going to continue that. I don't know if that's true or not and anyone who tells you any philosophy or jargon of spirituality that is an absolute, there are no absolutes. There's only this amazing journey. The adventure of our soul and we can have philosophies that help us until they don't.

Jennifer: There is a whole philosophy about the word being flat until it wasn't. Before it was not flat, before it was flat, that was the belief was and it worked until it didn't. The beliefs are ... We get to change our minds on everything. These beautiful beliefs take us on a journey until they don't and then the journey changes and we turn a corner, we go around a mountain, we go up a mountain, we go down a mountain. Our beliefs change as a result of the adventure.

Jennifer: They used to laugh and giggle when I used to make these statements about what's happening in this lifetime. I am sharing with you what feels right and they're not in their heads. Yeah, it's close but none of us will know until we leave. That gives you another ... Again, one of the greatest things that we can have is choice. It's the sensation that we have choices. Beliefs can either give us choices or take away choices.

Jennifer: Now, part of the biggest challenge we have in the political system in just about any country is that they're right and I'm wrong or ... Sorry. I'm right and they're wrong. Both sides are 100% beliefs that may be or may not be true. Now, for some of you that's going to just say, "Well, no and I'm out," and you're out of the program because that's way too much to apply because I know I'm right about this particular politician. I know I'm right. How's that working out for you? What does it feel like to be right? What does it feel like to have to be right?

Jennifer: Again, all that is just a coping mechanism to feel safe and it's okay to be that way. It's okay. However, notice when you need to be right because needing to be right stops the energy immediately. Again, that's also part of relationship. It's really hard to not need to be right in relationship.

Jennifer: "It's really, really ... No, that's a belief. That's a belief." Did you see? I caught myself. It's actually simple. Relinquish the need to be right. What would that be like? That feels like a threat to some people, to some minds.

Jennifer: Some of your minds are like. "That's a ... No. Nope. Uh-uh (negative). No. No, no, no." That's threat for the mind to actually not have to be right. At the end of the day, there is

no right. We honestly don't know anything. They don't even know how electricity really works. They really don't. They can give you a bunch of science about it but at the end of the day, they really don't know.

Jennifer: If you ask a scientist, they'll give you this big dissertation on why electricity works but at the end of the day, they actually don't really know why. There's been so many studies on food and how sugar is bad for you and oil is bad for you and at the end of the day, when you remove any one of those completely, that's bad for you.

Jennifer: These are all beliefs until they aren't. Our soul is on this massive beautiful adventure. We created this amazing adventure, this continuum for us to play within. This is continuum for us to play with it. Now that we understand that, we've created ... Our soul has created a continuum that has a purpose.

Jennifer: The continuum is here so that we have ... We've decided that we're going to have a Level 7 experience of whatever it is and it's honestly not that important that you know what it is. Just know that this Level 7 experience happening. Then in order to have that Level 7 experience you have to have its opposite. That's not zero. That's its opposite which is another seven down the continuum. The continuum isn't from zero to seven it's from minus seven, two plus seven.

Jennifer: That allows our minds right now to say, "Okay. Okay." It's starting to relinquish this beautiful healing happening right now as your mind starts to relinquish all the I'm not good enough, karma, these things happen to me, someone did this and that's why I am. All those things are starting to dissolve in the face of ... It's simply adventure of the soul and a continuum from whatever your level is to its opposite.

Jennifer: We have opposite experience to love that allows us to have a Level 7 experience of love. We have the opposite of what our core is so that we can express our core to the perfect level of what we intended for our soul's journey. Isn't that cool?

Jennifer: Beautiful. Wonderful, wonderful.

Jennifer: Well, it's like we are in the no thing right now. It's really cool. It's very still. The mind feels ... I don't know if you can sense this but it's like the mind doesn't have as many thoughts.

Jennifer: There we go. Just feel yourself in this still point with this new understanding that your soul is on this amazing adventure. As your soul seeks adventure and moves from that vibration of adventure that means that no matter what happens is part of the adventure. Isn't that cool? That's what I discovered when I worked with the client whose core is adventure. That's so cool. When we look at our lives as an adventure then nothing is wrong because it's part of the adventure. Isn't it exciting? There we go.

Jennifer: Yeah. Tracy is sharing, "Your message is like a beautiful candle flame. It melts parts of my chaos and entanglement as you speak it." Perfect description of the vibrational energy, the transformational energy, the unwinding that is happening right now.

