



Feel Better Mastery

Session 7

Moving Through The Bumps -
Journey To The Jewels

TRANSCRIPT

- Jennifer: Hello everyone, and welcome to Session 7 for the Feel Better Mastery. You might be noticing some differences in your life. Some of you are even sharing that your circumstances appear to be changing. Some of you are going through some things and I always think there's no coincidences that you have this program while you're going through something major to allow you to move through and in a slightly different way than you might have previously.
- Jennifer: I want to talk a little bit today about the bumps because, gosh, they're so confusing sometimes, aren't they? Part of it is because of that notion of doing to get. Doing to get is understandable. It's understandable. In fact, doing to get is often the first one, two, three, or four steps because if we're not doing anything it's going to remain exactly the same. The soul says knock, knock, knock or two by four, two by four, two by four and says it's time to change, time to change direction. It's time to change thinking. It's time to unwind. It's time to heal. It's time to self-forgive. It's time to discover the light and the love that you are in a more powerful way. It's time to identify your power. It's time to create some boundaries. It's time to go in a slightly different direction. The door has opened now for a new kind of life or the door has opened now for closing a chapter on a life. The door is open now to close the book on some of the past things.
- Jennifer: Our soul uses circumstances to get our attention. It says knock, knock, knock or two by four, two by four, two by four. It starts like this, "Hello Jen" and it taps us. "Hello," just a little tap; tap, tap, tap, tap, tap. "Hello Jen," and we go, "No, no, no, no, no." I know, but my mind knows better. My mind knows much better where we're supposed to go and so then our soul goes, "Hello," and we say, "No, no, no, no, no, no. My soul knows better. My mind knows the direction. I've been on this path, I know this, I just need to work it out. I just need to figure it out and then it will be okay." Then the universe shakes us a little bit, grabs us by the scarf or the collar and goes, "Hello!" We go, "No, no, no, no, no. My mind knows better. My mind has got this."
- Jennifer: I know that if I just keep pushing, if I just keep burning myself out here I'm going to get to what my mind has seen is the answer. Then the universe says, "Hello," and there's a little punch in the jaw to get our attention. Some of us are still and you know I'm right there with you, all right? I'm probably one of the more stubborn ones where I'm sticking to plan my mind habit because it feels safer. We're getting struck in the jaw. We're like no, no, no, no, no. No, I know better than my soul. Yup, I know better than my soul," my mind says.
- Jennifer: Now, why is the mind doing that? Because we have these little ones that have repressed the emotions. We have this younger version of us that had a conclusion about what life is that repressed the emotions in the moment into those walnuts and created a whole bunch of coping mechanisms to protect that part of us from ever having to get close to that feeling again.
- Jennifer: The circumstances of our life are what show us where to go next. The circumstances show and yet our subconscious belief that the mind says no, I know better because this is safer. Our beautiful mind and the little ones and the coping mechanisms that are

protecting the little ones and the repressed emotions that the little ones are hanging onto, that is fueling the mind, they're all saying, "We ain't going there. We ain't going there, that is not safe," and so the volume of our life increases until we change.

Jennifer: Lots of you who are in this program because the volume has increased. All of it is a place to nudge us into a transition of some kind or another. Everything in our life is showing us what's ready to change.

Jennifer: I believe that we are coming to a point where we don't require suffering and pain to change. I don't know about you, it still works for me. Yet, as we move more and more and more some of you are already discovering into the neutral, into that still point, into our core as we know who we are in our core. As we know that more and more and live from that place more and more and more you might notice that the reaction has lessened towards everything that is happening on the outside of us. That's the opportunity, it's to move into that core. I said this right way early on, having that moment of love is good but it's not quite enough.

Jennifer: What I know is that there's a little bit more to it. Feel the love of your cats and that fills you up and then also notice who are you in that moment. Take it deeper.

Jennifer: I've been talking about affirmation slightly too in the same line. When we come up with the affirmation that we can believe, it's so much more powerful than going from here which is broke and almost homeless to a millionaire. That's a big jump, huge jump. If we go into something that's a little more "I am supported," and we have lots of examples of that, that's the prosperity piece, and then we can believe it and then we can create a greater one, and a greater one, and a greater one. I think we're going to get an affirmation today.

Jennifer: Again, the idea of appreciating the ocean and the trees and your pets is great; very important, very powerful. It's a way in that allows you to know the deeper part of you. It's not all the way in. Loving my cat is not going to change my financial circumstances all the way; it might a little bit but not all the way that's why we're in this advanced course. It's not just about feeling better, it's about taking the feeling better deeper.

Jennifer: I've been talking all along that this is an advanced course. This is the next level. If we do the same old things, we're going to have the same old life and then we're going to yell and scream and I did it right. Doing to get, right?

Jennifer: Doing to get is powerful and important and yet that's not the energy that's going to change our circumstances, that's not the energy that's going to move us into this place of pure neutral so that no matter what circumstances show up we are no longer reacting to them.

Jennifer: Are you guys starting to see this? That there is a depth that's happening here. There's a depth that we are being asked to explore. You wouldn't be in this program if that weren't the truth. So the bumps show up and they are 100% here to serve us.

Sometimes it really freaking doesn't feel that way, does it? Sometimes it just does not feel that way. Gosh.

Jennifer: Everything is here for a reason. It's serving us somehow, and so many times now I'm noticing the things that show up are actually showing me what great shape I'm in, right? Okay, I'm going to tell you a little story that happened to me on Sunday that is kind of an illustration of this. I think it's because I wanted to speak to you about it today and so the universe provides it.

Jennifer: I had my dinner plate on my hand, I went to get a napkin and as I was walking back I slipped on this slippery cloth that is part of a cat toy. I went down hard. I fell really hard. As I landed, I heard a few cracks and I heard this is going to align you. I heard it. I heard it right, I heard my guidance. I spend more and more and more time in the still points and we've been talking about this, so we can hear our guidance and I heard really clearly, this is to help you align.

Jennifer: Now, had I not heard that, I would have gone into this spiral of, "Oh my God, I've injured myself again," "Oh my God, I'm going to have whiplash," "Oh my God, I'm going to be sore," "Oh no, maybe I have a fracture," "Oh no ..." All of those stories weren't even present, and it was true. It was true that I was able to wake up the next morning and I felt better. It aligned me.

Jennifer: Now, what if that's what's happening? That the bumps in life are actually aligning us? I fell really hard and it was a little scary and my roommate was a little freaked out because it was hard, I went down hard.

Jennifer: I went to my chiropractor just to make sure and she said, "Yeah, you're actually doing better than you were last time I saw you," which was last Monday. I went "Wow, isn't that amazing?" She said "Yeah." Then she told me a story about one of her friends. He had been on drugs and he decided, "I'm not going to do drugs anymore. That's it." He started on a healthier path and he decided to move from where he was and get out of the situation he was in where the influence wasn't good. He moved to California and he became a painter. He just needed to generate income, so he decided to be a painter. He painted the inside of big buildings.

Jennifer: He was on scaffolding and he fell off the scaffolding. Prior to that, his back was really bothering him because he's doing a lot of painting on the ceiling and so he's curving his neck back and his lower back was just a mess. He dreaded going in to work. He fell off the scaffolding and the same thing happened, a bunch of things cracked and as he was laying there going, "Am I okay?" he was like, "God, I feel really good." He stood up. He's back was completely fixed.

Jennifer: In that moment he decided to be a chiropractor. He went to school, he became a chiropractor and he has five different chiropractic offices. He's an extremely successful chiropractor. He also has another kind of side shoot from his chiropractic; he works with the homeless. He helps them get shoes and he did a bit of research on how, when

homeless, wear the same shoes for years and years and years that it actually really impacts their posture and blah, blah, blah, blah, blah.

