

CREATING AN
Abundant Life
WITH MARY A. HALL

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Lesson One

Mary: Ok, So welcome. This is such an exciting group. I wanted to address the fact that we have this amazing large group. And what that means is that we get to all benefit from the energy and the power of everybody being in this call and on this call. I don't know if you can tell at this moment that just the energy that's here around creating more abundance, about living more abundantly, of finding that space within to allow more abundance. If you can just feel into that and feel into the group energy and realize that it's also in the same time frame that as this large group energy—and of course, my thoughts go to where two or more are gathered. There's so much more spirit essence available, almost like a hundredfold. We get to all be a part of that. We get to be a part of really feeling and resonating with that higher energy.

One of the things that has been drawn to my attention, of course, with the fact that I've asked everybody to answer the questions and there's a reason behind this because then I get to really see and understand what's going on within the group, and we get to really use that to really pull us all to that next level.

I wanted to talk about how everybody is so anticipating opening up to this more abundance, and I want you to hear in my voice as I say that, opening up to more abundance. The reality is we're just opening up to abundance. There's actually an essence and an energy to that. Abundance is here at all times, available at all times and so I want to pull away from more abundance into the awareness of just abundance. When you open up to abundance, more just shows up. That's what happens. It's just really when you open up, it's just more shows up!

With everybody being at a different level, I want to address this because we have so many individuals who are making a pretty high income and they're just wanting to find more abundance and just open up for the essence of just feeling into that flow of abundance. It just enhances all of our lives. And as we really explore the essence of this energy—I might take a little bit of time to do that a little bit later—but when you get the fact that it's all energy, everything is energy—no matter what we do, no matter what we say, no matter how we show up, no matter how we think—everything is literally generating an energy. That might be the best way to describe it, that it's generating an energy. So when I show up happy, enjoying life, that's actually creating an energy. When we show up in more of a negative thought which is —I can't do it, things aren't going well,|| it creates an energy. I don't know if you could feel that just then but even as I

talked about it, that energy showed up. There's almost a resistance that shows up instead of that flow. So we're going to talk a lot about that because the calls are going to be in—the best way to describe it is that it's going to set up this emotional, powerful, abundant vibration that you can listen to it over and over and over again to where you literally start attuning to that vibration. It can literally pull you up. It can add more as far as the expansion of that energy. So that part of it is going to be really exciting because all the calls are going to do that.

I got a lovely note just off the call that Jennifer and I did and she said, —I have been listening to the abundance call with Jennifer while it was available, at least fifteen times.|| I love that. You will hear this over and over again. I love, love, love my clients that really get that re-listening to their audio that they continue to make these incredible shifts. And so she said, —And I can feel the shift.|| She goes, —The gates opened.|| That's actually the energy of the flow of abundance. It's like —Ahh, it's open.|| And she goes, —Thank you so much for that session and (I know what you were talking about because I actually started feeling it), if that makes sense. And of course, yes, yes, yes, that makes perfect sense because it's all about the ability to let go of the past, to let go of what we think needs to be. Let go of control. Let go of all those things that we think we need to be a part of controlling. When we let go, you can tell, even as I talk about it and now I don't use this a lot because when we even bring up the words of it—like control, like having to make sure that things go right—it puts in this resistance energy. It's so clear that it shows up.

Again, of course, I came back to, okay, let's open back up to that flow of abundance. There is such a different shift in energy when you can really pick that up and really attune to it. That's going to be a part that I'm really encourage so many of you to do which is re-listen to it and attune your vibration to it and the more you do it, the higher it will be. Higher might not be the right word but it's going to be attuning to the flow of abundance. That is in all areas of your life—all areas. As we even talked about in the beginning, which is everything comes back to within. It's within that we're connected to source. It's within that we find and live in that high vibration. And as we do, we just continue to expand and we continue to be in the flow. I'm going to use that word a lot because that is abundance. It's literally a flow. We'll play with that a little bit later on.

Alright so, we're going to talk about, first off is the part of the coaching program is to really kind of get your hands dirty. We're going to do some processes. We're going to have homework and the reason is because in eight weeks, you are going to see a difference. You are going to know a difference.

So the first piece of homework is going to be to pull together a notebook or a journal, either way, whichever works for you best, and I want you to really write out—this is your first assignment—and assess where you are right now. How do you feel? How do you feel most of the time? What's going on in your life? How is your financial situation? All the questions that I had you respond to was that way of opening you up to really get where you're at right now. There is a reason for this. Whenever you start working with a financial adviser about your finances, what do they say? First thing is, well, we need to assess how you're doing. We need to assess all the assets. We need to assess all the liabilities. We need to assess where you're at so that you can see and we can see together what we can do to get you to where you want to be. The assessment of where you're at is going to be so beneficial because in eight weeks, you're going to be able to read back what you wrote in this first call—how and where you were, what was going on and then you're going to get to see and write out where you're at and see that there's been a shift. I know there will be because I'm absolutely dedicated that if you do the processes, you definitely will.

And then that brings me to the aspect of expectations. We all have come to this coaching group with an expectation. I've had numerous emails about what they were expecting, that they're really expecting to find more freedom in their life around finances, to get out of what they feel is a hole or to go to the next level. I've also had numerous emails of people—and I'm talking about it in the expectation category—I've had at least 10 emails of individuals that said, —Oh my gosh, once I signed up, money came in.|| New money in different areas and there's actually this beautiful opening when you start looking at the expectation in a very positive way, not a holding on to, not a grasping because that never works, that's resistant energy. But the expectations of opening up like, yeah, I'm opening up to that flow. And I use the word flow synonymous with abundance because, you're going to find out later on, because it literally is an energy of flow. So in talking about expectations, because we have this huge, diverse group right now, we have those that have hardly any income coming in and those who are very proficient in their occupation. I just wanted to share a couple of them because I have just talked to them recently this week, both of them. And Jennifer might even share a little bit on that too, which is going to be great. But I had one individual who has her own professional practice and she has been receiving these large amounts of money unexpected. She just got a \$1700 check from the IRS that said she overpaid. It just keeps going on and on. And I got this other one from something that I signed up for a long time ago and been trying to get the money back a year ago and it stopped and all of a sudden it shows up. Things happen so unexpectedly depending on the level of where you're at, I guess is the best way I was trying to go with that. She also got these huge bonuses because of her occupation and because of opening that up,

opening that flow up. All of a sudden, it's like it comes in from everywhere because the flow has opened up.

I also have a single mother who has a very fixed income. She has two small children and one of them has special needs. To say the least, there's been a lot of trying situations in regards to this. She's gone through a divorce and it's very tragic in the way of how her ex-husband has dealt with the whole situation. So it's a very trying time. I've been working with her and her abundance and opening up that abundance. So now we look at that situation, we go, how could that actually shift? How can there actually be more money when there's a fixed income. This is the part that we get to really look at what shows up and this is why we really do the assessment of where you're at and what's happening because when you start opening up for all possibilities, it's amazing what comes in. So for her, I gave her the homework of writing out everything that shows up that's shown up for her in the form of whatever showed up out of the norm. I'm going to use it that way. So she started giving me this list that was absolutely amazing. The school where she had her special-needs daughter in said that they would discount \$100 or \$200 off her tuition. Amazing. So that's \$200. That's abundance showing up. It's showing up in a different way. And then again, she was in need of somebody to pick up her children between the time she gets back from work and this amazing person showed up that could not have been picked better for their children. And their children get to be in this amazing atmosphere, while her mother is going to pick them up. So the time frame between school and her mother picking them up, she now gets to rest knowing that this person literally showed up and is providing this service which is phenomenal. And she kept going to say and another situation, which is like summer school, is here, they're allowing her to go into a more advance class, which was not normal for her age. So all these things start showing up. Can you feel the aspect of that flow of abundance opening up, of her just tapping into that, of that opening an expectation that's so beautiful and just knowing that good things are coming? There are so many unlimited possibilities and it's only us that think they're not there that get in the way. They're really there.

So I don't know if you wanted to share a little bit, Jennifer. We're talking about the expectation part of it which is where expectation is such a powerful aspect in creating—creating abundance is not the right word and just opening up the flow of abundance.

