

End Money Worries...

For good!

A transcript of a live class.

Taught by Rebecca Marina

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This transcript gives you access to a class taught a few years ago and the Updated version taught in June 2021,
By combining transcripts, We get a broader view.

This transcript is not perfect! It is largely raw and unedited from the class.

This is Rebecca. This is “End Money Worries,” and today it’s all about **getting your needs met.**

So, let’s just begin with a prayer. Heavenly Father, Heavenly Mother, all our angels, all our guides, the Mother of All Creation, the mother of all worlds, Isis, we welcome you. Horus, we welcome you. To all the ascended masters, we extend welcome. To all our ancestors, we invite you into all in our soul cluster, our soul family that we came in with, we invite you all to participate in this healing and releasing. And we are open. We ask you all to bear witness, as we bear our souls and open our hearts for the deepest level of healing that’s available, and we shall accept. And so it is.

So, yesterday, Gabriel was very strong here, and of course, she is also. All the archangels are here today. There is just a crowd, let me tell you. And the main message yesterday, was and I know you’re all going to benefit from this. The main message was your supply doesn’t have to come from where you’ve always expected it to come from. That was the

main message of Gabriel, and also that she has been assigned a special dispensation of grace to assist with finances right now.

So, don't hesitate to call on the Archangel Gabriel to assist you with your finances. Now, what is Gabriel usually all about? Well, when she shows up for me, there's usually some big changes on the horizon.

Gabriel is one of the only archangels mentioned in the Bible when she appeared to the maiden Mary and said "you shall have a son." And you know all about the rest. So, when Gabriel is around, you can expect some changes. Now, I have been speaking with lots of lightworkers.

But it seems that everything that we thought was true is possibly not really true. Everything that I felt very ironclad about is no longer ironclad. I just had an example of trust this very morning. I was feeling kind of guided to go to New York City. And yet, well, it's pretty expensive to go to New York City. I felt guided to hold some service or meeting or something and to extend blessings and nurturing of the Ka body. So I figured out how much money I would need. I'm going with a friend, who we are, we are sort of splitting, but it, it's I felt like I would need about \$800.

Then a friend of mine said, “oh well I’ll give you three as a donation.” “Really? You will? Okay.” Then I called my friend, and that I’m splitting expenses, and he said “oh no, you don’t need that much, you only need about four to cover everything.” So, I’m there folks.

So, would I ever think that a casual conversation with a friend would provide funds needed for something I was doing on complete trust? I would never. Especially this particular friend, who’s been in, you know, dire, dire straits before. For my friend to all of a sudden have some money and just to offer it, that’s an example. It happened this morning, just so I could share it with you. That’s an example of following your heart’s guidance and then trust. I wasn’t even trusting. I was just following my heart’s guidance, going, “well I don’t even know if I can do it.” Then, bada bing, bada boom. Everything just opened up.

So, that’s the message for lightworkers right now. Be really in trust, and not just in trust, but following your heart’s desire. Pay attention to that compass that is your heart’s desire. And pull your intention towards following that compass, because as you follow that compass, not knowing where the supply will come from, that just opens the door for the supply to come in.

Now, I do want to talk about how we've all been drinking the Kool-Aid. What is the Kool-Aid? The Kool-Aid is the dire worldview of economics. If we listen to the news, if we listen to everything, if we look all around us, we can clearly see that the economy is shifting. Am I asking you to be oblivious to the fact that the economy is shifting? No. But it's necessary for the economy to shift. What also has to shift is our awareness that our supply does not have to come from the same places we've always gotten it. And if we simply come into the awareness, that our supply can come from most unusual places.

I know most of you read my story, *How the Klu Klux Klan Saved Christmas*. Did my parents have a clue, that the Klu Klux Klan was gonna pull up and bring groceries, toys and blankets, instead of burning a cross? No.

So, it was, I think a good example of something that you might be fearful of, that turned out to be a blessing. So, we've been drinking the Kool-Aid. We want to do an exercise for being in the mercy for ourselves, for really tuning into that. Because what has happened is that it's lowered our expectations of our own abilities to create income in this time.

How many of us have said “well, people just aren’t spending money on self-improvement.” Which I guess, healing services would fall into that category. And many of you are that. “People just aren’t spending money on this and that.” And it could be partly true, but our supply can come from unexpected places. And that’s what I want us all to embrace. Let’s follow our heart’s desires, and be open to how the supply is coming. And we’re not going to turn anything down, even if the Klu Klux Klan shows up on our porch with a goodie package, we’re going to say “thank you”.

For are we not all one, beloveds? Are we not all in tune to the needs of others? This year has been a huge lesson for me about releasing all kind of judgments about any kind of groups, any kind of sexualities, any kind of anything. **Just embrace everything. Embrace everything. Everything is holy. Everything is sacred.** And so, we are going to do this clearing of drinking the Kool-Aid by just thinking about the evidence that “there’s not enough for me now.”

Maybe you’ve been going through a slump, and just feeling like, “well there’s not enough for me now.” And I want you to; I’m going to explain heart point technique, in case there’s a few new folks on the call, because there are a lot of folks here today.

Heart point technique is from Divine Mother. It brings light in through the, from the highest self-point, which is 18 to 24 inches above the head. It brings it into the corpus callosum that thick bundle of nerves connecting right and left sides of the brain. Very important because, everything you need to know spiritually is on your right side. But it needs to get over to the left to be put into practical application.



The light comes in through the crown, corpus callosum, back to the pineal, forward to the hypothalamus, the pituitary, the actual third eye, located in the middle of the forehead, then circulates all around the acupressure

point around your eye, beginning of the eyebrow, side of eye, under eye, and inside corner of the eye, where every acupuncture meridian enters the brain. The light then, lazily flows down the throat chakra and into the hidden wisdom of the heart, where everything you need to know, already is. Sometimes, we bring it down to the cradle of creation, which is your reproductive system.

And sometimes, we stream the light back up to the consolidation point, which is at the nape of the neck. If you want to add, you can hold the position as we do the exercise. You would simply lay your hand crossways, across your eye points and cradle the heart, if you're not holding the phone.

So, anyone not understand that? Do *7.

Okay, we are good to go. So, hold the position. All you do is listen to my voice as I say "there's not enough for me now." "I've been drinking the Kool-Aid." "There's just not enough for me now. As a matter of fact, there's not enough for anybody. There is less and less and less in the world today."

Just fully bring that belief up to the light, being in complete mercy for you. “There’s not enough for me now.” “I fully release any benefits I’ve gotten from believing this. There’s not enough for me now.” Just bringing that up to the light, being in the mercy.

Where’s does that feel that it’s located in your body? “There’s just not enough for me now.” We are just going to send some light of mercy to that place in your body. “There’s not enough for me now.” Rest your hands for a moment, if you desire. We are going to go to the opposite beliefs.

“There is enough for me. There is enough for me now and always. I trust the universe to supply in perfect timing in perfect ways. I move into the energy of acceptance. There is enough for me now. I allow this to be true in my being. I reach for divine forgiveness, to forgive any and all those who contributed to my believing, there’s not enough. I’m in the complete mercy for them and me, because I accept the fact that I am beloved. I have my heart’s compass, and even though I don’t understand it, I’m trusting. Archangel Gabriel said that she would help me, I’m trusting that there is enough now. I move into the mode of acceptance, and so it is, and so it is.”

Okay, so. I would like for everyone to make an assessment. How will you know that this class has helped you? Now, of course, if you won the lottery tomorrow, you could say “whoa, that Rebecca teaches a great class.” But think about some increments of change in your life that would mean, “I’m moving in the right direction. I’m really and truly ending all of my worries about money as I move into trust.” You got pen and paper there? I ask everyone to bring that.

So, go ahead and jot down, I’ll be quiet for a few minutes, go ahead and jot down some positive changes in your life that would let you know, “wow I got some real benefit from this class.” Otherwise, how are you going to know?

Okay. I’d like to hear some sharing. How will you know that this class is benefiting you? I can call on you. Or I’ll give you a chance first to do *7.

Rebecca: Hey, go ahead.

Jemma: Hi, this is Jemma.

Rebecca: Okay. Jemma.

Jemma: And I just wanted to let you know, I've done all three classes now. And the changes in me have been amazing and --

Jemma: -- one of the big changes is that I, I have changed the pattern of moving every time something, if I have money and I have the resources to move, I move. And I've, fi -- I decided to stay in Ashland where I live and build on what I've already done here. And then I said to a friend this morning, "when I have money, I'm going to look for a house in Ashland." And she said, "Why don't you do it the other way. When you find your house, you'll have the money. And so --"

Rebecca: Ooo.

Jemma: -- and so, I did what you told us about going to Gabriel. First I did the, the points? Putting my hand up and blessing and opening the higher self-point, and then on down.

Jemma: And then I connected with Archangel Gabriel and asked for my right place, my house, and I described everything that I would like to have.

And because my friend said “when you find your place, you’ll have the money. The money will come.” I went online to Craigslist. And there was a house with absolutely everything I had elaborated on, everything I had specified, and turns out the woman who owns it is a really close friend of one of my best friends in Ashland. And even though I have no idea where the money is coming from, I know it is, if this is my right place, I just have no doubt that the money will be there for it.

Rebecca: Yes.

Jemma: Yeah. And I just, and I had this recognition of one of my deepest limiting beliefs about money. And I think that’s all as a result of this class.

Rebecca: Well that’s wonderful Jemma.

Jemma: Yeah, I thank you so much.

Rebecca: Yes, because sometimes we need to just look at it --

Jemma: Yeah.

Rebecca: -- and know. And I think it's a great idea. Look for the house. For Pete's sake. You gonna look for the money first?

Jemma: Right, I'm going to see it. I'm going to look at it from the outside today, and I have an appointment to look inside tomorrow, and it's not available for a month, which is the perfect, gives me just enough time. So, it's just great.

Rebecca: Okay. Well thank you for sharing that Jemma.

Jemma: Sure. *[00:18:39]

Rebecca: I appreciate it. I see, Toni has your mic open. Steve, I think I heard you too. Well, we'll get --

Steve: Yes.

Rebecca: -- we'll get to everybody, because this is important. Toni, how will you know that you have benefited?

Toni: You know, I think that what's most important to me is that, because I know that I'm in the last vestiges of an initiation. This is the third level of

about every ten years; I'm taken into a much deeper and higher level --

Rebecca: Mm. Hmm.

Toni: -- of consciousness. And it often has come through major physical challenges.

Rebecca: Mm-hmm.

Toni: And loss of income and you know just being really pulled inward. And so, I've been in this process now, for about a year, and have had some major rotator cuff injury, a number of different things was going on. And I think what, what came to me, that what was felt was the most important value that I have is to wake up tomorrow morning and have my life on the outside be exactly as it is, but to feel, there's an Italian word, in my culture, "abbondanza", to feel the energy of, "abbondanza", which literally translates as "abundance". But it means to feel generous, to feel luscious, to feel everything is right.

Rebecca: Mmmm

Toni: And to have total trust. So for me, to be in total trust without any physical evidence, is what I want to, what I want to be.

Rebecca: Okay.

Toni: Because then when things do come, when the outside world does come, it's a match for an inner reality.

Rebecca: Mm -hmm.

Toni: Do you understand what I'm saying?

Rebecca: So, let's take that into how will you know this class is helping you? That you will take steps toward that? Because if you want to just wake up and everything in your world is perfect --

Toni: Inside.

Rebecca: -- well, I guess it could happen.

Toni: No. A state of trust that even if everything outside of me is the same --

Rebecca: Oh. Okay.

Toni: -- that's what I'm saying.

Rebecca: Okay.

Toni: That everything outside of me is going to be the same.

Rebecca: A state of trust, I like that.

Toni: Of inner, an inner state of abundance.

Rebecca: Okay, I like that.

Toni: I want that first --

Rebecca: And I think you are moving there.

Toni: -- before you send me *[00:21:59]. Yeah.

Rebecca: Okay. Thank you. Okay. So, let's say, see Steve?

Steve: Yes. I actually have a bunch of external stuff. I've been doing a lot of tests and director work outside, and I almost got a big commercial. I was on hold for a commercial, which means that they cast somebody, but if they don't work out, I'm like their second choice, and I missed getting it, which cost a couple thousand dollars, unfortunately. But I'd like to start getting those sort of things. So I've been doing a lot of workshops with casting directors and I would like to start getting called in for auditions by these people.

I would also; there was a point there when my work was short. The last time I felt really happy, I mean really happy and in the flow was last summer when I would do those workshops and my work would be so perfect, they wouldn't even give me any notes.

Rebecca: Wow.

Steve: And that, I haven't sat with anybody, that's very rare, but I haven't seen that with anybody at any workshop in a while. The energy that's around seems to be weighed down. And during the summer, I've done movies where I made a little money. But they were great experiences. And right now, my soul needs an experience of real acting, not auditioning,

even though those were great auditions. A real acting experience, a few in a row.

Rebecca: Yeah.

Steve: I'd go back to doing movies and I don't care whether they're Union projects or Non-Union, or whether there's money or no money. I need that experience of loving satisfaction, doing what I love. That's been with me for --

Rebecca: Yes. Your soul is craving it.

Steve: -- absolutely. And there's more, but not too much more. And I, to get, to make that happen, I cut my days at the club --

Rebecca: Mm -hmm.

Steve: -- where I work. And I would like to make as much money from the reduced time that I work there as I was working too many hours. And two more things, I need more sex.

Rebecca: Here, here.

Steve: It's like, tonight I am going out.

Rebecca: Oh, okay. Are you going to have sex?

Steve: Yes.

Rebecca: Yeah.

Steve: And I plan on it. Because I *[00:23:17] negotiated it, but I plan on it happening. And the last thing is, I think, in order to fit in, I did this Saturday, and I really messed up an audition where I could have been brilliant. Because the acting was easy. I mean really easy. Was that I want to use my full personality again.

Rebecca: Okay.

Steve: And I want to feel it all the time. The good stuff, the bad stuff. As my back healer said to me, "Steve, you only play Steve the actor, not Steve who's alone in his apartment, or Steve who's working at the club, or Steve who's doing this and Steve who's doing that." So, I want my whole

personality to be present everywhere. Even if, even the objectionable stuff. You know?