Jennifer: We have no idea why these things are here for us. We have no idea that there's actually something for us with everything that shows up. It's here for us, not against us. It's here for us not because we're a victim. It's here for us not because of karma. There's a reason ... there's a reason why. Sometimes it's to get us in a new direction; sometimes it's to have us pause and stop and look at something; sometimes it's to heal; sometimes it's to get a different perspective, a new angle of perception.

Jennifer: Just think back on something that's happened in your life that gave you a new perspective that seems like it was bad. There are some things that happened that I wish had never happened, but the learning that I got from it was so amazing and I still didn't wish it would happen like when my sister passed away in 2013 at 53 years old. I talked to her the night before, the next she was gone. It was awful. To this day I still shed tears every day but it changed me like nothing else would have.

Jennifer: I had a lot more ego back then. I had a lot more drive and ambition back then. I had a lot more climbing over people to get where I needed to go. Unconsciously, I did not understand I was doing that. When my sister died, my entire world view change dramatically, dramatically and I am way kinder than I used to be. Way kinder. I have 1000% more compassion than I ever had. In fact, I understood in that moment that I didn't have compassion. I got it right away that I didn't have nearly the compassion I require to do this work, and now I do. That wouldn't have happened without that.

Jennifer: Now, could there have been another way to do it? Yes, but that was it, and I see it clearly. I see it, and It's all me. It's all me. It's all me.

Jennifer: Let me just look at your question here ... So, you're getting it?

Jennifer: There used to be a saying, and Tracy just reminded of this, that it's all a gift. For some of us right now that just want to give the finger to it because "I don't want this gift." There are people who really don't understand losing someone who have not lost someone. They use this language of "it's a gift." I'm not saying there's anything wrong with that, Tracy. If that works for you, use it; totally use it, it's good.

Jennifer: When it comes to loss, if it's five days after you lose your sibling and someone says, "Oh, there really is a gift in this." You just want to say, "FU. I don't want this freaking gift. Take it back." Some of you might be in that position right now in your life which is "FU this is a gift. I want that gift. This gift sucks." Yet, if we just consider just for a moment, just consider for a moment that there is something here that is pointing us in a new direction in two, three, five years it might be a gift ten years.

Jennifer: For me, my sister passing is still not a gift but I took everything I could from it. I was able to receive and open my being up to something new. I am still not in a place where I can call it a gift because if I had to do it over again, I would ... Yeah ... yeah, I would have given it back, and it's okay. It's all okay.

- Jennifer: My sister is supporting me in ways that she never ever could have had she stayed here. I know that, and I still wish she were here.
- Jennifer: Tracy says, "Trust me, I had the pleasure of some incredibly dubious freaking gifts." Yeah.
- Jennifer: Part of the challenge with the new thought movement, new age movement, is that the truths are real and yet there is sometimes lack of compassion in the truth. When the mind grabs the whole of the concept and hasn't healed in the unconscious, it can say things that are not really compassionate. Again, Tracy, I'm not saying that about you at all. I'm just noticing this is a teaching moment. It's coming up and this is not about you at all, just to be clear.
- Jennifer: Really it's about going so much deeper than what we have, moving into a place that is so much more into the quantum than we've ever been. I said this at the beginning. I haven't said it in the last couple of sessions, but it's important to bring up again. This is about moving into a place that we've never been. This is about moving into a place that we have never been before. This is about a new paradigm that many of us have actually never experienced. We are creating something brand new together folks.
- Jennifer: I feel like quite a few people are talking about loss. I want you to understand that there's tears, no story. There is tears, no story. There is tears, no story here. You get that, right? That's the opportunity, tears with no story. It's just release that's happening here.
- Jennifer: We live in this dichotomy of a soul, of a powerful soul that lives in the infinite and the eternal and having a human experience of the infinite and the eternal divine being that we are, this beautiful light that's been put into density and into separation. Judy said, "I would have taken their place in a minute." Yeah, me too and yet that's not what happened. Yet, I grew more than I ever could have to that experience ever. There is nothing else that could have happen in my life. There's nothing else that could have happen in my life that it wouldn't brought me to this moment, nothing.
- Jennifer: There's a part of me, and tap in to you too, there's a part of you, there's a part. Just tap into that part of you, the part of your soul that knows that you made an agreement, that knows that you made a plan, that knows that some of the things that happened to us as part of our soul's adventure, as part of our soul's journey is definitely uncomfortable when we are in a human body. We get to be in that dichotomy. I get to stand in that dichotomy right now. I know that I'm okay and that my sister is okay and your loved ones passed are okay and that whatever is happening in your life right now, you're okay.
- Jennifer: Again, that's part of the purpose of this program, is we get to a point when we really know. There it is, there is the energy. Oh, it's beautiful, beautiful energy here. Part of this is you guys are having compassion for me as I'm having this beautiful moment of release that you witness.

- Jennifer: Brenda says "I agree, we may learn and grow through suffering but I would much rather have known any other way than the long layered suffering that it took for me to start changing my direction in life." I suspect when you get to the other side you wouldn't say that. I suspect you would say, "Wow, what an amazing journey." I mean, suffering is an illusion. I'm not suffering right now, I'm simply releasing tears which right now are not pain. Is there grief? Is there lost? Yes, but the tears are simply a release that is allowing a healing, that is allowing a still point for all of us.
- Jennifer: Jana said, "Somehow my mind is wanting to know how are Jenn's tears no story? She talked about her sister for a bit and then tears came, so story then tears. If we're not doing to get, what about an expectant mom pushing to deliver her newborn? I had three natural childbirths and live with ecstasy for three days. Please comment."
- Jennifer: Okay, that is 100% the mind struggling to understand, and that is not it. Instead, release all those questions. Why is it this way? How did it ... You said the story then the tears came but how is that not doing to get?
- Jennifer: Let it go and allow the energy of it to be present for you, the energy of the stillness, the energy of the release, the energy of there isn't pain here, there's just the transition. That's it. We are moving more and more. Sometimes it starts with something that creates something that allows us to look at a different way. It's back to the bumps. Sometimes there is a story that starts the process, there is a reaction that allows us to understand that there's a story, that allow us to pause and say "no, there isn't." That moment that I felt, I could have had this huge story but I happen to get it in the moment that there's no story here, there's just a realignment.
- Jennifer: Do I miss my sister? Yes. Do I have tears that flow sometimes? Yes. Do I immediately say, "Wow, I'm just releasing another layer," and move into a still point that wasn't there a moment ago which just happened? Yes. Our amazing mind, though, have to know and figure out and say, "But why? Why is it that ..." He can't. There's no answer to those questions, Jay. There's no answer. There's just the moment that delivers something that has us move into either an emotion or reaction that we can feel and then notice where it comes from. Notice if there's something more to do with it. Notice if it's simply a release. There's no rules here.
- Jennifer: I hope you're understanding with the work that we've been doing for the last six sessions. There are no rules. If you're looking for me to tell you the step-by-step process to be you, I won't because you are the only one that knows the step-by--step process to be you. You know it. You've got it. You know it. You've got it.
- Jennifer: Everyone take a breath with me now and make a sound on the exhale. That's it.
- Jennifer: Bumps. These bruises make us better people, oh bruises. They turn us. The bumps and the bruises they make us stop, they pause us.
- Jennifer: I was telling Rita, my partner in this business, and she had a little accident. She was fine, car is a little banged up but she's okay. Yet, that moment provided for her a really cool

thing to pay more attention, be more present. Those of us who are going through big things, if we're in this process and in this course of doing to get, we'll have more the same but if we use it in to go so much deeper into the advanced quantum, like we just did. I thought about my sister, tears came through. I noticed immediately that I'm not in pain. That's the advanced material.