Jennifer: Thanks, Mary. I think many people who are familiar with me know that I went through a period of extreme poverty after I quit my happy little six-figure job and went through my 401K. Actually, in hindsight, I'm actually glad I got to spend it all before it was taken by the recession. So I got to spend every dime of it. So I had watched The Secret and stuff and I went to that place of —I want

to create \$25,000.|| And I was in a place of barely being able to afford to pay my rent. The gap between that and \$25,000 was way too great and so it put way too much pressure on me. I quickly discovered that when I'm in a place of poverty, \$25,000 is profoundly unrealistic. At least it was for me in that moment because my energetic vibration wasn't in resonance with it. So what I eventually got to was finding gratitude for a hundred dollars here, a thousand dollars there and having my rent paid every month. That became a miracle. That became my monthly miracle—having my rent paid every month and that attention to gratitude for the little things, for my really dear friend who would just come out of the blue and fill my car up with gas. I'm getting a little emotional even talking about it. Those were the moments of abundance and tremendous appreciation that I am confident and really sure have allowed me to get to a point where I have now six-figure months. That took me a year and a half—a year and eight months in some instances—when I was in that extreme poverty place. I think what's really important with what we're talking about, Mary, is that there are those like the first person you described who got a \$17,000 check and a \$10,000 check, right? But she's at a different level. And there's that single mom who's at the zero point some level where \$200 is huge and if we can each find that place within ourselves where that \$200, recognizing that that's a huge jump in abundance.

Mary: Yes. And it's not that it came in as money.

Jennifer: Oh yes, thank you.

Mary: It came in as the abundance of energy. It's the abundance that shows up that all of a sudden, ways are made for things to happen that we thought were impossible.

Jennifer: Do you all see why I'm taking this coaching class? Mary still teaches me so I'm going to un-mute myself until you need me again.

Mary: I love having you on the call. So actually, I would love to have you stay on mute. I love it because I can definitely tell the aspect of what this really does. It gives the accurate information that abundance shows up in so many different ways. But if you feel and can tell the open flow of all possibilities, the open flow of good things are coming and then we just get to watch what shows up. And as you so eloquently always say, which is, follow divine inspiration. If divine inspiration comes up, you act on it and not question it. That's actually where it starts showing up. As you go, —Oh look, it happened over here. I'm going to check into it.|| That's exactly what this individual did. They said —What about this?|| And she said, —Really?|| Yes! If she just hemmed and hawed and didn't get back, it might have turned into something a little bit different.

Jennifer: Or lack of trust and saying they're trying to take me for something, I don't believe in.

Mary: Yes.

Jennifer: Believing what's showing up is there because you've created it true.

Mary: Perfectly said. Awesome! I think I could probably think of a hundred things that have shown up unexpected and you know in my life too, I did not see how I was going to Hawaii. I think everybody knows I went to Hawaii with Jennifer. And the reason I didn't think it would happen is because I am the primary caregiver for my father and he is right now a quadriplegic. So to know that there would be somebody here 24/7 taking care of him was almost a little bit of a stretch.

Jennifer: A little bit? It was impossible!

Mary: But I started really looking at—you know what? I'm opening up to it. And of course, we talked about how that—we got into the energy of what that felt like and how that would show up. And lo and behold, it showed up. And we have this fabulous individual that was here the whole time while I was gone and I got to rest at ease. And it was something that I thought was impossible. But as soon as I heard in my own head that's impossible, I went, wait a minute, okay, I'm opening up, I'm opening up to that possibility. It's like opening up to the possibility. What would that feel like? What would it look like? And it's just really fun when you get to play with that energy of —what if!! What if I could do whatever what I wanted to do or have whatever I wanted in that way?

So I want to talk about how that expectation sets up. And I think I really liked how you also worded the fact that you want to have your expectations of opening to abundance in a way that's doable for you. I love, Jennifer, how you brought out that you were expecting—what was that figure?

Jennifer: Twenty-five thousand dollars. In fact, recently, my organizer and I were going through things and I found that check that I wrote to myself from the universe. And I'm like, wow, because my perception of that \$25,000 is far different now than it was then because I'm making a heck of a lot more than that. And I'm like wow.

Mary; But what happened is it set up this big gap.

Jennifer: It set up a big gap.

Mary: It set up a gap that said no—excuse me—frickin' way is that going to happen. And what happens—and it's all a subconscious part that's being kicked up—is that if you're in one place and you set it too high, it literally sets up a resistance. Now you'll know if there is resistance. You knew, right?

Jennifer: I was living in that big, huge river in Africa called the DE-Nial. (de-Nile)

Mary: Okay. So we also want in this moment to be aware that we can open up to all possibilities, right? Going to Hawaii for me was in the no-way possibility because of how much responsibility I have but I also opened up to it. So in finding something that is a possibility but that's not too far. So if you're in a place where your income per month is in the thousands, you don't want to start shooting for \$20,000 or \$30,000. You want to shoot incrementally. And as you open up—literally, you want to open up to possibility and watch what shows up.

As we talk about expectations, what I want to help you identify is that it's literally a process of the subconscious mind. Our minds, our subconscious minds, our conscious minds—it's amazing when you really get to understand how the mind works. When you actually open up to all possibilities, it literally activates the part of the brain called the reticular activation center. And what it does is it starts going, I'm looking for it. And we don't even have to consciously be looking for it. It literally gets implanted in our subconscious when you play with that energy of I'm opening up to that possibility. I'm opening up to what comes in. I'm opening up that good things come into my life. Oh, yeah, I am so—the words that I use so you'll know a little bit about the heart thoughts in the audio that you got, which is, I'm worthy to have good things that come into my life. It's just like that's part of me and it's part of my being. It's like you have to be good enough. It's almost our divine right. And when we really get that, we can just open up to that. So in opening up, so that expectation part of it literally activates the reticular activation system within the mind, within our brain. It almost is like a program that starts to run. And it starts almost observing what shows up and instead of looking at how if our attention is drawn to what's not working, we start seeing everything that's not working. This way, it's actually drawn to what new possibilities are today. I'm opening for good things to happen. I'm opening for good things to show up. And so we get to literally start looking for those good things to start showing up and we get to see them in little ways and in big ways. We get to see them in ways of just having a good day as well as financially even things are starting to show up.

One of the things also that we are going to be doing a lot of work on uncovering and understanding is the conscious mind and the subconscious mind. When we really look at, everyday, we get up and we have a process of what we do. I'm going to talk a little about what I do, how I've used my—really accessing and kind of programming my subconscious mind in a different way. What happens is it's pretty much standard in all forms of scientific research—between 7 to 10 percent of our mind, which is just the conscious mind that we actually use, and so there's this 90-93 percent of our subconscious mind that's literally running at all times but is the greater part of how we live our life and there's a reason for

that. It's because they've talked about it being 70% of our past occupies our subconscious mind. Take that in. The fact that a large majority of our past is taking up occupied space in our subconscious mind, then everything that we do is patterned after or it's almost like we automatically do what we've done before because we've always done that. We always have shown up in a certain way or felt a certain way about either individuals or even work situations or the people at work. And so what happens is it sets this pattern in motion.

So in the processing calls, we're going to really work at helping to clear out some of the past from the subconscious mind that keeps running us. We're going to look at tools of how to bring up some of those things that help to clear them so that we can start really putting in a new way of being within our subconscious mind and the subconscious that runs us.

What I want to talk about in this moment is the subconscious mind is very interesting. It just pulls in information. It pulls it in through all the senses. It pulls it in through feeling, touch, smell, sight, hearing, everything. All of the senses just pull in this information. It's the primary mode in which the subconscious communicates is actually through feeling. That's why most of what is encoded happens to be feelings when we access thought. Because we're accessing it through the mode in which it most prominently works in. So because of that, I'm going to talk about part of how I literally start to resonate to that flow vibration, the abundance vibration. When I go to bed at night, I literally take time to feel love. In whatever way you do that, some individuals only feel activated when they love somebody. But I want you to feel what it feels like when you love something within you, where that love is activated and feel it. So I want everybody in this moment to just feel, to feel what it feels like, to just feel love. So either feel loved or feel love towards somebody but to activate that energy of love. So just take this time to just feel that. And that energy, I want you to now receive it towards yourself. So as you are giving love, I want you to almost take that love and go, —Oh, I'm being loved.]] So it's almost like this two-way communication of love like love and being loved.

Mary: So as I go to bed at night, I feel that energy. And I feel love and it's like I'm vibrating to the essence of love and it's almost like I know I'm loved.

Jennifer: Sorry, I forgot about which number to unmute because I was in love. .

