



Feel Better Mastery

Session 8

What's REALLY Going On & The
Decoder Ring

TRANSCRIPT

- Jennifer: Hello, everyone, and Welcome to our session eight of the Feel Better Mastery. Oh my goodness gracious, what a time we are having, and I'm right there with you. I'm playing with my own stuff through this. You know, I mentioned that this is going to be my last one of these for a long, long time, and I'm really kind of playing with that and seeing a little bit of the why of that. I didn't quite understand what my guidance was, and noticing the challenges that I have sometimes just as a teacher, kind of having to interact so much with a lot of people's limiting beliefs about themselves. They're so powerful. They are so powerful because our limiting beliefs will fight to the death sometimes. Not our death, but the death of the beliefs, and so as it's fighting away, it's throwing out its beautiful coping mechanisms of lashing out and blame and judgment.
- Jennifer: Those are the things that have a stop the progression of our healing and that's definitely happening for some people in this course, and it's okay and it's okay for me too. I get to look at it and say, "Yeah. I get it's just a big vigilant process to change." It's being vigilant. I've heard something interesting. I was talking to John Assaraf and then I was subsequently talking to Dee Wallace. She, John and another person I was talking to were sharing. When things come in three, it's very, very powerful. They were sharing that it's been scientifically proven, with all the electrodes on the heads and the encephalograms and the MRIs and CT-scans and these kind of scans that Dr. Daniel Amen does, he was part of the conversation too, where it takes four to six weeks for a change, a real, true change to happen. Four to six weeks.
- Jennifer: We are just at the end of four weeks, and usually that is the moment when the change that is happening can feel like it's too much or can feel like there's something wrong, and then our old coping mechanisms show up. Our old limiting beliefs show up and our old processes of how we deal with things. The old avoidance mechanisms show up, because our mind does not want us to go to that place where the emotions were held. It does not want us to crack open those walnuts of repressed emotions because it was dangerous, and so often times at this stage, when we are in a program like this, we get to that four-week mark and we're like, "Whoa." There's really a change happening and your mind is going, "Nope. No, no, no, no, no."
- Jennifer: The other thing is that sessions six and seven were really part of what I've been telling you is the advanced quantum piece of this program, which is we went to the multiverse. We went to places that the mind cannot go to. The mind can't go there. Something Deepak Chopra said is that until there is stillness, until the mind can find that place of stillness, it's challenging to change. That's what the whole course is about, is to find your core, find your still point, find the place where you're in connection with your soul, and play in that place to change the dynamic of thought, to change the dynamic of the limiting beliefs. Right?
- Jennifer: I'm going to share something, a piece of information about sessions six and seven, is that I mentioned the map room that's in the infinite and the eternal. Now, I knew it at the moment but didn't want to freak any minds out in the moment of the session, but now that you've done it and you're still alive and okay, I'm going to share with you. The

map room, I was so blown away when guidance took us there because I knew when we went there what it was. This is the place that we go after we leave this planet to do the life review. That's where we go. We go to the map room of the soul. I call it a map room. For every single soul it's a different experience, even when you pass. My sister told me what hers was. The Afterlife of Billy Fingers described another. After my sister passed, I read 20 books on the afterlife and all of them sounded a little bit different, but there were similarities.

Jennifer: That's essentially where we went. We went into the place where we do a life review. I mean, the opportunity to do that while in a meditation and not in the trauma of a near death experience, it blew me away. I was so excited because we can go there again, and it's a gift that keeps on giving. However, the challenge is that the mind can't go there. There was someone that wrote in a post, "You've got to dial this back a bit." I have to tell you, I'm not willing to dial back my light, I'm not willing to dial back my teaching style, and I'm not willing to dial back your light so that your mind can somehow feel more comfortable with this process. This process, this advanced quantum journey is not necessarily meant to create immediate comfort.

Jennifer: In fact, it might even cause a little discomfort because listen, those of us who have been on the upset side of this journey, it's likely been a while. It's likely been more than a couple of weeks of upset. It may have even been decades, and so we are on an accelerated beautiful path in this program. We are on an advanced quantum experience. For the last two sessions we've been playing in the multiverse, in the multidimensional universe of our soul, of our very soul, and yet our mind still has a little energy of, "I want this old thing to stop." This program is not designed to make anything stop. This program is designed to eventually help you to feel better through probably a little discomfort, because we are changing beliefs and that's no small task, because those beliefs were formed in a moment of upset.

Jennifer: Now that we've been doing this for a little while a couple of things are happening. There have been moments where you have felt better, and even if your mind is saying, "No, that's never happened," that's okay, but if you reflect back from where you started to some of the moments throughout the program, there have been moments of feeling better and here's what happens, okay? So, "I feel like crap. I feel like crap. I feel like crap. Oh, I got to feel better. Oh, that feels really much better. That feels better." Then our soul says, "Oh, good. They're getting it, so I'm going to show them a new little piece here," and something shows up and we go, "Oh, I feel like crap."

Jennifer: Now, here's what's happening. We started here at this lower level and then the next level we went quite a ways up to feeling better and then this thing showed up, and because we're feeling better it didn't take us all the way back down to the not feeling good. It took us a little ways down, but because we're feeling better, just that little ways down felt terrible. Why? Because we're feeling better. I had a little thought with myself today. Listen, I'm a human being and I'm on this journey with you, and some of the comments, I've read them and I've taken some of them personally and my feelings got hurt. I'm like, "Why am I doing this?" You know, I ask those questions. I'm offering a course. I'm feeling like I'm being generous. I'm doing the absolute best I can. I feel guidance is coming through strongly and I'm going for it, and then the limiting beliefs of

some of the people in the program are thrown at me and say, kind of in a blame and judgmental and even a bullying energy in here, so here's the thing. None of that is actually true.

Jennifer: It was all just my perception. You get that, right? That's my part to play, and I had a thought in that moment and the thought was, and some of you might have had this thought too, which is, "Will I be broken forever?" That was the thought, and I get why people are having some of the thoughts that they're having. It's all good. It's all okay. Okay? I totally get that if something happens and is said and it sticks to me, it's totally mine to play with, and I've been doing since Spontaneous Transformations on myself and I actually came up with two processes that we're going to do today.

Jennifer: You see how the soul is constantly guiding us towards this, but nonetheless, the thought came up, "Will I always be broken?" Because I thought I was so broken when I came out of all of the abuse in childhood, and so they showed me this vision that I'm going to share with you right now. Right? Okay. Good. They showed me this vision, okay? Many of us who are in programs like this have had really big goodness lights, which means that the amount of things that have happened to us are big. Right now I'm putting my hands up in the air, for those who are listening to the audio, that's showing about a foot and a half of my palms facing each other in a foot and a half high, so there's this continuum of stuff. You could also call it shit that shows up in our lives. Right? There's this shit, this column of shit, and for me it feels like, and you might feel this too, that the column of upset and challenge and two-by-fours have continued throughout my life about the same.

Jennifer: Yes, there are seasons, there's up and downs, but the pressure of life has been a continuum for me that has been very, very intense for most of my life, and likely because my soul had a big, big, big intention this lifetime. Right? If I look at this and look at me as a teenager, at this column of challenge and intensity, so again, for those of us who do the audio, just imagine that I've got my two palms vertically in the air, one in the bottom, one in the top, about a foot and a half away from each other, and that represents the challenge and intensity. Okay? Now, in that challenge and intensity that kind of comes along ... and sometimes it goes down, sometimes it goes up, but in my life it's been fairly consistent.

Jennifer: Here's the difference for me. When I started as a teenager, my capacity, my being, my soul perception was like the size of a pea in that framework. Right? If you look at the scope of intensity, I was a pea within that, being crushed by it, okay? And I learned and I grew and I grew, and then I became about the size of an apricot in that. That same intensity is happening. I became the size of an apricot. I grew and therefore it wasn't as daunting. Then as I went along, I became the size of a grapefruit within that same dynamic. In that framework, a grapefruit means that it's only half of the intensity. Got it? Now if I were to say where am I now, I am an enormous exercise ball and I'm bigger than the intensity now. Now, what changed from being a pea to being an exercise ball in terms of managing or the energy flow compared to the intensity? What's different?

Jennifer: I'm in my core. What's different is that I look at everything in my thoughts and I've taken action from it. Right? It's amazing what our minds want to hear when we are in

avoidance. We hear little things and then we say, "Well, Jen said this," and miss the whole other paragraph that went with that, so I'm going to do a little summary right now that is going to allow for some integration. Then we're going to do a really beautiful process to just integrate everything that we've experienced so far in this program. Okay. Let me just make sure everything is good. Okay.

