



# Feel Better Mastery

## Session 9

Healing Physical Body,  
Disease & Illness

**TRANSCRIPT**

- Jennifer: Hello everyone, and welcome to session nine of the Feel Better Mastery. We are really at a new place I think for many of you. Some of you feel, may seem like you're at the same old place, but if you think back on how your daily life runs and how you're approaching things in a slightly different angle of perception, let me tell you, that slight different angle of perception can change absolutely everything, and just that little piece can do it, and I know all of you are experiencing some degree of new angle in the way that you're looking at your life.
- Jennifer: As we finish up this course this week, we're going to be playing with the physical. The physical is, this is a belief too, but the physical crystalizes last. The belief crystalizes and the physical last, so it's usually the last to transform as well, and as we start to consider playing in the physical, we are moving our attention in a slightly different way, and I love how guidance shows up, because I've planned on doing the physical a long time ago and we just kept doing other things. I understand now because all of the insights, information, the tools that you have, the reservoir, the library of places that you can now take your mind to that are loving and are honoring, and are connected to soul, and that are in your core, that are connected to your core so that you can consciously be aware of your core, all of those things are so powerfully needed when we play with the physical.
- Jennifer: I'm going to do a little, obviously a cognitive conversation about the physical and the mechanics of it, which is very similar to my recaps that I did in our last session together in session eight, and the idea of the physical is many, many times that there is an illness or a chronic condition, it's a little bit I think, again this is a belief. You don't have to believe this. Is that cool? You don't have to believe anything I say, but consider it, but it's through the filter of your core and see if there's something there. Oftentimes the physical is part of our soul's journey, and the challenge is so many times in the past when I was in the new age movement, I've been doing all these stuff since I was, gosh, since the '80s.
- Jennifer: There were so much back then and I still witness it now. In the name of compassion, telling someone that they're wrong or that they've done it wrong, or that, "My gosh really?" Well, if you were really spiritual and doing it properly you wouldn't be sick. You wouldn't be in pain and that's not how ... for my perspective at least, that's not how it works at all. When we point at someone and say, "How dare you say something like that. How dare you talk about this person or a syndrome, or anything," and say, "That's not okay," anything is okay. If you're feeling it, you're feeling it and there's no competition here in who's doing spirituality better.
- Jennifer: There is no race. There is no competition. You're not doing worse in someone or you're not somehow doing spirituality wrong if you get sick. This is not how it works. Sometimes things are part of the soul's journey. When I got cancer in my early 30s, I didn't think at the moment that I had done something incorrectly. Why did I get cancer? I wasn't really focused on that. I was focused more on there's something here for me, and is there a why behind it? Yes, there is, but it's not a why of, how did this happen? I

got it wrong somehow because I got feel ... I got a physical upset or felt physical illness. I don't believe that we are doing anything wrong if we get sick.

Jennifer: Getting sick is just another one of those nudges from the universe to transition illness, disease, a scary diagnosis, are all here telling us that it's time to pay attention, and oftentimes when it gets to a point where it's a real illness, there may have been some early signs before to change the angle of perception on something and if you didn't listen, it might have gotten worse, and again, all of these what I'm saying is belief, and even then, there is no wrong there. There is just this old journey and part of it might be that we're not supposed to hear it until it gets to a certain point. Maybe that's part of the soul's journey. The point is, we don't have to judge ourselves and, gosh, I witnessed an entire church judged the main person in the church who got ill, the spiritual church.

Jennifer: There's a church of religious science that is now called the Centers for Spiritual Living, wonderful, wonderful organization, love them, but I witnessed the church completely get destroyed because the main minister, speaker, got ill, and it's like, well, if she was doing it right, she wouldn't have gotten ill. That's not the point at all, so I just wanted to bring that up first because some of us do that to our self, don't we? Another thing, anyone is doing that in this group by the way to each other, that's not happening, but I'm saying that these things can happen when we're talking about ourselves. "Wow. What did I do wrong to get X, Y, Z? What did I do wrong to get this disease?"

Jennifer: It isn't that, so that's the first part of the conversation. There is no wrong there. You cannot do this life adventure incorrectly and if you think that you got spirituality wrong, otherwise you would have money or abundance, or whatever, then that's just the label you've put on something that you're not willing to unravel, unwind, and heal, and that's okay too. You get that it's all okay. If you're judging yourself, it's okay. Notice it. If you're in denial, that's okay. Notice it. If you are judging another person because they got sick and there's really spiritual, notice it. You don't have to change it. Notice it.

Jennifer: If you want to change it, you can use the moment to go into this repertoire now of places that show you, you in your truth, in your core, in your beauty, in your gorgeous, amazing divine self. Every time you finish a spontaneous transformation session at the end of it, you have another place to access that is the truth of your light, your divine heritage. Go there in these moments. Again, as I mentioned in Session 8, this is not a one-off. "My God, I'm cured." No. It's not how it works. This is a beautiful, amazing journey of the soul that ... the soul has an intention for this journey, and it is constantly nudging us towards that intention, and sometimes I think illness is one of those.

Jennifer: Sometimes I think illness is the nudge towards an expansion to get our attention. Nothing gets our attention more than physical upset and illness. Sometimes I think illness is actually part of the soul's journey to play with this notion of illness, and so all of it is part of the journey and I am not giving shrift to the fact that it can be really scary and painful, and for those of you who have experienced any acute health issue, deep compassion here. I'm so sorry for what's happening because I get it. It is genuinely scary. It can generally be it shows us our mortality and that's a really big thing for our soul to play with at any point in time.

Jennifer: Okay, so let's talk about the mechanism of physical upset, and again this is all somewhat theoretical. In fact, everything anyone tells you is somewhat theoretical. Yeah. Judy just shared that sometimes illness is there for other reasons like maybe even helping someone else and that's absolutely true. Often what I'm doing my prayer circles, I have a membership site called MasterWorks Healing Membership site and twice a month I do prayers and I often feel that someone's illness is actually there for the family, for the people around them to deal with, so yes, Judy. Thank you for that piece. Let me talk about the mechanism.

Jennifer: Again, as I was sharing that this is pure theory. I won't be able to absolutely validate this until I get to the other side, and if I get there before you, I'll try and reach out and let you know for sure. Anyone who says that they have the answer, no one has the answer. We don't know until we get to the other side and we can actually know what the answer was, but those are the test results, and until then, we can theorize. Again, anything that I say, if it feels a good, use it. If it doesn't, don't. How's that? Anything that you read, if it feels good, great. It scares the shit out of you, probably not a good idea to be playing with it, or use that moment and go into your connection, okay? Good.

Jennifer: Let's talk about my perception of the mechanics. This is where guidance has shown me the mechanics of physical upset. This is through training with cranial sacral therapy and polarity therapy which I did years ago, and then the thousands of people I've worked with over the years, just my own physical upset that I've had which is a lot. I've had one of my beautiful soul treats as to play with transformation through the physical body. I started off very, very early with a lot of injuries. I had a terrible knee injury when I was 21. I was an elite athlete. I used to play league field hockey, and I had a terrible accident, and blew up my knee, fractured my femur, and I was in crutches, in a cast for six months, and that was the end of it.

