

You.

So welcome tonight to class five of our eight weekly classes. So before we start, let's just take time to breathe and know that whatever it is that is in your daily life calling you, screaming at you, you can just say, we hear you. We'll be back. We'll get back to you tomorrow. Let your breath bring you to this.

Present moment in the body, right where you are in your life, right where you are physically. And for the period of our class, we are held in a vortex of stability, of sovereignty, of guardianship, that this is our time for the physical body to just be nurtured by all of those teams that can nurture the physical body. So anything that's going on in the physical body can just relax and give its message to those teams, let itself be strengthened by those teams.

And bring.

Your soul, that attention, consciousness, that is your beingness, right here into this class, into this circle of women. We are here in the sacred ground of sovereignty lifted upon the platform above earth, the platform of learning, applying, being supported, resourced. So lifting above the fray. We are each totally cocooned and held within the extinction shield field. Both you, your home, your lands, everyone you care about, all totally kept in that safeguard of the sixfold shield and extinction protocol. Because we have the Sophia collective with us now. We have a different vision, a different power, a different connection. And so we welcome them into our circle and give thanks to Gaia for holding us, letting us work through and out of entrapment. And invite in that heart. Team of grace can now open the heart connections because Sophia is there to validate discernment, breathe, and imagine what that field, that room, that circle feels and looks like. Maybe a fire burning, or there may be aromatherapy filling space. Might be the light breeze of the wind bringing you new. We are grateful for being together. And with that, our circle is set, and we are here.

So welcome, everyone. I don't know about you, but I know beyond me.

There are several in this class that are experiencing some very intense life situations.

Which is also not unusual because I'm.

Hearing of it in my other circles and in social media.

It's been a very intense time. So I'm grateful that we can be.

Here so that the intensity can help.

Lift us and not trap us.

So the first thing, as we go around the circle, I'm going to invite you to share.

Any feedback, any questions.

That have come up or it occurs.

To me that we've asked in the.

First class, we've set your intention for who you are, the end result. And I suggested you call in a.

Personal assistant, someone who can help guide.

You that, maybe an additional inner voice. So I just want to open up the space for each of you for a minute or two or three, up to three for whatever it is that you want to share about what's going.

On.

New things that are coming in, difficult things that have come up, insight.

That has popped, anything like that before we get into what we're going to do today.

So with that, and we'll tag around. And when you get tagged, if you.

Want to pass, you can certainly know.

You can put in the chat pass or open up your mic and say pass, whatever you like to do, it's totally fine. So with that, I'm going to invite Sharon to share what's going on with her and whatever she would like to share. So, Sharon, I tag you.

Hello, ladies. Lovely to be with you, as always. I'm in Belize. My husband didn't want to spend a whole winter in the snow this year because he has lost a lot of weight and has health concerns. And it's easier in many ways to be where the weather is warm. So we're fortunate, so very fortunate to be here just for two weeks. And I have been talking with the PTO some on situations I observe in the country here. And then, of course, some things I have going on with myself and with him.

Yeah.

And today I'm feeling quite relaxed. So that's a very nice way to feel. And I offer that energy to all of you. Thank you. And I'll tag Julie. Hi, everyone.

I don't really have anything to share. I'm just here, so I guess I'm passing.

Let's see.

I could pass to Janil.

That's good. Yeah.

If she wants to unmute, she will.

Thanks, Julie. Passing today. Thanks, Julie. And thanks, Janelle. Andrea.

Hey there. Yeah, so, anyway, I would say I don't even know if you guys can see me or not, but anyway, it is basically a combo pack I've definitely been experiencing. Just feeling really confused, a bit lost, like not sure exactly what I'm supposed to be doing or what's going to be the right thing for me to do. So it's been really good just really putting in and working that it's almost just loving, prospering, and just one by one doing the things I feel called to do or that make sense. And I heard something recently that was super helpful. It was talking about how the old way is just not going to work where it was just kind of on autopilot. People got their needs met and sort of the outer world, inner world. It was talking about this mush of being in the dark chrysalis, which I've totally felt, and that it's like peeling soil and weeding things out, but it's about learning to really get deeply connected to inner guidance and not getting the answers outside, but from within and.

Just.