Rebecca: Okay. So, what's to stop you from start doing that right now?

Steve: Me.

Rebecca: Okay.

Steve: The need to be loved and accepted, which is the biggest disease on the planet, you know? It's like.

Rebecca: Well, it's not a disease. I think it's part of being human, who doesn't want to be loved and accepted? And if you get a little sex in there too, woo.

Steve: Yeah, well you know what? It's a disease when it cuts you off from your own power.

Rebecca: Well, I guess yeah. I guess if it's consuming that you need, well, everybody needs love. But you've got to love yourself first. And that's a whole 'mother class. So, thank you, Steve, for sharing that.

Steve: Thanks.

Rebecca: I'm going to move now to Cher.

Cher: Oh, oh.

Rebecca: Cher, how will you know this class is helping you?

Cher: Okay, well the most obvious clue would be if I receive positive cash flow next month.

Rebecca: Okay.

Cher: From anywhere.

Rebecca: Yeah.

Cher: But, I want to do it to acknowledge Toni for a statement that she made when she was first talking, about staying focused on the inward versus the --

Rebecca: Yes.

Cher: -- external evident.

Rebecca: Yes.

Cher: That really resonated with me. So I wanted to thank her for that. Then I wanted to tell you that something that I got from yesterday's final meditation.

Rebecca: Yes.

Cher: Was my response or my reaction to, like, panhandlers or people at the gas station that come up to you, or come up to me and ask me for money for gasoline.

Rebecca: Yes.

Cher: The new assignment that I've been given is to help generate funds, or raise funds for charities and non-profit organizations. I had to kind of look at what that meant in, as opposed to what my new assignment is. Because I've noticed that when people come up to me, you know poor

people or people on the corner or at the gas station, you know when they ask for money, or they ask for help, you know, if I have it, or if I think that I've got more than enough, you know, I help them. But if I don't think there's, I'm going to have enough, I don't.

Rebecca: Mm-hmm.

Cher: And it makes me very uncomfortable, when they come up to me. And I thought, "Okay, if I'm going to be in this new assignment, maybe I need to change my reaction or my response, because it's coming from a fear of lack. If I give my last two dollars to the person on the corner, there won't be enough for Cheryl."

Rebecca: Right. And can I just butt in here a minute?

Cher: Absolutely.

Rebecca: It's not just coming from a fear of lack. It's also coming from some kind of guilt. So here is what I would ask, not only you, but everyone to do, when it comes to giving anything, anything. You only give from your deepest wisdom and inner guidance. I don't care if, if it's a mother with

three kids out there. If you tune in and your guidance says “no,” then you are not the one who is supposed to help them.

We are not all the savior of the world. So, if you’ll start tuning in to your actual inner guidance, instead of any emotions around it, I know if I see a bum with a dog, it’s just like “ah, turn around his dog probably needs food.”

Cher: Right. Right.

Rebecca: But, you know, Mother has really talked to me about not giving out of guilt, to tune in and see if we are the one. It’s almost as if there is this system going on where everyone is kind of tuned in and we are all supposed to be giving in different quarters, different areas, and it gets it out of kilter if we give where our guidance is not telling us to give.

So, I would just ask you personally to just go within, every time you want to give. Because I hear a little bit of self-judgment coming in, which is “I’m not giving, because I fear that there won’t be enough for me.” So, can you just be in the mercy for yourself about that completely? And --

Cher: Absolutely.

Rebecca: -- just start tuning in.

Cher: Great. Thank you.

Rebecca: Yes. Okay, thank you. So anybody else want to share how they feel, they'll feel like, "oh this class is helping me."? Okay. Then, I'm going to move into, I'm going to make it real quiet. I'm going to move into an exercise for us. So, I like to ask those questions, because I like for you to be realistic too. One of the reasons that these processes helped my finances so much, is because I looked for any little improvement. And when I had a little bit of improvement, I acted like I won the lottery. I was so tickled and so thrilled. And I was a blabbermouth about it. And I was just so enamored about any little improvement.

So, I'm just going to give you all a heads up. I know some of you heard this that were on before, but if you have any improvement in any area of your life, after taking this class, even if you wake up and you feel like you can stretch further. If you wake up and the sun is shining. Or if you like cloudy weather, and it's a beautiful cloudy day, if you have any improvement in your mood, in your connections, any improvement, when

you look at it in appreciation and gratitude, and when you say, “hey, this process is really working, I’m moving forward,” it just seems to open the floodgates.

When I did all these processes, did I suddenly get -- back then I was doing private clients, -- did I suddenly get ten more clients a week? No. I got one or two, but I was so thrilled. And there’s something about that meditation that we do at the end, which occurs in the womb and affects all of your ancestry, there’s something about that that affects your family members in a positive way. As long as you are in the mercy. And that has been a recurring theme throughout this whole time of teaching this class. Let’s be in the mercy, both to ourselves and both to others. And especially all the self judgments, especially for drinking the Kool-Aid, especially for feeling like, “well, I’m a failure. I used to make it. And now I’m not making it.”

Or maybe you’ve never really made it, and you’re feeling less than, and judging yourself. So, releasing those feelings and just being in the mercy. Even saying, “So what if I’ve never really made it? I’m in the mercy for myself. So what if I made it, and then I’m not making it as much right now?”

Be in the mercy for yourself. The theme is mercy, mercy, mercy me. Okay. Now, let's move into an exercise with the non-dominant hand. We are going to talk about; I haven't done these exercises with any of you, because I just felt guided. What we will do is we will write a statement with the dominant hand and then you will answer it with your non-dominant hand.

Now we are going to start way back in the womb. So, I want everybody to just hold the HPT position. And just imagine yourself, a little baby, floating in the amniotic fluid. Just do that to put us in the right space. Okay. So just bring yourself out. And you are going to write this with your dominant hand. Then you are going to switch the pen and answer. Now, it's important that you actually write the statement, not just say "oh I'll just answer." Because there's something that happens in the actual switching process.

"The needs that I did not get met in the womb are. The needs I did not get met in the womb are." Now, your logical mind doesn't know this at all, unless you've regressed yourself before. "The needs I did not get met in the womb are." And when you get that written, just stop. And don't do

anything until I tell you. I'm going to repeat it once more. "The needs I did not get met in the womb are."

Take a deep breath in. Put the pen in the non-dominant hand, the one you don't usually write with. And allow your inner child, or inner fetus, to just write. You can write as many as you want. They may only have a whine, but whatever it is, I'm going to be quiet now, and you're going to write it.

Audio gap *[00:34:37] - [00:35:52]

If anyone has a question, you can do *7. But I will have time for sharing when we're finished.

Audio gap *[00:35:59] - [00:36:17]

Today is about meeting your needs. I have never done these statements before. They are brand new from spirit. Okay. Start bringing that to a close. You might need two or three sheets of paper. Some of you might have a lot of needs that did not get met. Okay. "The needs I did not get met in childhood are. Needs I did not get met in childhood? Needs I did not get met in childhood are." Get that written. Switch the pen. And invite

your inner child. And remember that it can be petulant. It's a child. And go ahead and take your time.

Audio gap *[00:37:09] - [00:38:19]

Okay. Last one. "Needs I have not got met by God, source," whatever your word for higher self, higher power. "Needs not been met by God." Don't be afraid. "The needs have not been met by God." And this is your deepest, little scared part of yourself. You might be even afraid to write it. But, you would be surprised at how cleansing this is. Switch the pen. Answer.

Don't be afraid. Just go ahead and write it. You know you want to. You are not going to get in trouble.

Audio gap *[00:40:11] - [00:40:51]

Now we are still working here folks. I want you to go back to the first one. "The needs I did not get met in the womb are." You wrote them down. And we are going to have some sharing. But we want to complete this exercise so that we can give a very good treatment. Here's what happens, beloveds. When your needs do not get met, and mother says "yes, this

class is about money, but yet sustenance,” which is her word, sustenance you need, including money, including love. It can’t be just money. You know you need way more. Money is just to make you comfortable. But when you don’t get your needs met, it causes you to form beliefs. So, tuning in to whatever you wrote on number one, the beliefs that you formed, you formed some beliefs because you did not get your needs met in the womb. Now there may be somebody on here who says, “Oh I got every need met.”

And good. Would you just hold space for the rest of us? They cost you to form a belief about yourself, a belief about the world, and even a belief about God. So, on number one, if you need to turn the paper over, just, first thing that comes off the top of your head, because you didn’t get your needs met in the womb. You don’t need to write that down. The belief that you formed about yourself is.

Audio gap *[00:42:28] - [00:43:04]

Write it down. The belief you formed about yourself, because you didn’t get your needs met in the womb. About yourself. And then, the belief you

formed about the world in general, because you didn't get your needs met in the womb. Write that down.

Audio gap *[00:43:26] - [00:43:48]

And then one more. You didn't get your needs met in the womb, which caused you to form a belief about God. What is that? Write it down. First thing that comes to your mind. There are no wrong answers.

Audio gap *[00:44:03] - [00:44:31]

Now, let's move ahead. You could title this "number two" if you need to turn the page over. You also formed some beliefs, because you didn't get your needs met in childhood. Now it doesn't matter if they're somewhat similar to the first one. We want to look for a theme here. I didn't get my needs met in childhood, whatever they are. It caused me to form a belief about myself. Self, what is the belief you've formed about yourself? Write that down. I'll guide you through on each one of these. You don't need to remember anything.

What is the belief you formed about yourself in childhood? Because you didn't get your needs met, we know what the needs are, you wrote them down. And this is just with the regular hand. What belief did you form about yourself, beloved?

Audio gap *[00:45:29] - [00:45:43]

Because you didn't get your needs met in childhood, you formed some beliefs about the world in general. What are those beliefs? It could be just one. It could be several. Write them down. It can be similar from the others that's fine.

Audio gap *[00:45:58] - [00:46:12]

And then, because you didn't get your needs met in childhood, you formed beliefs about God. What are they?

Audio gap *[00:46:20] - [00:46:24]

Write them down. First thing that comes to your mind.

Audio gap *[00:46:28] - [00:46:34]

It doesn't matter if they're similar.

Audio gap *[00:46:36] - [00:47:06]

Now, here comes the biggie. Because God didn't meet your needs. God has not met all your needs. It caused you to form some beliefs about yourself. And this is true throughout your whole lifetime, not just in childhood.

Audio gap *[00:47:26] - [00:47:31]

What kind of beliefs did you form about yourself, because God didn't meet your needs? Write them down. You can title this "number three".

Audio gap *[00:47:43] - [00:48:11]

And, because God didn't meet your needs, it caused you to form some beliefs about the world, the world in general. What are those beliefs? It doesn't matter if their similar.

Audio gap *[00:48:23] - [00:48:27]

Write them down.

Audio gap *[00:48:28] - [00:48:47]

And then, because God hasn't met your needs, it caused you to form some beliefs about God. What are those? Write them down.

Audio gap *[00:48:59] - [00:49:38]

Okay. Here's what we're going to do. It's almost straight up on the hour, so I want you to take your time. Look over this, and finish it up. Please don't be embarrassed because you feel like you're being harsh, or not in the mercy. It's good to take a good hard look at this. We are going to take a little break, and then we're going to come back and have some sharing.

Then we are going to move into clearing, because beloveds, if you look at this, I imagine that you can see a pattern that's manifested in your life like crazy. That maybe you've never looked at it in this way before. These questions were given to me, right now. All I knew was to make this class

about getting your needs met and right this minute, as I'm giving them to you, they're fresh from the words, the mouth of Divine Mother. So.

Let's see. It is 3:57 for me, something 57 for you, let's go ahead and come back at five after the hour. I encourage you not to hang up. Just put your phone down. Stretch. But finish this up. And we're going to have some sharing and clearing as soon as we get back.

.....

Rebecca: This is Rebecca, and we're here for the second segment of "End Money Worries." And we just did some awesome exercises to find out how we didn't get our needs met. In the womb, in childhood, and by the big Kahuna, God.

So, let me fix it so you can -- okay. Steve texted me during the break and said he got a lot of insights and he wants to be the first to volunteer. Steve, if you just do star seven. So, let me ask you the questions. Steve, the needs you didn't get met in the womb.

Steve: Yes. Oh, well, first of all --

Rebecca: Was that just crazy?

Steve: No, no it made incredible sense to me. It was the beginning of a long pattern in my life. I have a twin sister. When she was born, she was much heavier and bigger than I was. And I was born as a sickly child. So in the -- no -- it made incredible sense to me. Believe me; the pattern of my life is clearer than it's ever been; now I've just got to change it. But it's - - yeah. It's incredibly clear. Incredibly clear.

Rebecca: Wow. So she was sucking up all your groceries. Of course, not on purpose, but for some reason--

Steve: No, not like that.

Rebecca: You know, for some reason, she got more nourishment than you did.

Steve: Yes.

Rebecca: Okay. Wow. So, looking at your answers to number one, by not getting your needs met in the womb, what kind of belief did it cause you to form about yourself?

Steve: That I can never get enough. I can't be independent. And I can't grow into manhood.

Rebecca: Aw.

Steve: We didn't start this stuff to bring up the easy stuff, now, did we?
No.

Rebecca: No. Or even grow into manhood. Wow. So that's just a belief you formed about yourself?

Steve: Yes.

Rebecca: Okay, now, what about the world in general?

Steve: That I'll never get enough space? That there's no room for growth, I'll never get enough love or attention, and probably that same thing with money as well. You know? I'll always be half.

Rebecca: Oh. Okay. What belief did you form about God?

Steve: God only has time for half of me.

Rebecca: Aw.

Steve: Which is actually better than some of the beliefs about God I had later on in my life, so.

Rebecca: Okay. All right. So that's one. Number two, needs you didn't get met in childhood. Did you find any similar?

Steve: Yes, I'll always be on the bottom of things I can't win. There's one incident in my childhood -- two incidents where I was at the top of my class and, just before the end of the year, I fell to second place. So I couldn't sustain winning. There was one incident where I wanted -- my sister got a

set of twenty six melody bells, and I wanted my own set. She wouldn't share them with me. My parents said, well, we'll buy you one bell. I never get my share. My father always made fun of me because I was a sensitive child, so I'll never be man enough.