Mary: Yes. So was I making myself clear as far as that energy? We really want to find what that energy feels like. And the more we vibrate to it, the more we feel it, the more it's actually encoded into our subconscious. So where it starts becoming a part of us.

- Jennifer: It kind of feels like there are some people on the call who don't think they can feel it. Here's what it feels like to me, that there's so much—oh my God, the energy of love on the call right now is immense. It's bringing tears to my eyes. It's so immense. That it's there, even for the people who don't think they can feel it, they're actually feeling it and they just need to know that what they're feeling is real.
- Mary: Yes, thank you so much. I want to take time for all of those who felt like they couldn't experience that love or that somehow they were told that they weren't lovable in whatever way that was. And know that it's your divine right to be loved. I mean you are loved. It's really attuning to the love that we are that resides within us. That's why it brings life to us when we feel it. It's like that full of that life energy.
- Jennifer: I'm feeling a couple of people starting to smile and that smile can actually be a trigger for love. All of us who are feeling love, just continue. Don't get distracted by the fact that some aren't. Just continue because that's what going to allow all of us.
- Mary: And absolutely everybody. So this energy, I want you to again hear and feel this energy. Of course I have the heart meditation that helps you also attune to it. What I do, I'm giving you kind of a snippet into my life, which is I go to bed feeling this. And in this moment, I almost have tears because it's like I go to bed feeling this and I go —Oh|| and then I usually say some of the heart thoughts. So find those on the audio that work for you which is —I'm worthy to have good things come into my life.|| You could just feel, it's like, —I am. I'm loved. I am. Is there a phrase that often resonates with you, Jennifer?
- Jennifer: For me, really, it is the love I have for my best friend. It just starts in my heart and it's a wave of warmth that moves through my body and I just am love. —I am divine love|| works for me too. I use that a lot.
- Mary: Yes. In that energy, there's a flow. And I want everybody to feel this in this moment. Can you feel in this energy of love that there's a flow? It's almost like you can feel the energy moving. If that makes sense? So what happens is this is literally the flow of abundance. It literally is just when we connect to source, when we connect to who we are when we're connected, there's a flow. There's a flow of opening, of opening to, huh. And again I go back to I'm worthy, I'm worthy to have good things come into my life. I want everybody to say that and see how it resonates within you in this moment of feeling that love, feeling love for yourself, feeling loved. I'm worthy to have good things come into my life.

So I'm just really taken aback at the level of receiving and knowing that's here. It's just amazing. The energy of everybody here on the call is so fabulous. Just drinking it in - in this moment.

So as I do that, before I go to bed, I also do it when I wake up and there's a reason for that. My reason might be different from your reason but it's all the same. It helps us attune to the day. It helps us attune again to what we're expecting in life and expecting in our day. So for me, in my life, I always woke up with dread. I didn't realize I woke up with dread until in my early thirties when I realized I had repressed memories over. But into my forties, I started identifying the more I kind of worked at clearing out the old programs that were running within me and I started realizing that I would wake up with this dread or just not feeling good. And so once I identified that and I did some of the clearing around it, I started realizing that I wanted to wake up feeling good. What I've done is I've done it more as a practice and so I either will wake up automatically that way and if I don't, then I just go into that process again of feeling love. So I feel love outward, like Jennifer talked about her love towards her friend. And then I turn that love around and I receive that love back myself. So that's the process that I use. Everybody might use it a little bit differently. And then I get to just take that time and feel it. Like, oh, I get to just feel that love and then feeling into the whole aspect of I'm worthy to have good things come into my life the flow of energy around that, around love and feeling that I'm worthy to have good things come into my life. So as you listen to the meditation and listen to the heart thoughts, you're going to find ones that really resonate with you. It's a compilation of all the individuals that I've worked with, each one having a little bit different feel for how it showed up for them. So one is I'm safe. I'm safe to shine my light into the world. Whatever it is that really resonates with you, feel it. Really connect to it and feel it.

So in this moment, I want to open up and do a little bit of a healing session in the way around this abundance. And as I do this, I want everybody to be a part of feeling into the energy of abundance. I'm just so amazed, at this moment I've got chills. The level of open and commitment to really doing this process, I just commend everyone on the call. So as we're feeling this energy, feeling what this love is, feeling the flow, I want to just take the time to just feel what is happening. Feel in your body how you're feeling. Open up and just feel what's going on in this moment. Yes, there's a little bit of resistance and so we're just going to be aware of that for those that are feeling a little bit of resistance towards this process or maybe just the fact that it's showing up in your body. We're just going to open up again to that flow. Yes, that flow of abundance, the flow of love, the flow of us being connected, the flow of us being connected to spirit; the flow of us being alive and connected to who we are. So I want in this moment as you're feeling what flow feels like, can you feel the open to, you

know, —Good things are coming my way,|| and feel as you say it. —I'm open to all new possibilities. I'm open. I'm open.|| I'm going to do something so I want you to see and feel what happens when a thought contrary to flow comes in. So I'm going to use the words —I can't; it won't happen; it's not going to work.|| Can you feel the aspect of what that energy just did? I want you to feel in this moment. Can you feel the flow? Jennifer, if you're on the line, you can un-mute. Can you feel how the energy stopped?

Jennifer: Yes.

Mary: It was almost like abrupt.

Jennifer: Yes, it was like the brakes were put on and there was a loud screeching sound.

Mary: Yes. And so hopefully everybody was able to really experience that because it was pretty strong. Yes, it was like screech. But what happens is if we're in that energy, you almost can see automatically why things don't show up because there's resistance.

Jennifer: They can't literally.

Mary: Exactly, yes. And yes, it's almost like putting these words to this awareness that it is, as you said, —It can't. There's no flow. How can the flow show up?|| So this is why I went to that process too of feeling love, feeling that I'm worthy to have good things, feeling like all things are possible. It's like, —Okay, the flow is back.|| So this is the aspect of us really getting how our thoughts can literally come in and disrupt this flow of abundance.

Do you have anything to add to that? Add to the awareness because I really want to draw the awareness of how we think really affects our energy.

Jennifer: Yes, I'm really enjoying this process which is feeling the love and just allowing that love to just fill us. And what's so cool is there are so many folks on the call that all of us do it. We all get to tap into the group energy. And then when you say and we feel that love and then we feel it as if receiving it, part of it which is just kind of spinning it around. I was actually looking at the instant teleseminar, Mindy said, —Can I love my dog?|| Yes! Oh my God, pets are wonderful to feel that love. And then it's almost like feeling yourself in your dog and what it feels like to be the receiver of that love. What does your dog feel like? Can you see its eyes looking at you? —Oh my god, I love you too!|| Do you feel that? And then when you said those two heart-thought phrases, I would love to hear them again in this moment. What were the two phrases?

Mary: I am worthy to have good things come into my life.

Jennifer: I am worthy of having good things come into my life.

Mary: And I'm so open to all the possibilities before me.

Jennifer: First, it's like I am love and I am so open to the possibilities that are before me.

Mary: Yes. So I love the fact that you brought something up that was really pretty powerful about the individual that talked about her dog and loving her dog. The part that we get a little bit confused about is that we think that something else causes love to happen like that love towards the dog. And the reality is that situation is so perfect because it's literally the love within her that's being activated.

Jennifer: Right.

Mary: You feel that in this moment. Everybody, feel that in this moment. That whenever we love, it's because our love, who we are as love is activated to that depths within us.

Jennifer: And it reminds us of source energy. It reminds us of what the source energy really is.

Mary: Well, so we can go farther than that, which means we're connected to source.

Jennifer: Yes.

Mary: In that moment of feeling that love, we're literally connected. It's almost the awareness of I'm who I am because, who we are as love is alive in the connection to source. So it's almost like —all one|| that's why. Does that make sense? Do I make any sense in that?

Jennifer: Yes.

Mary: But the fact that it's literally the love within us that's being activated and it is our connection to source in that moment. We get to feel that and know that that's our love. So whatever activates love for you, it's almost like find that. If there's one or two things that activates a high level of love within you, that's what I want you to think about so that you start feeling what that love is.

Mary: So that you also start getting that blueprint of what that love, that high level of love feels like because there's an energy imprint to it.

Jennifer: So I'm getting a little feedback again online here and some are feeling it which is pretty cool but it's so fleeting. It's not more than a few seconds and then it's gone.