Jennifer: Let's start at the beginning and talk again about the nature of trauma and the nature of things that happen to us, and the conclusions that we made, the emotions that get repressed, the coping mechanisms that are created, and the patterns that result from the coping mechanisms and the vibrational universe that we create from that. Okay? An event happens in our life. Let's just take one single event, a trauma, an upset. In that moment several things happen. We make a conclusion about who we are and what life is. "I'm not good enough. I'm not smart enough. I need to run. I need to be still. I need to freeze. I need to lash out." Again, we make a conclusion about who we are and what life is. "I'm not good enough. It's never going to work out for me. I'll be broken forever."

Jennifer: Right? Okay, so then from there, at the same time, there is an emotions that wants to be expressed but can't because it is either not safe, dangerous, or it simply won't work, and so our psyche in a very, very clever way decides to repress the emotions that couldn't be expressed in that moment. Okay? One, we made a conclusion. Number two, there's an emotion attached to that conclusion that got repressed. Got it? It has a hard coating around it to protect us from it. Then we create a set of coping mechanisms that make sure that we avoid that emotion at all costs, so there's repressed emotion in the walnut. Remember the hard coating around it that's protecting us from it? It looks like a walnut.

Jennifer: There's a conclusion that was made about who we are and what we are that's attached to that repressed emotion, and then there's a whole coping mechanism that's set up, a whole paradigm of coping mechanism or mechanisms that are now protecting us from that emotion and we will avoid it at all costs. Now, all of this, the repressed emotion in the walnut, the conclusion we made, which is the belief that's attached to the emotion, the coping mechanism that is protecting that is protecting that and maintaining a belief, is fueling the mind. That whole system fuels the mind, so the mind now becomes the dominant feature in our state of being and is now fueled constantly to avoid the emotion and to not change. To not change. Right? There is a beautiful unwinding happening on just understanding that. Okay, so these little ones are constantly fueling the mind into trauma, drama, upset, worry.

Jennifer: Now, there is a new dynamic that we have been playing with in this course with the mind, and that dynamic is one of a new partnership with the mind, okay? We do Spontaneous Transformation Technique to allow the little ones to crack open the walnut to express it, and as they express, it also releases the held light that we now start reintegrating. Now, Spontaneous Transformation Technique is a Spontaneous Transformation of that single belief, and we likely have thousands and maybe even millions, so this is not a one-off. This is a vigilant practice that you get to do forever. I've been doing Ho'oponopono for 10 ... no, 12 years now and I don't see any end to it, and that's also part of the journey of the soul, the adventure of the soul.

- Jennifer: Now, the challenge is that we take this course because we go moving to doing to get. We move into, "We have to do this in order to get rid of something, in order to stop something that's been happening." Unfortunately that is not the path to actually transform. The path is actually to find a new relationship between our mind and our heart, our mind and our soul, to move into our core and discover who we are, which creates a natural power, a natural boundary. Right? That can actually create such deep and profound change that it shifts things in the moment to be, "Oh, I hadn't thought of it that way." Let me tell you the new dynamic, and again, this is a cognitive kind of integration session, and then we're going to do some integration journeys, as well, in a moment.
- Jennifer: Let's talk about the new dynamic that's happening now. When we spend more time in our core, when we go to the sacred chamber, when we go to the white space, when we do a Spontaneous Transformation Technique, and at the end we discover the little piece of diamond that was sitting in the walnut and we reintegrate that, all of those pieces are layering in and layering in and layering in. Evidence, conscious awakened evidence of who we really are, right? Conscious awakened evidence of who we really are. Yeah. There is an unwinding happening here right now. So we move into our core, and as we do that it's like we open the bandwidth of our connection to source. That's it. That's happening right now.
- Jennifer: And as we open the connection to source we're able to hear the whispers, the inspiration, the impulses of the soul, and there's guidance within that impulse. Now, a mind that is not completely in constant state of fight or flight, that is being fueled by the old beliefs and conclusions and coping mechanisms, is able to have a new relationship with the soul, with the heart, with us. The mind now becomes a beautiful, generous servant, if you will, but not a slavery servant, but just a part of our soul's trinity that wants to serve versus stop and block. Okay? So here's the new mechanism. The new mechanism is we know, we feel into our core, we have a Spontaneous Transformation Technique. I would say do it every single day. That's what I would do. That's what I do. I've already done two today. I've done Ho'oponopono and two Spontaneous Transformations today as well as a meditation. This is vigilant work, especially for those of us who have had a lot of trauma. Okay?
- Jennifer: Here's the new paradigm. We stand in our core. We know who we are. We feel and recognize, re-cognize, and see that in our core there's a ripple into our vibrational field of power that creates a natural boundary, a natural protection, and it opens the bandwidth to be able to access the soul, so much so that in session six and seven we actually went to the map room. We actually went to the place where we can overview our whole soul's journey. It's just astonishing to me. I love it so much that I've been doing it ever since, because there's so much insight and information and guidance there. Again, that's something I can talk about in a moment, but nonetheless we have this access now, and now the more we do Spontaneous Transformation, the more we do these kinds of journeys, we're building up this repertoire, this library of points of access to the true of who we are.
- Jennifer: That's what we're doing. We're creating a library of places we can go in the midst of us saying, "I'm really broken. Will I always be broken?" In the moment that I had that

thought what was shown to me is that beautiful diagram of showing the intensity all the way through, but I'm getting bigger than the intensity. What a wonderful belief. What a wonderful moment that was for me to ask that question so that I could get that information. What a wonderful moment it was to feel like I was being bullied again like I was in grade so that I could see that it's not true, that it's all me and there's something here for me to expand and use it.

Jennifer: Again, that's where we are right now in this program. We are at that tipping point of the four-week mark. Four to six weeks is what is needed in order to really change, and we're right there. Our minds are going to do all kinds of amazing things right now. Your mind might point at me and say, "She is insane. This is a stupid program." Notice that. It's okay, but notice it. It's your mind wanting you to stop because we're so close to change, and change means that we're going to crack open some of those walnuts, and your mind doesn't want to do that, understandably so, so we keep saying to the mind, "I've got this."

Jennifer: We keep saying to the mind, "I'm the observer," and as the observer you're the adult, and as the adult you can say to the mind, which is fueled by the little one, "I've got this. I'm the adult now. I no longer have to lash out at someone. I no longer have to be unkind to someone. I no longer have to throw it onto them to say it's their fault that I'm unhappy. I am me. I'm the adult now. I can do this," and we say that to the mind. I can say that to the mind. I've got this. The mind that's upset, the mind that lost its way for a moment, the mind that isn't the server that wants to be in partnership with the soul, the mind that trusts the guidance of the soul, the mind that is having a little bit of a mind fart, and I say to the mind in that moment and to the little one that is fueling the mind, "I've got this. I've got this."

Jennifer: Then here's what starts to happen. The reactions become less. The coping mechanisms become less. The volume and amplitude of them become less, because the little one, who has the expression, says, "Oh, I know that Jen's got this. I know that Jen's got this. I know that Jen has this," and is calm instantly. Again, what we're doing is we're creating a practice here. This is not a course that is going to have you be cured at the end. This is a course that is giving you the most amazing tools. I'm saying they're amazing tools not because I'm creating them; because you're creating them through me. Everything in this course so far has been pretty much original and it's coming through you, through me. You are creating the tools that you'll be able to use for the rest of your life to continue this journey to feeling better.

Jennifer: Remember that when you feel better for a time, even if it's a day or two, and then something happens and it doesn't feel as good, and you go, you could go down just a little bit into that old habit, but it's a little bit, and what I want you to remember is that when you go into that and say, "Oh my god, this is terrible. This program doesn't work," or, "My life doesn't work," or whatever you say, that is how you used to be all the time and you're moving out of it. What if that were true, that you're moving out of it? What if that were true? The whole journey here is about noticing and honoring what is, noticing and loving what is, noticing what is because what is, is simply something that the mind prior to this program created, and the mind that is coming out of this program will

create something new. Does that feel true? So it's really about honoring what is, all of it, all the parts of you.

Jennifer: At the end of the day, you are the one that is changing it. I will not change you. You will, as I'm a different kind of healer. Spontaneous Transformation is a different kind of technique. I don't know if you noticed that. I am simply the guide. You're doing all the beautiful transformation and healing. This is all you. You are working through me. There we go. Feel this moment of stillness. Feel this moment of stillness. I keep thinking about session six and seven because it created a little bit of a ruckus. Now that your mind understands that it can't go on the journey, you might want to try it again and see what happens, and honestly it doesn't matter if you follow it exactly. Follow the thread of it for your soul. Go to the map room. I'm going to just explain one more time in a very cognitive way what the map room is. Okay?