Jennifer: That was the end of my athletic life, and by the way my persona as athlete was over too so I had to regroup. Then, I had lots of lots of niggly things and eventually I got cancer at 33 and in my early 40s I had a really, really bad adrenal exhaustion. It was so bad that I used to go unconscious and now I've got all interesting fascinating things happening, nothing really torturously bad, but niggly things. I think all the way through, all of those things I was able to use them to understand myself and know myself better, to know that I am not this thing that is happening to me.

Jennifer: So the mechanism to the physical often starts with exactly the same mechanisms of everything else. It usually has an underlying current of a belief that is vibrating in a warped way that is creating a warped energy in the physical body. Usually there is an emotional upset or emotional oppression. I've talked about this a lot in this course, that creates a vibrational wobble that often creates disease in the physical. The question is always, is the disease to get my attention? Maybe. Is the disease part of my soul's journey? Maybe. Honest to God, none of that matters.

Jennifer: However, use it. The why is there's something happening. Use it. Use it, okay? An emotion is an underlying emotion that has been repressed and is often a source of disease that's why doing spontaneous transformation technique over and over, and over again can really change the physical. I also want to share, I'm a big, big, big fan of

doctors. I think doctors have a definite place in our life. A doctor can reattach an arm. Meditation and spontaneous transformation cannot. The medical system can take out tumors. They can take out appendix that are about to burst. Spontaneous transformation cannot.

Jennifer: For those of you who don't like the medical system, don't like doctors, that's something that you get to do some work with. There's just simply a belief there. Are there bad doctors? Abso-freaking-lutely, terrible doctors. Are there bad healers? Abso-freaking-lutely. There are terrible healers. Are there people who are extremely spiritual that are not very kind or loving, or compassionate? Yes, so it's not just doctors that are bad. There are people who are not good at their profession in every field that you can come across, and yet we throw all the doctors under the bus. Could the medical model be upgraded a little bit to incorporate some new thought, new age, new alternative ways of looking at things?

Jennifer: Sure. Are there doctors that are doing that? Lots, okay? I'm a big fan of doctors and if you're having something that is really acute, go to the freaking doctor. They can really help you and support you, and sometimes I found that we get ourselves into a cycle and it's a belief cycle, a fantasy cycle, and a physical cycle, and sometimes we need something introduced into that cycle that stops the cycle temporarily. I'm not a huge fan of pharmaceuticals but I use them. When I had terrible ADD, just terrible ADD as an adult in my 30s and I found a psychiatrist who finally diagnosed me and gave me some Wellbutrin.

Jennifer: It was a freaking miracle. It was the best thing I had ever done. I probably stayed out of it a bit too long because I was afraid to go off of it because I'd love so much how I could see things in complete thoughts and go out in a tangent and come back, which I wasn't able to do prior to the medication. It was fabulous. Right now I'm on a medication for asthma. It's a freaking miracle. For six months I had this asthma. I didn't realize it was asthma. I thought it was just a cough and it turned out it was asthma and I'm on this asthma medication. The cough is gone. My God, I can breathe really well. Yay! Will I take this for the rest of my life? No. I'll probably go off of it, see if I stop that little cycle of coughing.

Jennifer: Again, everything in moderation. That was my little jam about I'm getting off my topics now for doctors, but if you don't like doctors, if you have a problem with them, it's just a belief. Now, back to the physical... the mechanism is, so I think that for any physical upset, there's an emotional component that is powerful to work with and it's not the only way. For physical upset, I think it takes a team. It takes the emotional piece sometimes STT can absolutely change a dynamic of it completely but most of the time I see STT working with doctors, naturopaths, homeopathic, acupuncture, a massage, and all things.

Jennifer: Those things working together can really, really make a difference in the physical, and again, most physical upset is a result of a repressed emotion. There is usually a repressed emotion attached to most physical problems and you know how that works. Something happens in childhood, a decision was made about who we are and what life is that created this dynamic that settled eventually into the physical, and we can unwind

these things, okay? One of the quotes, one of my favorite Rumi quotes is, "The wound is where the light comes in." The wound is where the light comes in, and I just think that says it because the wound is where our attention is, the illness and the physical upset really, really instantly captures our attention.

Jennifer: Nothing does it better than the physical upset, and the wound is where the light comes in and that is our opportunity to make a different decision. Many of you are here in this course because of physical upset, and so the wound is where the light can come in. The wound creates the opportunity for us to stop and say, "I need to do something different." The illness is where we pause and say, "What's happening here?" It's all part of our amazing journey, so it just happened right now. What if our soul intended for us to have some challenges with the physical? I know that my soul did because I've had so many. What if that's okay?

Jennifer: As I look back on all of those challenges, I see that there was something there for me. Louise Hay created this amazing book that talked about the emotional belief behind many, many illnesses and it's so beautifully accurate, so just being cognizant, cognizant that when we look at that book and we say, "Yeah. There's some truth to that." Then what do you do with it? You can just label it and say, "Well, I got this thing because my parents sucked." Or we can say, "There's a belief here to unwrap wind. There's a part of me that's ready to be loved and seen, and honored."

Jennifer: Yeah, you can hear your life. Thank you, Gayle. Gayle just shared the book that's called, You Can Heal Your Life. It's a great book. It's the book that got her started on her journey, at 50 by the way, for those of you who have think you're too old to do things. Okay, so the physical body is responding to the conditions of the mind. The physical body is responding to the emotions that are repressed, that are filling the mind, and so when we can use this now as a gateway in, as a point of access into start honoring those parts of us that have a wobble in their belief systems, that have repressed emotions that are attached to that wobble and the belief.

Jennifer: The repressed emotion and the belief usually go, or not usually. They go hand in hand, and then the coping mechanism can sometimes be a physical coping mechanism. If the wound is where the light comes in, then we get to say that nothing that is happening here is wrong or bad. None of us are getting out of here alive. I don't know if you know that, so some of us are using the physical upset as the point of transition. The body is going to be left behind so illness is sometimes part of that transitional process, and sometimes it's I would say there is a point that we can tap into to say, "No. This isn't my exit. This is just a beautiful learning moment.

Jennifer: This is a beautiful moment to understand something so much more." Many people I talked to who have had major illnesses, who have moved through them, they're just so different. They're just so different, and so they're different afterwards because the things they worried about before they don't worry about, and so that clearly to me indicates that there is something beautiful about this illness, and so anything that's going on, we can do STT on and go to a specialist. Go to a doctor. Go to a homeopath. Go to a naturopath. Change your diet. There's all ways, so we're going to do a couple of things today.