Mary: Oh beautiful. Okay, so the part of that is because that's not been an active part of your resonance. That's not a part that you resonate to very often. So that's why I'm sharing the practice of going to bed, feeling it and feeling into opening to the fact that good things are coming, that there's all possibilities. It's literally finding that vibration and resonating to it, vibrating to it. And the more you do it, the more it becomes natural. So thank you so much for sharing because that's a really important part. It's only because you have not been resonating to that energy very often. You resonate to a different energy. Go ahead.

Jennifer: And someone else is saying that they're feeling some resistance that seems real. And what do you do with them?

Mary: Well, this is what the processing calls are all about.

Jennifer: Great.

Mary: Because I realized in getting the feedback, how many different levels of where-we're-at. Jennifer and I both have been at the other side where we struggled. And for me, I'll share my situation which is I shattered my shoulder and in a nano-second I lost all my income because I physically was working at the time to have an income. So I know what it's like when things hit and it's kind of devastating. But at the same time, when you get that there's an energy that is available, this energy is available to every single person, literally. And the reason is because it's you. You are a divine being of love and light. You literally are. And so when we start finding that connection within to love and feeling it and vibrating there, it starts being more recognizable. And then we start attuning to it faster and then it starts becoming a part of us, but there are literally stages of it.

Wonderful and which is really good with the individual that shared a little bit earlier which is this is why we have the first step or the first homework which is to really sit down and write, have a notebook, a journal, whichever works for you and write out where you're at right now. So this is a perfect time because all the resistance is going to come up and it's going to be really very clear what it feels like to be you right now, right. This is like perfect because we really want to capture this. This is what needs to be captured because this is where you're going to start seeing your energy shift and open and start opening up to new awareness. So, very perfect in this awareness so that everybody gets how important their homework really is.

I also want to address something that's very interesting that I found over and over again. It's that however you show up in life, you're going to show up in this coaching group. If you show up half-hearted about the homework—I don't really want to do the homework or I don't see why I have to the homework—that's

how you show up in life. And if you have that energy, I guarantee you; you are not going to get the results you want. Because in order to get the results you want, you really want to play fully along with everything that we're doing because this is how it shows up to you, not only where you're at, but later on you'll get to see how you've shifted and literally are feeling different and it's a new way of being.

With all of my coaching clients, I take lots of notes especially in the beginning. Because what happens is when we start clearing away and we shift into a new way of being—I call it a new way of being—so we start clearing things out and all of a sudden we are feeling who we are in the moment. We feel different. We don't realize we feel different. We literally just feel the way we feel. So we don't really notice the increments of change. I've had many individuals show up and say, "I don't think I've really changed.|| And I said, "Okay, well let's go over what you shared with me in the beginning.|| And I'll say, well, is this still part of what you're going through? And no, really that's not even a part of it anymore. And are you still having difficulty here? —No, not really.

So what happens is things start to fall away or our way of perceiving life or even those around us starts to shift and we don't even notice it because it becomes just a part of who we are. So that's another reason for really writing it out and capturing where you're at right now because you're going to get to see, in eight weeks you're going to be able to write out where you're at now and how you're feeling now and see how it's shown up that there's a shift that's happened. And everybody is going to have a shift at a different level. And that's okay but everybody is going to shift. If you do the work and really be a part of the process, you're going to be amazed, which is so great as I just realized in this moment, I always kind of watch at what pops up in my own thinking which is I always ask everybody that I work with, play along. So much of the time we get stuck with either —I've tried that before,|| or they think what I'm doing is kind of in the positive affirmation category. And it can be nothing further from the truth in the fact that an affirmation thought—I'm going to say it so that you can hear it. If I say—I'm just going to use the words—I'm worthy to have good things come into my life--you can tell when I say it, there's no energy to it. And literally what we're doing is we're finding the energy and then using words to amplify it. It's kind of different. Positive thoughts are the words. Some individuals are able to connect to the energy of it but it's literally, we want to find the energy first. That's why we created the awareness of what it feels like to feel love and literally it's the love that's activated within us. And in there, all possibilities are available. So as we feel the energy first and then we start putting words to it that amplifies the energy. So hopefully, that also is helpful in that regard.

All right. So we are on the top of the hour as far as into the call here. So, Jennifer, I think we can possibly open up the lines.

Jennifer: Okay, do we want to open them in terms of having people raise their hand?

Mary: Sure.

Jennifer: Okay, so we have this fun, new technology where you can raise your virtual hand. So get your virtual hands ready and if you want to ask a question, press star 2.

Jennifer: Great, thank you.

Mary: Thank you.

Jennifer: Okay. Go ahead caller.

Caller: Hi there.

Mary: Hi Caller. How are you?

Caller: I'm hanging in there. I'm hanging in there. I'm one of those people who's not quite getting into the energy tonight.

Mary: Okay.

Caller: And I guess I'm just looking for some don't-give-up reassurance.

Mary: Absolutely. That's exactly what I would say. I can tell right now from your energy that there is a lot going on in your life. And in this moment, my heart goes out for you.

Caller: I feel that.

Mary: Yes. And in that awareness, just feel my love in this moment because I totally can feel what's going on and that there are many things that are happening. Take a deep breath. And this is also the aspect of the call that I hope that everybody gets to really find the awareness of tapping into everybody else's energy in this moment when you can't feel it and generate it yourself. Does that make sense? Caller, in this moment I'm going to use you as a catalyst for all of those that are having a little bit of a hard time.

So everybody in this call that are having a hard time, I'm just going to really check in with everybody and their energy in this moment. Yes, and I'm just sending you love, each of you love. I'm going to kind of visualize it for you but I'm going to put my left hand on the upper part of your chest and I'm going to touch you. And I'm just going to say, "You're loved in this moment. I want

you to just all feel it and know it. So everybody obviously can be a part of this. Yes, you're not alone. It feels so often like you're alone. So I kind of give you just a big energetic hug. Yes.

Caller: I love hugs.

Mary: Yes, exactly. It's almost like I'm just hugging you. I'm wrapping my arms around you and hugging you. Yes. I'm going to say some words and I want you to hear them.

Caller: Okay.

Mary: You are loved. I love you. Everybody gets to feel that. So let me know what your energy has done because it feels like you kind of breathed into it and went, —Ahh-hah.|| Is that kind of what happened?

Caller: Well, it does make me feel touched. The tears are flowing. They're good tears.

Mary: Yes, there's almost a breathing of, —Okay, I'm not alone.|| It's just beautiful that you shared. I know that there are others on the line that are in the same position that you are.

I'm just continuing with this because it just feels like there's a group that really just needs to feel this in this moment, just that I love each and every one of you. Just feel it in this moment. Well, thank you Caller for being a spokesperson for yourself and everyone that needed that in this moment.

Caller: I'm glad it served others. I was very selfish.

Mary: Actually it's never selfish. I want you to just honor where you're at in the moment. Everybody gets to honor where they're at in the moment.

Caller: Thank you, Mary.

Mary: You're welcome, much love.

Jennifer: Can I just say something there about what happened? We did this exercise at the workshop in Hawaii where Mary did exactly what she did with all of you on the phone just now. And what's really happening is she is allowing you to experience love. She has actually opened the channel within you to open you to experience. So when Mary says, "I love you,|| it is a universal force moving through her in an exploded, expanded way allowing you to really feel what love feels like in the moment.

Mary: Yes. And again, I just want to honor Caller and her being a voice for everybody on the call that needed that. And everybody gets to be a part of that. Everybody gets to feel that. You felt it. Yes, Jennifer?

Jennifer: Absolutely.

Mary: Yes, we all get to. It's part of who we are and that's why it's very interesting in this moment of realizing that's why we feel alive when we're loved. And why we breathe that sigh of —I'm not alone.|| It's because that so much of literally of who we are to be and resonate has. It's almost like a coming home. It's like, "Ah-hah.||

Jennifer: Who's next?

Mary: Either one. I'll let you choose.

Jennifer: So go ahead and speak and you might be open.

Caller: Hello.

Mary: Oh, who is this?

Caller: It's Caller from the UK.

Mary: All right, wonderful.

Caller: I was absolutely moved by the last speaker. Thank you and bless you. And sobbed a little bit with her actually. I think I'm feeling the beauty of the love but I'm also, it's almost as if I'm not letting go of the pain and the sadness of feeling alone and the scared feeling. But I am feeling the beauty of the love.

Mary: Wonderful. So this is why we're opening up the calls also. It's because what's going to happen, this is the part that's very interesting, is as we get into what is really the blueprint of this foundation that needs to be there for us to feel love and to feel safe to be loved. And feel the awareness and the knowing that all is good. If we have these other foundations that it's not safe and I can't trust—

Caller: Oh, that's so spot on Mary, right on the button.