Jennifer: The map room is a holographic area that lives in the infinite and the internal realm, which is like the other side after we pass, and this map room area has the entire holographic map, holographic, interactive map of not only our soul, but all the souls that we've interacted with. The one thing that I marveled at is that in that room we can see the intention of the soul, the plan of the soul. We can see the master plan of our soul. We can see how the master plan of our soul interacts with other souls. We can see the master plan of how their soul has interacted with our soul so that all are served at some level. It allows us to stand back deep, deep, deep in the observer and see something unfolding that is us, through us, and not us in many ways. Right? It's just a soul's journey. We get to have ... perspective is just a miracle because when we can have perspective, when we can look back in hindsight and say, "Oh, I see now why that happened."

Jennifer: We are so much bigger and powerful, and again, we become the big exercise ball that overshadows the intensity of our life. I hope that makes sense. When we have a cognitive conscious awakening to the fact that our soul's journey is more than just this two-dimensional thing that is moving forward with the, "I have to make more money. I have to pay my bills. That person isn't nice. That's a bad leader," if we can move above that, if we can take those beliefs and move so that we are so much bigger than those beliefs, when we have perspective that our soul is this hologram of amazing journey that includes our interactions, that we made agreements that we would interact with others, that they made agreements that they would interact with us, when we can see that, we can have this capacity to have way more compassion for ourselves and for them. We can see that there's way more going on than just that upsetting moment with a bill.

Jennifer: We want to take a nice deep breath right now, and again, just quickly recap. I'm going to recap it one more time. We have something happened in childhood, part of the soul's journey. It creates a set of beliefs that are based on a conclusion about who we are. "I'm not good enough. I'm not smart enough. I'm not lovable," whatever it is. Okay? In that same moment there's an emotion that's attached to that, that had to get repressed in order for us to survive, because had we expressed the emotion, it wouldn't have been safe. Those two are connected. The belief and the emotion are connected. The repressed emotion is repressed and it looks like a walnut, if you will. It's got a hard coating around it to protect us from it because I could break our psyche.

Jennifer: In that moment we also create a set of coping mechanisms, whether it's being super shy or lashing out or judging or blaming or not going out or not communicating with people or whatever it is. We create these amazing coping mechanisms to make sure that we don't crack open that walnut, but in turn also support our beliefs. This all creates these beautiful patterns of our life, and these patterns are here for our soul to then unwind and play with and dance upon at behest of the very soul. Again, when we go to the map room we can see that our soul has intended that we play with these things, and so the antidote to that whole system is Spontaneous Transformation. There's other healing techniques out there, so that we can access and allow the little ones to finally express which couldn't have been expressed. That unwinds the whole system. That unwinds the pattern. That unwinds the coping mechanism. That unwinds the beliefs.

Jennifer: We go on these journeys and these journeys are here to provide a different perspective for the mind so that the mind can go, "Oh, I feel safer now that I understand who I am." We play with our core. We know who we are. We understand who we are, and when we're there we are powerful, and in turn we become bigger than the beliefs and the circumstances and the coping mechanisms. And when we become bigger than all of it and we change, we become more and more and more this observer, and when we do that we open the bandwidth in our connection to our soul and we open the capacity to hear the divine impulses and the mind has more space to act upon them. The mind is now our partner in action. In action. It acts on it. It creates intellectual understanding of it. It moves out into the world and gathers research for it. It makes things happen. That's the antidote to these old beliefs.

Jennifer: Everything that happened to us is not who we are. It's just something that happened to us, and the more we move into this, more is going to unravel and give you the tools to move past this moment to continue your amazing journey of unwinding and unraveling, moving into the observer, knowing your core. Then at the end of each Spontaneous Transformation session we reintegrate the part of us that also got held, the light part of us that may have gotten held in that hard coating, so it's a constant state of reintegration.

Jennifer: Eventually, we will come to a point where no matter what shows up, we can stand in our observer and not be upset or hurt by it. We can have fun with just about everything that shows up no matter what it is. We change our need to throw matter at things, to make everything more meaningful because again, when we make something matter, we make it more dense in our life, and that density creates a slowdown in our energy field, in our chi. I hope this conversation has helped with a little bit of integration. It's helped me to share, as I am right there with you. I'm on my own journey, but I'm also noticing that I'm much, much greater than the intensity, and knowing that helps me to feel better, helps me to thrive instead of just survive. How about you? Good.

Jennifer: We're going to do a little healing process right now, and then I'll open the lines a little later for some questions and comments. We're going to take a nice deep breath right now. That's it. Okay. Good. I was just making sure we're supposed to do what I was thinking where I was just check in with guidance. Okay, so we're in this beautiful still point in this moment. Just feel yourself in the still point of the moment. Feel yourself moving into the observer, into that beautiful observer energy, and the observer energy

is basically you in your core, you in that core energy of the truth of you. Just feel the moment. We're in a very refined still point right now. You might be able to notice it, and if you can't, it's okay. It's okay. It's okay. Just feel yourself in this moment right now. Good.

Jennifer: We're going to move into the sacred chamber. We're going to do it a slightly different way today, so we're going to move right into the middle of our brain and we're going to go into that beautiful pearl that is sitting on the pedestal there in the middle of our brain. We're going to enter it however you want to enter it. It's like a little space, a pearl spaceship, if you will. We're going to enter inside and we're going to feel really, really good in there. Right? We just move in there. We just feel that as soon as we enter the pearl, it's so safe here. It's so loving and gentle and kind and honoring and acknowledging and there's compassion here for us as we enter the pearl. That's it.

Jennifer: Now we're going to go on a little ride with this pearl and we don't feel much of anything. We can't tell if we're upside down or sideways. We can't tell because we are so protected and beautifully honored in this pearl, but this pearl is rolling off the pedestal, and again, the only thing you feel in here is good. I hope you get that. It's going right out the back of our head. There's this beautiful tube of light that curves around and moves right into beneath our shoulder blades, and it moves into right into the wormhole, so the pearl moves off the pedestal, rolls into this thing and starts right down that shoot, curves around right into the wormhole that's found at the base of our shoulder blades, and it goes right into the wormhole and it starts moving towards our sacred chamber.

Jennifer: We can feel ourselves rolling through these beautiful wormholes, and there's such support and love. Inside this pearl all we feel is just we're getting closer and closer to love. We don't feel any movement. We just feel closer and closer to love. We know we're going in this beautiful ride through the wormholes in this wonderful pearl that is us, and then the pearl rolls all the way to our sacred chamber. I'm just going to pause one second. I lost the Facebook feed. Back again. It rolls all the way to the sacred chamber, and it pauses and it stops, and the door opens right into our sacred chamber and we step inside. If any of you are thinking that none of this is true, just pretend. What if it were? What if it were true that you just went through a bunch of wormholes and you're now standing in your sacred chamber? You're now standing in the center point of your soul. What if that were true? What would that be like? What would that be like? That's it. What would that be like?

Jennifer: Feel yourself standing, and take a few steps deeper and a few steps deeper into this beautiful wellspring of being, of just pure being. This place is made from the vibrational frequency, the highest, purest vibrational frequency of your core truth. It's made from that, so you're standing in your core truth right now. You're standing in this refined, extended, powerful still point. What does it feel like? Describe it to yourself right now. Again, remember we're shining the light of consciousness as we describe it. What does it feel like to stand in our truth? What does it feel like to stand in our truth? That's it. Very good. Very good. Describe that. What's it like? There we go. Beautiful.

Jennifer: Then we're going to go into the area that's the white space area, the space of pure nothing, pure concentrated love. We're going to go into that area. That's it. As we enter

that area, there's this really cool thing in the corner that we're going to get to a little bit later, but I want to just bring your attention to this amazing bright light. It's as if something is floating in the air over there. We're going to get to a moment, but it's a little gift you're going to get in just a moment as we go through this little process here. Good. That's it. In the white space we feel that no thing. We sense that still point that does not allow any condition or expectation or attachment to even be present. It's just not here. It's pure zero point stillness, and we just notice what it's like to be in the zero point, in the white space at the zero point. That's it.

Jennifer: Now as we stand there something is going to be revealed to us, and I want you to know that this is not scary or there's nothing wrong. There's nothing wrong at all, because we are so safe here, but something is going to be revealed to us, and it's actually really cool. We notice as we look down that there are tons of attachments that we have made to things outside of ourselves, we've made to conditions that need to be met in order for us to be happy, to people that need to change in order for us to move or change or thrive, to incidents that have happened. We've got all of these conditions of these dissonant threads, ropes, tethers to all kinds of things outside of us, and they've happened naturally.