Being part of building the new world and planting the new seeds. So that really resonated with me. It really made me realize, I've heard your brain is a bad neighborhood. And the barking dog, the negative thoughts, the barking dog in a bad neighborhood, the answers are not there. So I'm in the beginning of, in a really serious way, just how do I connect more deeply to that intuitive inner guidance that's really quiet and calm and clear in the mystery of what's right now? So, yeah, I think with my loving prospering that I'm planting. I just got an invitation to potentially show some work at the design center here in San

Francisco. So I'm in the studio finishing things up for consideration, which is great. I haven't shown there for a bit. So that was a wonderful opportunity. And interviewed with a home manager of a pretty wealthy potential client that is looking for. I do professional organizing and home styling. So I got a call back to come and do an on site. So crossing fingers, that that is a go forward, that would be really wonderful. So, yeah, there's just a lot of mystery, but I'm really feeling more grounded in, like, okay, I'm going to stop listening to the barking dog.

I'm going to avoid the bad neighborhood and connect more deeply within for guidance. One step at a time. Building the new world. So that's what's up for me. And I don't know who to tag because the phone's hard to see. So could somebody tag for me? And mute?

Will do, Andrea.

Okay, cool.

Thank Jennifer. Jennifer's on my phone, so she's got.

To figure out how to unmute.

Oops, Jen, I just muted you again.

I pushed the wrong button.

Okay.

Well.

Basically for me, my cancer is doing well. That's pretty stable. My diabetes is doing well, that's pretty stable. But the latest issue is that I am very nearly legally blind and am working with an organization that can help me adjust and make

changes. Like, I'll be getting a white cane, I'll be learning braille. And when I met with the person a week or two ago last week, I was just sick. I mean, I was just sick. I had to lay down. My face was burning, and it brought up a lot of fear of.

A.

Lot of fear that I believe comes from a place of remaining hidden and unseen, invisible and basically safe. So that's been a challenge that I've been working on with Sharon's help since she's here. So changing my story along, being.

Hidden.

And unseen, to putting myself out there, building communities, people recognizing me and respecting my input, appreciating my contributions, et cetera. So that's what I'm dealing with now. And again, I can't see the gallery, Sharon. So if someone could tag for me, we'll do.

Thanks, Jen. Welcome. We're just recognizing arleigh that there's a lot of things going on in the world and there's a lot of things going on within the members of this class. And so we've each been sharing just whatever we wanted to share about where we are, what's going on, what we've noticed. Anything like that. Up to 3 minutes. And you're the last battle end of those that are here right now. So you're on.

Okay.

What's changed for me is that I'm getting a lot more messages from the other side. It seems like I have a lot closer connection with my guides. I feel like there's been a lot of work done on generational healing, in particular for others. Not necessarily on my line. My line is kind of back. Well, no, I guess I would have to say it's not exactly back burnered. Do you know how if you're going to put a drawer in order, you empty the drawer out first your junk drawer, and then you

put everything in order when you put it back in? I kind of feel like I'm in that sort of a process. But some of the things that are going on, some of the repacking and reorganizing is already bearing fruit. That's what I would say.

Glad to have you all here. So a quick update on the three who aren't here tonight. Teresa's in the hospital in. She had. She went there for her daughter's birthday and ended up in the hospital because she had blood clots that moved up into her lungs. So she's dealing with that. She's feeling really quite well. She thought she would be on tonight even if she weren't. But because she's still in the hospital, probably tomorrow she'll be out and then probably in St. Louis for a couple of days before she can fly home to Seattle. And then our Deborah, her husband, went in for gallbladder surgery, and his heart stopped on the table. And they had to bring him back, broke a couple of ribs. They incubated him, which of course he hated, but he's been incubated and hasn't been able to have that tube removed because his breathing is not supporting that yet. The messages she's finding through that process for her has been valuable. So tonight they're doing some kind of procedure to deal with the gallbladder in a different way. And that's why she can't be on tonight. Pat's had a lot of good things happen and also some of the old sabotaging things that have come up.

But she's been working on it and holding new visions. Like I say, everybody's got something going on. And it's not all peaches and cream, but we're in that process of what is it that you're going to keep and what is it you're going to have to let go of? Even if it's ripped away, that's the time we're in for sure.

Now.