Jennifer: Then I noticed that I got to see that there's a dichotomy and you're seeing it all as I'm doing it, that there's a dichotomy between the eternal version of me and the me that's here on this planet. Religions have dichotomy, they call it the trinity of the soul. It's real. By the son, Holy Ghost, there's mind, body, spirit. There is, to me it's me, my little ones, and my soul. That's my trinity in my philosophy. There seems to be three versions, and when we go to those sides I suspect they won't, they'll be just us and our soul. They'll just be the soul. In that dichotomy is where we get to play, it's where we get to explore, it's where we get to notice.

Jennifer: The dichotomy helps us to create distinctions of, "I'm not in pain even though I'm crying." That dichotomy allows us to have those distinctions which, and I talked about this quite a bit in Session 6 about the level 10 experience. There is the level ten love that we want to experience, or forgiveness, or whatever it is. We've decided this is all we want to experience and in order to get there we often have the level 10 of its opposite. If we're having a level seven experience, it's level seven of its opposite so there's continuum. The continuum isn't from zero to level 10, it's from minus ten to level ten. That's another piece of the bumps that our soul provides us. That's it.

Jennifer: We're going to go on a little journey here, and I'm really excited about it. Everyone just take a nice deep breath.

Jennifer: Christine's said staying in the now is the key. Humanity has been conditioned to keep dragging around the past when in fact the past is gone and cannot be brought into the now moment. That's true, and yet we have a lot of unconscious material from the past that actually has to be unwound in order to be in the present.

Jennifer: There can be grace where we just completely release all of it; there can be grace in that and yet most of us are creating bumps in order to get our attention, in order to pause, in order to heal. Bumps in order to get our attention in order to release, as I just did.

Jennifer: I don't know if you can feel this, but there is such a beautiful space in my heart now from that amazing release and that's all it was. There was no pain. If it had been pain and there had been a story behind it I would feel congested in my heart. I don't, right now. Some of you might be feeling this too. There is more space in our field from noticing something, expressing the emotion of it all the way through to the end. Tears, no story. Tears, no story. Release.

Jennifer: The idea is using the emotions to push all the way through to the end. What is the best way for us to get our emotions going? Something happens and we react to it. As we progress into being more and more and more in the center and the still point in life is

happening around us is this beautiful tornado. We stand in the middle of it, not as affected by it.

Jennifer: Every so often the stone is going to come off the tornado and hit us in the head or we're going to slip on our cat toy and fall. In that moment, we get to know that we might have been hiding from our life in the still point, and then our life is trying to get our attention because it's in the direction we're supposed to go. There's an action we're supposed to take.

Jennifer: The bumps, the bruises are here to help us in a new alignment, to help us get to what's next, to get our attention to move forward.

Jennifer: When we are standing in the midst of the drama and sometimes, men, it's really big. It's really big and it's scary. It's like 10 days away from living in my car kind of moment. I get it.

Jennifer: In those moments, we have a choice. We can either say I'm going to do and do and do something to get rid of this, to stop it, or I'm going to stand and breathe in the middle of the storm and say there's something here for me. What is it? There's something here for me to see, to know, new direction to go, a new healing, a new unwinding. There's something here for me. There's something here for me.

Jennifer: When the storm comes through the air is so clean afterwards, isn't it? Let me talk about that in reference to the seasons of life. I've talked about this quite a bit before, so those of you have heard it. Just listen to the new nuances because there's a new vibrational energy in what I'm about to share.

Jennifer: Winter, spring, summer, and fall. It happens every year. Some people have less ... There's winter, spring, summer, fall here too. Right now in California the leaves are coming back on the trees. We have fall and winter as well. It's a little different, it's a lot warmer than it is in the East Coast, but there's winter, spring, summer, and fall.

Jennifer: The summer is a time of beautiful abundance and expansion and growth. Spring is the newness, the newness. Fall is starting to get ready for the winter so there's a little bit of decay that happens there, and the winter comes. I know that farmers share that the winter is actually as important as the spring and summer, that it allows the earth to regenerate.

Jennifer: We have these seasons in our life. We have our season of great abundance and prosperity and productivity and we have seasons that are more like winter where there's a little bit decay that happens that leads us into the fallow time of our soul, and all of these serves a purpose.

Jennifer: Now, do we look at winter and say, "Oh my God, I can't believe winter is here. How did this happen? What did I do wrong? What did I do wrong to create winter?" "Oh my God, it must be karma from another lifetime," "How did winter get here?" "Oh, it's so bad. How can I be in winter?" "Oh my God, I can't believe it." "Winter is evil, and bad, and

terrible, and it's hard, and it's awful." It's a season. We don't say that about winter, do we? It's just winter. It's just winter. That's it.

Jennifer: There's expansion in our life and there's contraction in our life. Right now everyone move into the summer. Put your arms out and roll your shoulder blades down your back and feel the stretch of opening in summer. You might want to look up like you're looking at the sun and feel your shoulder blades rolling back and your arms stretching. Just imagine if you had to hold that for a week. That would hurt.

Jennifer: Now, move into contraction, into this beautiful compression. Move it and kind of hug yourself a little bit with your hands on your back and tuck your chin in and feel that stretch. Oh, that feels really good too, doesn't it? It's like a fetal position. Oh, that feels good. Oh, that feels so good. Feel that stretch. Now imagine having to hold that for a week. That would hurt.

Jennifer: We're going to go back up to expansion. We're going to feel our arm stretched out and the shoulder blades roll down and we're going to move immediately into compression, to contraction. We can end to the fetal position and we can feel that stretch and then we open up again into expansion. Breathe as we do that and then move into compression, contraction into the fetal position again with hugging ourselves and move into expansion.

Jennifer: Oh, that expansion feels so good when we are conscious that we're going to move from extension into compression, contraction. Oh, that feels so good, you being contracted because we know in contraction what's next is moving into expansion. We move into expansion and we throw our arms up in the air. We throw our head back and we feel our shoulder blades down and stretching them we move into contraction. We move into contraction and we give ourselves a hug and we feel it. It feels so good here now.

Jennifer: Oh, winter is good. Oh, I like winter. Winter feels really good because I know that after winter comes spring. Here is spring as we move into the expansion, we move into the summer.

Jennifer: Oh, there is summer. Summer feels so good and open. It feels so good because we know that we're going to be eventually moving back into the respite of fall and winter. Now, we're moving back into the fetal position, stretched with our neck and our head turned down. Ohh...

Jennifer: You guys get it?

Jennifer: Right, so part of it is perspective to know that things that are happening in our life are seasons. There are seasons of expansion, there are seasons of wow. What happens is the mind says, "We made it." It digs, it peels in and it puts our fingertips on the wall and we try and stay in summer. Winter is blowing us and we're saying, "No, it's summer. It's summer, guys dammit. I'm not giving up summer. I'm not giving up my summer." We're being dashed by hail and winds of winter and it snows and we're still hanging on this summer.