Jennifer: They've happened naturally. They were needed. They are okay. They somehow served us and supported us until they don't. This is the moment of don't. They no longer are needed at this moment. Why? Because we can see them, and that's how all of this works. When we can see it, we can change it. When we can see it, we can change it. When we are responsible and see that there are tethers that we have created for really good reasons to objects and things and people, we are now responsible for them, we have an ability to respond, and we can change them. How exciting is this moment?

Jennifer: Now Archangel Michael is coming in, and if you don't believe in that kind of stuff, it's okay. Just pretend because a lot of this stuff is metaphor that just helps the mind to understand and get on board, so right now we're standing in the white space. We can see all that tethers that we have had to people, things, places, events, conditions, expectations, attachments we've had, literally. We can see all of these attachments, and now in our dominant hand we have a beautiful wand or a tool of some kind, whatever it is for you. Each of you will have something slightly different.

Jennifer: Archangel Michael is here to support us, and he comes with his saber of light. It is a light saber that is pure love, and the tool in our hand is this tool of pure, pure love. The most pristine divine love is contained in this. And there might be some people that we are attached to. They might be standing there, too. Whatever it is, and know that we are super safe in this place. This is our, this is our attachments. Our attachments. Got it? So we start to dissolve these attachments, and as they dissolve immediately there's this beautiful little salve that shows up where it attached, and the salve goes all the way to the atomic level and cleans it up, and so with everyone this happens automatically. We don't even have to be conscious of it. It's like breathing.

Jennifer: Archangel Michael starts to go to it, and we go to it. Some of them might have little memories attached and they don't matter, but you might have a little nod to that. "Oh, yeah. I remember that. That's where that attachment started. That's why I needed that

attachment. I needed that. That's right." We just watch as all of these different threads and tethers and ropes and sinews and nylon fishing lines and all of these attachments that we have had to the things in our soul's journey this lifetime, they are just simply dissolved. Dissolved. There's the ones in the back. There's the ones in the front. There's the ones from our face, our abdomen, our chest, our feet, our toes. Dissolved, dissolved, dissolved, dissolved, dissolved. Yeah.

Jennifer: There might be some tears here. Remember, there's no story. Just tears. I'm feeling a little emotional myself, so you might be. Just tears. No story. Just release. No story. Some of you might be feeling some heat, some tingling, and just feel that the attachments that you needed in order to survive are ready to be dissolved, and the only attachments that are left are the attachments of pure love. Again, they are just filaments of love now. They're not even attachments. That's it.

Jennifer: Now you stand firmly with you, in you, and you feel yourself with your soul. Your soul is right there with you, and you feel that you and your soul are right there with divinity, source, god. God. It's just you and your soul and god right now. The space is clean and clear. Archangel Michael gives you a nod and we say, "Thank you, Archangel Michael" in deep gratitude. Archangel Michael leaves. Archangel Michael leaves. Yeah. And it's just us. It's just us and god and our soul, and we stand there in that sacred divine beautiful blessed moment of just us, just our soul, and just god. As we stand, there it's as if this pillar of light shows up. A beautiful vast pillar of light surrounds us and we get doused with this shower of light that cleans us up, cleans us off, cleans off all those old beliefs. They are no longer needed in this new paradigm of us and soul and god.

Jennifer: It washes us, cleans us, and cleanses us. Inside, outside, it cleans the thoughts. It cleans the emotions. It cleans the physical body. We are refreshed. Now we stand refreshed. We stand a soul refreshed. That's it. As we notice the refreshment, we notice in turn that any attachment that was on us from others is also gone, that in this powerful state of being, this powerful state of us in our core, and we reflect in turn on our core right now. We notice the truth of who we are is brighter and greater and stronger. And as we stand in this beautiful energy of our core, we notice that nothing can get through that isn't a match for our core, so all the attachments from outside of us have been released. There's nowhere for them to land anymore, and so again we stand with us and our soul and god, and we remember who we are.

Jennifer: We remember the core of our soul and we stand in that energy. We stand in that energy, and because we are so clean and clear in this moment, there are energies that may have followed those tethers, some energies that were needed, but are no longer needed in this vibrational purity, and so any old energies ... some people might call them entities. The entities are not bad or evil. They're just part of the programming that comes along with beliefs. There's nothing for them to attach to any longer, so they just leave and we just do an extra special invitation out. We just say, "I command and I demand that anything that is not of this light leave my field now." That's it. We just say that. Again, it's not scary or frightening or anything. It's just a strong intention.

Jennifer: We say that again. "I command I demand anything that is not of this high vibrational light and clarity must leave my field now, and any energies that are no longer required

now, leave this field." They are outside. They are outside, and if you don't believe that they are, I am feeling into every single one of you, and the energies are outside now, and they cannot get back in. It's impossible. That is how this works. When we hold an intention that strongly in our field of pure creativity and creation, it cannot be other than what we demand and command, and so these energies cannot get back in. There's nowhere for them. There's no entrance point. There's nowhere for them to land in this place of clarity, and so as the energies are outside of us now, we see that there's a portal of light opening up, that they are able. We invite them into the light.

Jennifer: There's also a portal to a different dimension, and you just say, "You have your choice. You go into a different dimension or you can go into the light." We just witness them moving into the light, these energies that are no longer needed by us, and there's an energy of release within our field and within their field, that they've been wanting to find something different, and here it is, and they get to go into the light. There it is. There it is. As it's happened to all of you, I see that all of these old energies that are no longer needed are simply in the light now.

Jennifer: They're gone. They are gone, and again we notice even more, the expanded energy of our being, and that we are so clear and so clean in our core, standing in light of our being, standing in the clarity of our being, standing with our soul and with god. We turn to all the little ones and all the walnuts, and we say, "I've got this. I've got this. I've got this.." That's it, and feel that. Feel that, and notice if in this beautiful white space that is also the still point ... I'm giving you multiple metaphors for the same thing. I hope you understand that, and that if any of you have an analysis or a question or have a need to write a question that is of the mind, notice that your mind has now taken over and that you are no longer in the white space.

Jennifer: You are no longer in the still point. You are no longer in your core when your mind has to have a question answered in the midst of this remarkable place of clarity and purity. No attachments, no conditions, no expectations. There is no how in this place. There is no how in this place. Notice that, and notice if your mind needs to create a how and just say, "Ah, got it," and move back into it. Use it. Use it, and go back into it and say, "Got it. I've got this beautiful mind. That doesn't matter. I'm in the white space. I'm in the still point. I'm in my core. All of them are the same thing." You got it? You got it? Take a nice deep breath here in this clarity.

Jennifer: Now, you remember there is that thing floating over there? It's a new tool. It's a new powerful tool, and we're going to go over, and as we go towards it, it floats towards us and it floats right in front of us. It floats right in front of us, and it's a decoder ring, or it's a decoder of some kind. It's your version of it. For me it's a little decoder ring, but it's a decoder, okay? You get to use this in those moments when life shows up, when you feel like you're hurt, when you feel like someone has hurt you or judged you or you're moving into that old narrative, the old habit of blame, or the old coping mechanisms or the blame or judgment or lashing out or being more shy or retreating, whatever it is. In the moment that is happening you've got a decoder ring, and you can use it and it automatically shows you the truth of the situation.