- Jennifer: We're going to talk a little bit about the chakras. We're not going to do weight control. We're going to probably do that in our next session and if we don't do that in our next session, we'll do that in the healathon. It's definitely in the intentions. Someone asked about that. It's definitely in the intention. It's just not today, okay, just so you know. I'm going to get set your expectations for those who are thinking we're going to do weight stuff today. We aren't.
- Jennifer: However, we will be doing it before the end either in Session 10 or on the healathon. All right, so we're going to talk about the chakras. The chakras, there are these seven beautiful energy fields in our physical body. The first chakra is right at base, right where the pubic bone is. The second chakra, it's around the tailbone in the back, pubic bone in front, and right where the sacrum meets the tailbone by the way. Then the second, and that's the color there is red. The second chakra is orange and it's right between the bellybutton. It's the lower abdomen, right underneath the bellybutton. Above the bellybutton is the third chakra which is yellow, and then above that is the heart chakra which is a green color.
- Jennifer: Then, there's the throat chakra which is the fifth chakra and that is blue, indigo blue, and then there's the third eye chakra which is violet, and then the crown chakra which is a little bit behind where the soft spot was when we were babies. That is the crown chakra which is white, and each one of those is associated with an endocrine organ, and so the endocrine system is definitely part of the chakra system. The chakras also have different emotions associated with them. Now, I'm not going to give you an overview on chakras right now and what each of them are. And if you're interested in that, look it up.
- Jennifer: There's so much content online as to what the chakras are, but just know that the emotional piece of the chakras that are related to hormones, because the endocrine system is related to hormones, is also related to the surrounding organs. If you're having any challenge in a certain area, there's likely a chakra associated with it and that chakra has to do with an emotion and that emotion of course is often repressed from childhood. It's just another point of access to know that if you have a lower back issue for example, that that is usually first and second chakra issues. First chakra is about survival. Second chakra is about sex and money.
- Jennifer: For those who are experts in chakras, don't freak out because I'm just giving very loose overview. Again, this is not a course on chakras, but I'm just telling you that there is also some physical things. There are things that you can't understand from a mind perspective about what's going on in these different areas of the body. If you're having issues with the pancreas, spleen, liver, adrenals, that is the power sensor which is the third chakra, the yellow area. If you're having problems with your heart, you're in fourth chakra area, okay? There is an association with that and there is an emotional content behind all of it.
- Jennifer: You can play with that if you want. If you want to go research the chakras, if you want to look at Louise Hay's book, all of these is beautiful insight and content for the mind to understand some of the nuances of what might be happening, but know also that what if there's nothing going wrong? There's just a calling card. There's just the body saying, "I need your attention." Okay, and we've got all ways to then use that attention. I'm

having some issues with my lungs. I'm having some ... that is for chakra challenges. There's emotional content, love, love. The heart is love, so you guys get the idea.

Jennifer: All of that is just insight though, okay? Louise's book is fantastic but it just gives you insight. What's next after insight? Use it. Use it to go on a journey. Use it to go on one of these spiritual journeys again that we've done. We've done so many of them. We've done a journey on almost every single call so you've got ten of them. We did journeys in the Feel Better Challenge. If you have those, go on a journey. If you have any of my other classes, go on these journeys and use the intention of the physical upset or the insight you just gained from Louise Hay's book or understanding what chakra it's in. Use that as a point of access. Got it?

Jennifer: Will there be an instant cure? Maybe. Maybe not, and that's not the point. It's about the journey and I know that the physical thing can be really, really, really, really intense, really intense, okay? All right. Yes, I'm just having this moment of noticing that yeah, it's time to actually tap in and notice the physical body, notice the physical body right now. Take a moment right now and just notice your physical body. Just really, and so many people have been sharing lately how now that they're doing more spontaneous transformation, that they go in and they now see how little time we spent with these parts of us that have been repressed, and how different it is to now spend time with them because we're spending time with our self.

Jennifer: We're going to do that right now. We're going to spend time right now with our beautiful physical body, okay? Just tap in to your beautiful physical body. Just tap into it. Just pretend with me that you can be present with your body, okay. That's it. Notice your physical body and just notice all parts of it. Yeah. Notice any places of tension. Notice any place that might be loose. Notice places that most of the time we only notice the stuff that's going wrong. Same ideas. Everything else I've been teaching. Take a moment right now and just tap in.

Jennifer: What's going right with your physical body? What's good about your physical body right now? Find something. There's something that's good. Do you like your eyes? Are your sinuses clear? Do you have hair and you like your hair? Notice the things that you like about your physical body. I really love my teeth. I love my teeth. Yeah, notice it. I love my colon. My colon is so like it knows exactly what to do and it delivers many times a day. What's right about your physical body right now? Just take a moment and notice what's right, and if you have any disease or upsets, it's okay. Just notice for the time being that that's there and there's some things that are right.

Jennifer: What else is right with your physical body? Boy, our bodies have carried us for a long time. They've helped us to walk around this world. They've helped us to see things. Just our eyes alone, what our eyes have seen, and I know that there's someone in this course that might be blind. Your senses have taken over, so notice what you've experienced through this body. Notice the amazing food that has gone onto your beautiful taste buds and how your tongue just went, "My God. That was good."

Jennifer: Notice those amazing meals that you've had. Notice how the nutrition, the body has used it to give you energy. Notice that. Notice how you've had, maybe you've had

amazing sensual encounters. Remember those bullets. Remember all the orgasms you've had. I hope that's okay to say, but remember. Yeah, remember the symphonies and the music you've heard. I love musicals and I can now feel my eyes and my ears going. They experienced the most amazing things, and I remember diving into a lake and skinny-dipping, and feeling that beautiful velvety coolness on my body, and how my skin has had the most amazing sensations through my life.

Jennifer: Cozy jackets, cute comfortable shoes, beautiful fresh cotton shirts, and how great that felt. Notice the times we've been pampered and went to massage, and how our skin and our muscles just love the massage. Notice the time we found that great moisturizer. It felt so good on our skin. Notice the times we jumped in the ocean or a lake. Notice the times that we did something fun that used our bodies. I'm thinking of all the years I went, I love skiing. I love skiing so much and I can ... feel yourself doing some of the activities that you loved even if it was a long time ago and you're not doing it now. Just put that aside and remember what this body has done for you.

Jennifer: My God, the skiing. The places I went to all over North America, and skiing, and shushing down there, and my legs would burn at the end lovingly. Think about the things that you may have done physically, those beautiful walks or hikes, or maybe walking your dog, all those beautiful times your body took you on those walks. Again, if there's anything that you're not able to do now, just put it aside and just remember, we're just erring everything, these little balls in our skull have seen, the eyeballs, our eyes have seen. The things that we've heard, the things that we ate that were just so sumptuous, the great meal that was healthy and our body went, yes. The times that we were able to run and giggle and laugh when we were kids.

Jennifer: These bodies, this amazingly beautiful, incredible bodies, these miracles, and this body that if it gets a little cut, it can actually heal. That's a freaking miracle that this ... a little hole that happens in the body, it doesn't just remain a hole. It actually, the skin comes back together again and heal, so we just are in awe. If we lived on a planet where that didn't happen, they would come down here and they would just think we were all Gods. That is a miracle that we can create life that a sperm can move into an egg. A sperm from someone else can move into an egg from someone else and create a person, and the physical body can actually grow this person in it. It can have this 10 pound or seven to 10 pound being inside of them and it can get through this little tiny tunnel, which expands to allow them into the world.