- Jennifer: What if we just release and move into the winter moments of our life? What would that be like if we could just be in the winter of our life knowing that there'll be another spring and another summer but it will be different. Again, when we approach it from this new energy of the quantum advanced conscious attention that we are in. Some of us are in a summer right now, some of us are in a winter. I'm definitely in a bit of a winter right now and I was enjoying it, I was okay with it. I was okay with it.
- Jennifer: Now in this moment, this program really helps me too, I really appreciate the winter of my life right now. I see so clearly that the things that are happening are 100% for me are creating a mineral-rich soil upon which I can stand to grow the next spring and summer.
- Jennifer: Yeah, Yin and Yang, Ellen says. That's right ... You're getting this.
- Jennifer: The difference now is that now we can know and have faith and trust now in the seasons. Sometimes there's an extended summer, sometimes there's an extended winter. Sometimes the winter gets extended because we never let go of the previous summer. It's time to let go of that old summer if you're in the winter. It's time to know that if you're in your summer, that there will be a fall and a winter coming and they don't have to be bad by the way. There just might be a time of less activity. That's it. We don't have to freak out and say, "Oh my God, winter's coming." "Oh, this is so horrible, winter is going to go." Now, we just know that there will be seasons in our life.
- Jennifer: When we can be present for it and allow it and know that there's something there, there. There is something there for us, that it's all for us, all of it. What does that feel like if that were true?
- Jennifer: Again, some of you who might be in the summer might be freaking out. Don't. You might have a summer that's going to last for the rest of your life, who knows, but there'll be dips in there. There'll be dips and valleys and heights, and it's all okay. Again, we bought the ticket for the dips and the heights and the curves for this amazing rollercoaster. We bought it. We bought the ticket for this.
- Jennifer: Ellen says, "We need to rest at the darkness and stillness." Right? It's not about eternal use either. It's the same thing.
- Jennifer: If we can, right now, bring conscious awareness that there is a journey and an adventure and we bought the ticket to the best rollercoaster in the universe and that there's a part of our soul that wants the spring, winter, summer and fall of our lives.
- Jennifer: Again, it's not necessarily that if you're in summer it's going to automatically move to winter. There's going to be this beautiful seasons of our life and it doesn't mean that if you're 20 years old, that winter happens when you're 70. No. There might be a winter that happens at 23 for a month or two, right? There are seasons, and this too shall pass.
- Jennifer: If you're in a season of winter and it's uncomfortable, this too shall pass. There are some of you that are going to fight tooth and nail for your limitations and say, "Yeah, but it's going on for 10 years. It's not fair. It's not right." How is that working out for you, that

fighting tooth and nail for your limitations? How is it working out that it has to change, it has to stop, that you got to get rid of it?

Jennifer: That whole energy of that is contributing to the lengthening of the winter beyond what is needed so, instead, we let go, we surrender. We move into a place of trusting our soul. Trusting our soul. I have continued this a little bit longer than I intended, so we're going to go do a little journey here.

Jennifer: As you know, every single word I speak has my intention of healing in it so there's always healing going on even to the cognitive.

Jennifer: Right now, we're going to move into a little journey. I said that about 15 minutes ago, but here we are really going to it do it, I promise.

Jennifer: Take a nice deep breath and just feel yourself moving into the moment. Feel yourself moving into the moment. That's it. Take a breath into the moment. You might notice that as you move more and more into the moment there are fewer thoughts. That's it. That's it. Beautiful. There's a beautiful still point happening here right now as we all move into the moment together. That's it. Beautiful ... Beautiful.

Jennifer: From this moment we're going to move into the sacred chamber. However, if you want to just go there, you can. I'm going to take the elevator so you can follow me with that if you'd like. We're going to move from this place of moment, kind of taking it with us into the center of our head instead of our brain. If you know where the pineal gland is, we're going to go to that area. If you don't, don't worry just go to the middle of your brain and there's an elevator right there. Step upon that beautiful elevator, hit the button that says two sacred chambers. Elevator door closes and we start feeling ourselves being conveyed down, down, down, down, down. Deeper and deeper and deeper and deeper knowing that we're going to the very center of our soul to the sacred chamber. That's it.

Jennifer: Eventually, the elevator seems to change direction. It starts going through some worm holes, and as we get closer and closer to the worm ho- Each worm hole takes us closer to the center point of our soul and we get to ... Even more of a refined still point, we can feel this beautiful love energy coming in.

Jennifer: Eventually, the elevator stops and the door opens and we step right into our sacred chamber. For those of you who are visual, you look around in it. They're starting to look familiar now. For those of you who are not, there might be just a sensation. Trust the process here.

Jennifer: Some of you tell me that your sacred chamber is dark. What if that's okay? What if that's okay? What if that's perfect? You feel yourself entering this beautiful sacred chamber and you're in this refined still point. The sacred chamber is the stillness of your soul, of the infinite and eternal energy of you; the you that is infinite and eternal; the angelic heritage, the heritage of light that you are. You have more of a deeper connection to your soul here. That's it. That's it, good. Good.

- Jennifer: Now, we're going to be elevated up. We're going to the map room, the room that we went to in our last session, I think it was. We're elevated up to the map room. That's it. We're elevated up into the place of the infinite and eternal. Our soul has got us and it's taking us to that place of infinite and eternal and we know that it's not too much or too little. The change in our vibration is just enough so that we can move into this infinite and eternal energy. We move into this beautiful infinite eternal energy.
- Jennifer: Angel, if you are in the process you wouldn't be able to type those words. Anyone who is feeling anything other than present in the still point, it's your mind. Just notice that your mind is taking you out of it. Notice that your mind is taking you so far out of the process that you actually were able to type in the comment. That's it, and just notice that. It's okay.
- Jennifer: Just allow your mind to say to your mind, "I get it." This can be sometimes a little intimidating, but we've done this quite a few times now by the time we're here in Session 7. Between the Feel Better Mastery and the six sessions prior to this we've done this so we've got some experience. Beautiful mind, I'm just going to ask you to just be the witness if you would, be present with this as witness. I've got this. I'm going to go with this. This is ... I'm safe here, okay?
- Jennifer: Notice that if your mind is saying I'm anxious, that's your mind. That's it and it takes you out of the process so just bring yourself back in to process and say, "I've got this. I'm going to my soul, how could that be not safe?" That's it.
- Jennifer: Now, back into the sacred chamber here. We're elevated up and we're moving into that eternal space ... that beautiful eternal space. Again, the soul is giving us exactly what we need for where we are in this moment of time so we are completely served. We can't be overwhelmed and we can't get anything less. Our soul is giving us exactly what we require at this moment of time. What if that were true? What would that be like?
- Jennifer: Knowing that we are in the eternal energy, which is a very high frequency energy especially for us as humans and yet we are able to access exactly the right frequency for where we are right now that helps us to align and balance and feel good. What if that were true? Tap into that.
- Jennifer: What if it were true that we were able to be in the sacred chamber and elevate it up into the infinite and eternal? What if that were true? What would that be like? What would that be like?
- Jennifer: Excellent. Now, our beautiful soul has got our back, we are so safe. I mean, we're in the infinite and eternal. We're in the divine energy here. We are so safe. Now our beautiful soul, our beautiful master that is us, the soul that is us is taking us by the hand and taking us into the map room. We're going into that beautiful map room of our soul where we get to once again witness the entire journey of our beautiful soul. We notice that there's one particular little dot that starts to expand, that is this lifetime. It expands to fill the room, so this lifetime is now filling the room.