- Jennifer: Automatically shows you the truth of the situation, so any situation that shows up, you get your little decoder ring, and it's going to be waiting here in the white space every time, and you move into the white space. You move into the still point. You move into the no thing. You notice that your mind is quiet and can't ask how questions. You notice all of that. You notice the clarity. You notice the cleanliness. You notice there are no attachments. You notice all of it, and then you notice the decoder ring is there for you. You pick up the decoder ring, you insert the belief or the event or your reaction or the emotions, and it just automatically tells you the truth of the situation, so let's try it right now.
- Jennifer: Think of something that happened recently that was upsetting. Think of something that happened that was upsetting, an interaction with a person, an event that happened, that didn't happen. Take whatever it is and just put it into the machine, the beautiful machine, the decoder ring, if you will. What will be revealed to you as you insert it is the truth of you, the truth of them, the truth of the situation. Okay? I'm going to put something in the decoder and I'm going to see that, "Ah, that person had a really good reason for behaving the way they're behaving. I had a really good reason for reacting the way I reacted. I see how our souls bumped into each other. I see it. I see that there's something here for me to heal and play with and unwind. There's something here for me to understand more deeply. I see it, and it's instant." Does that feel true?
- Jennifer: Every single one of you is going to have a slightly different experience with this decoder ring, okay? Play with it. Play with it, and if you feel your mind needing to crack it open, "How does it work? Why is it happening?" just notice that. Then say, "Beautiful mind, this thing is a piece of divinity itself that has been gifted to us in this moment, and I don't need to understand why it works or how it works. It just works." And notice that your mind is in this pattern of needing to understand something that it can't really understand. The mind, when it's quiet, allows us to move into our core. The mind that isn't quiet is revealing the part of us that has been stopping us from being who we are and that's the point of access. And that is the point of access.
- Jennifer: So feel yourself now with this new beautiful gift in hand. Feel yourself standing in your beautiful power, in your core. Feel how the cords of attachment that you have formally had or moved, feel that the energies that may have been part of those attachments have been asked out and are gone. Feel the pillar of light has cleaned you and cleared you. Feel yourself standing in your beauty and your core right now. Just notice, "Who am I in this moment? Who am I in this moment?" I think as you find the answer to that, who are you in this moment in the core ... Clean. Clear. It's just you and god and your soul. Who are you? The answer will likely give you another lens into the core of who you are. Who are you? That's it. That's it. Beautiful. Beautiful.
- Jennifer: There's powerful unwinding happening right now. I want you to just play in the, "Who are you?" See if another lens and another understanding of your core has kind of come through. Apparently I'm supposed to play a little soul song here for you, so I'm going to play a soul song. Again, the soul song is going to allow you to dance in this core in an even deeper level. The weave of new clarity and the clean energy is going to tighten, creating a stronger platform upon which you can stand in your life, and the soul song is going to support that.

Jennifer: That's it. Feel yourself standing in that clear beautiful space of your clean, clear connection to soul and god. You've got your decoder there. It is your new beautiful tool among the many other tools you have, and you can come here any time you want. This is a place that you come to if you're having a moment of confusion or upset or wanting. This is a place where you can come to unravel the events of life, the circumstances of life, the interactions with other humans. This is you. This is your soul, and so it is.

Jennifer: Bring your attention back to this moment, and when you open your eyes to this moment, open your eyes from that place of clarity, that place where the attachments have been released, the energies have been released and invited out, the clarity of you, your soul. I would say when you open your eyes to just say to yourself right now, "I've got this. I've got this. I am the adult in my life right now. I've got this." Beautiful.

Jennifer: Okay. We're going to move into some question and answer time. We're going to Ontario. The last four digits are 5094, 5094. You're on the air.

Holly: Oh my goodness. Holly again.

Jennifer: Hey, Holly.

Holly: Hi. How are you today?

Jennifer: Oh, man. We're great, aren't we?

Holly: Yeah, we're getting there. You know-

Jennifer: What would it take, Holly, for you to say ... just tap into, what if right in this moment you were great? Just pretend with me just for a moment.

Holly: Yep.

Jennifer: Just pretend right in this moment, "I'm great." What would that be like if that were true? The rest of you just play with that, too. What if right in this moment you just said, "I'm great" and believed it? What would that be like?

Holly: Well, I wouldn't have as much like, muscle-

Jennifer: Okay, so I want you to notice something, that even if when you're describing ... and this is okay, by the way. There's no criticism. Nothing wrong with this. I just want you to notice something, that you're great is the opposite of bad, okay? So that's where your mind goes immediately.

Holly: Yep.

Jennifer: Great would be, "I wouldn't have." Just notice that, okay?

Holly: Yeah.

Jennifer: This is a breakthrough moment for you to understand that in order for you to be great, there has to be an absence of something. You got it?

Holly: Ah.

Jennifer: Good. Wow. You've got it. Holy shit.

Holly: Yeah.

Jennifer: Did you feel that? That was big. That was really big. That was a breakthrough, Holly. This is really cool. Okay. We're going to try this again, and again there's no wrong answers. It's okay if you go to exactly what you just did. Just pretend with me for a moment, just pretend with me for a moment that you are great. What would that be like, if you were great? Just pretend that you're absolutely great in this moment. Again, this is pure fantasy. We all know that you're not, so I was just kind of teasing you a bit. We all know you're not, but just pretending, 100% fantasy, what if you were? What would that be like, do you think, if you were great right in this moment?

Holly: Well, happiness and joy.

Jennifer: Yeah, and what would that feel like, you think, if there was pure happiness and joy in your being right now? What do you think that might feel like?

Holly: I don't know how to answer that.

Jennifer: Yeah. Just pretend with me. Just pretend that it's pure happiness. You were there. You just said it a moment ago, right?

Holly: Mm-hmm (affirmative).

Jennifer: So just pretend that it's real. Again, none of this is real. We're just pretending. It's just fantasy, okay?

Holly: Mm-hmm (affirmative).

Jennifer: You got it? Okay, good. We're just pretending that it's happiness. What would happiness be like? Again, just pretending. What would it be like if you were happy right now? What might be happening for you? What thoughts, what emotions, what sensations would be happening if you were happy, just pretending?

Holly: Well, I would feel balanced.

Jennifer: Yeah. That's it. What does balance feel like? Just pretending, pretending that you were able to really access that energy of balance. What's that like?

Holly: Like feeling in tune with myself and my chakras.

Jennifer: That's right. That's right. Feel yourself now standing in that white space with your chakras aligned and feel yourself standing in that place of alignment. That's it. Your chakras are aligned, and there it is. What's that like?

Holly: Freedom.

Jennifer: Yeah. That's it. That's it. Now what does it feel like in your body right now?

Holly: I'm a little bit anxious.

Jennifer: Okay. I don't think that's true.

Holly: Well, my palms are sweating like mad.

Jennifer: What if your palms sweating isn't anxious? What if that was just a relief?

Holly: Okay.

Jennifer: What if your heart pumping is not scary? It's just a sign that the new energy is circulating in a faster manner.

Holly: That could be it.

Jennifer: Right? What does that feel like if that were true?

Holly: That feels awesome.

Jennifer: Okay, so beautiful Holly, I want you to listen to this call again. What you have is a beautiful, amazing battle with your mind at the moment and that's okay. It's understandable. Your beautiful mind needed to battle. You're Canadian, right?

Holly: Yeah, and it likes to battle my mind.

Jennifer: Well, there's a cultural thing that happens in Canada, speaking from one Canadian to another. There's a cultural truth. See, there is cultural beliefs and there is personal beliefs and there is ancestral belief. There's a lot going on, right? And there's a natural cultural repression in Canada. You know this. Right?

Holly: Yeah. Yeah. I live it every day.

Jennifer: It's part of why I moved from Canada. Canadians are extremely friendly, but when you live in it, there's this cultural repression that's just part of the culture.

Holly: I agree.

Jennifer: You know, don't get bigger than your britches kind of energy, and it's a cultural norm. There's nothing wrong with it. It's just a cultural norm. When we can understand it and

see it like you did earlier ... you saw. When you see it, you've got it. When you've got it, you can change it, so understand that there's a cultural norm in Canada that you can now see and therefore not be at the effect of, not be affected by it. Okay?

Holly: Yeah.

Jennifer: It's part of what's happening here. What we did just in that simple little thing was we opened up the battle that your mind has that has a cultural component to it. You understand that, right?

Holly: Yes. Yeah.

Jennifer: Okay, and so it's extremely simple, and the simplicity is, think a better thought. However, the challenge with thinking a better thought is we have to overcome the thoughts that got embedded and the emotions that got held and all of that stuff I talked about earlier on the call. We have to manage through the cultural beliefs, and none of those things are actually very big obstacles because we are more powerful than all of it. Does that feel true?

Holly: It does feel true.

Jennifer: Yeah, so your vibrational field right now is really different. As soon as we finished that beautiful exercise, the first thing you said is, "I feel anxious." I think that was a habit. I'm not sure if that was true.

Holly: That sounds true. That feels true.

Jennifer: Okay. Good, and so that's the other thing that happens here, is that we have these habits of coping and they are powerful, powerful helpers until they're not. Right?

Holly: Right.

Jennifer: So the opportunity is for us to change our mind, basically, and we do that by moving into our heart, by going into the white space, by doing a Spontaneous Transformation and allowing the little ones to crack open some of those walnuts. Right? And it is not an instant ... What you've experienced and the physical sensations you've had have been building up over years, so will this session that we just did just this minute change the decade or more of buildup?

Holly: No.

Jennifer: Maybe.

Holly: Well, it will eventually.

Jennifer: There it is, and you actually believe that. That is another breakthrough moment. You actually believe that it will eventually. That's a different state of mind than you were in a couple of weeks ago. Is that true?