I wanted to bring up in relationship, I think, to maybe it was. Yeah, the old ways don't work. I want to bring up the fact that we have been in COVID pandemic, political, financial, fear as a country for sure, and as a world for sure. For the last three to five to six to seven years, we have been in some type of real or perceived trauma, neglect, abuse for all that period of time. Now, when you're working with

children who have been in abusive situations, the brain when the baby is born is not developed. I mean, it's there, but it's not connected. It doesn't have this is the way life works kind of thing going on. Hello, Pat. I'm going to stop. Just a moment, Pat, because we all have just checked in by saying what's going on. Just let each other know what's going on in our life. And it's been pretty intense in a lot of different ways. You are up and you have up to 3 minutes to say what hat is going on for you, what's come up? How have you handled it? Have you felt that inner director, anything you'd like to share with us?

Life has been intense. It continues to be intense. And if everybody's life is intense, no wonder we must be sharing.

Help for each other.

And I appreciate all the help I can get. And then part of what I've realized recently is it's a greater understanding of the thing that I have binge watched Abraham Hicks say. Life is not about assertion, it's about attraction. And if you attract something and you think, well, that's not me. There's something in you that either you've attracted it for some reason or another, and it affects one of my close relationships. And I finally come to the viewpoint that it's me, which is tough. And so I am coming to grips with that and then seeing how I can rectify that. And then at the same time, interestingly enough, today I got some chargebacks. And last year I got a bunch of chargebacks, maybe almost about, I don't know, maybe it's a little bit later, but it caused me endless inner pain and agony and a huge learning curve. But today I got through it in one afternoon. And while I resented taking that time to do it, I was thrilled that I could remember what I did and that I got as far as I got. And I'm thinking, well, I'll take any little progress I can get.

So that kind of brings you right up to the. Can't hear you, Sharon.



Okay. That's really what this time is about with this Pluto and what is evaluating what's there, what to keep, what not to keep, and what Pluto is wanting us to get rid of. Pluto, a big teacher saying, get rid of what doesn't serve you anymore, because I want you to play with me in a bigger field. And that's why we're here together. How can we play together in a bigger field? Whatever that bigger field is for you. And it doesn't mean you're going to save the world. It might mean that you've organized your home in a different way, and it's just smooth, whatever it is. But we have been in a time where literally the brain neurons, the pathways between left and right hemisphere front cortex, those pathways in any kind of abuse, neglect, perceived or real, doesn't have to be real. It could be something you read in the news and it triggers a disconnect and your brain is now broken so that the old does not work, because the old doesn't even exist. The pathways don't even exist. You might remember the pathways, you might remember the stories, you might remember the fear, but the pathways are not there in the way they were before.

And that is intrinsic in our psyche. And it's valuable because every once in a while, we need to prune because life changes. But what when you understand we are walking around in this country, I'll just use this country in a world of adults with broken brains. And people with broken brains have no empathy, they have no critical thinking possibilities. They don't feel connected to each other. They feel isolated. And if you touch my hand, I'm going to slap yours and cut off your head. That's the kind of automatic responses that can happen when the brain has been disconnected and not reconnected with consciousness. Now, what will happen for you here in this group is you have the opportunity to design, remember the outcome. You're going to be designing what it is. What does your home feel like? What does your career do for you? How are your relationships going to be? I think Jennifer referred to communities of respect. Andrea used a couple of words, loving and prospering. I mean, even if there's a couple of words, so that what you are doing is consciously saying to the brain, my life is loving and prospering.

My life is loving and prospering. And then you do the brain balance, and the neurons begin to connect because you have consciously rewired your brain. You can do it in a mantra as you're walking. It takes physicalness, it takes walking, cross crawling movements. We know that rewires the brain. You're in that process, your brain. And of course, we're in a process where energy is manifesting more quickly. Pat referred to know attraction. We have within our field stored energy. And a lot of it is of negative experiences that's heavier than light experiences. So very often the heavier experience manifests first. And because we're in a time, in a period where life literally is speeding up, it truly is. The vibrations are faster that may feel that way, but it's true. So what's within you or other people are going to, it's going to come to the fore faster. So if it's in your life, it is somewhere in your energy field. Now, in this class, one of the things that I in tag, period, in tag, when I work on myself, it is not just myself. By intention and declaration, I am working for myself and everyone to whom I'm connected.