- Jennifer: We get to notice immediately that as we stand an observer observing our life's path, we get to see that there's some stake in the ground moments that was part of the soul's journey. We also get to notice that there's a holistic, almost sacred geometry, around all of it, that there's an algorithm for each one and there's a beautiful reason for all the beautiful markers in our soul's journey this lifetime.
- Jennifer: We see that there are things around these markers, like there's co-creation with other people. Our behavior needed to happen in a certain way in order to support their soul's journey, their behavior needed to happen in a certain way to support our soul's journey, and we are just the pure observer watching the movie of our life as a pure witness, seeing something greater. If you don't see the details, that's totally okay. If you just have an inkling that there is more going on here with every incident that happened in our life. We get to see the full hologram of it. We get to see that each decision had a beautiful pristine purpose. Even if you just have an inkling of that, you don't have to see the details of it. Just stand back, observe the holistic perspective of our soul's journey, that there were co-creations, there were agreements. The things and the words we said impacted others that we allowed them to spiral off into new ideas, new expansions. That's it. That's it.
- Jennifer: Now, we're going to take ... There's something in the very recent past, in the last year or two. You can go a little bit further back but not much further back than that that happened that was upsetting or challenging or difficult and you can see it as one of the markers on the map of our soul. Again, the map is holographic; it's not a single map. It's not flat, it's not too dimensional. It's multidimensional map.
- Jennifer: We see there's something there from the recent past and the soul that is us, our soul, our master soul, the master that is us, our oversoul, we're going to open the door and we're going to go to that timeframe. We're not going to relieve it, we're just going to notice that there was more going on here than met the eye. We're going to see it from a holographic perspective. We're going to go into that area. It's like we've been able to magnetize that area, so it's more present that thing that happened. It might be over course. I'm seeing, for example, the last two years so I'm not seeing one particular incident, I'm seeing multiple things that happened over about eighteen months.
- Jennifer: What is yours? Just notice it. Again, don't dive in. Be the witness. Be the observer. The soul is there to help us to make sure we're doing that. We see that. As we see it, we see as if we can see the algorithm of the soul in sacred geometry around it. Whatever that looks like for you it's a metaphor. We see that there's way more going on there, that there are strings attached to other people, that there are other people have strings attached to us, that it's part of the weave of humanity, it's part of the web of our soul's contribution to humanity, it's part of the web of our soul expansion and evolution.
- Jennifer: We just consider that there's more going on here than meets the eye and we are able to actually see that, that some of you might just sense it, some of you might have an experience of it, some of you might have more of mind oriented until actual look at it. Some of you might actually see that map of it.

- Jennifer: All of it is however you're seeing it is perfect but what you are seeing is a version that makes sense to you. It allows you to see more. It allows you see beyond just the events that happened that there is a lot more going on. You also get to see that there is a tug of the soul as part of it. That it is directing you in a direction. It is moving you in a direction. Notice that part. Again, you might see it, you might sense it, you might hear it, you might smell it, you might have an intellectual concept of it, you might see an algorithm, you might see sacred geometry, you might see mathematics, whatever you see trust it, but what you do notice and even if it's just an inkling that's enough, that there's an inkling here that you are being pulled towards something, that you are being pulled in a direction from the things that are happening. Yeah, that's it, that's it, good. A lot of you are getting this.
- Jennifer: What's interesting is that all of our minds are present and witnessing. All of our minds are present and witnessing this. Our minds get to see, oh my gosh, there was more going on here, but even if it's just an inkling of I think there was more going on here than what meets the eye. We don't have to know what that is, by the way. We don't have to know what that is. Just know that there was more. Know that there's an algorithm of its whole. Know that there is an intention. Know that there is a pulling us toward something that our soul intended. Know that there's a pulling towards something that our soul yearns for and just stand in that. What if that were true? What would that be like if in this moment you are witnessing, sensing, noticing, that there's way more that went on in those events than what we thought when we were living it in the moment.
- Jennifer: What would that be like if that were true that we are actually seeing that? What would that be like? Take a moment and describe that to yourself right now. What would it be like to know that there's so much going on here and our soul is actually been pulling us towards something? That our soul has yearned for, that our soul intended that's part of the map and that's all that this was. What if that were true? Feel that. Describe it to yourself if that were true. Describe what that be like right now. That's it, very nice, very nice.
- Jennifer: There's a thread from that incident and I want you to notice the reaction you might have had initially, the back tracking, the back pedaling, trying to push away, to try and to make it stop, notice that. Notice how that mind may have interpreted it not necessarily correctly, but the mind had a reaction to it. Notice that. Notice the mind's reaction to that.
- Jennifer: Notice the mind that said I don't want this. I don't want this. Get rid of this. We got to get rid it. We got to cure it. We got to fix it. We got to change it. We got to make it stop. We got to get rid of it. Notice the mind's interaction in that moment. Notice how the mind reacted again. Be the observer observing the mind in that moment and watching how the mind has been in a place of reaction and we get to say with compassion that makes sense, why the mind would react that way? It makes sense.
- Jennifer: As we observe the mind reacting to all the situation, right? It's kind of like we're Scrooge going back in time and observing something. We're doing the same thing. We're just, we are the observer witnessing the mind's reaction. We don't have to judge it. We don't

have to be anything but compassionate. Does it make sense why mind would have reacted that way? It makes sense. Now, from that mind's reaction, there is a thread, it's like a tether. We're going to follow that mind's reaction. Follow that tether back to the little one that created the belief, that created the reaction.

Jennifer: That had the repressed emotion that created the belief, that created the reaction, that had the repressed emotion that created the coping mechanism that had us react to make sure we don't go back there again, and again we are the observer, observing. We are witness. We are detached. We just simply follow the tether back to the little one that was behind the reaction and we just say hi to the little one as the observer. We feel ourselves as the observer and we say, "Hey there. I'm here and I'm present for you. I'm not leaving you right now. I'm here to acknowledge you, to love you, to support you, and I'm not going anywhere." Remember you're the observer now. The higher self is right there with us as well.

Jennifer: We say to that little one we might remember there was an incident that happened that created the belief, the conclusion about who we are and the incident doesn't matter. All that matters is the little one's expression. We just say around that reaction you had, a reaction that happened first event. I understand why you have that reaction. It makes sense. It makes sense.

Jennifer: We say to them right now you have a chance to finally fully express that reaction, fully express the emotions underneath it. We just allow the little one to express the emotion. We say to them that when this happened at the age you are now when this first happened, this reaction, this upset. You weren't able to express it. It wasn't safe to express the emotion. It would have mattered. It might have even been dangerous how you did something really clever and you repressed it and put a hard coating around it so that we could avoid it forever. That incident kind of brought it forward and right now it's time to give voice to that which could have been voiced before.

Jennifer: Right now it's time to finally express the feelings. We just witnessed and are present. Give them space. We observe, they feel. We observe, they feel and we watch them express the emotions which are very similar to emotions we expressed in our reaction. We realized now that it was them that was reacting understandably so. We just let them react. We have let them react. Of course, you would feel that way. Of course, you would feel that way. Of course, you would. Of course, you'd be terrified. Of course, you would have ... Of course, you would've wanted to stop. Of course, you would. Of course, you would. Yeah. Just express, just express, just express and feel beautiful little one. It's time to finally give voice. It's time to finally give voice to every part of it that wasn't okay. Yeah. That's it. Just feel and feel, and feel and again we're not asking you to change now either. You don't have to change. Just feel.

Jennifer: That's it. Just feel it, and feel it, and feel it, and feel it, and feel it, and feel it, and feel it, and as they do so you might notice that the energy of love is starting to pour in. They might start noticing it too. The energy of love is starting to pour in. They just get to keep feeling upset. If anything is going on like they don't like you or they won't trust you, that's okay too. You just get to say of course you wouldn't. Why would you? You

don't have to trust me if that's what's happening and some of you their little one might reach out and want to hug and that's good, and that's good, hug them.

Jennifer: Whatever it is that they're needing to do we just say of course that's what you need. Of course that's how you'd respond. Of course that is the correct emotion. That is the exact right emotion. That is the emotion that should have been able to have been expressed, it could and so it's perfect. It's actually who you are that is the correct emotion, that is right. Of course, you would feel that way. Of course, you would feel that way. Of course, you would feel that way. That's it. That's it. Beautiful, it's beautiful unwinding happening now. There we go. There we go.

Jennifer: We got to say this "I'm so sorry for what happened. I'm so sorry. I love you so much. You're so brave, so courageous for first of all knowing what to do to repress this emotion and secondly for powerfully expressing it right now." That's it. That's it. That's it.