Jennifer: This body is a freaking miracle. Tap into the miracle of your body right now. Tap into what this body has done with you, through you, for you. Tap into all of the amazing things you've done, the places you've been, the experiences you've had, all through this remarkably beautiful, powerful body, and let's just thank our beautiful bodies right now. Thank you, body. Thank you, body. Thank you, body. You might notice in this moment that your body has been your partner. Your body has been your beautiful soul partner and your body has been on it, engaged and committed to your soul's journey at every turn, and as you consider that that your body is a committed, engaged partner who's got your back no matter what, if you consider, what if that were true?

- Jennifer: First of all, what would that feel like? If that were true that your beautiful body is just engaged, committed partner that is delivering a divine vehicle for you to experience this life, this journey of your soul, what if that were true that it is completely engaged, completely onboard, completely committed to your soul's journey? What would that be like if that were true? Tap into that right now and feel. I'm going to give you 90 seconds to feel that and engage with your body with this new understanding that my beautiful body is here for me. My beautiful body has supported me through everything. My beautiful body is committed and engaged, and a supportive partner supplying my soul with a vehicle to move through this interesting adventure of my life.
- Jennifer: Tap into that with your soul right now and with that, see if you can bring some gratitude to your beautiful body. Thank you, beautiful body. Thank you, thank you, thank you, beautiful body. Yeah. Kristine just said, "It's a holy house and temple that protects my soul." That's correct. That's a beautiful assessment. Now feel how as you notice that, I can feel that there're some tears here and just remember, there's no story, just tears, no story, just tears. As you tap into that energy of your beautiful physical body, as this remarkable partner that has your back that is engaged, I'm going to give you a few seconds to feel this.
- Jennifer: Just play in a synergy of gratitude and partnership, and maybe even have a little conversation so I'm going to be silent now for about 90 seconds as you play with this energy. Tapping into your body, acknowledging, and even if it's just an inkling of a maybe of a possibility that your body is your partner, thank you, body. Tell your body how much you care about it. What if it's true that it is your partner? What would you be doing in this moment if you really knew your body was your partner? There's a powerful unwinding happening right now, a really deep healing happening. Interact with your body in this new partnership. That's it. What's that like? Describe it yourself. What's it like to now have this new partner who's got your back?
- Jennifer: What's that like? What's that like? What's that like? There we go, lovely. Beautiful, and now as we're starting to really feel and sense this partnership, you might notice that there is no way that this temple, this body, this partner, this engaged and committed partner, could ever betray your soul's journey. Some people feel when they get ill that their body betrayed them and that's understandable, and yet in this mode, we can reconsider that notion. What if your body could never betray you but is constantly supporting you and supplying you with intel, with content, with nudges? That's it. What if the body is like this refined tuning fork that is able to vibrate at the belief that most requires your attention right now and that's all that's happening?
- Jennifer: What if that's all that's happening that your body is like this refined elegant, graceful, incredible tuning fork that is simply vibrating at the belief that you're ready to honor and heal, and unwind? What if that's all that's happening? We thank you, beautiful body, and we get to say, we do a little ho'oponopono now with the physical body. We're just going to say to the body, "I'm sorry. I'm so sorry for all the beliefs that I created in order to survive, and how those beliefs may have impacted you. Please forgive me for those times when I ran rough shot over you, when I did things that I knew were not good for this body. Please forgive me. I'm so sorry for some of the things that happened

in childhood that created the beliefs, that created coping mechanisms, that created some things that may have hurt you, beautiful body.

Jennifer: Please forgive me for any way I've hurt you, my beautiful, beautiful partner. My soul partner, I'm so sorry for what happened. I'm so sorry for the things that may have happened that created emotional upset that needed to be repressed that impacted you. I'm so sorry for the things, the coping mechanisms to protect ourselves from those repressed emotions, may have created a vibrational frequency that you needed to use to get my attention. Please forgive me for the times when I didn't honor you, when I didn't take care of you. I love you, beautiful body. I love you, my body. I love you, my body. I love you, my body. Thank you. Thank you. Thank you. Thank you for being this beautiful partner. Thank you. I'm so sorry.

Jennifer: Please, forgive me. I love you. Thank you for saying this to our beautiful partner in soul's journey, our body. 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. I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me. I love you. Thank you." In this moment, because we are so engaged right now in an understanding of the partnership, now we are moving into a new relationship with our body. We make a new commitment to our body and just saved them. I'm committed to hear you, to hear the small things so that you don't have to get my attention with bigger things.

Jennifer: I'm committed to hear you, my beautiful body. I'm committed to trusting you, my beautiful body. Trusting that what you are, the attention that you are seeking, that I'm listening. I am listening now. I'm sorry. Please forgive me. I love you. Thank you. I'm sorry. Please forgive me, and again, saying this to our body, "I'm sorry, beautiful body. Please forgive me, beautiful body. I love you, beautiful body. Thank you, beautiful body. I'm sorry, body. Please forgive me, body. I love you, body. Thank you, body. Thank you, beautiful body. Thank you. I'm sorry for the things that happened. I'm so sorry for the things that happened. Please forgive me for any time that I took you for granted or did not honor you. I love you. Thank you.

Jennifer: I'm so sorry for anything that may have been harmful for you that happened to you at any point in time at the hand of another. I'm so sorry for what happened, beautiful body. Please forgive me for those times I was unable to take care of you or somehow went too far. Please forgive me. I love you, my beautiful body. I love you. I love you. I love you. Thank you. Thank you. Thank you for this partnership. Thank you. Thank you for providing the most beautiful, remarkable temple to move through this life with. Thank you. Thank you. Thank you, my eyes, my ears, my skin, my teeth, my mouth, my tongue, my brain. Thank you, my throat, my esophagus. Thank you, my beautiful skeletal system. Thank you. Thank you, my heart, my lungs, my pulmonary and circulatory systems, my vessels, my capillaries, the blood itself.

Jennifer: Thank you. Thank you, all the organs. Thank you, the spleen, the liver, the pancreas, the kidneys, the adrenals, the bladder. Thank you, degenerative organs. Thank you, the colon and the small intestine, and the rectum. Thank you, legs, feet, fingers, toes, knees, hips. Thank you, the fascia, the connective tissue. Thank you, the cerebral spinal system,

the cerebral spinal fluid, the nervous system, the nerves. Thank you, the spine. Thank you. Thank you. Thank you. I love you. I love you. Thank you, the endocrine system and the chemical, the beautiful chemical mix that has kept me alive and functioning. Thank you. Thank you, my heart. Thank you. Thank you. Thank you, my ribcage. Thank you. The bones in my skull, thank you.

Jennifer: My eyes, thank you. My lips, thank you. Thank you. Thank you, my beautiful body. Thank you. Thank you. Thank you. Thank you. Thank you. I love you. I love you. I love you. Thank you. Thank you. Thank you. Thank you." There we go. There's beautiful healing happening here right now. Thank you, my body. Thank you, my beautiful body. Thank you, my beautiful body. Thank you, my beautiful body. Thank you, my beautiful body. I love you so much. I'm so grateful. I'm so grateful. That's it. We now watch as this gratitude fills us. It's as if ... yeah, there it is. It's as if we are now ... this gratitude has opened a portal, a container of our physical body has been able to open up and now we receive the light from the infinite and eternal self, and we feel ourselves filled with the light of the divine part of us, the divine blueprint of our beautiful body.