Mary: Yes, so if those are there, then obviously the other, when it comes up it's like, —I feel it but wait a minute|| because what happens is that it's amplified. And so for many of you on the call where that's happening, so thank you for sharing because you're clarifying it for so many people when you can feel it but then all of a sudden this other thing is there and you're like, "Wait a minute.|| It's almost like this amplification of it becoming bigger than you thought it was.

Caller: Yes, it's overwhelming.

Mary: I highly recommend always re-listening to it and re-doing whatever session we do because in the process, you start to clear more and more and more. We

don't jump from where we're at to divine bliss. Do you know of anybody who does?

Caller: No.

Mary: Yes, it's always incremental. And it's because, in order for it to stick, we have to play in the energy and then shift, and then we shift some more. And so again, that's going to draw our attention back to the homework. This is what's so important. In this process where we're feeling the love and what feels wonderful. And then whatever pops-up that's what you want to write about so that you really capture where you're at. And so that you get to see how that starts to dissolve through the eight weeks as you get to find that place of feeling safe.

Caller: I just can't thank you and Jennifer enough. You're just such beautiful women and you're just sharing so much in this way. Thank you, bless you both. Thank you.

Mary: You're welcome.

Jennifer: And thank you for volunteering to say something. And I have to say that, I know you're going to cover this to the course but I'm feeling it right in this moment which is receiving is a big piece of abundance. Receive and I'm right now remembering because Mary taught me this too which is I'm opening my heart to receiving your gratitude and it feels really, really good. And so thank you so much for sharing your gratitude because it really fills my heart.

Caller: Thank you.

Mary: Thank you.

Jennifer: And now I can feel you're receiving back and that feels even better.

Mary: Exactly. I was just going to say that. It's just so like, oh, isn't it beautiful.

Caller: That's my number one lesson, Jennifer.

Jennifer: We're having a little love fest here everyone. Yes.

Mary: Thank you so much for allowing all of that. That was just beautiful. Okay, Jennifer we are at the time, I think we probably have enough for one more.

Jennifer: Okay.

Mary: Is that correct? Am I looking at the time right?

Jennifer: Yes.

Mary: Okay.

Jennifer: I'm going to go with the next caller.

Mary: Okay.

Jennifer: Okay, Caller, you're on.

Mary: Hi Caller.

Caller: Hello, how are you?

Mary: Very good.

Caller: I was looking for a little guidance about writing out the homework.

Mary: Okay.

Caller: The kind of a way in to getting it all out.

Mary: Great. So those are actually kind of a catalyst to start you thinking. So in the question, it's really assessing you're emotional—like how it was, "I'm happy 50 percent of the time|| or —I'm upset 50 percent of the time||. So your writing is to capture where you're at right now. Is that making sense and capture where you are financially or your even feelings about where you're at financially? Because we hold so much energy around what's happening right now, so that when you start writing often it kind of just comes out. So if you journal, you might say, "Well, right now I'm pretty happy but I think this is really crappy. I like this and I don't like that; and I don't like this and I don't like that||. So what happens is most likely, if you journal, that's going to come out. So that's the part you kind of want to capture where you're at in all ways like what's good and what's not good. And find the energy as much as you can of what's not good because what's not good is what we really want to clear.

Caller: It's like what doesn't feel good, is that it?

Mary: Yes, so where you're struggling would be where it doesn't feel good. It could be relationships. It could be finance. It could be about yourself. So if you have a lot of self-doubt, self-hatred, ||I'm not good enough,|| all of those thoughts, those you want to write down too. Because those are all things that we get to look at and find out where they're at and see how much of it we can really clear so that you can have that foundation of knowing that you're safe and that you can be loved. And it's almost like a divine right. It's like, "Okay, that's just what's there.|| So oftentimes this has to do more with how we were raised that keeps showing up. So we'll be talking about that a little bit more. So did that help?

Caller: Yes, it did help.

Mary: Oh perfect.

So yes, this part of it literally is the first step because if you literally take the time to capture where you're at right now, it's going to give you an avenue into what and where needs to really be cleared, where it is that what you continue to experience in life that keeps showing up. And so we get to find out where and how it's there and look at breaking that up so that we can literally lay in the new energy of really resonating to who you are. Do you have any other questions in regards to that? Anything else that you need to ask or have I answered it enough?

Caller: Yes you did. I have just read As You Believe, the book. And as you know, the book—I'm trying to remember her name right now. Barbara Dewey, I believe. And so it all feeds into this but lately I'm just trying to get down to the bottom of if I do not have money coming in right now, where are the deep beliefs that I must have if that's not the picture I'm living?

Mary: Ah, okay. So we'll explore those more because there are many reasons for that showing up. And oftentimes, what I have found is that it's been parental beliefs that have been taken on. And so we don't even realize it's our parental beliefs until we unhook it. And then we get to go, "Oh yes, I guess that it was theirs. It's not even mine. So that can be a part of it. There are so many different areas of unraveling this. You might not know the energetic imprint of what it feels like to have money come in. So if you don't have that energy imprint then of course we need to work on finding that energy imprint that you get to really find it and resonate to it and open up to it. So the key is this: Every single person on the call has that energy within them. See the part that we get a little bit confused about is that we think it's our mental capacity that gets us there. It's actually our ability to resonate to it and open up to the resonance within us. And again, I kind of draw to the heart thoughts meditation because really in that moment when you find out that we actually have that within us to resonate to, then we get to find that everything else that doesn't belong, we get to go, —Oh, we get to let that go, that doesn't belong.|| You see what I mean. Instead actually going in and saying there's something wrong here and we have to change it, it's literally just finding you again. The best way to word it is find you again and resonate to you because you are a divine being of love and light. You are <inaudible> are full of so much, right? And it's resonating to that. I mean I'm even getting excited just resonating with you and seeing you and knowing you. Can you feel that in this moment? Yes and it's like, —That's who I am; that's who I am.|| And I could just let the other stuff go. That's not even me. That's why I call it a glitch. It's something that just doesn't belong. That's why we get to look at it as not meaning anything. It's like, "Oh, look what's there. Okay, let's get rid of that. That doesn't belong.|| So, hopefully, that made sense.

Caller: Yes, very much. Thank you.

Mary: Wonderful. Well, thank you so much.

Well, I want to thank everybody who's raised their hand. I love it. I'm so sorry that we weren't able to call everybody because this is the end of the time, right?

Jennifer: Yes. It went really fast.

Mary: Yes it did, it was like seconds. So blessings, blessings, blessings to everybody. And thank you for everybody that raised your hand to be on the call for questions. I apologize that I wasn't able to get to everybody but much love.

Jennifer: And so do your homework. Listen to this call again. If you want the high-class, first-class version of this program, listen to every call more than once. Every time you'll get something different out of it and do the homework.

Mary: Why, thank you, Jennifer.

Jennifer: I can be the school merm (mom).

Mary: It's been wonderful, wonderful, wonderful. So, exciting news! Okay! Much love.

Jennifer: Bye everyone.

Mary: Bye-bye.

[illegible]

Lesson Two

Mary: Welcome everyone. How exciting. I wanted to take the time to have those who would like to share what has come up for them that's showing up as far as these amazing opportunities or just the good things that are coming into their lives by taking the time to really—part of the homework, which is feeling love, feeling that connectedness and opening up to those possibilities that are really our birthright.

So I wanted to share one email to get it rolling. I talked before about how there's so many different levels of financially where we're at. And for those that are in a higher income bracket and they're looking at creating more income or those that are kind of paycheck-to-paycheck looking at creating more and then those that are really on a fixed income and they don't really have any other income coming in but social security or disability, any of those kind of things that they're so locked in. And this is an individual who sent me this lovely email who is in that situation where she has very fixed limited income. And I just want to share, everybody kind of tap into the awareness of when we start seeing or even start opening up to the possibility of that, almost in the respect that, we get to kind of breathe and know that things are all going to work out. I kind of talked about that one when we were able to connect to that love within us - connect inside to who we are. There's an automatic process within there. I think I did it with one of the callers where he's taking that time to breathe. And as we breathe and connect within, there's almost this automatic that's like, "Everything is going to be all right.|| And it's that and it's expanding that. And of course with the homework of feeling those moments of love. What does love feel like? And as we do, we get to find that energy imprint and it expands also.