Rebecca: Oh, okay. Here comes the theme. Never grow into manhood. Never be man enough. Okay. Now. We've got a taste of your needs, and we're not going to need to listen to everyone's -- Lorene, you're going to be next -- but we want to get a big jist of how this can affect your whole life. And then, we just want to clear this. We're not doing this for a purpose of dragging up old stuff. We're looking at this for the purpose of getting your needs met now. You know, getting them met now. So, what beliefs did you form about yourself because of this not getting your needs met?

Steve: That I'm not worthy of the support of the universe, and that I have to do it alone.

Rebecca: Not worthy and alone. Oh, that's pretty sad. And what beliefs did you form about the world?

Steve: That earth is a dark, big hostile hole, a place that I don't come from or belong, that no one loves me. And that the earth is not here for me, you know.

Rebecca: Okay, and then about God?

Steve: I'm not even going to read the language I wrote about God.

Rebecca: How -- Anyway, is it X-rated?

Steve: It is incredibly x-rated. It is incredibly x-rated. It is but use your imagination for the worst expletive. I won't say it because I don't want to offend anybody online, and let's just say, the nicest word is, I think, God is for wimps. That's the nicest way I can say it.

Rebecca: Oh, so God is for wimps. Okay.

Steve: And that I have to fight God to get what I want. It's like God is the enemy.

Rebecca: Oh, okay. God is the enemy. And everything is okay. This is -you know, we need to look at this. Get our needs met now. Okay. So then

we've got one more. Which -- the needs that God didn't meet for you. What are those? Did you have any of those?

Steve: Oh yeah. A career. A satisfying love life. ***[00:06:33]** I've always wanted. I've always wanted to be a star. Not a mean star, but a star. And, you know, a sense of ease in the world. You can see it in the bodies of some men and some women as well. There's an ease they have in the world. You know, that, whatever's going on, they -- I would love to have that ease. And I never feel like I do.

Rebecca: Sense of ease. I like that. I have that, so I'll make sure I share some of that when I hug your neck in New York City. Okay.

Steve: I'm looking forward to that.

Rebecca: Okay, so --

Steve: And you're here on my birthday week, too.

Rebecca: Oh cool!

Steve: Yes! Very cool. It will be my birthday celebration.

Rebecca: Yeah. Beliefs I've formed about. Because God didn't meet your needs, what kind of beliefs did you form about yourself?

Steve: Well that, first of all -- you know, I hadn't thought about this before. I didn't like the sound, but that I'm a bastard.

Rebecca: A bastard?

Steve: I'm not one of God's children. I'm his illegitimate son, which can come in handy sometimes, but not in a sense of getting what you want and not always -- and not in a sense of ease in the world. That I'm the scapegoat. It's a perfect victim-mentality constructor.

Rebecca: Okay, well we do want to release that. Okay, what beliefs did you form about the world, because God did not meet your needs? Boy, God's on the carpet here today.

Steve: God did that; the universe does not love me or support me. I say I wanted to be an actor. I -- okay. This is the position. It's the biggest one because there are no green lights in my life. That the world will say no. I

want to be an actor; the world will go “no.” You can be brilliantly talented, and I am talented; and you can work your ass off, which I have; but we will say no to you. You are little place, and we will bring you to the brink of thinking that something will happen and then we’ll shove you down the chute. The coal shoot. Back to the --

Rebecca: I’m getting depressed. What arm? Before I go jump off a bridge. Okay.

Steve: Okay. No, I would rescue you.

Rebecca: Aw, you would. Okay, beliefs you’ve formed about God, because God didn’t meet your needs, you cotton pickin’ stinkin’ God.

Steve: Yeah, yeah. You know, that I just guarded the charlot, you know and I see this from people, who like, say they believe in God.

Rebecca: Okay, God is a charlotte? God is a charlotten? Okay. Control freak.

Steve: Yes.

Rebecca: Well, you have done very well, my son. Thank you for answering all of these questions. Now --

Steve: And everybody will go “let’s not have him back”

Rebecca: I’m always happy to have you. Lorene?

Lorene: Yes.

Rebecca: Are you ready to sock it to me, too? Did you find this very revealing?

Lorene: Oh, extremely.

Rebecca: Okay. You know, you could take this little segment and do a whole workshop on it.

Lorene: Uh-huh.

Rebecca: Those of you who teach workshops. Okay, so--

Lorene: Rather than going through all the -- what would you say -questions individually--

Rebecca: Yeah, want to nutshell it?

Lorene: I think we can nutshell it because, after I'd written things, and then moved away to go get myself a drink of water or whatever, you know, the brain processes?

Rebecca: Yes.

Lorene: And that's when I came to the realization that, as a lightworker -- so, if this is true for me, it's true for many. As a lightworker, I obviously chose in this lifetime to come with a bunch of issues to heal for myself, and others.

And, that I came, and -- okay. My needs were not met in respect to feeling how loved I was and how brave I was for coming to do these things.

And they were not met in the childhood, you know -- in the womb, in the childhood, by God, whatever. And that, in a sense, which we know is

totally inaccurate, God sort of just left me floundering with the need to be suffering, with the need to be isolated, without the flow, so things will start to move forward, and they fly right back.

In the area of love, of money, of health, a sense of things being comforting, grace and ease -- there always has to be that. You move forward and you come back, but you could never really go far.

Because I have been using the expression -- well, for quite awhile -- that the healthier, physically, I feel, the more it seems like something begins to work against me or -- of a more -- in a physical realm. Or the more I am advancing in the area of intuition or in the area of money, the more something seems to be coming to be, in a sense, kind of sucking you back.

Rebecca: Yes.

Lorene: And I said to myself, "Girlfriend, these are all coming from your false beliefs and patterns you put in place. And you haven't realized are sitting there." So I said to myself, "Okay, Mother *[00:12:34] thank you so

much for bringing this up. Now let's just get rid of this shit. That's the bottom line.

Rebecca: Oh, I love that. Let's just get rid of this shit.

Lorene: Absolutely. For once and for all, let's just get rid of it so we can be the true lightworkers that we are.

Rebecca: And, until today, had you realized this in the way that you've just expressed it?

Lorene: Fully like this? And being able to just encapsulate it? No.

Rebecca: Yeah.

Lorene: Bits and pieces. Yeah. And you kind of get that intuitive whatever, and then you'd let it go. And I said to myself, "For God's sake -- I mean, it's just sitting there! It's time to let it go. Once and for all."

Rebecca: It is time to let it go. Because we form all kinds of stuff. Along with the beliefs, come resentments, come -- I don't know. If everybody would just look at your stuff you've written and if you could just nutshell all

the emotions you feel when you think about forming all those beliefs, what kind of emotions would you say you feel, Lorene?

Lorene: Unworthy.

Rebecca: Okay.

Lorene: Isolated. A sense of lack, and a sense of lack, rather than truly standing in my own power and knowing beyond anything that I am loved, and I am greater than this, not less.

Rebecca: Okay. Perfect. Thank you so much for your succinct encapsulation. So I'm going to go to Patty Carreras, and then, Kam, I see your mic open. Patty Carreras, go ahead and share.

Patty: You know, I'm mirroring a lot of what I've already heard, the needs I didn't get met in the womb were a feeling of security, love, joy, didn't feel welcomed, didn't feel any abundance or nurturing.

Rebecca: Okay.

Patty: And that's repeated in childhood. The needs I did not get met was, you know, a lack of love and security, a lack of playfulness, a lack of comforting and nurturing, a lack of encouragement.

And also a lack of acknowledgement of my accomplishment and a prop in what I tried to do. And then, I guess, for God, I felt like I didn't -- I haven't had that solid, soulmate, earthly relationship that I've desired. I haven't felt, you know, security or, you know -- strength comes and goes, and understanding.

I felt like I didn't get understanding from God, and that's, ultimately, one of the things you expect to get. So, I don't know. A big theme for me was not feeling worthy of love or acceptance, the things of isolation, you know, the world not -- I'm here to help others, but there's little help for me and feeling on my own.

And about God, at some point, feeling like God didn't have time for me. And if there was going to be a relationship with God, I had to find God, not God reaching out to find and nurture me.

So those are some of the things. And in my childhood, one of the beliefs about God that was a little bit of a block was, why doesn't God protect me from abuse, and where is God when I need Him? And that also kind of led me to feel like, you know, the world can harm me. So those are kind of -in a nutshell, that's kind of what I felt.

Rebecca: Okay. And the world can harm me. Okay. I'm going to ask you to be my volunteer for clearing. I want to hear another rendition, but would you. Patty?

Patty: Certainly.

Rebecca: Okay. Thank you. Let's see Kam, go ahead, Beloved. I think -- I thought I saw Kam's mic open. I guess not. Let's see. We did Steve, Patty, Lorene, I guess, does anyone else want to share? Kamery. Go ahead, Kamery.

Kamery: Yeah, okay. Mine's about the same as the last person and some of the others, I was not wanted to begin with. My mother wasn't married and got pregnant. And then my father abandoned me when I was a year old.

And we did the part about my stepfather abused me sexually at a different time, and gave me money. He abused me sexually for a period of six or seven years, so I got the world is not a safe place. I was not welcomed or wanted, and my grandfather was a Nazarene minister, so I grew up with, you know, sinners--

Rebecca: Right.

Kamery: And, even though God isn't there for me now -- because my two cats has been very sick for over two years -- and I pray everywhere and I tithe and my cats have not been healed, so that's, you know.

And we had floods in my condo. It's like everything's gone wrong, so it's like God is not there for me and accessible. And, because of my feeling of unworthiness, I cannot say no to people who want to borrow money, and so I've loaned a lot of money out which I never got back.

And then one of my friends -- recently, you know, I loaned her some money. We went on a trip. And she hasn't made any effort to pay it back since 2005. So, anyway, my thing is that I want -- the world is not a safe

place and I'm powerless to say no and even saying no to myself for overspending. So, you know, I'm a Leo and we like to spend money.

Rebecca: Oh, I think everybody likes to spend money. I don't know, I like to.

Kamery: But I would like to move to protecting myself and taking care of myself even though I wasn't wanted and feel like the world --

Rebecca: Oh, and that's why you can't say no, because you felt like you weren't wanted in the first place, so you don't even deserve to be here, so you better just ante up anytime anybody wants something. So, are you willing to just clear all this?

Kamery: Oh yes. Please.

Rebecca: And let it be okay to say no. Now we're going to move into the clearing, but I would like us all to borrow the benefits with Patty. And everybody look at your list, and there's a lot of folks listening online too.

This clearance will only work if you participate fully. Everyone. If you just halfway do it, you're going to get halfway results. So this is being very honest here, and I feel like we have a good range of issues to look at.

So, the thing is, damage was done to us in the womb. We do pick up the energy. We're going to do a lot of healing on that when we do the meditation. But, when you're looking at this thing, I want everybody to look at your stuff, and kind of nutshell it, and what is the outcome you would like to have from clearing that.

Would you like to believe that you are worthy? Would you like to not feel isolated? What would be the opposite of isolated? Surrounded by love? Surrounded by people who love you? Would you like to not feel like God left you floundering? Would you like to feel wanted, worthy? It does no good to clear out a closet just to leave it empty. You want to put some beautiful, shiny new clothes in there.

So I want everyone to just close your eyes, and imagine your closet full of old raggedy clothes. Your old beliefs. And there's some old ugly muddy boots in there that you've worn through the sewer and in all kinds of situations.

And just imagine that we're going to do this clearing, and I want you to think of what kind of beautiful clothing and shoes you would like to replace. When you look in the mirror and see yourself, what do you want to be wearing? How do you want your hair? How do you want your body shape to be? We might as well go for the whole ball of wax here.

Think about giving ourselves permission to release that old crap and everything that it's put on us and to reach forward for what we want instead. Now. Hold on just a minute, Patty, I'm going to make it real quiet, and then I'm going to open --

Okay. Now Patty. It should be just me and you. Can you hear me?

Patty: I can.

Rebecca: You cannot?

Patty: I can hear you. Yes.

Rebecca: Oh, okay. Okay. All right. So Patty, you're going to be my volunteer, we're going to do some HPT tapping. And I'd like everybody to

tune in to allowing yourself to feel angry. You know, stop trying to be righteous, but just imagine that you feel like, because of just the way you didn't get your needs met, way back in the womb, and then childhood, and then all this stuff happened. Allow yourself to feel whatever emotions want to come up for you.

Anger is always really great. It's so hard for us to give ourselves permission to be angry. Patty, if you gave yourself permission to be angry, do you think you could feel a little anger at the situation?

Patty: Yes.

Rebecca: Okay.

Patty: Anger and sadness.

Rebecca: Okay, anger and sadness. Okay. So if you tuned in to the anger, who would it be at specifically? And it's okay if it's God. It could be the universe, it could be your mother, it could be anybody, if you could just pick.

Patty: My mother.

Rebecca: Your mother. Okay. Okay, well we did start at the womb and nobody came in this place in a womb without having to have some kind of mother, unless -- I guess, even if you're a test tube baby you've got to have some kind of mother. So, egg gotta come from somewhere.

Okay, so you could say you would allow yourself to feel anger at your mother. And thank you so much for holding space for all of us. And everyone just pick someone, or something. Not yourself because we're going all the way back to the womb. Do you really think yourself, in the womb, has any call to be felt anger at? No.

So, feeling anger at your mother, on a scale of one to ten, about how strong would that feel for you, if you really allowed it to rip?

Patty: A nine or a ten. If I allow it to rip, a nine or a ten.

Rebecca: Okay. Ooh, a nine or a ten. Way up there. Everybody give yours. If you allowed yourself to be angry at your mother, your father, the world, God, your twin sister that sucked up all your goodies, whoever it is

for you, it doesn't matter. What matters is that we're going to release this anger with the intention of letting that force be so strong that it just sucks up all these other beliefs and sadness's along with it.

We're setting that intention and so it is. So, a nine or ten anger towards your mother. What kind of things would you like to say to your mother? And remember, you're just a little kid, a little bratty kid.

Patty: Why don't you love me? Why didn't you want me? Why didn't you protect me? Why didn't you tell me how good I was? Why didn't you see who I truly -- who I was in my heart? Why did you give me away?