Jennifer: We are filled with this sweet gust of our healing, loving, powerful light, and we feel it fill us up. We feel it fill us up. We feel it moving into all the structures of our physical body and because our act of honoring and loving our body has created these beautiful openings throughout our body to receive, to receive and remember the beautiful perfection of the body in its divine state, and so we watch as this light fills us and fills us, and fills the physical body, and we watch as this light which is basically our soul in its eternal essence, fill us, fill us, fill us, and fill us, and fill us, and fill us, and fill us. It fills us to the point where it starts to now concentrate in areas of our life.

Jennifer: Yeah, and it now concentrates in the areas that have been seeking a little bit of attention. They have been seeking our attention and this powerful light of our soul, of our infinite and eternal energy of divinity itself fills us. This nurturing, nourishing light fills us. That's right, and it moves into the areas where we most need it in the physical, and there's receptors that have opened through our loving with the ho'oponopono we just did and a love we just felt for our body. There's these beautiful receptors in the areas that are most seeking this light and healing, and this energy flows in and flows in, and flows in, and there's no end to it, and it now concentrates in areas where it's most needed.

Jennifer: It concentrates in the areas of pain or disease, or illness, and it just moves into those areas and just loves those areas in an extra deep way, and it says to those areas, "I'm here. I'm here. I see what's happened," and the energy contained this infinite, eternal, powerful, deeply healing energy, contains within it the energy of acknowledgment. It says, "There they are." It says, "I'm so sorry for what's happened. I'm so sorry," and it nourishes and nurtures, and acknowledge, and love, cherishes and adores these parts of our physical body that have been seeking attention, that have moved in and moved in, and moved in, and loves. I can see some of you.

Jennifer: It's like, there's rocking. It's rocking, those parts of us. I can feel my liver, my lungs being rocked gently like a mother is rocking it. This light is just doing exactly what's needed, exactly what's needed. This light is moving and then turning on the natural healing

intelligence to a higher volume and we just witness. We witness this light moving into our physical body. We witness this light moving in and knowing exactly what to do, and we witness it waking up parts of us that haven't been awake for a while, parts of our physical body. We witness it moving in and loving and loving, and loving, and cherishing, and adoring parts of us. For some, this light moves in as this cooling salve that just cools, cools and calms those areas that are needing cooling and calming.

Jennifer: It's as if it's a healing salve and this healing salve just is placed over the areas where it's needed most and starts doing it's beautiful, brilliant transformational work. It's reminding all parts of us to the atomic level of the light that we really are, of the love that we truly are, of the divinity that we really are, and this light reminds every cell, every cell of our body of who, of our heritage of light, of our divine heritage, reminds the body of the original, healthy, whole, aligned, balanced blueprint, and we now start to feel ourselves responding to this beautiful light. Now, for some, there may be tears and again, there's no story for some.

Jennifer: There may be some, a little physical discomfort and just remember that if energy is moving through an area it hasn't moved through in a very, very long time, there might be a little bit of physical discomfort. For some, there's relief and relief that's happening and that's not the case for everyone, and that's okay. For some, we've had decades of this lack of energy moving through, and so could it be instant? Absolutely. For some, it may not be. What if that's okay? We're not doing to get here. We are just simply honoring and loving our body, and trusting our body, and trusting our body's interaction with our soul, and in this moment, we are creating this powerful, powerful interaction between soul and body, a direct contact, and we are being filled with our soul light direct contact, and that light is never blinding the cells, the structural cells, and every part of us, of our divine heritage.

Jennifer: In that moment, we honor every single part of our body. We honor every single part of the light. We just love what is in this moment. There we go, whoa. There we go. Wow, it's a beautiful, very expansive healing energy here right now as all of us do this together. Wow, wow. Wow, and we just love our body. I love our bodies, I love our bodies, and we love our soul light. We loved that our light is connected to us and reminding us in this field of density who we really are to the physical and this light, this salve, this cooling salve, this healing balm of love and light, and nurturing, healing, knows exactly what to do and takes our body into a new interaction, and as it's doing that, we again say, "I'm sorry. Please forgive me, body.

Jennifer: I love you, body. Thank you, body. I'm sorry, body. Please forgive me, body. I love you, body. Thank you, body. I'm sorry, body. Please forgive me, body. I love you, body. Thank you, body. I love you, body. I love you. I love you. I love you," and we know we have this inkling now that is really rising up into real true consciousness that our body has served us at every step. That our body has known what to do and served us at every step even if it didn't look like it, and we thank our beautiful body. I love you, body. Thank you. Thank you for knowing what to do. Thank you. Thank you for calling forth this moment. Thank you. Thank you for being a soul partner with me on this amazing journey of the soul at this time, and even evolution. Thank you. Thank you for keeping me alive, thank you. I love you, body. Thank you.

- Jennifer: A powerful, powerful healing and we're in this remarkable still point with our body, and we just take a moment to just be with our bodies right now, just be with our body in this still point of love. They're asking me to do a little soul song for the physical, and the new pattern that we've created, the new algorithms and new patterns, some new neural pathways around the physical body, and our partnership with it. Our soul's connection is so much deeper in this moment. Our soul is connected to our body, and so the soul song is a sound vibration that is going to move in and just tighten the weave of these new patterns that we've just created of love and partnership, and acknowledgement, and conscious awareness, and awakening. That's it.
- Jennifer: That's it, so just allow yourself to really be present in the still point with your body moving into ho'oponopono, moving into loving and honoring, moving into acknowledging, moving into seeing this whole light move in and do its concentrated work in certain areas. Just witness. Be the observer. Be present as the soul song comes in and tightens the weave of these new energies. Here we go.
- Jennifer: [singing]
- Jennifer: That felt like a love song from your body to your soul. That was really lovely for me at least. There's definitely some powerful sound vibrations that broke apart some things that are no longer needed. Sound vibration is so cool, it just goes in and tightens the weave of new patterns and breaks apart that which is no longer needed, so just feel yourself in this body that you are now consciously present with, so consciously present with, and so consciously aware that your body is very consciously present with you and your soul, and there's a new connection now to your soul as your soul is filled ... as your body is filled with the light of your very soul.
- Jennifer: It's created a connection and this connection will continue from this day forward. You can't unknow this. You can't unfeel this. You are connected to your body now. Your soul has a conscious connection to your body, and so your body will be more animated by the soul. The body will give you amazing messages now too and deliver it through your senses, and so as we stand in this new body, as we feel ourselves, wherever we're sitting, we feel that we have a new connection and it does almost feel like it's a new body and in many ways, it is, because as you know that when you shine the light of consciousness on anything, it awakens, and that is what we have done today.
- Jennifer: That is what we have done today. Here we go. There's a beautiful little healing pulse happening right now. That's it. There we go. Beautiful. Now, the universal vacuum cleaner is coming in and it's just vacuuming up any old dust bunnies that are no longer needed in this new conversation that you have with your body. It's coming in and it's sucking up all the old dust bunnies, of all dust and energy that is no longer needed in this new conversation, in this new pattern, in this new neural pathway, and so that universal vacuum cleaner is just coming in and cleaning things up and out. That's it, beautiful. That's it.
- Jennifer: Here we go. Okay, so bring your attention back to this moment and when you are ready, open your eyes, but open your eyes with the conscious awareness of this new relationship, this new divine connection between your body and your soul to this new

activated body, and know that you're going to be going on a new journey that's slightly different with this amazing body of yours, with your ability and capacity now to be present with this body, knowing that your body is this wonderful tuning fork that is going to simply vibrate and get your attention. It is simply going to vibrate and give you pleasure, vibrate and give you a sensation that feels cool and good.