So starting off with the first one, I'm just going to read shortly her email. —I just had to let you know what manifested today. As I mentioned, I'm financially stressed with only \$40 until July 3rd. Today, my sister took me grocery shopping and said, 'Just get whatever you need,' which was of course quality protein. And then a friend called a couple of days later and invited me out to dinner to my most favorite restaurant.|| I get choked up every time I do this part. —'This morning my attendant let me sleep in and then she helped me shower. This is the best of both worlds. I am filled with abundance.|| Truly, that it is that opening to see that when we are in the flow, things start showing up.

There is another part of her message. I'm going to jump down a little bit lower. —On a few occasions, I found myself without cash or not even cash to purchase something extra. And the person in line with me actually extends their hand and shares with me something that I was looking for—a cup of coffee, a piece of chocolate.||

I want you to just really get that all is possible when we really open up to connecting within. So those of you who have so beautifully done your homework you've emailed, I've got just a pile of emails of those that are saying,||This is what happened. Oh my gosh, this is what showed up. Oh my gosh, I'm feeling so much better.|| So I wanted to open the lines. We're going to go ahead and take some callers to share those moments. And it's this way of opening up the encouragement and opening up ways of looking at what really is showing up. So do you have anything to share Jennifer?

Jennifer: Ah, I get to go first.

Mary: Yes.

Jennifer: Well, first of all, I just want to comment to everyone that what you are receiving in our mutual coach, Mary Hall, tonight and how seriously she takes this. That's part of what I experienced. Because Mary's a dear friend and a colleague, I get to experience her preparing for these shows, and when she gets these emails, you can see how it touches her heart to experience people getting it; to experience someone who says, —I got a cup of coffee and a chocolate from a stranger.|| And I can already feel her tearing up again. And I get to tear up too and I think we all do. And as we hold each other in these moments, as I hold Mary in this moment of extreme appreciation for her remarkable heart and how she feels about all of us on this call.

And we then in turn get to see what flow looks and feels like through that energy, through that love energy. And all of us get to experience it even deeper and hold each other in that same love energy. And that allows all of us to flow more.

And so what I've noticed in my own life since the call is first of all capturing where I'm at. I'm doing pretty darn good. That's one thing I noticed. And the other thing I noticed is that about 30 percent of the time, I still have—well, it's funny I said 30, I was going to say 25, so apparently it's 30—so 30% of the time, I still have quite a bit of fear around abundance, which means that 70% of the time I don't, which is a big change over a year and a half ago. It was probably opposite. So that means 70% of the time and I'm doing really, really well with my abundance. If I can get this 30% and access it and realign that a little bit—even 10 to 20%—if feels like its fine tuning a volume that's already

high. So it's not like it's 30% and I'm there. It's like another 10% equals ten times that is kind of what it feels like. And noticing where that fear is by writing down where I was at, writing down that. I have a fear about working, about not working too hard, not working enough. If I'm not working then something is not getting done. So that's where my abundance lies now which is I have to work in order for things to get done. And that sounds like it would be logical but that's actually not really what it's about. And then feeling the love energy every morning and saying, —Thank you, I love you, I am divine love.|| So I say, —Thank you, I love you, I am divine love,|| constantly. And now I say, "It is a divine, blessed and infinitely abundant day.|| And that feels so good to have that especially in the morning when I wake up because it shifts the energy for the day.

Mary: Well, that is wonderful. We did not share that with this group. This was the group that we shared with that in Hawaii.

Jennifer: Sorry about that.

Mary: So it's all appropriate, right? It's all appropriate. So in this moment I'm going to give you that phrase. And the phrase is really taking the time to connect to each word in it. And so that phrase is, as Jennifer said, —I'm divine love,|| but also that —It's a divine, blessed, infinitely abundant day.|| And feeling that, you could just feel that energy, it almost vibrates within us because it's the truth. And I think I talked about the truth. When we speak the truth, it resonates within our being and we know it to be true. So that part of it is incredibly exciting because when we use these phrases, even though they're the same phrase, we get to feel into it and know the truth of it and really resonate to it. And again it causes us to open up to the awareness that we are worthy to have good things come into our lives, that we are divine beings of love and light. And all of those of you who are doing the heart meditation and listening to the heart thoughts audio, you're going to get this. Actually, I think it's in the heart thoughts audio now that I think of it also.

Oh, beautiful, beautiful. Thank you. So I see a few hands here that would like to share the good things that have been opening up and coming into their lives.

Jennifer: Do you mind if I share a few folks online?

Mary: Sure, sure.

Jennifer: Okay. So David in Hong Kong sold his apartment this week. The transaction was completed while he was doing the heart meditation with Mary. So thank you, Mary, and thank you, abundance.

Mary: Beautiful. So hold on just a second, Jennifer. Oh I just love it in this moment because my heart was full. And I want everybody to feel that fullness that happens when somebody shares something so beautiful that's happened in their lives. We get to also offer him that gift of accepting and hearing. Beautiful. Thank you very much for sharing.

Jennifer: Okay. And then we've got, —I just want to show up how abundance showed up in my life. I was feeling very sick yesterday and my new boyfriend insisted on coming over to look after me. He turned up with soup and flowers and was so wonderful just giving me his love, asking for nothing in return. I'm so moved. I manifested this amazing relationship into my life —Thank you and blessings.||

Mary: Beautiful. The abundance that shows up for you to receive, that's a receiving aspect. All abundance is a receiving aspect but that's beautiful.

Jennifer: And she received it really well.

Mary: Yes, exactly. So we get to just feel into that receiving that gift. Oh, beautiful. Thank you.

Jennifer: Okay, so you raise your hand by pressing *2?

Mary: Yes.

Jennifer: A couple of people told me that your volume was too low. It looks like when I increased the volume, there's a part of the call got missed by some, us who were on the webcast. So don't worry. You will hear it again in the audio. But could you please repeat the phrase again, Mary?

Mary: Yes, okay. So it's in the hearts thoughts audio. But it's one of the things I shared quite a bit in Hawaii which is why Jennifer was bringing it up.

Jennifer: Apologies, I didn't know where I was.

Mary: No worries. So it is identifying with words that actually resonate within us as truth, right. As we say words of truth, it actually causes a vibrational response within us. Jennifer was saying what she was doing which was saying, "I am a divine being of love and light. And it's a divine, infinitely abundant day.|| And you feel each one of those words as you say it.

Jennifer: Divine, blessed, infinitely abundant day.

Mary: And it was brought up in Hawaii by one of the individuals in the audience. And she said, "It sounds like you're making love as you say it.|| And I loved the fact that she brought that up because that's what I'm connecting with is that love essence, right. So I want to say it again so you can understand and feel and

resonate to it. And do it yourself in that way. So it's, –A divine, blessed, infinitely abundant day. And I am worthy to have all good things come into my life. I'm worthy. I'm a divine being of love and light.|| Oh, and in this moment you can almost just feel the receptivity of that. I'm just receiving it. So I'm verbalizing a little bit of what I'm feeling in the moment too. So did that help? Did that help Jennifer?

Jennifer: Yes.

Mary: Okay, perfect.

Jennifer: We have a caller who says her son was able to get his medical for multiple sclerosis which would cost about \$2500 per month because the pharmaceutical companies got a program at a greatly reduced and manageable rate.

Mary: Awesome. Thank you for sharing and we just get to open up to that. And thank you, thank you for sharing.

Jennifer: Okay. So do you want to take some of these hands?

Mary: Yes. Go ahead and start from the top.

Mary: Hi Caller.

Caller: Hi! So, many blessings to you both. I'll just give you three quickies. We've had a lot of rain here for the last couple of weeks and we live way out in the country. And out of the blue, unexpectedly, the county came by and rebuilt our driveway for free. That was cool.

Mary: That's amazing.

Caller: Which would have cost me some effort.

Mary: Yes. I want to breathe right there and go, hah, that is amazing!

Jennifer: Cool.

Caller: Yes. The biggest biggie for the last few weeks is then on the 9th which was before the call started but after we've made the commitments. The second of two lawsuits that was against me for old bills, they dismissed it. Now both lawsuits got dismissed and these together were about \$45,000.

Jennifer: Oh my God!

Caller: And they just went away. I think that was nice.

Mary: So everybody would get to feel that. Feel that because there is such a blessing in this, right. You've been gifted \$40,000. That's exactly what the energy of this is.