So my family, my loved ones, my students, my clients, and then the world. So when I go into band, our little group, and see when somebody has said, done that, done isn't just for them, it's for Deborah, who has hardly time to breathe. You see, everything we do in this class, specifically into any of the tag work, we do it for everyone in the group. It is intentionally set that way. The other thing we have in the community that some of you are a part of is we have what's called code love. And that's another intentional declaration. So, for example, Deborah's husband Terry was struggling. She was struggling. She and I were working. She was working. But, boy, it's big. It takes a lot. And I don't do this until I ask or someone intentionally emails me and says, would you put, for example, would you put Terry out on the code love email? So I say, absolutely. And I just give a little short blurb about what Terry is dealing with and that Deborah and Terry could use code love, send it out to the people who've agreed to want to be in that circle.

And everyone, in their own way, sits for a moment and says, what is it that I can do to lighten that for Terry and Deborah? What is it? It might be a prayer, it might be a poem, it might be something on your altar. So that's another thing. If

you want to be in the cold love community, that's what we do. We don't talk, we don't get together. If someone asks for that group healing, then I send it out as a cold love. And we really are needing it in our world, in our class, for sure, it's been intense, but we are holding a north star for everyone here and for the world.

But for everyone here, the highest and best outcome for everyone here.

I want to share quickly a screen just to make sure that you understand and know the resources that's available to you. And I think I might have shared this a little bit before, but I'm.

Going to share it even a little bit more. I'm going to move that.

So when you go to the tag recap where the videos are, and each week there's a page for that week, you'll see a little button that says, the resources for the tag collective. And so here's what you get. On this page, you have a rundown of all the different protocols that is in the tag system. The tag system is extensive. Some of them we've talked about, some of them we haven't. We certainly do in other classes. So it doesn't matter if we've covered these. All of these buttons lead to further explanation. So, space setting, here's some basic tag processes, like reality statement, reality shift, brain balance, you see. Now, what if something comes up? If you forget, what do I do if something comes up? Here's a step by step process. If something comes up and triggers you, you can go to this page. And here's step one through six, you see? And then there's more collective. Here's the teams that are on board, what they're doing. Here's all the different tools and processes. If we haven't talked about them in class yet, try them out if you want to. Here's an evaluation. Here's some declarations.

Like when we say deep six, what does it mean? Tag and transform. What does that mean? You see, here's the different process projects we're doing. And here's a library for other integrated models and protocols and a few other. See, there's the code. Love, blessing. And we also have a guardian circle. Blessing and suggestions

for your daily routine. So I wanted you to understand that there's a lot of meat available to you. Even beyond what we do every week. Okay. Sharon. Yes?

At the beginning, when you were opening. I heard a term I hadn't heard before. And I was wondering what that was. Which was something to do with extinction. Like an extinction protocol or extinction circle. Could you please explain?

I will. Tag is evolving. This is not a system that got put in place in the early nineties and remained in the early nineties. In fact, the ancient ones and Sonanda have said we're not solidifying anything. We're making everything. So it can continually continue to expand and evolve all the time. So probably within the last maybe two, maybe three months. Sharon and I haven't taught classes. You see what we've put in place. And it will be part of this generational that we've pulling apart there is what we call the extinction protocol. Now, you might remember when you took a tag class. We would have ptos would take and neutralize, unplug, gather up all of the outsider energy that they could be involved in a situation. And they would take it back to its home of origin. Correct. Back to where it began. It has begun in places like Laniakea, Milky Way. It's way beyond where we live. Those dominions have said we won't allow them here either. They can't even come with that agenda. So we don't send them back to their originators and leave them there. We send them back to their originator to gather up the energy in that place.

And then with the authority from Laniakea and whatever the dominions are. We have them moved into what's called extinction protocol. Which moves them from that agenda of domination. Dissolves the agenda. Which then releases them into what they call dust. Light. Back to process of moving them into their unique light. But it's a whole process. We don't.

Okay. I ask that to go to cosmic compost. Does that have the same effect?

Yes. Because in the cosmic compost. That which is of outsiders are moved into that. Back to origin and now into extinction. Without you having to have known it. That's been added. And that which has been damaged, then is moved into the protocol of the Rhian, the divine good, into celebratory light. Sharon, when we do deep six, is.

That extinction protocol part of that?

Yes.

It is.