Jennifer: There we go, so open your eyes to this new body. That's it. Lovely, well done. I'm going to go ahead and open up the lines. Okay, so if you've raised your hand, if you could say your name out loud?

Teresa: Hello?

Jennifer: Yes? Is that your name, Hello?

Teresa: No. My name is Teresa.

Jennifer: Hey, Teresa?

Teresa: Thank you. Hello. That was so beautiful. When I woke up this morning and I was actually ... this is like as always. Everything is divine timing. I was having a battle with my body, so thank you. You've given me a very, very important tool.

Jennifer: You're welcome.

Teresa: The reason I'm phoning is I was hoping you could give me maybe further guidance and understanding about being afraid of bacteria and viruses. I'm allergic to most penicillin antibiotics and there is something ... it's all connected with that, and if you could just give me an idea of where I could take that, I would really appreciate it.

Jennifer: Okay, cool. First of all, I want to just acknowledge you, Teresa, because that was very, very clear. You understand and it's so clear to me. It's really exciting that you really clearly understand that there's a belief there, and the way you presented it was ... I want you to notice this, that you presented it in a way that you weren't victimized by it. It's just the facts, and again, it's okay if any of you feel victimized by life is ... I'm not giving you ... whatever you do is fine, but I'm just acknowledging that you are ... that the energy that you presented there was very, very clear. That feel true?

Teresa: Thank you. Yes. Thank you very much.

Jennifer: That's pretty cool. That's way, way cool. Now, you're allergic to most penicillins and of course you would be afraid of virus and germs. Of course you would, right? Because-

Teresa: All the unseen.

Jennifer: First of all, yes, of course you would. We get to acknowledge sometimes that our fear is real and it's okay. When it leads into terror, so you'd never go outside or anything like that. That's a different story but nonetheless, that's a genuine sound fear, isn't it?

Teresa: It is, and it's ironic because most of our bodies are made up of bacteria, so I feel like there's an imbalance within me like all of these, it's not just this. It's allergic to a lot of foods and my allergies keep growing and growing, and growing, and I keep manifesting in more restriction, this restrictive mindset, so I know it's a belief, but I can't seem to get to-

Jennifer: Yeah, that's okay.

Teresa: When you talk about the thread of going back and pulling on that thread.

Jennifer: Let's do right now. Teresa, I'm just really enjoying your articulation of this. You're really, really taking this in and you're getting it, and it's way cool, so I just want to acknowledge you that there's been a transformation just from that that you might not see or recognize but-

Teresa: Today's piece really helped, thank you, and that you answered the call right away. It's like, "Okay, I get to ask my question."

Jennifer: Yeah. Okay. Let's do-

Teresa: Thank you.

Jennifer: Let's tag on that, thread of allergy. Let's do that one, okay? To the rest of you, you can tag on this thread of any physical upset, okay? You can tag on this thread of any physical upset. The rest of you do, and of course, you guys know that the platinum level of this program is if you do your own spontaneous transformation on your stuff as I'm working with Teresa. Any physical upset is what this spontaneous transformation will be about and in your case, Teresa, it's going to be about allergies, okay?

Teresa: Thank you.

Jennifer: Good. Now, first of all, tell me, how old are you when you started having allergies? How long ago did that happen?

Teresa: It became quite noticeable when I was in my late teens.

Jennifer: Late teens? Did something happen when you were in your late teens?

Teresa: I don't know specifically. It's just I was working outdoors and I've started developing a lot of reactions to pollens and things like that, but I didn't really think too much about it. Then, my biggest one though, like the one that stands out in my mind is I ... it relates to fleas, and I had moved to a location where there are fleas in the home, and I didn't know it, and I was waking up with bedbug bites or bug bites, and I get up every morning at 7:00, and clean the house, and use bleach, and vacuum and everything like this, and do the carpets and by 2:00 in the afternoon I was exhausted. I did this for about two weeks and I remember standing in the living room and I was crying and saying, "I can't do this anymore," and it was that, as if I felt my body split from top to bottom like

something tore from the field. I was 50. That was the most recent but it was the most impactful.

Jennifer: Yeah. Yeah. Okay, good. There's a little build up in there from different things that happened and of course the things happened, or attracted by your vibrational resonance. In that moment which, and the rest of you just find the health issue, and then find the thread, and follow it into where the little one is, okay? That can be guided through the physical body. The challenge with the physical always with STT is that it is ... we often don't do STT on the area that is an upset. Oftentimes, we want to focus on the part of the body where the emotion is being held. In your case, when you think about the allergies, when you think about that moment where you can't do it anymore and there's a split, in that moment, what was the emotion that you're experiencing?

Jennifer: For the rest of you, when you think about the physical upset, what is the emotion that you're feeling about it? What's the emotion there, Teresa?

Teresa: I was helpless.

Jennifer: Helpless. Perfect. Very good. That's very good. Okay, so where is helpless? The rest of you, follow the emotion out in your physical body. Where is that helpless feeling in your physical body? Where is it?

Teresa: It's in the upper part of my GI tract.

Jennifer: Okay, upper GI. Okay. Good. The rest of you, find it where it is in your body, and we're going to bring our attention into that area okay, Teresa, but we're going to bring the attention of the observer, okay? Right now, move into the energy of the observer and that is of course your godmother, guardian angel, Mother Mary, archetype of mothering energy, or more in the line of the metaphor of you're in the theater watching versus in the movie. You know that there's a difference. You're detached. Tell me, what does it feel like to be your version of the observer, Teresa? The rest of you, describe to yourself what it feels like to be the observer. What it's like to be the observer?

Jennifer: Detached and present. What's that like for you?

Teresa: I feel total acceptance. There is, both arms are opened. It's like a loving embrace.

Jennifer: Okay, good, and so you're going to just make a little agreement with yourself that you're going to hold that energy for the rest of this STT session. Is that okay?

Teresa: Yes, thank you.

Jennifer: Good. Very good. With acceptance, open arms, observer is now going to move into the upper GI tract. The rest of you, you can move your observer self, embody the observer that it's detached into the area of your physical body where you've been drawn to, and as you go into the upper GI tract, you're going to see that there's a younger version. There's a little Teresa there. Is that true?