Caller: Yes. And then today I fell at work and hurt myself somewhat. And two men just came right up and helped me on my feet and got me down to health services. I called into the doctor's office and it was actually the doctor who answered the phone. They got me right in and confirmed that my hand wasn't broken and off on my way I went.

Mary: Wow! That was really amazing because you were open to so many things. That was wonderful.

Jennifer: And what's really cool. Is that you're seeing it as a moment of abundance.

Mary: Yes.

Jennifer: I mean, to me, that's almost the bigger shift in way which is when we look at life as the opportunities that show up rather than the challenges that are showing up. It's the coolest thing! That's almost as cool as \$45,000! Well, maybe not.

Caller: Yes. It's easier to let in than the \$45,000. I'm still not used to the fact that I'm not being attacked because that's been going on since last August since I've gotten into that mind frame. But having people rush to my aid and zipped me through the process—

Jennifer: And that's what the universe did with the \$45,000. So you get to feel into that.

Caller: Yes, really.

Jennifer: The universe rushed to your aid, sweetie.

Caller: Yes, in fact, one of the local lawyers was at the courthouse when I went there to start to fight this back in like September. And he thought it was so wonderful that I would stand up for myself against them that he has given me free legal advice like every month since that September. Well, I tickled that it worked.

Mary: That's huge in itself. That doesn't happen very often either. So, blessings. You are doing fabulous that you're opening up, opening up to all possibilities. All is possible. Everything that you shared was so perfect because it just shows how all is possible.

Jennifer: Do you get that you were first in line too here with your hand up?

Caller: Yes!

Mary: Thank you so much for sharing.

Caller: Thank you. Thank you.

Mary: Okay, next. Hello!

Caller: Hello!

Mary: Hi, Caller.

Caller: I've really been enjoying this stuff so far.

Mary: Fantastic, fantastic.

Caller: I have to say that well over a year and some ago and snapped at a contractor who had taken and didn't do a job. And I've been slightly fighting with him since then. All of a sudden, out of the blue, he emailed me saying that he's thinking about paying me back the money. I just felt my mouth down open to the floor and I said, —What? You're talking to me?|| It was like, ||Okay.|| And then the other shock was I had been of course fighting for EI to get it for the past year or what.

Jennifer: And what is UI?

Caller: It's unemployment insurance.

Jennifer: Okay

Mary: Perfect. Thank you.

Caller: Yes, sorry. So they went and I was going to appeal this thing. All of a sudden, I sent the stuff in. I think all those pages I sent got their attention because all of a sudden, she's phoning me saying, —Well, would you be interested or would you mind dropping the appeal if we gave you some money?|| And I'm, —Huh?|| I said, "What are my chances?|| —Well, you know, pretty good.|| So I'm like, I say, hopefully this week, I'll see some dollars and cents.

Mary: Oh, fantastic.

Caller: I don't have any money.

Mary: Yes. So we get to take deep breaths and just go, oh, isn't that wonderful what's showing up. And it's really all possible, isn't it?

Caller: Yes. I'd have to keep telling myself that. That's the catch.

Mary: We're going to kind of look at this a little bit more today but yes, perfect. Thank you. That was wonderful.

Jennifer: Okay, so we'll go to the next call here.

Mary: Hello!

Caller: And I was the one that said I'd had a fantastic week.

Mary: Wonderful. So share a little bit of all those things that have come up.

Caller: A lot of new awarenessess. And one of the major awarenessess—I'll have to say something about my past in order for it to make sense. When I was very young, I went through abuse. And I learned to live in my head. And my body carried my head around. And my head and intellect were a major part of my life for quite a while. And in doing your heart thoughts meditation and I just bless you for creating that—it's so amazing—that it had me deeper and deeper in touch with my feelings. I feel like I'm living in my body now and experiencing life totally differently. And my experience of people is different. When I'm interacting with people, I'm feeling them rather than thinking about and interacting with language with them. It's like the language has such a depth of feeling with it now for me that's been so amazing.

Mary: Thank you. I just want everybody to just breathe that in. That is absolutely beautiful. Thank you for sharing that

Caller: There are two other things I want to share. One was \$920 showed up. Yes and I'm on a low, fixed income so that was very welcome.

Mary: Okay! Take a deep breath. We all get to feel it. How wonderful.

Caller: And the other thing I wanted to comment on was that one of my awarenessess was that I had been looking for a way to find more abundance and manifest it in my life. And I realized I manifested all you guys.

Mary: Isn't that fabulous? I've had quite a few individuals say that. So thank you for sharing that. Yes, we have all this fabulous group of like-minded individuals, all supporting each other in this journey of experiencing abundance. Wonderful.

Caller: And one more quick thing is I have been very aware of everybody that's in this group since we first connected, like my whole week has been filled with the energy of the group. I can just feel everybody. It's just really amazing.

Jennifer: That's so cool.

Mary: So we all get to breathe that in and just offer that thanks and gratitude to each and every person adding to this beautiful, powerful energy that we all get to feel and be aware of.

Jennifer: And what's so lovely, I think, too, by sharing that you're feeling everyone, there's a bunch of people that are perking up and going, —Oh, she's feeling me?|| And we're like, "Yes, you.|| We feel you.

Caller: And it's been constant and it's like plugged in.

Jennifer: Isn't it wonderful? And the other thing that's really cool is when you hold that intention and then actually feel it, that's flow too. So for those of you who just simply weren't aware of that, you can start feeling it. And that's part of the flow.

Mary: Yes. Thank you, thank you so much for sharing.

Jennifer: Thanks, Caller.

Mary: Thank you.

Jennifer: Okay.

Caller: Bon jour. Hi, I should say.

Jennifer: Bon jour!

Caller: Bon soir, everybody. What I want to share, the main thing is that since I just connected with the radio show of Jennifer and I heard Mary and Jennifer together, I used the expression with you Mary in the email, dancing, it's like you go in the dance together. That is so harmonious. It's lovely to see how Teletech you are with one another to just know where to come in. And it's lovely to receive it and to be invited in that dance in this course you are giving. Now, I'm experiencing since then extreme situation. I'm in empathy. I feel people since childhood. I feel. But myself, I have learned to be just of service of others. So the magic that is happening—sorry, I'm getting emotional, I didn't want—but it's just happening now. It's so unexpected. It's an aspect of me that was off but I didn't know how much it was off until I'm connecting with you. It's almost like being of service and being there emotionally for others. It made me take so much emotional responsibility of others that were not mine at all. It could be professionally or even my family. So what happened, I think I shared last time that I was going to be with my family for Father's Day. But, well I just did. I bombarded myself, Mary, with your meditation. I repeated over and over the affirmations that are just fabulous like Caller said. I mean it's just so simple and so right on. I also joined myself with the people that I've shared that they have adolescent. I have a 15-year-old and I'm challenged also sometimes. But I put your affirmation loud in the house when I'm preparing everything. And she started to repeat it with me. So far away from that. It's like everything I like, she wouldn't like. But now, she went in it. She liked it. She loved it. She wants me to do a group with her friends. It's been very long that she wanted me to

meet all her friends that are extra-sensitive. But this time it's different. I'm asking you the permission to put your affirmation to them. It is fabulous as if it creates a link between her world and my world.

Mary: Yes. And the awarenessess you get that it literally is truth. And so it's that truth within her that is woken up. It's like it is, that is me. It's almost like it by-passes the conscious mind.

Caller: And it does magic because it makes her be more conscious of the need of others. It opened the empathy to compassion because sometimes they're kind of self-centered, they live so much within. But now she's kind of open to the outside world and which is me. It feels very good. I felt she's there with me. Now, it's like these three aspects of the magic are happening with me.

Mary: Oh, beautiful. Thank you so much for sharing.

Caller: One last thing I need to share and I'm finished with that. My father, I called him at 10 o'clock at night just to say, "Listen, Papa, I wasn't there but I wish you Happy Father's Day.|| My father was opened to me like he has never been. He was very judgmental to me and he's angry at me but this time he told me he loves me in a very easy way for the first time. And for me, it is a lot. It's like freeing myself.

Mary: Thank you so much for sharing. Thank you. We all get to breathe into all of that because many facets there.

Caller: Thank you.

Mary: Thank you.

Jennifer: Thank you.

Caller: It's emotional but it's all related to the door of my abundance.

Mary: Yes.

Jennifer: Yes indeed.

Mary: And you perfectly saw that. Thank you for sharing.

Caller: Thank you, Mary.

Mary: You're welcome.