But what we have done, the extinction protocol that I mentioned in setting the space, we've always had the six fold cocoon. For a long time, we've had the six fold cocoon. Now, because of the time we're living in and the proliferation of outsider clouds, if you will, we're asking that a field of that extinction protocol be around each one of us. That the field itself keeps that away and moves them. Remember how the hitchhiker shield. Hitchhiker shield was in place? Because those beings who had left their body but had not gone to the light were wandering around as ghosts and as spirits, and some of them were troublemakers, and some of them just carried their baggage of pain, and that interfered with individuals. So the hitchhiker shield was put in place. So that. That type of being, once they've left the body, as they come toward any being of light, it's like that's their call for help. And that hitchhiker shield activates their causal team, gives their causal team permission to move them into the light to wherever's next for them. So it's as if they've asked for help that they didn't know they were looking for it, but the hitchhiker shield moves them.

The extinction shield does the same thing more powerfully to any outsider. Energy. Okay, so here we are. Whenever I go into band, and I go in pretty much every day, I go into band, I know some of you go regular, some of you not. Whatever you can do there is great. Because when I see done, I know whatever

you have done for yourself has blessed and impacted those who are so overwhelmed that day that they can't hardly keep their head above water. You know what I mean? So it's good to see. Okay, we're going to take a break. Anything you want to say before we take, like, a five minute break and then we'll get into what we're going to do next. Okay, it is by my. How about 15 after the hour? Okay, we'll be back. 15 after the hour, love.

Okay, we're coming back.

And I know some of you are going to be camera off.

So that's fine.

Last week I showed you a diagram of the galactic worlds. The eight worlds that are galactic, seven of them are galactic. The 8th world is earth. And then we looked at the spiral of earth and all the different things that happen in earth. And when you stop to think about the experiences and situations that happen just in a lifetime, and you multiply that by your generational, we'll just say, not even your other lifetimes, but generationally, you magnify that by how those many people have gone before you in those seven generations. That's a lot of energy, even if it's coming into a family whole, which it's pretty contaminated anyway. Once that energy, it moves through a soul in the bodysuit, the energy becomes molded to the story. We are story creators. We are designers. That's what this body, physical and psyche do. We take energy and we mold it according to our stories, to our beliefs. And once that energy is formed into patterns from the stories, it does not self correct. It is not a self cleaning oven. So those experiences that your ancestors lived through, but follow down the lineage, and everybody in the lineage gets some of that.

In addition, when you come and create your birth plan, you intentionally brought in some patterns of negativity in order to correct them, to move them back to light, to wholeness. So when I first started looking into this energy field, I was

absolutely blown away by how much, we'll say, negative energy, karma there was within an individual. So where is that energy stored? What happens to the energy that a child feels in a home when he or he's not safe, or in a school where he's bullied, or amongst siblings who don't be kind to each other? What happens to that energy? It is stored in the body first. It's stored in cells, organs, tissues. It is stored in the body. It is stored in the connective cords between us. We know that we have energy that flows all the time. But when I started trying to use that connection, those connection flow, they weren't flow because they were stuffed full of negative garbage. The other place we store them is in the fields we call our conscious self. Our conscious stories hold them, and then our unconscious stories hold them, and then the Akashic records hold them.

And the fifth dimension. In the earth, there are eight dimensions. One, two, three, which is our physical, what we interpret as physical. Four, and five, we interpret with our mental capacity. And then six, part of seven, we interpret with our emotional capacity. And then seven, eight, we interpret with our spiritual, our intuitive capacity. So our physical body, mental body, emotional body, spiritual body, and all of those dimensions also have storage. And in the fifth dimension, that is the hard drive, like the computer system here, functions with the brain, which makes pathways, make some automatic assumptions, and automatic things going on. Patterns are held in the fifth dimension. That's the hard drive. Like software patterns are there, and those software patterns have been totally unconscious, and they are manifesting like they do. And we've been calling that manifestation of ego. We either blame somebody else for it or we call it ego, like there's something wrong with it. But no, it's our patterns showing up why to be cleaned up, and we haven't been told how to clean them up or that we even own them and somebody else's fault. So in the fifth dimension, there's also those patterns and storage stories that need to be cleared up.