Rebecca: Oh, that's a big one. Why did you give me away?

Rebecca: Okay. Whoopsie. I'm so glad that rang before we started the treatment. I did not realize I did not have my cell phone turned off. I should tell all my children when I'm teaching a class. Don't call me. Mama. Give me just a moment. Thank you for your patience.

Okay. Why didn't you want me? Why did you give me away? That's pretty cold, Mom. So, are there any physical things you would like to do to her? To get her to understand? Shake her? Make her listen to you?

Patty: Yeah. I would. I'd like to shake her. I'd like to make her sit down and I'd like to make her listen and not say anything until I've had a chance to say what I need to say. To release my heart, and to release my anger.

Rebecca: Okay. You're going to just sit down and listen. And did you call her "Mom," "Mother"? What is the word that you used?

Patty: Well, when I rediscovered her -- she was my biological mother -- it was mother.

Rebecca: Okay. Okay. All right. So, we're going to use HPT tapping, which means we'll be tapping on the crown, the third eye, the beginning of the eyebrow, side of the eye, underneath the eye, inside corner of the eye, and in the heart point, and then we'll tap in some positive words at the consolidation point, which is at the nape of the neck.

Okay, so all you have to do, is simply follow after me. And the way borrowing benefits works, for those of you who don't know, you tune into Patty and I, and you say the same things that we do, and you join us in clearing her issues. But first, you tune into your issues.

All of you have been doing this exercise. You know what's going on, so you tune into your stuff, setting the intention that, as we release for Patty, it will also release for you. How does it work? Not sure. Does it work? Like magic.

So, nine or ten anger. So, going to the very top of the head, repeat after me. Mother, why don't you love me?

Patty: Mother, why don't you love me?

Rebecca: Then go to the third eye. Why didn't you protect me?

Patty: Why didn't you protect me?

Rebecca: Beginning of the eyebrow. Why couldn't you see who I was?

Patty: Why couldn't you see who I was?

Rebecca: Side of the eye. Why didn't you love me?

Patty: Why didn't you love me?

Rebecca: And then underneath the eye. Why did you give me away?

Patty: Why did you give me away?

Rebecca: Then at the inside corner of the eye. I can't believe you gave me the fuck away.

Patty: I can't believe you gave me the fuck away.

Rebecca: Back to the top of the head. What were you thinking?

Patty: What were you thinking?

Rebecca: Third eye. Did you have any idea what I suffered because of that?

Did you have any idea what I suffered because of that?

Rebecca: Beginning of the eyebrow. You got off scot-free and I suffered.

Patty: You got off scot-free and I suffered.

Rebecca: Side of the eye. I couldn't be your little girl.

Patty: I couldn't be your little girl.

Rebecca: Underneath the eye. I couldn't be anybody's safe little girl.

Patty: I couldn't be anybody's safe little girl.

Rebecca: Inside corner of the eye. I was molested because you left me.

Patty: I was molested because you left me. You abandoned me.

Rebecca: And then heart center. Nobody protected this little girl.

Patty: Nobody protected this little girl.

Rebecca: Nobody protected me at all.

Patty: Nobody protected me at all.

Rebecca: And I couldn't protect myself.

Patty: And I couldn't protect myself.

Rebecca: Back to the top of the head. Did you know what was going to happen to me?

Patty: Did you know what was going to happen to me?

Rebecca: Third eye. Did you have any idea how I would suffer?

Patty: Did you have any idea how I would suffer?

Rebecca: Beginning of the eyebrow. Was your only concern for yourself?

Patty: Was your only concern for yourself?

Rebecca: Side of the eye. That you not be saddled with a baby?

Patty: That you not be saddled with a baby?

Rebecca: Under the eye. Is that all I was to you? A big fucking saddle?

Patty: Is that all I was to you? A big fucking saddle?

Rebecca: Inside corner of the eye. No, I was a sweet little baby girl.

Patty: No, I was a very sweet little baby girl.

Rebecca: Heart center. And my heart was crushed.

Patty: And my heart was crushed.

Rebecca: Back to the top of the head. Mother I would like you to sit down and listen to me.

Patty: Mother, I want you to sit down and listen to me.

Rebecca: I'm going to shake you until your teeth rattle.

Patty: I'm going to shake you till your teeth rattle.

Rebecca: And you're going to look me in the eye.

Patty: And you're going to look me in the eye.

Rebecca: And you're not going to say a fucking word till I'm finished.

Patty: And you're not going to say a fucking word until I'm finished.

Rebecca: You will not be able to leave.

Patty: You will not be able to leave.

Rebecca: You will sit your ass down.

Patty: You will sit your ass down.

Rebecca: Then go to the third eye. I just wanted to be your little baby girl.

Patty: I just wanted to be your little baby girl.

Rebecca: Beginning of the eyebrow. I wanted my mommy to hold me and love me.

Patty: I wanted my mommy to hold me and to love me.

Rebecca: Side of the eye. And you gave me away.

Patty: And you gave me away.

Rebecca: Underneath the eye. I didn't want another mommy.

Patty: I didn't want another mommy.

Rebecca: Inside corner of the eye. I didn't want all those horrible things to happen to me.

Patty: I didn't want all those horrible things to happen to me.

Rebecca: Then the heart center. I wanted my mommy to protect me.

Patty: I wanted my mommy to protect me.

Rebecca: I wanted to be protected.

Patty: I wanted to be protected.

Rebecca: I wanted to be precious.

Patty: I wanted to be precious.

Rebecca: Instead, I was crushed.

Patty: Instead, I was crushed.

Rebecca: Okay. Stop here and just take a deep breath in and out. In and out. And if you could imagine your mom sitting there looking at you now, what kind of energy do you feel coming from her?

Patty: Sorrow.

Rebecca: Sorrow? Do you feel that she's asking for forgiveness?

Patty: Yes.

Rebecca: And is there any part of your being that is willing to extend that forgiveness and mercy?

Patty: Yes. Absolutely.

Rebecca: Okay, so going back to the crown of the head. Even though you hurt me so much mama --

Patty: Even though you hurt me so much Mama --

Rebecca: I see that you need the mercy.

Patty: I see that you need the mercy.

Rebecca: I see that you need the forgiveness.

Patty: I see that you need the forgiveness.

Rebecca: I've become a strong woman.

Patty: I've become a strong woman.

Rebecca: And I am able to forgive.

Patty: And I am able to forgive.

Rebecca: I am able to be in the mercy.

Patty: I am able to be in the mercy.

Rebecca: I choose to be in the mercy.

Patty: I choose to be in the mercy.

Rebecca: Then go to the third eye. I choose to release all these beliefs that came upon me from the womb and beyond.

Patty: I choose to release all these beliefs that came upon me from the womb and beyond.

Rebecca: Beginning of the eyebrow. I choose to be in the mercy for myself.

Patty: I choose to be in the mercy for myself.

Rebecca: Side of the eye. I choose to let these beliefs go as easy as pie.

Patty: I choose to let these beliefs go. It's as easy as pie.

Rebecca: Underneath the eye. I choose to be free.

Patty: I choose to be free.

Rebecca: I choose to be in the mercy.

Patty: I choose to be in the mercy.

Rebecca: I am a strong, powerful creator.

Patty: I am a strong, powerful creator.

Rebecca: And then inside corner of the eye. I'm in the mercy for myself.

Patty: I am in the mercy for myself.

Rebecca: I'm in the mercy for you, mother.

Patty: I am in the mercy for you mother.

Rebecca: And then to the heart center: I am in the mercy for that whole situation.

Patty: I am in the mercy for that whole situation.

Rebecca: I choose to let it go freely.

Patty: I choose to let it go freely.

Rebecca: Okay. Stop and just take a deep breath in and out. And tune in to the anger you were allowing yourself to feel at your mother, which was way up at a nine or a ten. And tell me how it feels now.

Patty: It's gone. All I feel is love. It's gone.

Rebecca: Okay. Tune into some of those beliefs you had formed. God didn't have time for me, the world can harm me.

Patty: Yes. I am unworthy.

Rebecca: Yeah. So what do you choose to believe now, Beloved?

Patty: I am so loved, and cherished--

Rebecca: Ah, and just tap some in. Yes. Tap. Reached the consolidation point. Nape of the neck. I'm loved and cherished.

Patty: I am loved and cherished.

Rebecca: I do cherish you, Patty.

Patty: Thank you. I cherish you too, Rebecca.

Rebecca: And all your kitty cats cherish you.

Patty: Thank you. They do.

Rebecca: You're so worthy. You're so worthy of everything.

Patty: I am worthy.

Rebecca: Ah, you are worthy. And do you feel complete, Beloved?

Patty: I do. I truly do. Thank you.

Rebecca: Thank you. You were a marvelous volunteer. A marvelous. Now, I'm going to open it up for anybody who would like to -- hang on just a minute. Who else would like to share?

Some of you might feel stuck, but I'd just like to hear what came up for some of you? You can just do star seven if you want to share with us about that, we would love to hear it. Let's see. Steve, I see. Your mic is open. Would you like to share what came up for you during that exercise?

Steve: Sure. My biggest anger was with God. I tuned into everybody. My father felt sorry, my mother had this embarrassed look on her face. I think she felt powerful doing that to me, and she hasn't changed.

And whatever else she did -- my sister felt very haughty, and God looked sorry, actually. God looked like He wanted my family -- well, you know, they're minor compared to God. But I mean, He looked sorry. He looked like, you know, I didn't mean for you to go through all that.

Rebecca: Aw. And can you forgive him a little bit? Can you be in the mercy?

Steve: Yes, I can walk in the universe back into my life. I can say “Come on. Join the Steve bandwagon and I’ll join yours.” When I get my stuff rolling, I will make sure to make contributions to the world, as well as to myself. You know?

Rebecca: Aw.

Steve: Shopping at Prada, and a benefit concert where I make no money because I am rich, and I can give to the world. You know? Free seminars for young actors. Sign me up. I’ll do them. You know, I mean, I used to work with homeless people, and think it was Claire who said that she felt guilty about turning down a homeless person.

A homeless person once asked me for car fare. And I dug through my pockets to give it to him, and when I didn’t have it, he took out his metrocard, which is a way to get into the subway in New York, and he just slipped it through and he said, “Never mind.”

Rebecca: Probably had more than you.

Steve: Oh, I could tell you some stories for an hour easy. So I guess if you're going to run a foundation where you give out money, you have to learn to choose. You know. Part of the skill set.

Rebecca: It is. Following your guidance. Well thank you, Steve, for sharing.

Steve: Thank you, everybody.

Rebecca: Yeah. And Jemma, I see you have your mic open, and then Cheyenne, Wyoming. So let's do Jemma and then Cheyenne. Go ahead, Jemma.

Jemma: This was a really interesting experience for me, and I'm so glad that you explained how the process works -- that you -- I don't know what it's called again--

Rebecca: Borrowing benefits?

Jemma: Borrowing it. Yes. Because what surprised me is I didn't have that issue that Patty had, but I just totally got into being Patty, and the

emotions that came up were so powerful. They were like when I'm doing tapping for an issue that I have.

Rebecca: Yes.

Jemma: And when it was all over, I felt clear.

Rebecca: Yes! That's how it works. It's magic.

Jemma: Yeah, because my thing had more to do with my energy being too much for my mother. And how it wasn't safe to be visible and it wasn't safe to be out there with my energy. And that just kind of was like, oh, okay, that's gone. So it's surprising. It's a great method. Thank you for teaching me that.

Rebecca: Well, I have to tell where I learned it. I learned it from Gary Craig. Now, I don't know if he just discovered it. You know, we try to give credit, but you can go back, back, back. But I learned it from Gary Craig, the borrowing benefits.

Jemma: Well, I had known about it, but I never knew that what the process was to really be in the space of the person who was doing it.

Rebecca: Yes.

Jemma: Wholeheartedly.

Rebecca: And I don't know how it works. Yeah, you just put your awareness briefly on your stuff, then you go whole-hog in, with the other person.

Jemma: Yeah. I mean, I was weeping, and the anger was coming up. It was really bizarre.

Rebecca: Well, we are all one, Beloved.

Jemma: Yeah.

Rebecca: Okay, thank you for sharing Jemma. Then let's go to Cheyenne Wyoming. Your mic is open. Go ahead.

Cheyenne: Hi. I didn't really feel the anger, but I think part of it is because of -- my anger that I had, I let go a long time ago. I was very abused as a child and was told that I would never be anything and no one would ever love me, and I believed it.

No matter how much people tried to love me, I made sure I sabotaged it because I knew they were never going to because my mother had told me I was unlovable.

Rebecca: Uh-huh.

Cheyenne: And as far as, like, God, I never blamed God because I realized that I was alive and okay because of God, but I never got the blessings that I thought I should have. But I realized just now, it was me that was putting the blocks and keeping abundance and stuff from coming in because I didn't feel like I was worthy. And I realize now, I am worthy.

And I really do have so much more than I've ever been thankful for, knowing that I've always had it, but I just never accepted having it, 'cause I -- I don't know how to explain it. But I just -- I was my biggest block. It wasn't the people who hurt me. It was me because I kept those beliefs.

And I just really feel like I've let them go today. Like, I realized that, and I see what I really do have.

I used to blame my childhood and things, and I did blame God but I realized really, God gave me that, and had his arms around me the whole time. And I didn't see till right now and I see now how much I do have and just me loving myself is like being loved by the whole world.

Rebecca: Oh, you have to love yourself. When you love yourself, and you know, you know that your heart is pure. You know that you have good intentions towards the world. There's just something really great about that.

As a matter of fact, it helps you to just let guilt go about all kinds of stuff when you know, in your heart, oh, I have good intentions about myself and the world. I have the best interest at heart. It's so freeing. So I thank you, my dear, for sharing, I'm so glad that you came, and that you are experiencing this clearing. Thank you.

Cheyenne: Thank you.

Rebecca: Okay, so then I see Toni would like to share.

Toni: I have a question, actually.

Rebecca: Okay.

Toni: What I experienced, both in asking the question, and going through the process as well is, the whole concept of God has changed for me. From what I was raised with as a Catholic, growing up.