Teresa: Yes.

Jennifer: Good. As you're present with little Teresa, as the observer, you're going to make yourself known and what she gets to see is like a fairy godmother or a guardian angel. Is that true? Yeah, and because you are detached, you're also giving her this beautiful gift of space for her to just be heard. Does that feel true?

Teresa: Yes.

Jennifer: Beautiful.

Teresa: Okay.

Jennifer: Good, so now as this beautiful observer, you're going to get a little closer to her and you're just going to say, "I'm here and I'm present, and I'm not leaving you. I'm here and I'm present, and I'm not going anywhere."

Teresa: Yeah. She curled herself up in a ball.

Jennifer: Good. That's good. That's okay. Of course she would, right? Of course she would. You just say-

Teresa: She's trying to make herself tiny.

Jennifer: That's right. Of course she would try to make herself tiny. That's an appropriate response, isn't it? Right?

Teresa: Yes. Yes.

Jennifer: Whatever she wants, and if that what she needs to do, then we get to say, "Yup, that's good," and then you'll say to her, "I'm here. I'm present in support, and I'm not leaving you, and you can roll up into a ball and that's totally okay." Whatever, any of your little ones are doing in response is totally okay because it's their space. If they don't trust you, it's okay. If they're throwing stuff at you, it's okay. You're the observer. You can take it. You're observing and letting them just be them, whatever it is, and they have a really good reason for behaving the way they're behaving right now. Doesn't she, Teresa?

Teresa: Yes. Yes, she does.

Jennifer: We're just being the observer just being present and she's like going, "Whoa." This person really is like a fairy godmother and not reacting as normal adult.

Teresa: Yes. Yes. That's very true.

Jennifer: Now we just say around that helpless feeling, we're going to just say to her, it's okay for you to feel that right now and whatever emotion that you guys eventually got, we just encourage these little ones to express that emotion. Remember, you're the observer

observing them feel it. You're not feeling. They are, okay? Good, and we just share something with them as they consider feeling that feeling, so some of your little ones are going, "I feel that feeling. I've been avoiding that my whole life. I'm not going there." Some of you are already started to feel it and that's okay. We're just going to share with them this little piece so I'm going to share through your observer to them.

Jennifer: Just share at the age that they're at, something happens that had them feel this way, and it wasn't safe to express that feeling. Is that true?

Teresa: That's true. That's why she's in the fetal position.

Jennifer: That's right. That's right, and so she did something really, really smart and all your little ones did something really clever, brilliant in fact, which is they repress the emotion and they repress the emotion because it wasn't safe to express it. Is that true?

Teresa: Yes.

Jennifer: That was a really brilliant strategy because it helped you to survive. It helped you to survive. Is that true?

Teresa: Okay. Yes.

Jennifer: Good.

Teresa: I'm getting this.

Jennifer: Good, and because it helped you to survive, you get to say to her right now, "Thank you for saving me. Thank you for saving us. That was really smart to repress that emotion." Right now, she has actually created this moment by getting your attention with the allergies. She's created this moment to finally express that helplessness and all the emotions that were around it that were unable to be expressible, so she's now going to give voice to that which could not have been voiced previously, and so she gets to finally express it now, so what is she doing? How is she reacting, and how is she expressing that helpless energy, and any other emotions you are seeing now?

Teresa: She's shaking. She's trembling very hard.

Jennifer: Yes, that's okay. That's okay. We get to say that is an appropriate reaction, that trembling is correct. The trembling is something that we needed that couldn't happen before since she gets to tremble. Again, we are the observers observing the little one's experience something, right? She gets to feel helplessness in a form of trembling and that is appropriate.

Teresa: She's pretty angry. Yes, she's angry at adults.

Jennifer: That's right. She gets to be angry at adults.

Teresa: She's very angry.

Jennifer: Very angry. She gets to now be freaking angry and you get to observe her anger. That's it. Of course she'd be angry, right, Teresa?

Teresa: Yes.

Jennifer: You're the observer, observing her being angry and feeling you're observing. Of course she would be angry, right? Of course she would be angry. Is that correct?

Teresa: Yes.

Jennifer: That is an absolutely appropriate reaction, isn't it?

Teresa: Yeah. Angry and mistrustful. Yeah.

Jennifer: Of course she would have lack of trust. Of course she would be angry. That is absolutely appropriate. Again, whatever your little ones are feeling just to validate, yes of course she would feel that way. How else she could she have felt? Of course that is correct. That is appropriate. Applaud your amazing courage to really finally express this. Yes, that's correct. Of course she would feel that way. There we go. Something is changing. What's happening now?

Teresa: She likes the word correct. That's so funny.

Jennifer: Yes.

Teresa: I actually could see her putting her hand up in the air and like, "Yes."

Jennifer: Yes. Anything that she was feeling at that time was correct and do you know how I know? Because that's what she was feeling and the adults around here, or around her, did not want her to express it. They couldn't handle it, so I want her to notice something right now. She's finally expressing these feelings and the anger in particular. As she gets to notice that the adults have no idea what they are really doing and most of their reactions were not about her. Is that true?

Teresa: Yes, that's true.

Jennifer: They had nothing to do with her in fact. Was she the effect of it? Sure, but it really wasn't about her, and so she's starting to just ... by the way, she gets to be angry about that too, if she wants to.

Teresa: No. That seems to be okay.

Jennifer: Yeah. In this moment as she's starting to really see, the other thing that's happening is she cracked open this emotion finally, and at the same time what was had to be repressed at that time was also the love that she is, the power that she is, the core of

who she is, and so that is now released and integrating back in. As if the space is being filled with this beautiful love and this core energy of her. Does that feel true?

Teresa: Yes. That anger dance turned into a happy dance.

Jennifer: Beautiful. Beautiful.

Teresa: Yeah. It's really good. It's sweet.

Jennifer: Yeah, and the happy dance was part of the beautiful energy that is there, loving her, honoring her, acknowledging her, acknowledging her experience, acknowledging all of her feelings, and filling at the space with her for the rest of you, and this love energy that you are, this core energy that you are that got repressed, but now that she's expressing or they are expressing, this energy is filling the space. Some of you, your little ones are still expressing the upset and that's totally okay. They can express it until the cows come home. We are not asking them to change. That's it.

Jennifer: You may notice however that the little ones may notice, this isn't so much for you because she's already in a new place, Teresa, but for the other people, you may notice, your little ones may notice that the energy of their power and the love, and their core energy is much, much greater now than the initial upsetting and uncomfortable emotion. As a result, it doesn't take away the uncomfortable emotion because that's appropriate. The emotion was right. It was correct, and yet the energy of the love and power that they are is so much greater than it, that it makes it a little less significant. I don't know if that's true for little Teresa as well. Is that true, Teresa? Teresa?

Teresa: Yes. I actually see me holding her and twirling.

Jennifer: That's it. You-

Teresa: We're twirling round and round. Yeah, I did. This is what I do when I get in inkling as I take that inkling and I go back.