- Jennifer: That's it. Okay. We're going to go on a little journey to our soul. Okay. Before we do that they're reminding me about the relationship piece, okay.
- Jennifer: Just imagine now, just imagine everyone is on that same journey. Everyone is on that same journey. Everyone has created a continuum, has created a need to have its opposite in order to access the fullness of it. Everyone has created, everyone has experienced this dance and no wonder it seems chaotic. No wonder it seems like someone is misbehaving. If only they would change then I could be happy.
- Jennifer: Now, we can stand in that, in the midst of it. We can stand in the midst of it and say, "They are on their continuum," period. They had a bunch of things that happened on the opposite end of their continuum that creates a bunch of walnuts, that created enough ... Bunch of walnuts that dimmed their light a little bit, that had a life that is less fulfilled. That's it. We get to have compassion.
- Jennifer: In the moment when any conflict might show up, we get to ... Instead of observing the conflict, we get to use it and go to the neural pathway gem and say, "Hey, wow... I just really went into a reaction there, holy cow. I'm going to use this moment and breathe into it and remember that they're on a continuum and I'm on my continuum. I just had a flashback into the old stuff, of the old beliefs that we're created from the far left of that continuum and it's all okay. I've got this. I've got this. I've got this." There we go.
- Jennifer: I'm just asking if there's anything more about relationships. Yeah, it allows us to stand in a much clearer place with those around us. That's it. You might even be able to see ... Get an inkling of the reason why they're in your life when you look at it from the perspective of the continuum, of the beautiful adventure of the soul. That's it.
- Jennifer: Okay. We're going to go on a little journey here. Everyone just take a nice deep breath. Make a sound on the exhale, "Ugh." If you want to stick out your tongue, you can. There we go.
- Jennifer: Just feel yourself. For those of you who know how to access the secret chamber, you go ahead and do that. I'm going to guide ... I like the guidance personally. Feel yourself moving into the middle of your brain. Wow, we're really at a beautiful still point here right now. Feel yourself moving into the middle of your brain, that's it. Good. Feel yourself. Yeah.
- Jennifer: There's a beautiful ... You can do the elevator or the pearl, whichever works. If you want to jump into the pearl I can feel that moving down, down and you can jump on the elevator and press the button that says to sacred chamber. Whichever one works for you and you can feel them both going down and down and down and down into the still pull of your being. Down deeper, deeper, deeper in your being and we're going to the center point of your soul.
- Jennifer: You feel yourself moving down and down, deeper and deeper. For those of you who are lying down, please sit up. That's it. Feel yourself moving deeper and deeper and deeper.

- Jennifer: Now, we're ... The elevator and the pearl are going through, whichever one you're on, it's all good, are going to the wormholes now. You can feel that there is a shift in direction and there's a slight dimensional shift, if you will, as it moves into different wormholes taking you to the center point of your soul.
- Jennifer: Eventually, it comes to a standstill and opens up and you step inside your beautiful sacred chamber. You step into this beautiful well spring of being. You feel that atmospheric, biometric pressure shift into stillness. You feel the threads of love, and joy, and happiness, and contentment, and hope, and possibility, and flow, and abundance, and alignment, and balance, and wholeness, and wellness, and safety. You feel all the threads that make up this place that are the most refined qualities of divinity that this is actually you as divinity. You feel the space that is here for you. There's so much space for you. Capacity, there's capacity here. That's it.
- Jennifer: As we stand here, we are elevated up. We're elevated up to a new realm. We're elevated up to the realm of the soul. We're elevated up to the realm of the infinite and the eternal energy. Now, just pretend, what would that be like if that were true? That we move into our sacred chamber and felt the stillness, what would that be like?
- Jennifer: If I bring your attention to the stillness of our beautiful sacred chamber, the love that's here, the threads of divinity that we are that make up this place that elevated us up gently, lovingly, easily to be in the new realm, the realm of our soul itself. We feel ourselves moving into this realm and our soul is right there. It has our hand, our arm, our back whatever it feels right. It brings us into the infinite and internal energy of our soul. It brings us into the infinite state of our beautiful, beautiful energy. That's it. Lovely.
- Jennifer: It brings us into this refined, your more refined still point. Our soul is with us right now, as we are with the soul completely in their territory, their world, their place, their field, that energy of the infinite and the eternal. We just ask ourselves, what's it like to be here in the infinite and the eternal? What's it like?
- Jennifer: I know that that we are given exactly the experience that we need at this moment that will support us at the highest levels, that we cannot move into overwhelm and cannot experience anything less than what we are about to experience in this moment.
- Jennifer: It's exactly matching the perfection of our energy right now and the next step that our beautiful soul is taking on this journey of healing and transformation that we're on at this time.
- Jennifer: Notice it from that perspective, that as we tap into the infinite and the eternal, we're just getting the exact diversion of the infinite and the eternal that will support us at the maximum level at this moment in time. From that, we can move into really beautiful, safety and wholeness in this experience, that we can move into the infinite and the eternal energy of our soul and we feel it now.