Rebecca: Yes.

Toni: So now where the recrimination comes back to myself is that if it's all vibration, that God isn't to blame, that I'm to blame. That if I'm not vibrating with, you know, powerful beliefs, that I will be taken care of, that I can trust the universe, that I can manifest, that there is a lack of trust in that, then it keeps looping back , it keeps looping back. Well, I must not be clear enough, my karma must not be clean enough, you know, I must, you know --

Rebecca: I'm not enough.

Toni: That I'm the problem. Not God, not my parents. That now, it's me not having a law of attraction at a high enough level -- frequency -- to be able to receive the help I need. You know, the resources to get more clients, or to have the next vocation of destiny come in.

Rebecca: Okay. And are you saying you still feel stuck in that?

Toni: Yeah. I think I'm still a little stuck.

Rebecca: Okay. You're taking responsibility and self blame without being in the mercy for yourself. So, can we do an exercise with you?

Toni: Sure.

Rebecca: Okay, because I think this will help a lot of people. So just close your eyes. And imagine there's a circle of light. And imagine that you're in the circle of light. And you're just relaxed and in the circle of light.

And it seems like you're seeing a panoramic view of all the mistakes you've made in your life, all the waves you think you've been vibrating out

of harmony, and it feels like you've just taken responsibility for the whole world and everybody else, and it feels so heavy.

And you're blaming yourself for vibrating out of harmony with money, and vibrating out of harmony with love, and everybody knows you have to raise your vibration. So Beloved, I just ask, could you imagine that this beautiful angel of mercy -- if you could just imagine, other angels are singing mercy, mercy, mercy, mercy -- and she's walking over to you and folding you up in her arms and just whispering, be in the mercy for yourself.

We know that you've been doing the best that you could be in the mercy, even though I don't feel I've been doing everything correctly. Even though I don't feel I've been vibrating to my highest potential.

I accept myself just like I am. I give myself permission to be in the mercy for myself. Because I'm ever-ready to be in the mercy for everyone else. I'm ever-ready to push everyone's responsibilities aside and take them on as my own.

And I, this day, choose, to just be in the mercy. I lay down my need to be responsible for everything all the time. And I simply say, you know what? I

can't do it. I haven't been able to do it. And I'm in the mercy for myself about that. I simply haven't been able to.

And I accept that what I can do is what I can do, and I'm in the mercy for myself. Just allow your heart to be still, Beloved. And you stand in the arms of the one who is mercy. And you receive. Receive. Okay. And tell me how that's feeling?

Toni: Very moving.

Rebecca: Okay.

Toni: I've had this right shoulder injury and I can't raise my right arm and it's so graphic -- this whole idea of responsibility. Of feeling like I have to be responsible all the time. And I've been frozen. This shoulder's been frozen. Just being able to give mercy to myself, and not self-incrimination about having injured myself is --

Rebecca: Okay. And is it hurting right now?

Toni: It was throughout the whole thing, but it has subsided.

Rebecca: Okay.

Toni: Thank you.

Rebecca: Yeah, you're just carrying too much, Beloved. Just carrying too much. Okay. Would anybody else like to share, or ask a question? You can do star seven. And I will be happy to listen to you.

Okay. Well, we have gone another hour. Can you believe it? So, when we come back, we will ask if there's anymore sharing, or epiphany, or anybody feel stuck. I don't want to leave anybody feeling stuck.

And then we're going to move into a very healing meditation, which will probably take about twenty minutes. So let's take a ten minute break, because you need to get ready to be zonked out. I'm gonna knock your ass out. In this very spiritual manner. So everybody come back at ten minutes after the hour.

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Rebecca: Okay. We're back for the third segment. And before we move into the meditation, does someone have a question? Or would you like to share any insights that you've gotten from this session? Oh, you need to do *7. Just say your name.

Okay Steve, go ahead.

Steve: Well, I think I am, I will be 64, the day, by the time you seen me. And I've been in therapy, or doing Astro or Metaphysical stuff since I've been like, 21 or 22 years old.

Rebecca: Mm. Hmm.

Steve: And my quarrel, actually, was never -- however my family is, they were. And my big quarrel, because I've dealt with them for decades. They had their --

Rebecca: -- Uh. Huh.

Steve: -- time. And my big quarrel is with God and the universe. If I can settle that quarrel, I can really relax. If I could, you know if I can feel the universe is with me, as a man, as an actor, as anything I want to do, that would be the biggest blessing that I could get.

Rebecca: And do you feel that you've gone a long ways towards settling that quarrel today?

Steve: Yeah. Yeah, you know I have. I don't -- yeah. Yeah, you know, I have to see what unfolds, but. I mean, I was told that by ***[00:01:41]**, that, you know the big jump off for me, is knowing that I am what I want to be and that the universe is there for me. You know? It's always like, you know, pushing your peanut up the hill. So, if I could change that, then everything would really unfold.

Rebecca: Okay. And is there any reason why you couldn't change it?

Steve: No. No.

Rebecca: Okay. Bless you my friend.

Steve: Yes, all those grudges were useless, you know? Maybe I can use them as an actor, but that's an artistic thing. Yeah.

Rebecca: Yeah, you might need that energy, but you know what you're so talented, you could drum up whatever is necessary. You don't need to directly experience it.

Steve: Well, no I can directly experience it out of my imagination.

Rebecca: Yeah. Yeah. Okay Steve. Thank you for sharing. Toni, did you want to share some insights? I see your, your mic is blinking I don't know if --

Toni: Oh, is it? Was it open from before?

Rebecca: -- yeah, it's open.

Toni: Oh.

Rebecca: Yeah. From before.

Toni: No, no. I'm good. I'm good.

Rebecca: Okay. And Lorraine, yours is open, did you want to share something?

Lorraine: As a lightworker, I am in bliss.

Rebecca: Aww.

Lorraine: I'm just in bliss. Thank you. Thank you. Thank you.

Rebecca: Okay. Oh, that makes me feel wonderful to have somebody in bliss. What else is better than bliss? Wow. Thank you Lorraine. Camry, how about you beloved? What would you like to share, or ask? Camry, I see your mic is open. Camry, did you want to share something? Going once. Camry. Okay.

Camry: Can you hear me?

Rebecca: Yes. Now I can.

Camry: I've been talking to you. I didn't know you couldn't hear me.

Rebecca: No. I couldn't

Camry: Okay, I just wanted to thank you so much for this class. It's truly awesome, and it just brought up so much for me. I realize now, that I have to go in and do more work on being compassionate for myself.

Rebecca: Yes.

Camry: For making it through all, all I went through.

Rebecca: Yes.

Camry: And surviving, so, so thank you so much.

Rebecca: Yes. You deserve a gold star, beloved. Okay. So, anybody else want to share anything? Do *7, and then say your name. Okay. So, let me tell you what we're going to do next. We are going to a very healing meditation. I give a nice long break so you could hopefully, get all stretched. The way this works is, I'm going to take you deep. The class will be over, but I don't want you to come right out.

I want you to be in that state of bliss. Is there anyone on here today who did the meditation yesterday? Can you do *6 and talk to me? Or speak up, if your mic is open. Anybody on here today who did the meditation yesterday? Oh. Okay. Guess not. Because you just stay in this state of bliss. And when you do slowly come out, I want you to write down the experience. Just write it down. So, okay, so I'm going to make it very quiet. Any other questions? It's your last chance. Cher, did you want to share?

Cher: Oh well, when you'd asked if any of us had been, had done the meditation from yesterday.

Rebecca: Oh. Okay. Good. So, you did the meditation yesterday, and did you allow yourself to just stay in the space of that, even though the class was ending?

Cher: Oh, absolutely.

Rebecca: Okay good. And then, did you write it down?

Cher: Well, what I got was that -- about my response and reaction to people that approach me, like panhandlers --

Rebecca: Oh yes. Okay. Yes. You shared about that, okay. Okay. So, it'll be interesting what you get when you go in today. Here's what I found when I did the meditation the first time. And all my ancestors were having all these woes and all that. When I did it again, because I actually, recorded this for myself, they were all having a party, when I got there. Its like, "hey, you already did the work."

So, it'll be interesting to see how that flows. Okay, so, I'm going to make it very quiet. And I'd like for you -- I'm wondering if some of you might like to have this on a separate recording. Let me do that for you. I'm going to stop this one.

[End of transcript 00:07:32]

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MEDITATION

This is the meditation to really heal your relationship with money and all kinds of emotional things, from the greatest place of healing that there is, from the womb.

So, I'll ask you to simply relax. Make sure to move your body into a position where you can be very comfortable. If you feel like lying down, and you can either hold the phone or listen online. Get yourself into a place of extreme comfort. And if you're sitting down, and you can plant your feet, go ahead and do that. And just imagine that the energies of the Earth are flowing up to strengthen you. And the energies of the heavens are flowing down to strengthen you, and that there is nothing more important that you could be doing right now, than this meditation.

Any time that you would like to deepen the experience, you can hold the heart point technique position. Take your hands in and out as you feel guided. And just say this prayer.

“I'm asking the part of me that knows everything about me, the part of me that is always connected to the divine to help in this release.” And so relax

your feet. And relax your legs. Relax the muscles in your calves. Relax. Relax. Relax your thighs. Take a deep breath in and out, allowing yourself to feel peaceful and relaxed. Relax your hips. It's as if you're just melting into the place where you're sitting. And you're just letting all your cares go, for today, you're letting it go.

Relax your shoulders. Relax your neck. Relax your head. Allow your scalp to simply relax. Relax your eyelids, even your cheeks. Relax. Your jaw relaxes. Your eyes look upward and cross the slightly, as you relax. And in this very relaxed state, allow yourself to drift back in time.

Feel yourself as you're drifting, becoming smaller and smaller, until you realize, you're just a little tiny baby, not even born yet, inside your mother's womb, floating in the water. And you're feeling blissful. You're not aware of anything except the sound of your mother's heartbeat rushing in your ears. Yet it's the sound you've always heard. Your temperature is perfect. All your needs are met. Your little tiny baby eyes blink, blink, blink in the water. And you can see the sunlight filtering through the walls of your mother's womb.

Your little tongue darts out and licks your lips, and as you do, you taste the sweetness of the amniotic fluid. And you're relaxed. You become aware of

your umbilicus. And you see that cord throbbing, bringing your life from the placenta. Put your little baby hands around that cord. And you feel that rubbery texture. And you can feel the pulse of the blood beneath your hands. It's so real. You are so here.

And as you are in this state of bliss, you realize that you can tune in to other things. And your ears are like little radars. And they seem to be picking up voices outside the womb, voices of your family saying things. So then you tune into the emotions of your mother. And you tune into anxieties. "Oh man, is this the right time to have a baby? Is this baby the right sex? Am I going to be a good mother? Am I going to be able to handle this? Is there gonna be enough sustenance for my baby?"

And as you tune in, you feel so much compassion for your mother because you had no idea she went through so much grief, that she was scared, even about the birthing process. She was scared. She was filled with anxiety. And you realize that, "that's not my anxiety. That's not my feeling of not being wanted. That was because she felt anxiety, and she wasn't sure."

And in the compassionate self that you are, in the pureness of your baby heart, you send lightwaves of healing, spiraling out from you to your mother. You send waves of peace, waves of compassion, going out in beautiful colors. Touching her energy field and soothing her, as if you were the mother.

“Aww it feels so good to be in the mercy for someone. It feels so good that I am strong and that I can see. It’s not her fault. She’s doing the best she can. She doesn’t know what to do. She doesn’t know if she can take care of me. I choose to be in the mercy.”

And you send wave after wave of healing to her. And it’s as if it just absorbs into her energy field, and then she sends it out to others. And now, because you, beloved, have sent this healing energy, you begin to feel light, as if you could do somersaults all throughout the womb. Oh it’s good to be a healer. It’s good to be a healer. It’s good to be in the mercy. Your heart rejoices, for this is your first healing miracle ever.

And you know this is why you have come, to be a healer, to be a little miracle worker. Your heart rejoices, let’s you have your first taste of how it is to be compassionate, how it is to be in the mercy. And you say, “Oh, I

shall do more of this.” And as you say that, you notice that the womb is starting to get full. It’s as if the energies of your mother and all of her family and line is there. And if there were any adoptions, those people are represented too. And your father, and all his family line is there. And if there are any adoptions, they’re there too.

And beginning with your mother, every ancestor that she has ever had, back to the very beginning of time, they’re so small, way back; they’re like grains of sand. And the same thing with your father and his ancestry. Wow, past lives are represented here. What a crowded place this is. And as you become aware of all these ancestors, you also use your intuition. And you tune in to all those kinds of feelings they have had about money and lack and not enough.

And you realize, “oh my goodness.” The energy starts to feel heavy as you tune into a lot of crap. Oh my God, a lot of anxiety and you realize, oh, “I need to take the observant position. I need to just observe these.” As you tune in to their woes about money, about health, about love.

Putting your hands in the HPT position, “I am so burdened by all your pain. I can hardly stand it. I am so burdened, even in the observant position. I

need some release than the opposite belief. Wait, I'm okay. I'm a survivor. I'm allowing myself to feel lighter."

And then you go into prayer. Take your hands out, if they're uncomfortable. Or leave them, whatever you desire. Remembering that you are healing from the pureness of your baby heart, "I ask you, God, to heal the origins of all this pain from me and all my ancestors and all the history of my being. I release any curses put on me or my ancestors. I release any curses I or my ancestors put on anyone at anytime in the history of our being."

Take a deep breath in and out as you can just feel the release. "I release any vows of poverty that I took on at anytime in the history of my being. I release any vows of poverty for my ancestors as well. Al hut, Al Hut ***[00:12:25.9]**. I release any vows of being subservient, any vows of being less than, any vows of suffering for me and my ancestors as well. I release any vows made to old religious orders of any kind, in this universe and in any other universe. I release any pledges of loyalty that I've made at any time in the history of my being in this universe or in any other universe, on any level of existence. I release any vows of chastity that I took on as part

of any religious order or any order. I release any agreement to be in subservience to the patriarchy or the matriarchy.