Jennifer: Yeah, and there's another little one. It'll be as if ...

Teresa: It'll be a different nuance. Yeah.

Jennifer: That nuance energy, right? In this moment, we're going to ask you a question around all of this, around the allergies, around the helplessness, around that, around the transformation that just happens, around her reclaiming her core, and power, energy, around the happy dance, around the whole of it. The rest of you, the same thing. You can ask them around the whole of where it started and where it is now, and the transformation that just happened, around all of it. What is it that she needs now? What does she need now? Ask her what she needs now.

Jennifer: Now, Teresa, there's a very specific way to ask this. You ask her to show you what she needs now. You don't have to think about it. You don't have to figure it out. She is going

to tell you, or he in the case of the men, what do they need now, so what is the little Teresa needs now?

Teresa: I don't know. I saw her exploring.

Jennifer: Good. Ask her to specifically show you what it is she needs. She's going to look at you and say, "Here's what I need," or show you what she needs. It might have to do with this exploring energy, so ask her to show you what does she need? Powerful little beings...

Teresa: I see her outside.

Jennifer: Okay, good.

Teresa: With the plants.

Jennifer: Good.

Teresa: Exploring with the flowers.

Jennifer: Okay, good.

Teresa: Yeah. Yeah. Okay, so I'm hearing the words, "Let it be," is my adult mind.

Jennifer: No, that's her.

Teresa: Is that correct? Because that's what I heard her say is, "Let it be."

Jennifer: That is her. Yup, let it be. That's it. Beautiful, and so we're going to ask her to tell you what would it be like if this energy was the full expression of every moment. Ask her to show you what that would be like. For the rest of you, ask the little one to show you what it would be like if that need were fully expressed. Ask her to show you what would let it be, be like.

Teresa: I just saw a flower and plucked by the petals opening in this sense of total acceptance of self.

Jennifer: Beautiful. Beautiful. That's right.

Teresa: Yeah.

Jennifer: That's right.

Teresa: Okay. Wow.

Jennifer: That's right. What that's like-

Teresa: Okay. She feels my heart.

Jennifer: Yeah. What that's like for you, Teresa? Describe to me what that's like to feel that total acceptance of that beautiful flower just opened? For the rest of you, describe to yourself what it's like. What's that like, Teresa?

Teresa: It's very assuring.

Jennifer: What else?

Teresa: Yeah. What else?

Jennifer: That one right there, what's that?

Teresa: I just heard that it's okay, like I don't need to fix it. It's okay.

Jennifer: Okay.

Teresa: Yeah. I guess if your words, it is what it is until it isn't, I hear them all the time, all the time, and that's a sense of that.

Jennifer: Yeah. The words contain a vibrational resonance that you are now feeling that your little one is now showing you.

Teresa: That's exactly it. That's it. Yeah.

Jennifer: That's right.

Teresa: I don't really have the words to describe that sense of peacefulness and security. I guess, it's a big thing is that it's okay.

Jennifer: Yes, that's-

Teresa: I don't know. I kept thinking I take this course. I keep taking these courses and thinking, "This is going to be the magic bullet." It is, but it's a process and I got listening to you and I'm discovering the beauty and the peacefulness coming from that process.

Jennifer: That's right. That's exactly right. We start the journey with doing to get and when we finish this journey this week. it's from a place where we no longer have to do to get. We get to be and receive. And the challenge is that we have symptoms that require a cure. We have symptoms that require something new. The mind has decided that this will be the answer when there are no answers at least for the mind.

Teresa: That's right. That's the truth.

Jennifer: There are no answers that will ever satisfy the mind, and so if we can move from needing the mind to be constantly satiated to instead connecting with the parts of us that are ready to be seen and honored, and acknowledged, and in that honoring and acknowledging it reveals the truth of who we are, because every time we have those

walnuts that are hardcoded around an emotion that had to be repressed, it had to be repressed, and we've created coping mechanisms to make sure we never go there again. The other thing that gets hidden is the parts of us that the parts of our light, and so part of what we're doing is constantly reintegrating.

Jennifer: With every upset that happens there is not one little kid. There's dozens, maybe hundreds, maybe even thousands. In my case, there are about thousand, maybe a million, and so we get to just use our lights now. It's just beautiful tableau that reveals to us the parts that are ready to heal, that are ready to transform, and the body is one of the ways to get our attention.

Teresa: Thank you and thank you to your guides. That is another measure for me to watching or listening to how with ease you connect with them like just it's like breathing for you and that's another learning for me. That's possible.

Jennifer: Beautiful.

Teresa: Thank you.

Jennifer: Thank you so much.

Teresa: Thank you so much. Okay.

Jennifer: I'm glad you are on and notice if your allergy is changing a little bit, or at least ... let's just tap in right now. What does the fear of germs and that stuff feel like right now? What do you think about it?

Teresa: I don't know. There's this open space. There's this space that opened up. Yeah.

Jennifer: Yeah. That's right. That's exactly right and there's more to play with here likely because you had this since you were a teenager.

Teresa: Forever and ever, amen. That's okay Thank you, you're blessing.

Jennifer: Much love.

Teresa: Okay. Bye-bye.

Jennifer: Okay, so that feels like a wrap, and I do want to mention that if you're interested in checking out the Spontaneous Transformation training course, the prerequisite to become a practitioner, the opportunity is on the Listening Salon page. People have made 80 - 150 bucks an hour as a practitioner and people who are already coaches and healers have added this to their practice and really received a lot of referrals because the system works, so quickly in a short period of time, as in seven to 15 minutes, some sessions are longer.

- Jennifer: It is here for you if you want to continue the journey. Again, part of this course is to get the processes that will help you for the rest of your life, to get a library of tools that you can access now within your core, within your soul, that you can now use. No matter what happens in your life, you have a refuge. You have a home you can go to now, and I also talked about the neural pathway gym where you can use the circumstances, the old neural pathway of creating old habitual things. They're showing up as a point of assistance that you get to press against to say, "I'm ready to go into my core," and Spontaneous Transformation Technique is one of those things that it's like your gym that you can use to unwind these parts.
- Jennifer: If you're interested in that, it's here for you. It's at a discount for a limited time while this course is available. I would love for you to be part of this, and for those of you who are being attracted to become practitioners, my gosh. It's really an exciting time because I've been doing a lot of focus on Spontaneous Transformation, getting people in to learn in, just spread the power of this to the friends and families. So in this course, you'll learn how to do it for friends and families, as well as for yourself as a daily practice.
- Jennifer: Then, this is a prerequisite so if you're being called to maybe be a practitioner, we're going to be having some fun with practitioners. There will be a live in-person event coming up, and if there's enough demand, we'll do it every year. Then, I'm going to be doing a Spontaneous Transformation Technique Summit where I'm going to be interviewing some of the practitioners who are now moving into specific themes in their practice, so that could be you. Maybe this time next year, but it's going to be in 2019, maybe '20.
- Jennifer: If that is calling you, then join the Spontaneous Transformation Practitioner program. I love you guys. I thank you for being part of this program. Thank you for the co-creation and I will see you on Session 10, our last session.