Jennifer: Now that love is starting to really pour in now and they start to notice that this love feels familiar because, it's because it's them. It's the love that they are. It's them. It's the energy that also got repressed with the emotion and so now there's a beautiful integration that is happening now as this energy moves in and reintegrates and re-reminds them, reminds them and they get to remember who they are. They get to recognize, recognize who they are. That's it. That's it. Beautiful.

Jennifer: As this energy pours in now, they noticed that the upset can still be there and live within the dilution that love is now creating. It's not that it's not significant it's just less significant in the face of the powerful love that is here. Does that feel true? That's it and I start to stand differently. They start to stand in their power. They start to stand in the truth of this love that they are. There we go. That's a beautiful resolution that just happened there.

Jennifer: Now, we just ask them around all of this, around the thing that happened that created the reaction that we followed it to you and you got to express that finally and release, invent, around all of it. What is it that you need now my love? What do you need now around all of this? What do you need now? What do you need now my love and ask them to show you. Make sure your mind isn't trying to figure something out. Ask them to show you what do you need now? There we go. What do you need now? That's it.

Jennifer: Now, whatever their answer is, ask them to show you what would that be like? What would that feel like? What would that expression be like? Please show me what that would be like if we lived that way, if it were searching through our body, can you show me? Ask them to show you. What would that be like if that expression was real was part of you? Ask them to show you, so you ask them, what is it that you need and then ask them to show you what that need express would be like. That's it.

Jennifer: That's it, beautiful. That's it and now what's that like? You describe what it's like. What's it like to feel that expression? What's it's like to feel that expression? What would it be like if you lived every day from that expression? What might you be like? What might

your life be like? Just take a moment and describe that to yourself. That's it. That's it. Beautiful. Now, something really, really cool is happening. That tether is still there and we're going to follow the tether back with this power in consciousness, this expression of this power in consciousness.

Jennifer: The power to love, what was it that they needed and how does that feel. There's likely a word or two that describes that. We're going to kind of carry that energy back or forward I guess, to that event that happened. We're going to stand with the little one in that event and notice that the reaction seems to have dissipated and we notice that all its left now is the event and we get to see that there is a relationship back to the little one and yet there's also more here.

Jennifer: Again, we're back to the hologram of the whole event and there's more here. There are strings into our future. There were strings to the past. There's strings to other people and in this moment as we stand in the power of conscious awareness that there's more going on. As we stand with our little one who is standing in their power and they are amazed that they can travel into the future. They are amazed that this event happened that was related to them and that the unexpressed emotions and they are so proud that they were able to find the love that they are and bring it to the future. This future event and they stand in their power in this future event watching the hologram of it with us.

Jennifer: Suddenly, as all of that happens it's like there's this little pop and the whole event and the hologram and all the meaning attached to it is all their reaction, attached to it, it just suddenly compresses into this perfect jewel. This perfect jewel that is in our hand. And now there's this perfect jewel that is the event resolved in a way. It contains within it the absolute beauty of every part of that event. It contains within it the many facets of love and upset and joy and wonder and possibility and flow and friction and compression and winter, spring, summer or fall of it, and the little one is just in awe that she created this beautiful jewel and we realized this suddenly both of us, the little one and us are looking at this precious incredibly beautiful jewel that was created from all of it. We realize this jewel is us.

Jennifer: This beautiful multifaceted jewel is us. It's us. It's a part of us. It's a part of our amazing adventure and journey and it is beautiful. Does that feel true? The little one loves the jewel. The little one and you go into the sacred chamber now. The soul is with us takes us to the sacred chamber and there's a beautiful altar that is laid out to place this beautiful jewel that represents this particular adventure and we see all the facets of it and there's little flaws in it but they're so beautiful. The flaws create this beautiful rainbow energy and we see that this is a piece of us, a piece of our amazing soul's journey it's all us and we place it on the altar and it just shines.

Jennifer: It's as if light comes from below it and shines, a prism of light around our beautiful sacred chamber. We get to see and remember that every single event, eventually becomes this jewel and as we look around we suddenly realize that there's all kinds of beautiful altars in this part of our sacred chamber that has jewels of all the different events that appear to be upsetting. Some of them are bigger. Some of them are smaller, but they're all jewels that are so beautiful and they are multifacets.

- Jennifer: Now, all of them had a beautiful purpose and reason and it says if it's creating an array who actually represents our soul's journey. It's like they're connected to each other and there's an array of a map, of prism, of collection, a beautiful connection between all these jewels and they're beautiful and there's light shining down from and it's there's this light show around us of these beautiful jewels that we have created through our different adventures of life. Does that feel like that could be true? What if that were true? That right now we have this little area in our sacred chamber that is filled with jewels that represent all of the different upsets, the different stake and the crowned moments of our life that is part of who we are. This is a representation of our soul's journey and they're beautiful. What if that were true? What if that were true?
- Jennifer: Now, instead of revisiting the upset, we can maybe visit this museum of the jewels. We can invite the little ones to witness how they participated in creating these jewels. What if that were true? That these amazing episodes in our life created these beautiful jewels, that the different seasons of our life created a different jewel that it's just spectacular. Each one is unique in its rarity and how it was formed in the different facets of being and soul journey and life adventure and co-creation and other people's involvements and other people participating in us meaning to do part of that journey for others all contributed to the multi facets of each of these beautiful jewels.
- Jennifer: What would that be like if each of the parts of our life that we didn't necessarily enjoy when it happened had this multidimensional characteristic that created these jewels. Then as we look at them now we see the beauty, then we the flaws and we see the beauty. What if that were true? What if that were true?
- Jennifer: That life is this remarkable journey and adventure that creates jewels, that creates multifaceted light. That's it, beautiful. We're in this beautiful long tide of energy now. Bring your attention back to this moment. Bring your attention back to the room that you're in and open your eyes from that place of consideration that the events in your life that seemed upsetting are now these beautiful jewels in this museum of this particular soul's adventure and they're shining bright beautiful light onto you, onto your path, onto your loved ones path, onto the humanity's path. There you go.
- Jennifer: There we go, perfect. Open your eyes and then think about the bumps as you open your eyes the bumps of life. Each of the bumps are pointing us a new directions. Soul is pointing to go to creating new jewels. Each level of bump is just part of the seasons of life. What if that were true? We could stand in the center of knowing that there's going to be some bumps and we're going to be okay no matter what. What if that were true?
- Jennifer: If our mind is saying no, it needs to stop, it's okay, it's understandable why the mind would want to stop and yet the mind is also the place of change, so if the mind can now look at the jewels and say, okay, okay. It's going to be alright and hands the rains over to us in our deep connection to the soul then we can just say I've got this beautiful mind. I've got this. We could say the little ones they're fueling the mind. I've got this. We're just making jewels. We're just a beautiful jewel farm. Lovely so bring your attention back to here and now and we're in a pretty deep place here right now. I would suggest drinking water. I have a feeling there's going to be some fun dreams tonight.

Jennifer: Notice your dreams. Oftentimes our dreams we work out stuff so some things came up here that need to be worked out that it might be worked out in your dreams so don't panic. Just notice your dreams. That's it. I'm going to open up the lines here. We're going to Ontario. Last four digits are 5094. You are on the air.

Holly: Oh wow,

Jennifer: Who's that?

Holly: It's Holly.

Jennifer: Hey Holly.

Holly: Hi. I'm so excited to speak with you.

Jennifer: Oh good.

Holly: Yes, everyone says it but I figured I'd be chosen today.

Jennifer: Excellent.

Holly: I kind of felt it. I had the feeling that we're going to be talking about health and physical health not that all of the stuff has to do with health but I particularly have been struggling health issues including mental health as well as physical health and I'm 35 and I have a ton of health issues.

Jennifer: What's going on? Tell me about some of the health issues, Holly.