I forgive. I am in the mercy. I forgive anyone that I blamed for my problems in the history of my being, especially you, God, especially you. I forgive you. I forgive others. I choose to be in the mercy. I ask forgiveness for me and all the history of my being. For all those things that I have done that were not for the highest good, I release all shame around any past acts of me in a past life or my ancestry. I forgive myself for everything. I forgive them for everything. I accept forgiveness for everything, on every level. I fully release any feelings of unworthiness. I am now ready to release all contracts that I made in the history of my being and on behalf of my ancestors. I release all contracts about being poor in spirit, being poor in money, suffering, any of those.

I release it now. I release it. All contracts on the karmic level, genetic level, family level, physical level, energetic level, mental level, emotional level, spiritual level, cosmic level. All previous contracts that I made in the history of all my being about being poor or suffering in any way are now null and void. And I choose to be free, to enjoy my life to the fullest.”

And now, extend this blessing in mercy to every single ancestor, every single past life experience. Look at your mother. See her face absorbing the joy, absorbing the acceptance of mercy, mercy, mercy.. And she turns to her nearest ancestor and transfers that energy of mercy, forgiveness and releasing of all these blocks to prosperity. And the joy begins to radiate backwards, backwards, backwards, backwards. It's like dominoes as the line of ancestors lights up and goes back; back, back, back, back, back to the very beginning of time.

And now you extend that same joy and acceptance of mercy to your father. And his face lights up. And he turns to his nearest ancestor and imparts that joy, that mercy, that forgiveness, that releasing. And it goes back, back, back, back like dominoes. Light, light, joy, rejoicing begins. Rejoicing such as you've never heard or seen before. You can actually hear the chains of bondage just falling away, clinkity clink clank.

People are hugging and jumping and dancing and singing. Angels are joining in. The ascended masters are joining in. Other planets seem to be dancing in the sky as such a release is brought. Take a deep breath in and out.

Audio gap *[00:17:41] - [00:17:49]

Breathing softly, in and out. Observing the miracle that you have created, beloved, from the pureness of your little baby heart have you created this miracle. You are in the bliss as you are part of this rejoicing. And now your ancestors all huddle together. And they have a little conference. Then they choose a representative that represents both sides, all sides. And this representative steps forward. And you kneel, because you're in the mood to receive blessings. You kneel, and they hold their hands in blessing. All of your ancestors are stretching forth their hands in blessings to you, beloved, in blessings to you.

We give you permission to succeed. We release you from any kind of guilt or shame that we may have ever put on you. We are proud of you. We acknowledge you. We acknowledge the healer that you are. We acknowledge the performer that you are. We acknowledge the purity that you are. We acknowledge that you have brought us the mercy. You have brought us forgiveness. You have brought us freedom. We honor you. We acknowledge you. We adore you.

And you are basking in those collective blessings. And now, you see a line of light going forward in time. And this is your descendants. And you see them dancing and cavorting about in freedom. For this work that you have done today, family members are accepting freedom in energy and spirit. Imagine that you see a strand of your DNA. And it's whirling and twirling about. And spirals and waveforms of light are entering that DNA and causing repair and healing to occur. There's even a special strand that's for abundance, that is added to your very own DNA. And as this strand is added, you feel yourself more complete. You feel you do have the ability to trust. It is good to be in the mercy.

Now, see yourself using money in a free and happy way. See yourself just doing what you want with it, and that this is your birthright. Now once more imagine that you're just a little baby, floating in the bliss, just like this all started. Only now, it's time to be born. You get to pick the time. And you burst forth, into this lifetime. And this time, when you come out, everyone is clapping for you. Everyone is so happy to see you. Angels are singing, and you are aware of this. You are aware that you are special, that you're in the mercy. You're aware that you have a healing heart. And you're aware, beloved, that you are worthy to receive every good thing. You are

aware that you are worthy to accept abundance, and that you are able to trust. And so it is. And so it is.

I encourage you to just take your time. Take your time. Allowing yourself to be in this beautiful, blissful state as long as you need it. And when you do decide to bring yourself back to this awareness, write this down. Write down your experience. And I would love to hear about it. Write it down.

This is Rebecca. And it's been my absolute pleasure to be your guide. You are loved. You are loved. You are so very loved. And so it is.

Below is the Updated most recent version.

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Welcome, this is the Friday edition of in money worries, part two, in part one, we did a lot of healing, about issues that started way back even in the womb, around abundance around feeling loved is our kind of needs. It was about what needs Did you not get met? those needs are affecting you today

. And so we addressed a lot of those needs. And today we're gonna¹⁰¹

take it further. I'm going to be covering the poverty smasher technique and discovering his burden are you carrying? You know, you came in. And I like to tell the story of how, when I did this process, I just immediately felt a shift and my my finances started moving forward, not like a deluge, but grow and grow and grow growing, growing until I was making a quarter million dollars a year.

Having fun doing this, and then the bottom fell out. And I was trying to figure out what I did. And I realized I took on somebody else's burdens. Now those were financial burdens, I took on somebody's financial burden. And you could take on somebody's emotional burden. It's not all about money. abundance is about having and living a joyful life, whatever that is, for each individual person. And so I realize that and took steps to remedy it.

And it took me a while to get going back in. And I guess it's one of the lessons I came here to learn because I've done it more than one time. So don't feel bad if you keep making the same mistakes over sometimes maybe it's so I'll teach a class on it and help people not to do that are to realize, you know, you can take on all kinds of burden for somebody, and you're carrying your stuff, and their stuff, too. And what I realized is this,

when you come from a place of abundance, you might feel that if somebody is in need, you're supposed to help them.

And that's where I got into trouble.

Did I pray for divine guidance? Should I help this person? Oh, no, I have plenty. Why don't I just help them, help them, help them help them. And when you do that, and it's not following divine guidance, they will suck you dry. Because you're doing it from my my daddy would say you're doing it from the flesh perspective.

You're doing it because you feel like you ought to do it from the head, not your heart telling you, yes, help this person. And often I'm getting this right now, you could be asked to help a person to a certain degree. And be mindful if they're taking that help, and doing something with it. Or they just gonna keep sucking and paying attention. That's discernment, paying attention.

So we're going to discover where you could be doing debt and how to let it go. And I want to do with you the exact exercise that I did that that shifted my money perspective. So that's what we're going to be doing today. And

then we're going to end with the meditation that heals your money issues from the ancestral perspective, and also more healing from in the womb.

So before we get going with this first exercise, are there any questions or comments? I know some of you have been to every single one of these that I've taught that makes me happy, because you know, there's always another layer we can take off right? So you can just unmute yourself and start talking or you can put it in the chat. At let me make sure I have the chat enabled. I sure do.

So we will be doing the exact exercise that I did all those years ago that just caused a shift. Like, I could feel it. And then it's never gone back down to where it was I've gone up and down because money ebbs and flows, it's like the tide, if you think it's always if the tide is always rushing in, the place would be flooded, it rushes in, it goes out, it comes in it comes goes out. And the thing is to keep your trust that it's never going to go all the way out, things come and things go.

So

look at my Neato earrings, got him at Goodwill, I've been raking up goodwill. It's like this is a gift to you. Okay, this teaching is such a gift. So I have found that our results are better when we first cleanse all our receptor points and our chakras with Holy Spirit light.

And the revelation I have is that it's very powerful to use three different streams of Holy Spirit life. By the way, if you've been on here before and done this, you cannot do it too much. Every time you cleanse with these dream streams of Holy Spirit, like you're building your level of authority and power, you're building the stream of anointing that the divine is pouring through you.

So you could do it three times a day, and it still wouldn't be too many times. So what are the three streams of light that we're going to be using today, if you look at any flame, and I like holy spirit flame, you know, on the day of Pentecost, the apostles had flames on their head, and even colder than the Emerald Tablets. 36,000 years old, the whole book, it mentioned, the flame, the holy flame, the flame of life, the flower of life over and over and over and over.

So I think we need to pay attention to the flame of Holy Spirit. So there's always the color white look at any flame and you'll see a flicker of white. And there's always usually the three colors is usually the red, the greens, the blues, the primary colors, and they're usually clear, if you look away at the top of the flame, there's clear, so white light prepares away, then the robes of Christ are the robes of a priestess.

The three colors didn't mean to give you their finger, the three primary colors all mixed together, create black, ooh, black, that can be good. Yes, it is. Black is the color of the boy, the power of creativity. But these three colors, the primary colors when they mix together, create a magnetism. And this magnetism moves through you and pulls debris to itself and just push on out into the earth.

And then the most powerful light of all clear light. Spirit says to me that when clear light enters the human body, it turns into holy water. Now, this look at these white prepares away, the black magnetizes, obstructions, the clear light, holy water cleanses, expands. And it conducts electricity and you know your body is an electrical body. So you might check any pains you have in your body right now and see what level they are. And just by bringing in this Holy Spirit, light, and cleansing, you're gonna feel better.

So we like to use heart point technique and that is simply putting your hands like this and opening up yourself to this influx of light heart point technique was given to me by Divine Mother. It's a simple healing modality and it's the best modality I've ever found for getting divine revelation.

So just touch the points briefly. As you move into the space of feeling the sacred energy, you get the head connected, the heart connected, you get all the acupuncture points connected, and then just release and with your eyes closed. Simply listen to my voice. And in this state of relaxation, imagine that you're yourself point which is 18 to 24 inches above your head that we're calling in the light of Holy Spirit and we're calling in first a white light.

And the white light builds and builds and builds and builds and now it begins to spill over into your open crown. And it moves through your crown through your corpus callosum. It's preparing the way my beloved it moves to the pineal gland, thalamus, hypothalamus, to the pituitary, it moves all around these acupuncture centers, it moves into the amygdala, it moves down your throat opening that Throat Chakra it moves into the heart, preparing the way for even more healing and then it lives down the central Kanto and it activates your solar plexus chakra.

And now it activates your sexual chakra and now it activates your root chakra. And then it passes on down and blesses Mother Earth. So take a deep breath in and out and now

Whoa, that

higher self point is collecting all this magnetic energy ready to magnetize your obstructions, your aches, your pains, your walking energy, and that higher setpoint is opening up in this black magnetism is flowing into your crown and it's gathering particles the moment it touches you it begins to gather particles debris obstructions and then it moves to the pineal gland inside the pineal gland gathering obstructions forward to the thalamus hypothalamus area forward to the pituitary and then all the acupuncture points around your eyes.

It's like windshield wipers for your third eye. And then it moves to the throat chakra and it just collects all those obstructions and it moves to your heart center into the parikar deep into all the chambers and functions of your heart this magnetic glide is gathering those little bitty wounds those, those tops off of the scabs, maybe we've been healing and just magnetizing them and then it moves into the central channel and it moves into your solar

plexus, gathering all that degree debris that keeps you from being who you truly are.

And then into the sexual chakra magnetizing all that debris, all that old stuff and then into your root chakra.

And then passing down through the peronism and blessing Mother Earth. And now beloved's in your highest self point you're collecting that clear light of Holy Spirit. That clear light of Holy Spirit.

And now the highest southpoint opens in their gushes a waterfall have this clear light and it touches your crown and it begins to become holy water. You feel that blessing in your crown, you move it back to the penny, all that expands your capabilities for intuition for everything and then it moves through all your cranial cavity expanding, cleansing, electrifying and when you call the name of the power that you desire, it shall be so.

Then this holy water moves down into your throat chakra washing, expanding your ability to speak your truth and then moving down into your heart and washing away all that hurt that pain that wound and then moving

down into the solar plexus chakra further still into the sexual chakra and then down into your root and then out to the parent into Mother Earth.

And now my friend you are clean and fully ready To do this exercise that really set me free. And it's very simple, we use heart point technique. And we simply state the obvious.

And I'm going to tell you what I stated, when I did it, that's what we're going to do, you can change the words in your own mind. But you put your hands in the position, you're full of light, you're full of the anointing, and we're first gonna address the negative. So putting your hands here, you just say to yourself, you can say it out loud, if you desire because you're all on mute.

I'm broke. I'm not worthy. I'm in trouble. I can't make it. Something must be wrong with me. Something must be wrong with me. And you just are bringing all those feelings up to the light for healing. And take your hands out for just a moment. And you may get some revelation about this. You may not.

However, make a decision in your life that you're ready for things to shift in your favor. There's no way things can not not shift when you're full of Holy

Spirit light. And so back with the heart point technique again, and say these words after me, I'm releasing this pattern.

I'm worthy. I can make it I am okay. I now attract every abundance to me. I am a magnet for abundance of every kind. I claim it and just feel that fire of Holy Spirit like moving up throughout your being your gears shift right now. As you begin to be guided on your part of attracting abundance. And that is the exact exercise I did years ago when Divine Mother gave me this revelation. And so it is

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Okay, so can we have some sharing about what that felt like? to anyone, either about the Holy Spirit like cleansing or that exercise? You can either put it in the chat or you can unmute your microphone. Rebecca. Go ahead, Sylvia,

the last spot of the exercise that we have to repeat, you made it quite fast. Okay. Just like you know, I read the, I see the recording later on, but he is a little bit fast. Just like you know.

Okay, I guess I was getting excited. Sylvia. I know, I know. Anyway, it works. If I say it for you. It works just as well. I just like for you to say it as well. But it's working for you. Okay, but thank you for reminding me Don't talk so fast your backup

Thank you. Anybody else want to share anything? Or make a request? Okay, then we're ready to move into something very interesting. That is, its burden are you carrying? Now this can be an emotional burden, or a financial burden, a feeling of responsibility for something that maybe is no longer you refer sponsibility?

Or maybe you feel responsible, and it never was. So we're going to be discovering this, and then we're going to be giving the burden back. However, I was guided to take this further than just whose burden are you carrying? So here's what I discovered. The last time my, my money went down significantly.

I could feel spirit of jealousy, like, around me or my money or whatever, which course I don't think anybody has any reason to be jealous of me. Um, but you know, we can't stop other people's emotions, and they can affect us.

So I felt it. And I asked a friend of mine to pray with me, and she discovered who it was. And we rectified that and now it's gone. So and we can't blame people, if they somehow feel jealous of us or envious of us. We can't blame them. Because we do too. I mean, when I see somebody that is so thin, and they don't do anything, I know a girl like that. She eats chips in bed at night, and she's a size of one. And well, I'm not really jealous of her.