And then there's toxic energy that is circling the globe with every new situation. Can you imagine? Where do you think the ukrainian energy, the israeli energy, the palestinian energy, the energy in places we don't even know about? That

energy is circling the globe. We are in a real meth, in a real soup here. So the more we understand and the more tools we have, the better we can keep ourselves upright, going a direction we want for ourself and our family. So therefore, the generational protocol makes it possible for us to clean up energy so much faster through our family lineage. And the reason we can do it is because individuals are less impacted. If you were so impacted that even thinking about or looking at generationally, it's like, whoa, that's overload. But there's a lot that's been lessened in our current conscious, awake communities that now we can look at generation.

So.

My friend who plays the saxophone got the new saxophone. Remember that story? She got the new saxophone. And her professional teacher says, now we can. Now you can learn to play the saxophone, and you're going to practice. She's been practicing every day. She said, no, you've been reading the music. You're going to practice, and you're going to pull the music apart, and you're going to learn piece by piece, and you're going to pull it apart and you're going to master this thing. That's what we're doing with the generational piece right now. So I want you to just be in a place to let yourself be in the journey. If your mind wanders, bring it back. You don't have to take notes, you'll have the recording. And if you've gone onto the website, you know that the text is on the website, too. It's not edited. I don't have time to edit it, but at least you can look at the text if you need the text. But I want us to spend this time making the changes internally by doing the work in this moment. Is that okay? And welcome. Teresa, I'm glad you made it in.

I told everyone you were in the hospital so they'd know. I hope that was okay. Okay, so here we go.

So just relax.



Because you have a team with you that knows exactly what is needed, not just to release you.

But to release those in your family, whatever that means. Might be mother side, father side, both sides.

There is an issue that is calling.

To be let go of, changed and transformed. So we're just going to invite the.

Feeling of that issue or the word.

From that issue, the pain from that issue, make itself felt. And it might be, I'm not loved. I can't be stable. It's manifesting because it's in your field. It needs to be heard. And as soon as you get a sense of it in any fashion, just say, I hear you. I'm here. And in your imagination, I want you to. As if you are turning and looking back in time, and you say, who else in my family has experienced or is still in that pain? Just allow space for those to come forward knowing that you have angels, you have the Sophia collective. You have grace of heart to keep the space softened. But their pain has been intense. Intense. Breathe. All of them are there. We're going to say to them, you are going to say to them, I'm here with you. And I feel the intensity of what you and I and our family lineage have been locked in. And I want you to know, it is not because you are at fault. It is not because you did something wrong. It is not because you are not okay. Those were lies. But the pain is real.

I'm here to remind you that you volunteered to play the role that this story is about. Either you played the role of abuser or you played the role of victim. You played the role of not enough. You played the role of bully. You volunteered to play that role because the energy was needing to be seen. So you were in that pain not because you were bad. Wrong, but because you were magnificently brave. That we needed humanity, family needed to know this energy story existed and

would destroy us. Though, with that, we say to them, the contract you made to play those painful roles was only until we found the key to eliminate the story, to eliminate the cause. And we now have that. So we bring the Sophia collective. They are the key. We will identify the story. The PTO, the tag healers will identify the cause. The story deep six it because we have authority. And we say to each of you, forgive yourself for every hurt, neglect, abuse, real or imagined that others have suffered at your hands in this or any lifetime. Forgive yourself. That was a contract needed in order to remove the stories of corruption and domination.

And then we say to each of you, repeat this for those who you've sensed harmed you. I forgive all who have harmed me. Real or perceived abuse, neglect, discount. I forgive you because we needed the story identified, and it has been done. And we move all of those souls up out of their contracts. We lift them up out of their contracts. And the emotions, the costumes, the settings, everything that they had to go through in order for that story. You see, Maria, we turn over to the riantine to be healed, transformed into celebratory light. And we place all of those family members, seven generations more back in time into the hands of divine good, which will further the work by dissolving what seems impossible and opening doors to the truth of our nature of all good, balance, health, respect, and love. Just let them feel what that shift is like as they're moving and hugging and letting go. And we say to them, our soul's nature is creative, strong, self responsible, loving. And we are living to manifest forms of respect, generation, generosity, and joy. We can do that because of that pain you were willing to show us.