Holly: Okay. I get chronic migraines some days every day for months on end. I have a bad back injury amongst a whole bunch of other things and PTSD, anxiety, depression but those are like the biggest things that have changed my life, I would say.

Jennifer: You're giving me a great start.

Holly: Technically, I was diagnosed 15 years ago but I had them when I was younger, just not near as bad.

Jennifer: Okay. About 15 years ago is when something ... When they got worse. Is that right?

Holly: Yes. Yes.

Jennifer: You were about 20 years old?

Holly: Yes.

Jennifer: Okay. What happened at 20?

Holly: What happened then?

Jennifer: Yeah. What happened to 20 years old?

Holly: Well, I was in the university. I was doing my first science degree and I actually, now that I think about it and now that I'm talking to you, I think that was the time that I actually confronted my family about some childhood sexual abuse that had been going on for years.

Jennifer: That didn't go over so well?

Holly: (laughing) Yeah, no.

Jennifer: Not so much. Usually, with physical stuff we can work it back to there's something that happened that started it and generally they're making follow it back to the incident. At about 20 when you confronted your parents and it didn't go well, was it your parent's? That who you confronted?

Holly: It was ... Well everyone ended up knowing but it was my parents and my sister.

Jennifer: Right. Right. Your body, you made a decision in that moment that was based on a similar decision that happened in childhood that created a little bit of bracing against life, understandably so, right?

Holly: Yup.

Jennifer: When you are constantly in the state of bracing it's really hard on your muscles.

Holly: Yeah.

Jennifer: Yeah and then the muscles can move into a pattern of tension that creates migraines. I mean when I was about your age I had the same thing. I had migraines, I had three years' stint of migraines but it sounds like yours was longer but ... You understand that there's a really good reason why you're having these physical upsets, right?

Holly: I am now since everything that my life was sort of turned upside down into so I'm beginning to have a better understanding of things.

Jennifer: Yeah. I think you'd be surprised how good your mental health is Holly.

Holly: It's getting better.

Jennifer: The fact that you're in this course to me is an indication that you don't have a mental health problem.

Holly: Can you tell my parents that?

Jennifer: Well, I could but they would just say I was insane, so that's okay.

Holly: Right. This is very true.

Jennifer: You're not going to change their opinion of any of this.

Holly: No.

Jennifer: Right?

Holly: Right.

Jennifer: My mom used to leave me ... I never talked ... I didn't confront my parents until two months after my sister passed away. I was 51 when I confronted my parents and part of it is because everyone has a beautiful journey with this but part of it is that I knew that I was the one that was going to be the bad guy. I was the one that was going to be blamed. I was the one that was going to be at the effect of. I decided not to do that until I was much, much older and it's okay that you did it at 20. It's totally okay. It's all perfect. However, the repercussions are that when you're 20 you're just a couple of years out from it really, right?

Holly: Yeah.

Jennifer: On top of that you are in a place where you don't have as many protection mechanisms that are healthy.

Holly: Yes.

Jennifer: When the attack happens, which is inevitable, my mom used to leave pamphlets up. I didn't confront her and that she still left pamphlets up to me about false memory syndrome and about she used to write ... she does randomly leave out articles about parents who sued their children for false memory disorders.

Holly: Oh my God.

Jennifer: Yeah. I never confronted her. But she was also reacting unconsciously. Most of this is unconscious. The reactions are unconscious just as like that journey, the reaction came from somewhere. The reaction from your parents came from somewhere. It's not okay what they did, but everyone has their good reason for why they're behaving that way they're behaving and does it make it okay but there is a reason that make sense?

Holly: Yes, yes.

Jennifer: Including you. Including the fact that you confronted them at 20, you got attacked like crazy, your parents still are in defense mode and you are in a constant state of bracing and that is definitely going to cost a tremendous tension in the physical body that is causing migraines.

Holly: That makes sense.

Jennifer: If you can tell this but there is a relaxation that is happening in your body right now just from knowing it, just from knowing that there is a reason why.

Holly: Yup.

Jennifer: Good. Did that feel true that there's a little bit of relaxation happening right now?

Holly: Yes.

Jennifer: Good, very, very good. What do we do about this? Well, we did do Ho'oponopono, right? Yeah. We've done the core treatment. Okay. We're going to do a little Ho'oponopono right now. Have you ever done Ho'oponopono before?

Holly: I don't think so.

Jennifer: Okay. Ho'oponopono it is really powerful for dealing with the key relationship issues, ones that seem recalcitrant, that can't move, that can't change and they help us and they help the person. Now, I normally don't talk about the fact that it helps the person because oftentimes that moves us into a doing to get. It's really about self-forgiveness.

Jennifer: Oftentimes with the jest there is a lot of self-forgiveness that is needed even though we are completely a victim, it wasn't portrayed as that. Oftentimes the perpetrator kind of made it seem like it was our fault or there's usually a conclusion that happens in any kind of abuse that it was our fault and there's a lot of shame in that. We're going to do a lot of Ho'oponopono here to help that self-forgiveness process that might help some of the relief and the tension in your physical body. Does that sound good?

Holly: That sounds amazing.

Jennifer: This is the STT versions, Spontaneous Transmission Technique version of Ho'oponopono. Some of you who know Ho'oponopono might have learned it slightly different. I change it a little bit. It was so similar to STT. When I learned it I've already been doing STT and then learned it and went well that's really similar. I changed it a little bit. It's the STT version of Ho'oponopono. We start with thinking about the person who done this wrong. We start with the person who done us wrong. Then we think about times in our life when we may have done something similar. Now in your case, Holly, you might be thinking about your ... Was it your dad who did this?

Holly: That had abused me?

Jennifer: Yeah.

Holly: My sister among others.

Jennifer: Your sister. Okay. The abuse energy you obviously never did that to anyone. Ho'oponopono starts with thinking about how we may have done something like that to someone else, then you obviously have never abused anyone, right?

Holly: No.

Jennifer: However, there are probably times in your life when you wanted to react to get revenge, to do something even if it was a thought to someone. Is that true?

Holly: Oh for sure, yup.

Jennifer: That thought is just as powerful and it comes from the need to react to what happens to us and yet that thought is also a creative process and our soul knows that. At some level we want to forgive ourselves for that. We want to forgive ourselves for the times when we had thought about something that did actually create something in the world. Does that feel true?

Holly: Yeah.

Jennifer: Good. Think about what your sister did to you and for the rest of you, you can find someone recently what they did wrong to you and how you may have done something like it to others either through thought, word or deed and now that you've got that we're going to do the whole Ho'oponopono part which is that we think about the energy, we think about what they did and how we may have done something similar especially the thoughts and then we move in to seeing the little one and we stay in the little one. I'm so sorry for what happened. I'm so sorry for what happened. I'm so sorry for the things that happened but had you create coping mechanism in order to survive, so sorry for what happened that you had to create these copay mechanisms resulted in behaviors or thoughts and words and deeds that may have hurt others. It's understandable. I'm so sorry for what happened. I'm saying this to the yourself, Holly, to the little one. How does that feel when you say that?

Holly: It feels good.

Jennifer: I'm so sorry to the little one for what happened. I am so sorry. Oh my gosh. I'm so sorry and I'm so sorry that you had to create coping mechanisms that resulted in thoughts and words and deeds that may have hurt others. Then we move to the next part of the prayer which is, "Please forgive me." We just say, please forgive me for those who I've hurt through thought, word or deed by expressing these coping mechanisms. Please forgive me for those who I've hurt by expressing these coping mechanisms. Please forgive me for those who I've hurt. Then we turn back to the little ones and say I'm so sorry for what happened, little one. So sorry for what happened.