But I'm a little envious, like, Wow, that is so amazing. So we can kind of have some feelings about somebody. And because we're light workers, we're going to recognize it and we're not going to let it turn into somebody ugly, but somebody that maybe not a light worker, if they got those feelings toward us, it could get kind of strong. Anyway, it's all dissipated.

So we're going to be looking at people that maybe wishes harm, or people that we hide our lives because we want to please them. And then we could be feeling jealousy about somebody so have your pen and paper because I'm going to guide you through discovering who this could be out try to talk slow Silvia and we'll do it was heart point technique because we're gonna be asking for the light of divine revelation.. To show us

And remember, we're not going to be wishing any of these people harm, we're just going to give back to the universe, that burden that we have took on. So are you ready, put your hands into position. Just watch how I do it. And the Divine Light of Revelation, you don't have to say anything with this one, you just pay attention to what comes up for you. The Divine Light of Revelation is spilling into our crown. We're already so full of Holy Spirit light.

And into all those acupuncture points a pineal gland into our heart is we're asking his burden, are we carrying his burden have we taken on that could be more than one person? And this could be at any time in your lifetime? That may be it's not rectified yet. Whose burden have I taken on? Who do I feel responsible for. And then write those down, come come on out and write those scam.

And you don't need to share, we're going to keep going to the end. And we'll see if we share them. Now, the next thing we're gonna address is who could be jealous of me, who could be jealous of me. So or envious, so put your hands into position and you're already full of light.

So we're just asking that light of revelation to go directly to your heart. Who's jealous of me or envious of me. And you'll okay in some of these,

you may get nothing and that's okay. And it may surprise you what you get. Who is jealous of me could be a whole group, maybe several of your family members are jealous of you. And come on out and write that down.

Next, we're going to be looking for people who wish us harm. Now, hopefully nobody comes up. But that's why this is so important. When you know what to clear, you can clear it there can be energy in your field that you're not even aware is in your field. And we're doing this with love no kind of hatred or anything like that.

So back in the position who wishes me harm? who wishes me harm? who wishes me harm? And it might surprise you and make you feel sad and that's okay. When you feel that you have something come out of the position and write it down.

Okay. For the next one. What we're looking at is how have we hit our light or who in our life have we tried to Please add, maybe we hit a part of ourselves, I'm guilty of this one as well. Because some of us lightworkers are so different.

That doesn't mean we're supposed to spill our beans to every person in our path. But sometimes we have someone in our life, that's kind of important. And we want to please them and not let them see all that we are, maybe we hide some of our light, because we think it will make them happy or because we think they can't handle it.

So this is something I've been guilty of, and I went to see my Redeemer to alleviate that feeling. If you could feel shame, like I can't believe I, I held back a little bit because that person would judge me. So back in the position. You know, we could say how am I hiding my light? And it could come up who from? How am I hiding my light?

How am I hiding my life? And when you come out, go ahead and write that down. Take a little while.

Okay. Go ahead and write that down. Okay, now, Would anybody like to share what came up for you? And were you surprised? Just you can either put it in the chat or under your microphone and talk to me?

Yes, Rebecca. I was surprised. I found a lot of people. Not in my time right now. But in my past, yeah. Somehow it seems they still hanging. Or I didn't

put that in to the especially the burden the economic burden I carry? Or I don't know. I will I keep trying to please my family, even though I know I never be able to. So it's the kind of energy I felt I was complete, but it seems not.

Okay. And I know you've done a lot of work on this. We probably all have, you know, there's still some left and today we're going to do some really good work on NES. So thank you for sharing. Thank you. Okay, Who else wants to share anything that came up for you? either put it in the chat or under your microphone.

Okay, so let's go ahead with the clearing. And it's important to know that we're doing this clearing from a place of love. And we're not saying you take your burden back, we're going to give these burdens to the universe to be dissipated. Because to put it back on the person's would not be helpful to anyone, then we're going to feel guilty about that.

So here's what we do form a circle of light in your imagination. And then ask every person that came up for you to get into that circle of light. And they will do it. Whenever you call a Spirit living are dead, past life or not, they have to come. So into the circle of light, all of them are gathering.

And we're asking their angels to come to, and the circle is getting bigger and bigger, because they might have some, some people that they're bringing with them that are involved in this, maybe someone is causing them to feel jealous or someone is causing them to put their burden on you.

You don't ever know the circumstances of other people. So we're just calling all that whole mess into a circle of light. Okay, now, what we're going to do is we're going to ask for that triple scream of Holy Spirit light, to do the work on all these people. All you're doing is commanding it to be the Holy Spirit light will do the work and the people will either take it or not take it we are offering you are the healer here. Okay, you've been a healer all your life, you are now a healer, offering healing. And believe me, it's going to take your burden off of you.

So if you tuned in now to how heavy your burden is feeling when you've discovered all this stuff. By doing this offering healing and forgiveness to others, your burden is going to be lighter and lighter and lighter and lighter. Can I get an amen? I always know when my my daddy shows up. So. So you're just the director.

So you're imagining that also in copper cooperation with the ovary So of all these people, could you see all souls love each other, even though they may have caused you grief, the souls love each other. So into this circle of all these people were calling the power of the white light of Holy Spirit, to just reign all over all these people and attend to their needs, as understood by Holy Spirit light because we don't know their needs.

And then we're asking that black light of Holy Spirit to pour out over all these people and begin to magnetize all their aches and pains and their obstructions and their debris and to the degree that they're willing to accept it we're willing to give We are the healers and we are giving this light and this magnetism and then it just moves down into the earth and now comes the shower of the white light, not the clear light of Holy Spirit.

And the clear light begins as a clear light from above, and the moment it enters the energy field of these beings, it begins to turn into holy water and it splashes through their crowns. All into their internal organs and body, it cleanses your auric field, it cleanses their skin, it rushes to their eyes and opens their eyes to the real ness of who they are.

And they begin to accept this healing and this transformation. And you allow your crown to open and you receive that light of divine forgiveness. And you can all that light of divine forgiveness out to this circle of all these beings in this circle. And you're simply a channel of divine forgiveness, you may not feel within your human itself that you're ready to forgive, that's okay.

Be a channel of Holy Spirit forgiveness. And as you stream that forgiveness, you'll notice that you begin to feel lighter and lighter and lighter and lighter until you can hardly stay on the planet. And you're just given those burdens to the universe, any burden you took on your giving it to the entered universe, any jealousies you felt to the universe, all gone. Now you can dance around, and now your own waterfall of the clear light of Holy Spirit begins to stream all over your auric field.

I love your skin, washing your eyes clean washing your inner body clean as you begin to dance around splashing in the puddle of holy water. And you begin to feel elevated and lie and you know that you can finally let it go. And so it is and so it is anchor lock and seal this healing on every level through all space and time. Amen. Amen. Whoo. That was good. So bring yourself back. And I'm going to ask if anybody would like to share anything about

that exercise? You can either share in the chat, or unmute your microphone.

Rebecca. Okay, so via what happened to the people in the circle of life after the way cleaning day, please

They are over there dancing and singing and their angels are taking care of them. Okay, thank you don't have to worry. You're in your own circle of light dancing around in the holy water.

That's why I asked because I told you forget about them. And then when I came back and said, Yeah, what happened to them about them?

Just forget about them. Their own angels are taking care of them. You just care about you. So Sylvia, I know you muted yourself already. But do you feel lighter after doing that exercise?

I feel way better. Good way better. Well, later, and I feel I hear in other places that you have to give back the burden to the people and it's something that really do not resonate with me. I feel way better when I can clean everyone when everybody and then playing and dancing and reusing.

Because even if they do on purpose, most of them not. They deserve to have joy. And I deserve to have Joyce way better. I

deserve it. You deserve it and you can just let it go. Yes. Okay. Thank you, Silvia. Okay, anybody else want to share anything that came to you during that exercise or ask a question?

Hi, Rebecca. Hello. So I think I have to do this exercise more than once. And maybe for a certain time every day, because it's not so easy to let go of the burden of dear ones.

It's true, it can be hard to let go of the burden. However, it's not doing you any good to carry it, is it? Yeah. Are you happy carrying all those burdens for all those people?

No, it's, it's not good for me.

No, it's not good for you. So let's explore this. Ah, I can feel my wings grow. And Sylvia says, So, Christine, do you feel guilty for letting go of the burden? Or is it something else? I think it's something else. And what is this something else? Um,

I feel I have to, to carry the burden. And I'm used to carry the burden of other people. Since the womb. Wow.

Do you feel like that's your mission in life to carry the burden for other people? I don't believe so. Okay, I hope not. And it was

a big experience when I'm could see the angel of my mother. So I could let go to carry her short on my shoulders. And but having had this experience, I forget about it with other people who are now actually in my life. And I think I have to do to remember every day that they have their insurance, and I can ask the angels to do what I cannot do.

Yes. Actually, you're in the way. They're angels want to do it. And you're rushing up? No, no, let me do it. And so we're going to do a tapping exercise, if it's okay with you. Yeah, to help you and everybody else who hasn't spoken up to help you realize those people have their angels, it is not your job to carry their burden.

As a matter of fact, when we try to carry other people's burden, it stops their spiritual growth, they should be experiencing it, they will have to whenever we let go, and sometimes our life gets so heavy, that we have to let go and

then the person can have their own burden. So can we do some tapping together on this, Christine? Yes. Okay. So, repeat after me, everybody else, you can do this too. You're all on mute. So tap right here.

Yeah. I feel responsible for other people's burdens. I feel responsible for other people's burdens. I feel I have to carry them or feel I have to carry them. I love and accept myself, love and accept myself. I'm such a good person. I'm such a good person. But I'm in the way.

But I went away. They can't grow. They can grow. Because I want to do everything for them. Because I want to do everything for them. That's how I was born. That's how I was born. I can't change it. Seems I can change it. You can change it. But it's okay to say I don't feel like I can change it. But I chose to change it.

But I chose to change it.

Okay, top of the head, carrying those burdens is uncomfortable for me.

carrying those burdens is uncomfortable for me.

I don't know how to stop it. I don't know how to stop it. I must trust their angels. I must trust their angels, angels. They have their own soul journey. They have their own soul journey. I shall let them have it. I fell let them have it. I choose to let them go. I choose to let them go.

I can let them go. I can let them go under and their angels can take over there Angeles can take over. Okay. Angels takeover. Angels takeover. This is killing me. This is killing me. I'm very tired. I'm very tired. I release my need to control. I release my need to control angels.

Ok you take over angels. You can do it. Angels. You can do it. I release this. I release it. Yes, I do. Yes, I do. Yes, I can. Yeah. All right. How do you feel? much lighter. Yeah. And now you'll remember getting in their way. I know. It can be so hard, especially if it's a family member. And you know, they're going to suffer pain.

However, I'll just tell you a story. From my personal life, I had a son that got into drugs. And the first time he got into trouble, I bailed him out, out of jail, actually. And I gave him money for his house payment.

And I it was never ending. My savings account was freaking empty. And I was doing it because I felt responsible. And then he got into jail again. I didn't have any more money. And I just let him stay in jail. Now he didn't speak to me for a few months. But you know what?

He made a decision sitting there in jail. He made a decision to change his life. And he never touched it again. He made restitution to all the people he stole from. Because whenever you get into drugs and your parents run out of money, you have to steal. And he changed his life.

He got back everything that he lost. And even he had a really crappy kind of not real nice wife. And he has a new wife new happiness. And he did it because I turned loose. Would he have done it eventually? Maybe. But not as long as I was bailing him out and giving him money, why should he change?

Anyway, that's just an example of how it broke my heart that I couldn't get him out of jail. It broke my heart when he wouldn't speak to me for several months because he felt I betrayed him. And it all turned out fine. So there, okay, so we're gonna take a little break about five minutes and come back and we will do some debt releasing. And we will do this wonderful

meditation that that heals your ancestry and he curses. It heals so many things about your abundance, your health, all kinds of things. So we'll come back in just five minutes.

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In this segment, we're going to be looking at some debt release.

Debt can weigh you down and block your abundance. And there's all kinds of debt. There's love debt, money, debt, all kinds of debt. So you know that when somebody owes you money, or maybe they owe you a favor, maybe you did something for them several times, and they never did anything for you, you can get resentment every time you think about when somebody owes you, it kind of stabbed you in the solar plexus. So we're going to be letting go of all that.

And I'm just getting a reminder, like, some of us got divorced, and we really lost a bunch, or we gave away or whatever, we didn't feel we were treated unfair, unfairly, that kind of energy can, um, can hang around and just make you feel like a victim. Anytime you feel like a victim.

We all know about that. We're not victorious our way. And feeling like the victim can go off into other things around your money around your abundance. And so every everybody just dropped to your heart and think about people who owe you money. Or a favor or something. And write down at least three people that owe you or did you wrong? Art took from you.

Everybody has at least three people, I'll be quiet. And then thing is there. Anybody else? Write down what comes to you. If you were here before and did this exercise before,

you might need to do it again. Okay, so everybody got at least one person. So we're going to be the healers here. Now invite that person into a circle of lie, they got to come. This is especially helpful if maybe you you can't get in touch with them. Maybe you've tried to collect the debt. And they were evasive, that makes you feel yucky, doesn't it like, wow, when they wanted the money, they were all friendly.

And now that I want to be paid. They're avoiding me that that makes you feel yucky too. It puts you in a yucky position. You don't like this? And sometimes you have to realize they're never going to pay me. The sooner I

let it go, the sooner I'm going to use all that energy that I was using to feel resentment or the it's draining my lifeforce energy. I'm going to use it for something else now. So all these people are one however many you have are in a circle of light. Now.

I'm really feeling that there's some folks that don't feel like forgiving them. And that's all right. We're going to just do a little tapping so you repeat after me. You owe me. We're talking to the circle. I don't want to forgive you. You cheated me? You did me wrong. I don't like you. You betrayed me. You owe me.

You owe me. You betrayed me. I feel yucky. Why don't you pay me? You cheated me? I feel yucky I don't want to forgive you. I don't want to forgive you. And take a deep breath in and out. So now you get to make a choice. You can ask the divine to help you forgive, so that you can move forward and just dismiss that whole thing and not having it second your lifeforce energy. So let's do that and cap it in. I asked the divine to help me.