Holly: Yes, definitely. Yes.

Jennifer: "It will eventually" is a huge different paradigm, a very different paradigm than "getting rid of." It's a very different paradigm than having it to stop today. It's a paradigm of flexibility that actually allows it to happen. Wow. It was very good, Holly.

Holly: Thank you.

Jennifer: Very good. Yeah. I looked at your Facebook page and I got a little homesick for the lake.

Holly: Yeah. We live close in water. I need it.

Jennifer: Yeah, so that's a really important place for you to play with this stuff, okay?

Holly: Okay.

Jennifer: Well done. I'm going to move on to someone else if that's okay.

Holly: It sounds great. Thank you.

Jennifer: Thank you, honey. Okay. We're going to, it looks like Florida. The last four digits are 9390. You're on the air.

Joy: Hello?

Jennifer: Yes. Go ahead.

Joy: One is around my health.

Jennifer: Who am I speaking with?

Joy: Oh, Joy. Sorry.

Jennifer: Okay. Good. What's going on? We're going to be doing physical health quite a bit next week, by the way, but everything we've done to date, it's also impacting your health, so tell me about what's going on.

Joy: Well, the last week in particular diverticulitis, I guess, and normally I can tell when it's coming on, but I didn't. It just hit me and I was like, really, really sick. I've just been sick for a long time and I can't seem to get past it. Had a lot of accidents, a lot of damage to my brain and head, neck and shoulders.

Jennifer: Okay. I get the feeling that you think you're unfixable.

Joy: There is a part of me that thinks that just because I've tried so many different avenues.

Jennifer: Yeah, so a little bit of this is semantics, but there's something underneath this semantics conversation I'm going to talk about, which is the paradigm of trying. Again, I don't want anyone to stop saying that word because we are not about suppression or repression here anymore, but the paradigm of trying is that there is no finish to trying. Right? When we try there's no beginning, middle, and end. There's just constant trying, and it's trying to do the full capacity of the double entendre of that word. Right? It can be trying to try. When we're in this syndrome of the physical two, it can be daunting because we may not see change and therefore we decide that it can't, and then that creates its own paradigm, and it's understandable why we go there. Have you done any of the Spontaneous Transformation that we did ... let's see. It was Holly we worked on physical on session six. Did you do that one, the Ho'oponopono on the physical?

Joy: Yeah.

Jennifer: How did that go for you?

Joy: It helped some, and some I couldn't relate to.

Jennifer: Yeah. You know, here's the challenge, is that all of this will help some, and yet many of our minds, it has to help all, right? So if you think of it, helped some and that other thing helped some and that other thing I did helped some and that other thing I did helped some, we're building this beautiful ... a bucket full of some. Right? The challenge is the mind says nothing is happening, but there is something happening. Now, if the mind says there's nothing happening and then everything I try doesn't work ... I actually don't think that's true. I think some of the stuff you've tried has made a difference.

Joy: Oh, yeah.

Jennifer: Right?

Joy: And it's more I've done it than tried it. I've done it.

Jennifer: Yeah. I understand, but the trying was actually telling because that's what your mind believes, and by the way, we don't have to change our vocabulary. We notice that our vocabulary is reflecting what we think, what our mind thinks is the truth, and we use that to change it, okay? So your mind thinks that you've tried everything, because that's what you said. "I've tried everything. It doesn't work." That's what your mind believes, and so as a result, guess what your experience is going to be. Right? Your mind right now is extremely frustrated, and that's a good thing. Is that true?

Joy: It's frustrated. I don't know that it's good.

Jennifer: So your mind is frustrated. You are not. I want you to see the difference. There's a distinction there. Your mind is frustrated. You cannot be frustrated. It's just your mind

that is, because we are trying to change your mind. Your mind doesn't want to change. Does that make sense?

Joy: Uh...

Jennifer: Your mind wants me to tell you exactly what to do to stop everything. That's what your mind wants me to do. Your mind wants me to say, "Do this and do this and do this, and it will go away." Is that true?

Joy: I don't think so, no.

Jennifer: Okay, so I don't think you want that, but maybe your mind wants that. Maybe. I mean, I could be wrong. I've been wrong before. Right now I'm really having a conversation with your mind, and it's uncomfortable. Is that true?

Joy: Yeah.

Jennifer: Do you want this conversation to stop right now?

Joy: I don't know.

Jennifer: Okay. Well, that's agreeing.

Joy: But I'd like the unwinding.

Jennifer: Okay. Perfect, and I will do that. However, part of what's happening is that, and I want you to listen to this conversation because you're going to start to hear and see things, that your beautiful mind doesn't want to change and that's understandable. When we can move into the point where we use those moments where our mind doesn't want to change, we notice that our mind says, "I've tried everything. It didn't work," and your mind is the creative force of your health, and when your mind believes all these things, it's in charge, so the opportunity now is to just move into a slightly different conversation, Joy.

Jennifer: We'll do a little unwinding here right now, but before we do that is to use those moments, and I'm telling you, part of our challenge here is that it is a vigilant practice. It's vigilant. This is not a one-off. This is a daily, sometimes more than once a day, especially if you have quite a few health challenges. It's more than once a day. It's every time the mind says, "I can't. How? I won't?" The symptoms of the mind are all those words. The mind asks questions that can't be answered, and so using those moments to then unwind, using those moments to then ... unwinding is doing what we did today, which is going into the core. Right? So moving into any one of these journeys that we've been on is part of that unwinding. It's just moving, changing the dynamic of the paradigm of belief.

Jennifer: And each of these journeys, each of these healings, each of these STTs do that, so when you have that moment of, "I don't feel good," go to the white space. Go to your core. Do

an STT. "I've tried everything. It's not working." Stop. Pause. Breathe. Is that true? Is that true, that everything you've tried hasn't worked? No, that's not true. Okay. There's a part of me that believes that. We're going to do an STT. Okay, so let's do an STT now," but part of you believes that you've tried everything and it doesn't work. Okay? Have you got that part? We're going to do an STT with that part. Is that okay?

Joy: Okay.

Jennifer: What's the emotion underneath that? The rest of you can do an STT on that. Let's all do it because we all have that, the part of us that thinks, "I've tried everything and it doesn't work." I've even got that, so let's all do an STT on that. What is the emotion underneath that, Joy?

Joy: I'd say anger and frustration.

Jennifer: Yes. Good. Where is that anger and frustration in your physical body? Bring your attention. Just notice where it is in your physical body and let me know where it is.

Joy: Neck and shoulders, primarily.

Jennifer: Okay. You can bring your attention to the neck and shoulders, but before we do that, we're going to just move into the observer, okay? The rest of you do the same. The observer, of course, is kind of like the person that's watching the movie versus being in the movie. It's like the guardian angel, the archetypal mother energy. Very detached, yet compassionate, so what does it feel like to be in the observer, Joy?

Joy: Neutral.

Jennifer: Neutral. Excellent. What does neutral feel like? What's really good?

Joy: That I can just watch it and be with it.

Jennifer: Yeah. That's right. That's right. Very, very, very good. Very good. You're going to bring that beautiful neutral observer, and the rest of you do the same, into that area, into your neck and shoulders, in your case, and for the rest of you wherever it is in your body, so you're going to bring that observer into that area, and as you get into that area, you notice the younger version of you. Is that true?

Joy: Yeah. I can.

Jennifer: Good.

Joy: I mean, yeah. More I see me a couple of decades ago, but ...

Jennifer: Yeah. That's okay. See the you that was a couple of decades ago. See her, and then see the thread that leads to the little one from there. Okay, so it always starts from a younger version, from zero to seven, and there might be something that happened a

couple of decades ago. See her and see the little one that influenced her, and go to that little one. Does that feel okay?

Joy: Okay.

Jennifer: Does that work?

Joy: Yeah.

Jennifer: Excellent. Excellent, so you're now with the little one, and it's okay to have the you that was a couple of decades you kind of on the periphery there because there's an attachment, but bring your attention fully to the little one. Remember, you are the neutral observer. Does that feel true still?

Joy: Yes.

Jennifer: Good, and so you're just going to say to the little one, "I'm here and I'm present and I'm not leaving. I'm here and I'm present and I'm not leaving you. I'm here and I'm present and I'm not leaving you." How do they respond to that?

Joy: They are glad.

Jennifer: Yeah. They're glad, did you say?

Joy: Yes.

Jennifer: Excellent. That's fantastic. Just say to her, "I am here," and it's almost as if, because you're in this observer energy, she's noticing that she gets to just be herself. Does that feel true?

Joy: Yes. She gets to feel supported.