Jennifer: I'm so sorry for what happened and that you had to create these coping mechanisms in order to survive and eventually this coping mechanisms they have hurt others. Please forgive me for those who they hurt. Please forgive me for forgetting in those moments when I was expressing those coping mechanisms so I was in innocent. The little one was

innocent and yet in those moments when I had to express those coping mechanisms in order to survive and they heard others, please forgive me for who I've hurt, please forgive me for forgetting that I was innocent. How does that feel Holly?

Holly: Really good.

Jennifer: Good. Please forgive me for forgetting that I was loved in those moments when I had those thoughts, words and deeds expressed through the coping mechanisms I forgot. I was loved. Please forgive me for forgetting that I am loved. I'm so sorry little one for what happened. I am so sorry. I'm so sorry. Here's the next part of the prayer just I love you. I love you little one. I love you so much. I'm so sorry for what happened. I love you so much. Please forgive me for those who I've hurt through thought, word or deed by expressing the coping mechanisms that helped me to survive.

Jennifer: I love you for your strength and your courage little one. I love you so much and you can say to yourself I love you and use your name, in your case, I love you Holly. I love you. I love your willingness to heal, your willingness to be brave enough just to speak out loud about the abuse. I love you. I love your strength and courage and wisdom. I love you. I'm so sorry for what happened. I love you so much. Please forgive me for those who I've hurt through thought, word or deed by having to express these coping mechanisms that helped me to survive and yet I hurt others. Forgive me for those who I've hurt. There we go. There's a shift.

Jennifer: Then we say to the little one thank you, thank you, thank you, thank you for your courage. Thank you for creating the coping mechanism so that we could survive. Thank you. I'm so sorry for what happened. Please forgive me for those who I've hurt by expressing these coping mechanisms. I love you so much and thank you beautiful little one for your brilliance, your courage, your power, your grace, your joy. Thank you. You say to yourself I love you. Thank you. I love you. Thank you. I love you. Thank you. The adult that is you, you say I love you. Thank you. I love you for being in this program, for creating this very moment in co-creation. I love you so much. Thank you. Thank you. Thank you.

Jennifer: In turn, we turn to that person who done us wrong and we say thank you. Thank you for revealing this very moment that showed me what I was ready to heal, that showed me what I was ready to explore, understand, unwind, and heal and transform. Thank you for being a teacher of sorts that is revealed to me the part of me that I was ready to love myself again. How does that feel, Holly?

Holly: It feels very good. I'm just emotional I'm just crying.

Jennifer: It's okay. Just know that there's no story there, there's just tears, right? Just tears, no story. Just tears, no story. It's just release happening. That's all. Then we just do a couple of rounds knowing what the intention is behind each, that the intention of I'm sorry is I'm sorry for what happened the coping mechanism, the intention behind please forgive me is please forgive me for those who I've hurt by expressing the copay mechanism. Thank you is just gratitude and I love you is loving the little one and loving yourself.

We're going to say a couple of rounds are just the words. I'm sorry, please forgive me. I love you. Thank you and each time we say the word we know the intention behind it now.

Jennifer: I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you. Got it?

Holly: Mm-hmm (affirmative).

Jennifer: Now, we're going to turn to the person who done us wrong. Now, we're going to do a round with them and see if this is okay to do. If it's not okay, you don't have to. We're going to turn to them and just see the little one, the very little one that got damaged and abused themselves and we say to that little one I'm so sorry for what happened to you. I'm so sorry for what happened to you feeling as a child, I'm so sorry if the little child initially in this case, feel little like one or two, right, does that feel okay?

Holly: I was young that probably I don't remember much so.

Jennifer: It's okay and again we're not talking about the moment of abuse. We're talking about seeing your sister as the little one who has had their own experience and we're just going to say to her, that little one. I'm so sorry for what happened to you. Got it?

Holly: Right.

Jennifer: You were saying that the person who does us wrong and we're looking at them as a little one and I see your sister as about 1 or 2 and we say that 1 to 2-year-old version of your sister. I'm so sorry for what happened to you. I'm so sorry that the coping mechanisms that you had to create to survive really hurt me and I'm so sorry for what happened to you and please forgive me for not being able to fear like in those moments when you were really hurting me. I couldn't see your light, I couldn't see you. I couldn't see the little one. Forgive me for not being able to see that. I'm so sorry for what happened to you. The coping mechanisms you have to create. That hurt me badly and we just say if it's too much to say I love you then you just say there is love here for you. There is love here for you and thank you for showing me the part that's ready to heal. How does that feel, Holly?

Holly: It feels very good.

Jennifer: Good. Let's do one more round of that. We see the person who upset us and we just see them as a little, little, little one. Let me say I'm so sorry for what happened to you that the coping mechanisms you had to use in order to survive hurt me and in those moments of hurt I could not see you. I could not see that there's a little one that was hurt. I'm so sorry for what happened to you and please forgive me for not being able to see your light in those moments. Still maybe now I have trouble seeing your light. Forgive me for that.

Jennifer: If you can say I love you say it, if you can't just say there's great love here for you and thank you for showing me the part of me that was ready to be transformed and healed and changed. We just say a couple of rounds I'm sorry as we are holding them in our intention we say to them I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you. There we go. There we go. How does that feel, Holly?

Holly: Very good.

Jennifer: This particular session is something that I would do a lot.

Holly: Okay.

Jennifer: I do it every single solitary that I've been doing it for 12 years every day, every morning, every night. This is part of my daily spiritual practice. This whole Ho'oponopono. I do it in moments of reaction but I do it as a general rule just before I go to bed and when I wake up it helps me lead into meditation, it's my jam and for those of us who have experienced abuse, it's a wonderful practice. How are you doing?

Holly: Great. I'm very good. Thank you.

Jennifer: Good and you might notice some of those symptoms might change a little bit.

Holly: I've already felt my shoulders and neck sort of relaxed where it's near impossible to get them to relax.

Jennifer: STT is another really powerful thing to do. It is pretty much designed for PTSD. In fact, this week I'm going to be sharing, by Thursday hopefully, I'm going to be sharing how you can learn STT. There is another course I teach on learning STT. I'll share that shortly with you all. Thank you, Holly.

Holly: Thank you very much, Jen.

Jennifer: Okay. That feels like a wrap. That's been a long session. Thank you all so very much for being part of this program and it's a kind of a long journey and I think it's important if you can to do it again now that you're experienced. You have an idea of what's to come. It will help your mind to get through it again. It's a very, very powerful, very deep journey that is designed to confuse the mind really powerfully.

Jennifer: It really reframes all of it, everything that shows up in our life in a way. Again, a lot of what I do is essentially metaphor that creates healing. There's also healing intention behind it. They're feeling energy is happening, but most of it is really getting beyond the mind to get what's really going on our planet, the planet of ourselves and that's it.

Jennifer: Great, and yes thank you Holly for being the catalyst for that Ho'oponopono session. Guys, great job. You're doing amazing. I'm so proud of you. I'm really enjoying to hear and read what you're doing on Facebook. It's really been a blast reading those posts of

transformation and how things are going in terms of going well. First of all, when you write how well things are going remember about pointing at what's right, it makes a huge difference when you can write. When you share and again you can share whatever the heck you want in Facebook.

Jennifer: But notice what you're writing, notice what it feels like when you're writing it and if you can share what's going right, it's so powerful and it really helps all of our minds to go, "oh wow, yeah, I'm feeling that too." Use the Facebook group to share and we'd love to support you as well. If things aren't going so well, it's okay to share that but it's really great if you can also, now that we are in Session 7, if you can start considering sharing with a new point of view, a new discernment that there's more going on here especially after this session.

Jennifer: Again you can do whatever you want but just notice what you're writing, notice what it feels like when you're writing it. Sound good? You guys are doing great. I love you and I'll see you on Session 8. Bye-bye now.