I allow the divine to forgive you. I allow the divine to forgive you. That's feels so good, doesn't it? Just that I'm releasing the blame. The Divine has forgiven you. The Divine has forgiven me. I released this. I released this. I

released this. I released this. I release this and just feel that oh heavy burden rolling off of you that knife is coming out of your solar plexus throw the knife away, it no longer has the power to harm you.

Now, how however much they owe you? say they owe you \$100. So you're gonna multiply that by 100. So it's like 100 times 100? I don't know what's at 100,000 10,000 math is not my strong suit. Anyway, a whole bunch. And you're gonna ask that they be blessed that many times, however much they owe you.

You want them blessed 100 times you're blessed 100 times. Yes. Because you're taking this as now it's a debt the universe owes you, you, my friend are in the black with the universe a whole bunch. You're free and you have all this money coming towards you. That's an escrow now, because you were at magnificent light being and you forgave. And you blessed it.

And you bless them to get it out of here. You're blessed out of the circle of light. I'm making sure I'm doing it this time Silvia go and be blessed. You are no longer a pain in my ass, or a thorn in my side, or a stab in my solar plexus be blessed. And by now we're going to turn it around.

Who do you owe money to? Or favors to who has done you a bunch of favors, and maybe you have not done them a bunch of favors. Maybe you had to default on a loan. Maybe you had to default on even an old student loan or something. Now, here's where you pay attention to your guidance. If you owe somebody something, and they're alive, and you feel that you should make restitution.

You can try to contact them and offer whatever you can \$5 a month \$10 a month. Think about this. If some of those people that owed you had gotten in touch with you and offered to pay you something a month and they were faithful at it wouldn't you have forgiven them a long time ago to just ignore you. Makes you feel bad. So if you feel guided to make restitution, like an old student loan, it might not even be on the books anywhere ever.

But you can make energetic restitution no matter what. Because we have a tendency when we owe somebody and maybe we had to default because we just didn't have the money. We have attended See, to kind of feel resentment because we owed it like it's their fault, your fault, you talked me into getting that loan. And it's true that some institutions do kind of bribe you into going in over your head. That is true. However, we can't sit and blame them because we were gullible.

And this is an energetic block that you can take off. And I shared last night, I defaulted on a loan one time. And I simply couldn't pay it anymore. It was just, I couldn't do it. I had actually already probably paid him back. More. But yet, you know what the interest in everything, I simply couldn't do it.

And the way I energetically took care of this, I didn't feel guided to offer them \$5 a month or something, I just felt like it was a burden, and I needed to let it go. And I did this exercise that I'm going to guide you through. But to this day, every time I pass, and it's been years, every time I pass one of those banks, they have a lot of branches everywhere, it's Wells Fargo, which in the states is huge. I say a prayer for them again, to be blessed.

So

and I say I'm sorry, I defaulted on that loan. Be blessed, be blessed, be blessed. So they're probably getting the better end of the deal, getting a blessing every few days. And energetically, it's wiped clean. And also, you probably know this, but like a big institution, when you default on a loan, they actually use it as a tax break at the end of the year.

So in a way, it's helping them balance their books, so maybe you never thought about it like that. But the debt is wiped clean, and they took a loss and they got a tax credit. So everybody that you owe money to even some people you might not, might not forget, remember exactly who it was column into a circle of light. And then just ask forgiveness. If you've never energetically done this, please forgive me. I did the best I could and I could not do it.

So you're not going to claim any more guilt over it. Okay, you're energetically making restitution. And they're energetically gonna receive more from this restitution than they ever could from the money you could have paid him. So imagine you owe them \$100 I'm sure it was more than \$100. But just let's just use that. You're gonna ask for that to be bless for them 1000 times over. And again, you're getting into black with the universe.

And again, you just letting this burden go that Nick go. And forgive me. I could not pay it. I asked you to be blessed 1000 times what I owe you. And then just let it go. All the guilt. Any blame? Every time you think about either one of these things. Either someone owed you money. And Aren't you wiser because you know not to loan out money very much anymore.

Remember that you let it go. You washed it clean? Anytime you feel guilt over you owing someone else money, remember this? You washed it clean? You let it go. So, are there any comments or questions about this debt releasing exercise that we just did? You can either share it in the chat or unmute your microphone.

Repeat Rebecca. Yes, Sylvia, what happened when someone thinks you own money or a favor or something too. him or her? But you really in your heart? No, that is not true.

I would just do the same thing. And as for whatever they think they owe you to be blessed and multiplied and forgive them. Okay. That's a very good point. I'm glad you brought it up. Sylvia. I love it when you're in class. The word questions, it is. You never ask a weird question, you always ask a good question that is true. Some people think you owe them.

And you don't think you do? You're pretty sure you don't. It's just like, when somebody perceives you did them wrong. When I know that I did the whole oponopono which you just say, I'm sorry, please forgive me. Thank you, I love you. If they perceive that you did them wrong, or you owe them money or anything in their mind and heart, it's real. So ask forgiveness.

You're the bigger person. You're a wonderful, brilliant light worker. So hope that answered your question. Thank you. Anybody else have a question? Okay, so, everyone take a drink of water, get into a comfortable position, because we're going to close this class with a meditation because I desire for you to just stay in that state. Li You can use it for your nap. Whatever it is, you can leave this class in this state of bliss, and it's a very long meditation. So make sure you have a drink of water and that you're in a comfortable position.

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In this segment, you're going to experience a blissful meditation where you discovered that you have always been a healer. You have always had compassion, you are the key to setting your own cell free from any ancestral curses,

and also your lineage. So I invite you to relax. Take a deep breath in and out. And just for a moment, roll your eyeballs up toward the ceiling. And then let them gently close. And again, roll your eyeballs up to the ceiling. And let them gently close. relax the muscles in your head. Make sure that you're comfortable. relax the muscles in your face and neck.

Relax your shoulders. Relax your arms, hands. Imagine that you rooted in the earth, and or energies of the Earth itself are supporting you. There's just nothing that you could do right now that's more important than experience this meditation. And we say this prayer, masking the part of me that knows everything about me. The part of me that is always connected to my divine within and without to help me with this release and this healing.

Continuing to relax your legs, your calves, your eyes, relax your hips, letting all your cares go. Just relax. And as you are in this very relaxed state, you feel yourself drifting and becoming smaller and smaller until you realize

you're just a tiny little baby. Inside your mother's womb floating in the water the amniotic fluid. You feel blissful. You're not aware of anything except the sound of your mother's heartbeat.

Show show show.

What a comforting, comforting, comforting sound. It's a sound you've always heard. Since you can remember being in this place, your temperature is perfect. All your needs are being met. You feel no hunger, you feel no pain, you feel no cold, your temperature is perfect.

You're in a place of bliss. Your tiny little baby eyes blink, blink blink in the water. And you can see the sunlight filtering through the walls of your mother's womb. Your little tongue Dart sound and mix your lips and you taste the amniotic fluid and it's sweet and good and you're relaxed.

And you become aware of your umbilical cord that is connecting you to the placenta. You see it throbbing full of life bringing you lie bringing blood and now you put your little baby hands around that cord and it feels rubbery. Like oh and you can feel the pulse of the blood beneath your fingers. It's so real. You're really here back in the womb experiencing this bliss.

And you realize you can tune into other things. Your ears are like little radars. They seem to be picking up voices outside the womb and not just voices emotions. Voices of your family saying things. You You're feeling things and now you tune in to the emotions of your mother and you feel that she has some anxiety...

As she's thinking, Oh, is this the right time to have a baby? Is this baby the right sex? Am I going to be a good mother? Am I going to be able to handle this? And is there going to be enough to eat for this baby Am I going to be able to provide.

And as you tune in, you feel so much compassion for your mother, as you realize, wow. She's such a good person, and she's going through so many things. She's scared, even about the birthing process. She's filled with anxiety and you realize way, that's not my anxiety.

That's not my feeling of not being wanted. I'm picking this up because she felt anxiety and she's not sure. And in the compassionate self, that you are from the pureness of your baby heart, you send lightwaves of healing, spiraling out from you to your mother. You send waves of peace, waves of compassion. And it's going in through beautiful colors.

And it's touching her energy field, and it's causing her to feel soothing energy. It feels so good. To be in the mercy for someone else. It feels so good. I'm a strong little baby. I can see it's not her fault that she felt these anxieties, she's doing the best she can. She doesn't know what to do.

My mother doesn't know if she'll be a good mother or take care of me. I choose to be the one. In the mercy I choose to be merciful. And so you from your little tiny, pure baby heart, you continue to send wave after wave of healing to your mother. She absorbs it into her energy field, and she sends it out to others. And now because you, sweet, tiny, darling little baby have

sent this healing energy. You begin to feel light and light and light and lighter. And you do somersaults in the womb. Oh, it's good to be a healer. It's good to be a healer.

I'm a little baby healer. It's good to be merciful and your heart rejoices little one because this is your first healing miracle

ever, in this lifetime. And you're still inside the womb. And now. You know, this is why I have come. That's just why I chose this incarnation. I'm a healer. I'm already doing it. And I haven't even taken my

first breath of air. Your heart rejoices? Oh, I shall do more of this. And as you say this, you notice that your mother's womb is starting to get full of energy. And other spirits are like they're, they're attracted to you like a magnet. And you're like, wait a minute, wait a minute.

But they're energetic spirits. And there's room for all they are coming to be in your healing light and to receive your healing and your mercy. Now, what you notice is that your mother is here in spirit inside the world with you. And so as all her family line, all her ancestors since the beginning of time and

then you notice that your father's energy is here and oh, his family line since the beginning of time.

Why are they here? They are here because they know that you're a healer. And that you have volunteered to do this to do this meditation right now today. And as you tune into all those energies, you do realize it starts to feel heavy, because you start picking up their anxieties, their feelings of not having enough money, their feelings of being cursed and some instances do guilt feelings. You start to pick it up and you go oh crap.

What What do I do? And you realize, Oh, I'm just going to the observant position I'm going to observe, because this is not my energy. And I do not choose to feel this energy. And now you can heal from an outside perspective, seeing it. Being a wise little baby, and allowing yourself to realize these are not my feelings. I'm a survivor. And then you go into prayer.

And here is the prayer. Remembering that you're healing from the pureness of your baby heart. I asked you, God, to heal the origins of all this pain from me and from my ancestors. In all the history of my being there being I release any curses put on me, or my ancestors, I release any curses I or

my ancestors, put on anyone, at any time in the history of our being. And you can just feel their release. As you continue to be in the mercy and to offer healing to yourself and all of these kids Remember, you're a little baby in the womb now. And yet, you have had many lifetimes. I release any vows of poverty that I took on. Any time in the history of my being, and I released any vows of poverty for my ancestors as well,

I'll have

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which means God's truth, may the truth be revealed, I release any vows of being subservient. Less than I release any vows of suffering. For me and my ancestors, as well, I release any vows made to old religious orders of any kind. In this universe, and in any other universe.

I release any pledges of loyalty that I've made, at any time in the history of my being in this universe, any other universe, and I also release any vows of chastity that prevent me from enjoying full, intimate sexual experience. I release any agreement to be in subservience to the patriarchy or the matriarchy.

And I forgive. I forget, I forget, all that was done to me, drew me, by me to any and all of these ancestors, anything they have done, I asked forgiveness. I release shame. around any past acts of me, are for my ancestry. I forgive myself for everything. I forgive them for everything. I accept forgiveness. on every level.

I fully release any feelings of unworthiness, I release all contracts about being poor in spirit, being poor and money and suffering. of any kind. I release it now all contracts on a karmic level, genetic level, family level, physical level, energetic level, mental level, emotional, spiritual, cosmic level, about being poor or suffering in any way are never released. And I choose to be free to enjoy my life. And I extend this blessing to every single ancestor that I have ever had on my father's side, my mother's side, even if there were adoptions.

I am a healer. I am a powerful healer now and forever. And I say it and it is so and you see that your ancestors are paying attention and they're picking up this energy and this mercy and your mother's face. You see it light up and she's so full of joy. At the freedom and she turns and she touches her next relative and boom, boom, boom, like a line of light, it goes back back

back to the beginning of time. And these ancestors are free because you have done this work because you are that powerful baby, that healer that chose to be a healer from inside the womb. And now your father base believes believes believes he takes on the joy as well and he touches his ancestor and the blessing goes back back back, dear rejoicing, you can hear the chains falling off the chains of bondage, they are now free.

And the angels are joining in and there was great rejoicing, and you caused it to be darling, darling, darling little baby healer. Now, all the relatives confer among themselves.

And they choose a representative to represent both sides. And that representative steps forward to you. And yes, it's in your imagination, but you kneel in spirit before that relative because you know, they're going to bless you and the blessings flow down. And that relative puts their hand on your head and says, I bless you with all blessings of abundance. I give you permission to live a joyful life.

I give you permission to enjoy intimacy, I give you permission to have money. I give you permission to be joyful, happy. Use your gifts. Bless you,

bless you, bless you, and you feel this anointing come all over you as you actually feel your healing gifts being increased right then.

And as you're in this state of even greater bliss. You are aware of a great silence except for that heartbeat of your mother, the womb is now empty. And you are once again here in a state of bliss. Having done another great work of healing and you realize, Oh, it's time to be born.

You choose the time and when you're ready you give a kick against a whim and you shoot down the birth canal and loving arms are waiting to hold you the whole place of your birth is filled with angels clapping for you. You can hear the spirits of your ancestors clapping for you.

Take your first breath and it is a breath of abundance. There is plenty of air to breathe. There is plenty of sustenance for you. And you have done a very great work and you chose to come to this class today. Partly because your spirit desire to participate in this healing.

You are a liberator of yourself and your ancestry and even going forward in time. You are the blessing and so it is and so it is anchor lock and seal. This

healing this meditation on every level through all space and time. And so it is and just allow yourself to remain in this state of bliss.

Thank you for allowing me to be your teacher and your guide. You were so very much loved. I appreciate you so very much. Let me hear from you by email. And just know there is no one like you. There is no one like you. I love you. I love