- Jennifer: For those who are having any kind of struggle with this, just pretend. Even if you have an inkling of a maybe, of a possibility that you are there, that's enough. That's enough to have you there in the wholeness of this moment.
- Jennifer: Now we feel the infinite and the eternal energy, we feel it. Our soul is now taking us to the map room. The map room of our soul's journey. As we get closer, we start to see that it's massive because our souls done a lot of stuff. Our soul has had many past lives, our soul has many future lives planned, our soul they have lived on different planets. We come to as we come in to this beautiful area, it might be a room, it might be an area, whatever is for you, it's perfect.
- Jennifer: Our soul is pointing at our life. It's just right there. We have a really unique opportunity to get ... It's as if it can magnify as we bring our attention to it. We can see the past of this life. We start to get an inkling of the continuum. As we see the past, we're not just seeing a map we're seeing a hologram if you will, a hologram. It's a three dimensional hologram. In fact, it's multi-dimensional hologram. Our senses really understand the 3D part.
- Jennifer: We see not only what happened, the things that happened but we see in turn the intentions behind the things that happened, the intention of our soul behind the things that happened. We see the intention of other souls behind the things that happened. We see that the things that happened to us also influence the people that did them to us. We get an inkling, just an inkling of this. We also get an inkling that the things that we did impacted others, that our soul also got something out of it whether it was good or bad or indifferent. We did things that impacted people. We get to see our impact on others.
- Jennifer: We have to see that behind everything was an intention of love, always and yet there's also the soul's map and journey and intention and the continuum of the intention that was overlaid over all the actions and reactions. We see that there was so much more going on than we realized. As we stand in this infinite and eternal energy and observe the actual map and intention of our soul this lifetime, wow, this beautiful energy of freedom that is moving in deep, abiding freedom because we see the malleability, the flexibility within the map.
- Jennifer: We see and understand and to have compassion for all the players in our life. We see and now have deep understanding and a sense of knowing now, a knowing. It's like a thread of knowing has been pulled into awareness that we know, that we are on track at this very moment that we are playing in the map. It's as if we can now see ourselves on the map listening to these words. We can see that if we look from that moment backwards, we can see all the souls decided at some point to congregate here right now and experience these very words together. There's magic in that.
- Jennifer: It's not meant to blow anything up or out it's just there it is. It's just there it is. It's just there it is. It's all good and perfect and as it should be. We are exactly at the right place on our map. We're exactly right. We can see there's derivations on the map and that's just other dimensions. That's it.

- Jennifer: We can see that we're exactly where we need to be. We get just an energy essence, an essence of our future. Some of you might be seeing things but what I'm being shown is that they're giving us ... Our soul right now is giving us an energy of the future, a little emotional sensation, a sensation of our future, an essence of our future from this place. This is a demarcation point where our future, the vibration looks a little different as we hold these new considerations.
- Jennifer: Feel yourself, your future self dancing in this new energy. That's it. That's it. We get to see that the demarcation point also influences other people in our energy field and everyone is served. Everyone is served. That's it.
- Jennifer: Now, it's as if we get this energy is coming up from behind us and we get a little tap on our shoulder and we turn around and we actually meet this future self, the future version of us seven years from now. We get to meet this ... Oh my gosh, they gave us such a big hug.
- Jennifer: They point to the map and said, "This was the moment. This is the moment that you created freedom." Then in turn, we look backwards and we see all those little ones and we look at them and say thank you because all those moments brought us this moment that brought the future, this moment of understanding of broadening our capacity to see the holistic part of our soul. That's it. Beautiful.
- Jennifer: Our future self says, "You're doing so great. Just keep going. That's it." Our soul looks at us with just such joy and love and adoration, such cherishing energy. That's it. We feel ourselves being so loved in this moment, so loved in this moment, so loved. That's it.
- Jennifer: That's it. We just feel ourselves being so loved. As we stand to the infinite and the eternal with our soul and with the map starts to retreat a little bit and we see this vast, vast universe of love. Whatever that showed up front seeing stars, you might see it as something else and each energy is twinkling towards us.
- Jennifer: As we stand in this infinite and the eternal energy with our soul right there, our soul is holding the energy for us so that we can stand here. We look and we see that entourage of support that it's here for us. We see angels, loved ones passed, guides and allies, teachers. We might see pets that have left us but are always here and they're just smiling at us. They love us so much and they're so here in support and they're so happy that we're standing and able to see them.
- Jennifer: Now, we get to say thank you. Thank you for the support. Thank you for loving us. Thank you for guiding us. Thank you for guiding me and showing me the way, thank you.
- Jennifer: It's as if we're creating a deeper connection here. It's as if we're creating this much deeper connection. It's as if there are almost cords of familiarity and clarity and palpable energy that are being formed in this moment. Cords of knowing, cords of love that we are not consciously aware that are there for us to tug upon to ask for help. They're saying ... These guys, allies, teachers, angels, archangels, masters, loved ones passed,