Jennifer: That's right. That's right. You're just going to share with her this frustration and anger, that it's time for her to finally feel that, to really, really express it. I'm just going to explain something through you as the observer to her, that a long time ago, at the age that she's at, this little one, something happened that created this frustration and anger that she was unable to express because it either wouldn't have been safe, it wouldn't have mattered, or it was maybe even dangerous. Is that true?

Joy: Yeah, definitely.

Jennifer: Yeah, so she wasn't able to express this, so she did something really, really smart. Brilliant, in fact. She repressed it. She put a little hard coating around it. She repressed it so that she could survive. Is that true?

Joy: Yeah.

Jennifer: She really gets that. She goes, "Yeah, I was smart." I can feel her saying, "That was smart. That was really smart." That helped her to survive, and we just get to thank her for saving us. She saved you. Is that true?

Joy: Oh, yeah.

Jennifer: Absolutely, so we just say to her now, "It's time to finally express that which couldn't have been voiced before. It's time to finally express it and feel it," so we're going to crack open the walnut, if you will, and she's going to finally express the anger and frustration fully, to the fullest capacity that she can. Does that feel okay to her?

Joy: Yeah.

Jennifer: How is she expressing that anger and frustration? And for the rest of you, allowing your little ones to express that upset, whatever it is for you. How is she expressing it, Joy?

Joy: Screaming, "No. This is not okay."

Jennifer: That's right, and that's true. That's exactly right, and that is an appropriate reaction, isn't it? That is as it should have been, yes?

Joy: Oh, yeah, if it was safe enough, but it wasn't.

Jennifer: Exactly. It wasn't, so it was smarter for her to not do it, and she is incredibly courageous and powerful to do it now, and we thank her for finally expressing it. Any other piece? How else is she expressing that frustration and anger?

Joy: She likes to be physical, so running around or ...

Jennifer: Yeah. She gets to run around.

Joy: ... flailing, running. Yeah.

Jennifer: Yeah. She gets to run around and flail and whatever she needs to do, and we get to say to her that, "That is perfect. That's correct. Of course you would feel that way. Of course you would need to flail around. Of course you would want to do that. Of course. That is right. That is appropriate. That is correct." There we go. There we go. Now we're in a beautiful unwinding. Again, the observer says that, just validates these little ones, validates, for the rest of you. Of course you would feel that way. Of course you would want to act that way. Of course you would want to say that. That's it. What's happening now?

Joy: She's getting tired. She's ran a whole lot.

Jennifer: Yeah. That's good. I mean, it's really good when our little ones do it until they're spent. That's good. That's good. There we go. What's happening now is that because she finally cracked that open, what also got cracked open and is now reintegrating is the love that

she is, and it's pouring in. It's as if a portal has opened or several portals have opened and now the love that she is pouring in, and loving her and honoring her and acknowledging her, and commending her for her bravery and courage and for her brilliance, knowing exactly what to do to repress, and now knowing to crack it open and express it. Does that all feel true?

Joy: Yeah. I mean, I've done this before, but I guess it's different. It feels different this time.

Jennifer: Well, every time it's going to feel different, my love.

Joy: Okay.

Jennifer: That's because we're dealing with another little part of us, a different part. Each time is different, so I want you to notice that your mind kind of intervened and said, "I've done this before. See, I've tried it before." There's the belief, right? That's kind of underlying this frustration. It's right there. There it was. It just showed up again, and it's okay. You get to notice it and say, "Wow. That's really a strong belief." Right? And it's probably part of this moment. That little girl probably thought, "It can never change," understandably so, and so she just gets to express the emotions around that. Of course that would be frustrating, right?

Joy: Yeah.

Jennifer: That's it, and so you beautifully moved back into your observer. You're present with her. It's really, really good, Joy. What's happening now with her?

Joy: She's in her favorite place, which is up in a tree, and I think peaceful and calm.

Jennifer: Excellent. Excellent. Good. The energy of love is filling the space, filling her space, and loving her and honoring her. I want her to notice that that frustration and anger, which is so understandable, we're not asking her to change at all, but the love, yet the love is getting bigger than that. Does that feel true? The love that she is that's been cracked open when she finally expressed this frustration is getting bigger than the anger and frustration. Is that true?

Joy: I think the love has always been there and been expressed, but more of a peace is here.

Jennifer: That's right. It's right, because it's the love that you are. It's just a little piece of that love got repressed along with the frustration and anger in that moment.

Joy: Yeah.

Jennifer: Does that feel true? Yeah? Okay.

Joy: Yeah.

Jennifer: So now it's woken up and it's now reintegrating, and she's becoming aware of the power and love that she is. Does that feel true?

Joy: Mm-hmm (affirmative).

Jennifer: Yeah, and so now she stands in this new energy of her power. It's not new. It's old, but it's renewed. Let's put it that way. Does that feel true?

Joy: Yeah.

Jennifer: She's consciously of the love that she is. Is that true?

Joy: Yes.

Jennifer: Good. Good. So now in this moment we ask her around everything, around the physical upsets, the anger and frustration around the thought that it can't change, the frustration and anger that you expressed, the resolution that just happened, the change that's happened, the love that is here, around all of it. Just ask her, and all of you, ask your little ones, "What is it that you need now around all of this? What is it that you need now?" And you let them answer. They will provide the answer, so what is she sharing that she needs now, Joy?

Joy: Continued love and support.

Jennifer: Ask her to show you what would that look like. The rest of you do the same. Ask them, whatever they shared they needed, what would look like if that were fully expressed, love and support? What would that look like? Ask her to show you. It feels like your mind is trying to figure it out. Bring your attention back into the observer and let her let you know what love and support looks and feels like.

Joy: People that are there for me.

Jennifer: Yeah. I want you to feel that. Ask her to show you what that would look and feel like when that happens? Ask her to show you what that's like, people are there for you? What's that feel like?

Joy: It feels really light and joyous.

Jennifer: Yeah. Light and joyous, that's right. What's that like? Just tap into that feeling. Stand in that light, joyous energy, and the rest of you do the same. Tap into that description, in your case the light, joyous energy. Stand in that light, joyous energy, Joy. There it is right there. Very, very good. Okay, so that light, joyous energy you're standing in right now, have you got it? Are you feeling it?

Joy: Mm-hmm (affirmative).

Jennifer: That light, joyous energy is another book in your library of experiences to return to, okay? When the old thoughts and old behaviors and old patterns show up, you come right here to light, joyous. Do you think that's possible?

Joy: Yeah.

Jennifer: Good. Now, another piece of the puzzle here is this light, joyous energy is actually the energy that, when you vibrate to, allows people in to support you. Is that right?

Joy: Yeah. Yeah, I can see that. Yeah.

Jennifer: So the challenge of our soul constantly is that we want something that we can't have because we aren't it, and when we can do these unwindings, we find the it that will actually create what we want. Does that make sense? We actually become the thing that we want. Does that make sense?

Joy: Mm-hmm (affirmative).

Jennifer: Yeah. This belief that, "I've tried everything," this belief, which is really an underlying belief of "it can't change," it feels like it's one of your core universal beliefs that you came by honestly. It feels like a mother side had a lot of that. Is that true?

Joy: Yes.

Jennifer: So you came by it honestly, and it's something you came to this planet to play with, to unwind, unravel to understand, so now that you have conscious awareness that that is the belief, you're going to see in your days and weeks and months to come many, many opportunities to use that belief as it shows up, to then unravel it. Now, you happen to be playing with it around the physical. Some people play with it around money. Some people play with that same belief around relationships. Yours happens to be around the physical, so if a physical upset shows up, use it. You go right back here to love and joy. Do you think that's possible?

Joy: Yeah.

Jennifer: I don't believe you.

Joy: I will do my best.

Jennifer: That's not the answer. That's not the answer. What does light and joyous feel like? You were right there. What's it feel like, Joy? Tell me again.

Joy: It feels like peace and connection.

Jennifer: Yeah. Can you go there? You just did it. You just did it. Like, in two seconds you went there. You got it?

Joy: Yeah.

Jennifer: You don't have to do your best. You can actually just simply do it. Does that feel true?

Joy: Yeah.

Jennifer: Yeah. I still don't believe you.

Joy: Oh my god.

Jennifer: What does light and joyous feel like, beautiful Joy? It's in your name. What does it feel like? Go there. Go right there with the little one. Go right there. She can show you. She can help you, too. Okay?

Joy: Okay. Yeah.

Jennifer: What's it like?

Joy: Well, it feels like connection with the divine.

Jennifer: Yeah. You just did it again. Do you have to do your best or can you actually just do it? What do you think?

Joy: Yeah. Obviously I can just do it.