Our soul's nature is creative, strong, self responsible, and living in manifested forms of respect, generosity and joy. And we move all of them and you and yours into that reality, declared deep six. What would keep it from them? And ask the causal team to begin writing the software programs for that declaration. We call in the PTO and ask them to identify all of the outsider energy that has been involved with and influencing those stories. Identify, neutralize, unplug them, and move them back to their Home of Originator to be placed into the process of

extinction. Back to light dust for them. Because we're working in the cosmic composting system, that vacuuming, that clearing, that dusting, that reframing new pictures, new colors. Notice how that feels for you. You are living your divine nature. It's creative, it's strong, it's self responsible. It's manifesting all forms of respect, of generosity, of joy, of loving, of prosperity. Notice the feelings. Who is there with you? Know that you do not know how to do this outcome. It's not your job. It's your job to feel it, to claim it, and to listen. When you feel ready, gather up all your emotions, your ideas, your new Comrades.

Whatever it is that's there for you, bring it into your breath, breathe it right down the midline of your body, bringing the information right down to your chakra systems, into your feet and open your eyes and be back here in our circle. Hey.

Now.

You'll probably remember that we did.

That process, that very similar process last week.

That's the first part of the generational. We did it again today.

So now we're going to add the second piece. When our divine family made the plans and the blueprint for the bodysuit and our life here, we never intended to be on this planet. Maybe more than, like, 50 years. We didn't plan to be here. For thousands and thousands and thousands of years. We didn't plan to be here. We got trapped as slaves in this planet. And this planet was new. So we had an ingenious idea of having a magnetic field within the bodysuit, within our eight dimensions. Having a magnetic field so that anything new that we learned that would add benefit, skills that we added would add benefit. Things we bring in as we come and on and off the planet would be held in this magnetic field of each individual. The things that would add, benefit. Those fields got corrupted and changed with everything else. When that homeosapien body was created 250,000

years ago, it was totally changed so that those magnetic fields, instead of just holding that which benefits us, held everything. So we become clogged in those magnetic fields, too. So that our Claire, seeing our skills of abilities, our alchemy, any magic, it got lost in the magnetic fields that just were cluttered with everything from our life experience.

So there are three areas that are identified in that magnetic field. Our superconscious. What you're conscious, superconscious. Super unconscious. That which you're not aware of. Super unconscious. And the Akashic records, which you have heard of, the Akashic records holds things from lifetime to lifetime to lifetime. So it's probably a library that is so muddled that it's practically drowning us. Just that alone. The unconscious, the same thing, but it's usually just for a lifetime. The same with the unconscious. So the next thing we're going to do is we are going to go into that area of you and you.

In behalf of the family.

And the magnetic fields are changed not by declaring it and not even by feeling it. It's by imagination. So, whatever imagination, however, that works for you, for some people, imagination, they'll get colors, they'll get forms, they'll get symbols. And for others, they just have to hear and sense. We got it, because each of us have a different way to interpret those fields. So I'm going to take you through the next part of the genetic release. And it is to go into the Akashic record. Super unconscious, superconscious, and clearing it out so that we can then rehab it, reframe to what it was intended to be. So, again, close your eyes.

That's comfortable to you. Just realize that this is made up stuff.

This is imagination.

So, in your imagination, there is a magnetic field. It might be a large pillar. That's how I usually see it.

It might feel like a stream of energy.

The magnetic field. Conscious, unconscious, akashic records. There it is. Sense it or see it in whatever way it comes to you and on. And I'm going to term it as a pillar. On that pillar, there are unlimited sticky notes, all kinds of sticky notes.

Sticky notes upon sticky notes, all adhering because they're magnetic.

Ideas, experiences, mistakes, I mean, all kinds of stuff all over that magnetic field. We're going to ask you to call in your list mistress, the one on your team who understands those lists. She knows those sticky notes. Call in the mistress of your notes, and we're going to say to her, go through all of these notes.

And.

The notes that add value. Have my expanded skills, my experiential wisdom, have those valuable connections. Any note that reflects benefit and value.

Added for my life, I want you.

To put it like a sticky pin.

Like, pin it onto the pillar so.

It'S not just magnetically adhered, it's now pin adhered.

So, mistress of the lists, scan the notes and pin those that have value for my life. Quietly be.

There.