they're saying, "We've got you. We've got you. We're here for you. We're here. We're here."

Jennifer: Then we turn and see those that we're in relationship with. We see that they too have amazing support behind them. We can see that there're committees that formed between their guides and our guides. They're working with each other to support us. We see that they are beautiful beings of life too and there are some that are working it out. As we observed these beautiful souls that we ... Especially the ones that we have some conflict with, as we see them we are immediately ... Archangel Michael comes.

Jennifer: In our dominant hand is a beautiful tool that allows us to dissolve any dysfunctional cords, discordant cords, disharmonious cords are now being dissolved between us and them because we no longer require those cords of attachment. They're not just from them to us, by the way. You might notice that they're from us to them.

Jennifer: Now, as we stand in this place of the infinite and the eternal with our soul right there and our angels and guides and allies and loved ones passed right there, they are creating this beautiful energy to just simply dissolve any discordant cords that are no longer needed at this time in our journey ... in this moment in our journey. What's left is the same kind of cords that we have with them, these cords of love.

Jennifer: We feel the transformation and the space and metamorphosis that happen as we just dissolve any cords between us and those we have conflict with. We just watch them dissolve. That's it. We watch the clarity show up.

Jennifer: Now, those cards are done and those individuals get to go and play in their own energy now. We get to stand clear in our energy. We stand in the energy now and this infinite and eternal place in this very high place of being with our soul right there. Our soul is helping us to be here and feeling our entourage around us. We just stand for a moment in this beautiful still point, this beautiful place of pure support and love. We just describe what it feels like to stand within it just for 90 seconds or so we're just going to stand within it. I recommend describing to yourself what it feels like, shining the light of consciousness on this moment. What does it feel like to be in this pure place of potentiality, of freedom, of love, of power? What it's feel like? Breathe in this place.

Jennifer: That's it. Now, our soul takes us by the hand and brings us down back into our beautiful sacred chamber. We feel that our sacred chamber feels different. Our sacred chamber feels different. What's it like? It has more space, more light, more freedom. Then we bring our attention back to this very moment.

Jennifer: We feel ourselves now coming to if you will and bringing ... As we open our eyes, we open our eyes into this new state of understanding of knowing that we now have from that journey. We open our eyes into this new state of beingness that we are, into this new state of freedom of possibility. Knowing this is beautiful continuum that we've intended, that our soul intended, that our future is really exciting and lovely.

Jennifer: Open your eyes. What does it feel like to be in this place?

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

Jennifer: Now, think about some of the individuals who were there. What is it feel like? How do you feel about them right now?

Jennifer: Yeah, Noemi shares, "Anything is possible."

Jennifer: Christine notices that I am safe.

Jennifer: Rosie is sharing that, "I notice that it's my hook that keeps the hook alive. Their hook has not got the power. The power is in with me." Beautiful Rosie.

Jennifer: Estherine's saying, it such a natural ... She feels natural and so comfortable. That's right. That's right. Good.

Jennifer: There we go. Very nice. Very nice. Now, take a nice deep breath. Make a sound. Then, exhale.

Jennifer: Yeah, that's it. Paula says that she's feeling bliss right now. Very familiar. I'm just feeling I'm calm and at peace right now. It just feels calm and peaceful. Yeah, that's it.

Jennifer: Okay. It's time for a little Q&A. We've got someone from New Hampshire... 9770, 9770. Let's start.