Jennifer: You obviously can just do it, and that's in part what we're doing in this whole course, is we're building this repertoire, this library of places to go when we are faced with our old beliefs, and many of us have a core belief like that. That happens to be yours. My core belief, I play with it. I shared it with you today. "Will I always be broken?" is my core belief. Use it. Use it. At some point you'll get to a point where you can say, "Oh, there's that oldie but goodie. I've tried everything. It can't change." You could even go do something just really quick and say, "Is that true? Nah, that's not true. I have tons more evidence now that things are changing."

Jennifer: The other thing is to start pointing at the things that have changed, the things that you have tried that have worked, and that will allow you to claim something different and new. Again, this stuff, it's super simple, but it is a practice. It is something that we focus on daily, and part of it is because we're in a kind of a crazy time on the planet right now, and you are one of the lightworkers, Joy. You're one of the them. Everyone who's listening is one of the them. We signed up to hang out here and get this piece. Does that feel true?

Joy: Oh, yeah. Definitely, yeah.

Jennifer: And we didn't make a mistake. We really didn't. You know, I have this feeling that we're going to have a reunion among many of the people that are in this course in a year or two or three, and we're going to look at each other and go, "Wow, that was a ride and

I'm so glad I'm here. I'm so glad I'm in this new place, knowing that I'm no longer at the effect, I'm no longer a victim, I'm no longer living in the past. I am living in the now, living in my core, living in my truth, knowing that even in three years when something shows up, I know it's here for me and I use it to remember who I really am." It's as simple as that. How's that sound? Is that something you can do?

Joy: My mind is still going, "I don't know, but I think so."

Jennifer: Okay. I'm going to ask you one more time. Did you just do it like five times in the last 10 minutes?

Joy: Yes, so obviously ...

Jennifer: Can you do it? Can you do this?

Joy: Yes.

Jennifer: And it was okay that you noticed what your mind was saying, but you can get to say now, "Thank you, beautiful mind, but yes, I got this." Okay? So that's your new mantra for the next week or so. "Thank you, beautiful mind, but yes, I've got this. I'm doing it." How does that feel?

Joy: Yeah, it feels good.

Jennifer: Yay. Fantastic, Joy. Well done.

Joy: Yes. Thank you.

Jennifer: You're welcome, honey. Okay. I'm inclined to wrap this up at this stage. I'm going take ... the next person I call on, if we can make it a really quick question, that would be awesome. Hardy, go ahead. You're on the air.

Hardy: Yes. Another physical question not that different from Holly yesterday or day before, or Joy today.

Jennifer: Yes. Hardy, what happened when you just did the Spontaneous Transformation Technique?

Hardy: I felt lighter, but I didn't ... Well, my mind was watching so much that I didn't really do it on myself that much.

Jennifer: Great. Okay, so two things. It felt lighter is all that's needed, and each time it feels lighter. Each time it feels lighter, and we are peeling away at this onion, okay? There is no silver bullet. There is no instantaneous change, unless there is. Sometimes that can happen. For most of us, however, it's a journey. It's a journey into healing. It's a journey into healing. When the physical happens to you and Holly and Joy, think, and so what I recommend is to listen to this again, and this time do the Spontaneous Transformation

Technique that I just did with Joy and do it for you. If your mind is there, just keep saying, "Beautiful mind, I've got this. I'm here. Thank you, mind. I'm here. Thank you, mind. I'm going into observer. Thank you. I'm being present with the little one. Thank you, beautiful mind, for your contribution but I'm going here." That, it's very, very simple and it's vigilant. It's constant. "Thank you, mind. Thank you, mind. Thank you, mind" until the mind feels safe enough that it no longer needs to interject, truly.

Hardy: Oh, great.

Jennifer: Until the mind feels safe enough that it doesn't need to. You've done it so many times, the mind goes, "Oh, wait a minute," and it goes, "Oh, never mind. You've got this."

Hardy: Okay. Wonderful.

Jennifer: Got it? Yeah, you just got it.

Hardy: Yeah.

Jennifer: Excellent, Hardy. Well done.

Hardy: One positive note.

Jennifer: Yes.

Hardy: I have had a big money issue and I'm worried also, and even yesterday was big, and this morning totally changed. Totally-

Jennifer: Oh my god. That's fantastic.

Hardy: I just wanted to congratulate you on your effort.

Jennifer: You know what? I'm going to throw it right back at you and say congratulations to you on your effort, Hardy. Well done.

Hardy: Thank you so much.

Jennifer: You stuck with it even though you were thinking, "Maybe this isn't going to work for me."

Hardy: That's right. That's right.

Jennifer: Very good. Very good.

Hardy: Thank you so much. I appreciate you so much.

Jennifer: I appreciate you, Hardy. Thank you, my love. Thank you, thank you, thank you.

Hardy: Thank you, Jennifer.

Jennifer: Okay, honey. Okay. That's a wrap, guys. Thank you so much, and thank you for sticking with this, because this is the Advanced Quantum course. This is not the course that is here to coddle. It is definitely a compassionate course. It's a loving course, but it's not the coddling course. This the course that your soul asks for to crack open something, to break through, to move into the quantum and to actually feel better, we're on our way. We are on our way, so thank you for sticking with this, thank you for being here, and thank you for being you in the co-creation, all right? I love you, guys. Oh, and one little thing.

Hardy: Thank you.

Jennifer: Thank you, Hardy. One little thing. There's a lot of people who have not posted in the Facebook group. If you can, start posting what's working. Start posting what's right. It's not only going to help your mind, it's going to help all of our minds see that there's more going on than the upset, okay? So if you can, great. If you can't, that's okay. It's okay if you want to post something that's not going wrong, that's not going right. And I'll do a little coaching with you there. It's all right. Notice if you want to point at me and say that I did something wrong. Notice that.

Jennifer: If you want to still post that, that's okay. I'll work it out myself, but if you can and if there is something really genuinely we can look at and that is positive, that changed, share that. It will help you. It will help everyone. If you don't, that's okay. If you want to still post stuff that's going wrong, that's okay, but notice it. Notice that you're consciously writing something that is wrong, okay? And that that is where your mind is taking you, and it's okay to do that, but notice that you're doing it and take ownership for it, too. Okay? I love you, guys. I thank you for being in this program, and I will see you next week...

Jennifer: Oh, one more thing. You might have noticed that I've opened up the Spontaneous Transformation training. A lot of people were asking about that, so this the prerequisite to become a certified practitioner. Once you get into the training, you will see that there's an opportunity to become a certified practitioner of the STT system. You can make 80 to 150 bucks an hour, but the prerequisite is the STT training. This training is so lovely and powerful. It shows you really how to do STT, the philosophy behind it. You'll actually get attuned in the STT system so there's an STT attunement that actually awakens the inner healer. You'll learn some really cool things in the STT training program, and you'll be able to do it with friends and family, and then that will lead you to become a practitioner if you want, where you could get paid to do the STT system of healing.

Jennifer: For those of you who are already coaches or healers, what I've heard is, applying STT in your practice, you become a referral machine because it accelerates a lot of things quickly. STT training is now open, and I'm giving you 100 bucks off. That's going to be there for a limited time, but it's there for you, so go check that out if that's calling you. And notice if you're pissed off at me for mentioning that there's another course. Notice that. That's all yours to play with. Notice it, okay? Notice if you're wanting it, but it's not

in the cards right now. Notice that. It's okay. I know that the things open up for me that I get to do exactly when I'm ready to do them, not a minute before. Okay? So miracles can show up to allow you to do that, so notice that's there.

Jennifer: One more final thing. Next year, hopefully next year ... it might be 2020, but I'm planning it for 2019,, have you ever heard of The Tapping Summit on EFT? I'm going to be creating the STT Summit. This is the Spontaneous Transformation Summit, and I'm going to be interviewing the people in the summit, and you know who they are? They are STT practitioners, so the top Spontaneous Transformation practitioners between now and the summer or fall of 2019, I will be interviewing you and this will be a chance to really expand your practice, so think about that as you join the STT training and maybe become a practitioner. And you might be one of the people I invite on to the seminar, that I interview you for my big, huge subscriber database. Wouldn't that be cool? Think about that as you're considering joining the STT training. Okay. That's enough of that.

Jennifer: I will see you all for our final week together, and that is session nine and 10, and of course we have the final Heal-A-Thon as well, so more to come. Play with all of this. Listen to this more than once and allow yourself to have a mind that gets confused, and know that confusion is good. It's good because it means you're going to a place your mind can't travel to. Sound good? I love you, guys. I'll see you next week. Bye, bye now.