Is one in charge of the magnetic switch. Because the magnetic flow can be turned off and on. So the master of the magnetic switch, as soon as the lists are pinned, master of the switch, pull off and turn off the magnetic flow. Pull the switch on the magnetic flow. All the notes that are not pinned dropped into composting, drop into cosmic composting. Your conscious stories, your unconscious stories, your Akashic records, totally take a breath. And when you feel ready, list mistress is there.

Say to the master of the switch.

Turn the switch back on, and the magnetic happens. You've got your notes are now minimized to that which brings benefit.

And within the evolutionary blueprint for the.

Bodysuit, that magnetic field holds only that which brings benefit, expansion, experiential wisdom, connections.

Of respect and community.

Contracts of those kinds is only those that bring benefit. Switch back on. Breathe and feels that feel a little bit lighter, a bit more freedom. Everything within the cosmic composting system is moved away exactly as it's set up. And your soul's nature, which is creative strong, balanced, of all good, self responsible. You are living in manifested forms of respect, generosity, joy, and wisdom. Move your consciousness into that reality and the consciousness of all to whom you are connected in love. We ask the PTO and the tag matrix to deep six anything that is, has, or would keep you from that experience and declaration and defrag that fifth hard drive. Defrag, clear it out. Just as we did, the Akashic records super conscious and unconscious. Clear it out. And the causal team, now having designed the program for your highest expression of that choice, can download the codes right into your first dimension, that frequency with which you stand on

Mother Earth. Gaia. Here I am, differently. Roots go down, bringing you resources differently. And then anchor that software program in this cleared up fifth dimension of the hard drive. And we are dancing differently together.

And so it is.

Each of you.

Take a few moments to feel what it is that's there still for you. This is on your inner plane. You are reconstructing your inner self so deeply. This is true for those in your immediate family and generations back. And when you're ready, you can open your eyes and be back in the class circle. So as we're getting kind of to the close of this class, if there's maybe two or three that want to give a little feedback or whatever your experience was, we'll do that.

So you can just, popcorn style, raise.

Your hand or popcorn before we get ready to close.

Pat, is that your hand up? Yep. Okay.

Well, that was a fantastic experience. I'm glad that I came to it. Having done some work, I think I got a lot more out of it. And part of it, when you were talking about the seven generations, I just saw a tremendous number of people, like, stretching backwards. And then it felt like when you were going through the process and the things believing, it was like the waterfall coming down off of a mountain and it gained speed, and I just felt like it washed right over me, and it was great. It's like I could feel all that stuff leaving.

I'm so glad. Thank you, Pat.

Jennifer.

Jennifer. I think Jennifer had her hand up.

Yeah, there she.

Here I am.

I wanted to thank Sharon for her work, but I also wanted to thank each of the women here for being.

Here.

And creating a circle of strength, despite everything that we have going on individually to support and encourage each other. So that's my input.

Thank you, Jennifer. Looks like we've got some hearts from Sharon and Janelle on that one. Jennifer. So the way I structured the class.

And we'll continue to do that, is we'll have some sharing at the first.

Because I think that's important. If we have time for small groups, we'll do that.

But I want to do the process.

While we're together because I know how life can sweep you away. We will always do some powerful process together and then you'll be able to.

Find those in the video and go.

Back and do them again.

In fact, each of these pieces, I.



Think, is also on the tag support that I showed you in the beginning. So if you want to go back and find them, you can, you can always reach out to me.

There's a lot moving.

I am so pleased and proud to.

Be with you in this moment of.

Time, in what we are doing. And I know we're holding outcomes for really good stuff for all of us. So as we close, let's do the cook's hookup on that reality statement we did.

So get yourself into get the brain. Because the brain is really important in this time more than ever before, because of the pandemic and the struggles in the countries, this is more important than ever to do these brain work. The brain work. So get in position. I'm going to go back and find the reality statement and read it through for you. My soul's nature is creative, strong of.

All good and self responsible.

I am living in manifested forms of.

Respect, generosity and joy. Tongue at the roof of your mouth. Eyes circling clockwise. Counter for the left twelve times and clockwise twelve for the right.

And the other thing is just a simple vagus nerve release where you tip your head to one side with your eyes pointed up the opposite side. No, straight ahead.

And just let your energy go relaxed. Release the vagus nerve storage and then on the other side and.

Okay, loves, love you guys. Email if you need anything. Okay, reach out, love.

Thanks for everything, Sharon, as always.

Bye. Love you, love. Bye.