Haji: This is Haji.

Jennifer: Hi Haji. How can I help you?

Haji: Do you have any message or recommendation for ectomorphs?

Jennifer: Yeah, I think most of the ectomorph stuff happened before we went on the journey. It was the concept. It's the conceptual stuff that ectomorphs do really well with.

Jennifer: The concept of the fact that ... Ectomorphs like facts and research. The fact that your soul has an intention, which we talked about earlier, the fact that that you can actually disengage from other souls ... Look at all of the things that happened on that journey as a factual ... A journey of facts, just a journey of research and journey of understanding. All the ectomorphs for all the journeys do it from that place. That place of, "I haven't thought of that before. That makes sense." Okay? That's how the ectomorphs will go through that process. Does that help?

Haji: Yes but I'm still lost, honestly.

Jennifer: Okay. Try this process again from that perspective. A lot of the ectomorph information will come from the cognitive conversation I have before the journey. Did you understand any of that stuff before we went on the journey?

Haji: Yes but I didn't retain anything.

Jennifer: Okay. That's all right. That's all right. That's all right.

Jennifer: Just like people who fall asleep, they need to fall asleep until they are able to hear it. The ectomorph is the same it's just, this is really cool. This is great. I'm so glad you raised your hand and ask this question because you won't be able to retain it until you can't.

Jennifer: You won't be able to retain it until you are ready to say, "That makes sense." What if -

Haji: Okay.

Jennifer: - there's nothing going wrong with your inability to retain the information at this time? What if there's nothing wrong with that? What if it's just showing you that you are building a reservoir of understanding? Even an ectomorph can't play a concerto the next day, right?

Haji: Oh.

Jennifer: If you're learning the piano, you can't ... Even in ectomorph, can't play the piano at a concierto the day after they took the first lesson, right?

Haji: Okay.

Jennifer: You're building a reservoir of information insights. Each time you listen, you're going to get a new insight that builds and builds and builds and builds and builds in your intellectual until you say "That makes sense." You can make some connections with other parts that I shared earlier or later.

Jennifer: We are building a reservoir of understanding of intel, if you will.

Jennifer: I did a course last year, last August. One of the people in that course just wrote in the ... That Facebook group that they listen to ... they're listening to it again and this is almost nine months later. They're getting ... It's like it's a whole brand new course. They're also getting to see the reservoir that they build up that allows them to have a new understanding of the material now. I suspect that's what happening. Does that help?

Haji: Yes and I'm willing and open.

Jennifer: Yes. That is 90% of it. Fantastic. Thank you so much.

Haji: I would say this that ... I'd say three months ago, I couldn't be at peace as I am right now because three months ago I would have said, "This is a bunch of garbage which I can't understand and therefore I'm going to shut off."

Jennifer: Yeah. That's enormous. That is huge that you see that. I can't tell you what a big deal that is. That is breakthrough material. The fact that you are at peace with not understanding is enormous. Well done.

Haji: It is.

Jennifer: Well done.

Haji: Thank you.

Jennifer: Yes. Well done. Thank you so much for sharing. That was really, really cool.

Haji: Thank you Jen and I'm going to hang in there.

Jennifer: I'm so glad you're hanging in there. That makes me feel happy. Excellent.

Haji: Thank you.

Jennifer: Thank you so much. Okay, bye-bye.

Jennifer: Okay. I think that's it for us.

Jennifer: Ectomorph, yes. Thank you Laura for explaining that to Stephanie.

Jennifer: If you haven't heard me talk about ectomorph then you might want to go back to some of the classes and listen. There ecto, endo and meso. Ectomorph, endomorph, mesomorph. You can Google it if you want. It phonetically sounds as spelled. These are different genetic types. The different genetic types that this receives and distills inside spiritual work, emotions in different ways. It's helpful watching you. It's helpful to understand that especially for ectomorph.

Jennifer: Great. Okay, I think we're good to go guys. Thank you, thank you, thank you for another incredibly powerful session. We will be meeting ... For those who are online, we'll be meeting next Tuesday for Session 7 and those who are listening to the recordings later, of course, it's waiting for you. Do what feels like for you on this journey. If you need to take a little bit of integration time, do that. If you want to just move straight into the next one, you can do that too.

Jennifer: Wonderful. Okay, guys. Thank you. I love you so much. Great, great, great, great job today. Yes, have a wonderful weekend for those who are watching live and I'll see you on Session 7. Bye-bye now.