Thank you so much. Okay, so the next individual.

Hello, you are on!

Caller: All right. Can you hear me?

Mary: Hi Caller.

Caller: Hello. Well, listen. It's truly been magical the whole week. I've been listening every morning. I usually get up, I have this morning routine but then I've laid about down and just gone through the daily meditation. And it just opens me up to this incredible face of love that carries me through the whole day and shifts all my interaction. I had it on my iPod, so I took it in and played it in my staff meeting last Wednesday and it was just so good to see them shift and to see them want to listen to it. So that was really good. But the real miracle, the abundance is I'm scheduled in July to take a weekend like 5-day course in Alaska and I'm in Tennessee. And one of my big dreams has always been to drive to Alaska.

So I started like—Okay, wouldn't it just be lovely if I skipped that.

Mary: Okay, so let's say it one more way here because that was definitely a spot because you were actually more in the energy of it, yes?

Caller: Oh yes.

Mary: So I want to hear the energy in your voice. Everybody on the call wants to hear the energy in your voice.

Caller: Well wouldn't it be lovely if I could drive with my whole family to Alaska?

Mary: Exactly.

Caller: I have exactly seven days off, okay. I have from Wednesday until the next Tuesday and it's about an 8-day drive just to there from here. So it was suggested to me that I clear my schedule because I'm thinking there's no way. But I went in, I cleared one weekend on one side and then my partner comes in on Thursday and says, "I've made a terrible mistake. I'm on call two weeks in a week and I've got something I need to do. Would you take this weekend?" So would I take this weekend? I'm off five weekends in a row.

Mary: Oh my gosh!

Caller: Eighteen years, I've never had five weekends in a row.

Mary: And wouldn't it be nice?

Caller: So, wouldn't it be lovely?

Mary: Exactly.

Caller: Anyway, that doesn't top it all off. I called my folks who is a chore for them to drive three hours just to see me. I mean they're big home bodies, but my father has always wanted to go to Alaska since I was a tiny child. I call and I say, "Hey Dad, I'm going to go to Alaska. Do you think you all would want to come with me?|| And he said, "Well, when do you want to go?|| And I said, "Well, three weeks.|| And he said, "Well, let me look at the calendar.|| I mean, he's gotten a calendar, my sister I mean it's going to be unbelievable what's just falling into place. That's my big abundance.

Mary: Yes. And look at the fact that as we open up to, we explore that, right? Wouldn't it be nice like the energy of possibility and feeling into the depths of that possibility is what opens it up.

Jennifer: —Wouldn't it be nice?" is such a cool phrase because there's not —I need; I have to.|| There's no grasping. There's just, —Wouldn't it be nice if. . .?|| Can you all feel the energy? Whenever I hear you Caller, I start speaking —y'all||.

Mary: And the aspect of feeling into —Wouldn't it be nice?|| like wouldn't it be nice? I think I shared last time about wouldn't it be nice to go to Hawaii? It's almost like when you're in that energy, you let it go. You don't have to look at how it's going to happen, any of that. Because as soon as you start looking at that you're not in the energy of —Wouldn't it be nice?|| And literally things start showing up. So perfectly said and I totally get how amazing this is that you're off for five weekends in a row. Congratulations.

Caller: Well, it is just lovely.

Mary: Yes and we all get to breathe and go, ah-hah, that was wonderful.

Jennifer: Thank you, Caller.

Mary: Thank you so much for sharing.

Caller: I wanted to comment on the very first lady that you were reading the email about?

Mary: Yes.

Caller: That just brought tears to my eyes too. I so much connected with that.

Mary: Yes because it's all possible, right? It's almost like the awareness that good things are coming, like it's opening up to all is possible. So thank you.

Jennifer: Thank you, Caller. I'd like to read a few things from online, if I could, Mary?

Mary: Yes!

Jennifer: We have an online participant who offers this lovely, lovely thing. She says, "I've been keeping a journal and listening to heart meditation and thoughts at least once a day. I was feeling a bit intimidated about tonight's call and feeling less than all the people who have already experienced progress as a result of last week's call because I'm still, shall we say, in the processing phase. But it has been so wonderful hearing Mary's deep caring and getting to truly feel the pleasure of the great manifestations, blessings and relief that have been shared. Taking time to take any energy of the accomplishments is a great lesson—the accomplishments of others. Thank you all—she's thanking all of us—for your advancement and for sharing. I'm really happy for all of you.|| And I was just thinking, gosh, that's it. I mean, when we are not maybe experiencing them, there's a couple of folks that have mentioned that they're not experiencing that. And if you can put yourself into a place of almost in their shoes and also feel the gratitude for them, that, Bonnie, I mean I think she just took herself to that place.

Mary: Yes. It's very interesting which is why I'm having individuals share is because as we resonate with just what's showing up like the possibility, as we resonate and are happy for those that we hear, we're actually vibrating in that energy.

Jennifer: I'm almost vibrating really.

Mary: Yes. I am too. I'm just breathing it in going, I know that I know that I know anything, everything; all is possible.

Jennifer: Yes. Okay. Another participant talks about the love energy. And she says, not a question, sharing. She says, "I couldn't feel the love as I wanted to when I first did the homework.|| She says, "It surprised me as I'm constantly doing spiritual work on myself. I kept at it and within 48 hours I was walking my dog and began to feel love for not only those about whom I was focusing but I felt divine love for the trees and the birds and the sky and all that surrounded me. What's more, all of these things vibrated back to me intense, wondrous love. I don't know how long it lasted|| she says, —but I was absolutely overwhelmed with love and I felt as if I was floating.|| Thank you for such a teaching.

Mary: Thank you, thank you so much. That is so beautifully illustrated. That is the dance of love.

Jennifer: And the dance of flow.

Mary: And the dance of flow. The dance of love is the dance of flow.

Jennifer: Exactly.

Mary: Yes, beautiful, beautiful. Thank you so much for sharing. Is there anybody else online or do you want to go with the call?

Jennifer: I think we're back to the call.

Mary: Okay, perfect. Next in line.

Jennifer: So we have another caller. You're on the air.

Caller: Hello.

Mary: Hi Caller. Welcome.

Caller: Okay. So what I would like to share is, you know, the first thing was that my roommate told me she's moving out and for me the apartment is too expensive. And so I was kind of really bummed. And a friend of mine came by and we went for a nice walk into the headlands. And she said, "Oh, you know what, I think that's great. You didn't like the apartment anyway. Why don't you just move in with me? And we will take the time, so you'll know what to do next.|| And so that was one thing.

Mary: Beautiful. So we get to feel that.

Caller: That was really, really beautiful.

Mary: Beautiful!

Jennifer: Part of the sharing is that we all get to have a moment of celebration as do you for creating this. And by sharing it, you're allowing all of us to feel that energy, Caller. So thank you.

Caller: Thank you and there was more. The other thing is I have no cash at home and I'm cleaning up my bedside drawer. And in the bedside drawer, I find \$50.

Mary: Ah, lovely! We get to feel that! That feels really good. Thank you so much for sharing.

Caller: Yes and that is really important for me. And this is why I really use this as a tool a lot. I listen to that call a lot whenever I get into that space and something always opens up. And the least that opens up is that when I'm done, I have peace and all these compulsive thinking is out of my head. And I can actually think possibility where normally I would go into think disaster because it's kind of my default and my addiction. So for me, this is incredible to be able to realize that. I'm German. I have a very hard time to believe in all this but I'm really, really getting there because I know it's working and it's practice. And I just do it all the time and go to prayer and go to love and use this phrase. And I really religiously do it and it works.

Mary: Thank you so much for sharing. Thank you.

Jennifer: Thank you, Caller. I'm going to read something from online. Another participant says, "It's funny, one of my best friends ever just won \$26,000 on a game show that aired this week. And honestly, as I felt myself being so overjoyed for him, I came to realize that this kind of abundance can be mine too. It was so great as I felt so great for him. I could know it was possible for me too.|| And she says, "I so honor everyone in this group for the love and abundance they're sharing right now. It opens my heart to hear this and take it in. This is great energy and so very healing.||

Mary: Oh, thank you so much for sharing. I love that you could feel the possibility. It's all possible.

Jennifer: Yes. It reminds me of my William Hung story. Can I share that, Mary?

Mary: Yes.

Jennifer: Okay. William Hung is the guy that did She Bangs really badly on American Idol. And if William Hung can be plucked out of obscurity simply for being himself for the reason that I think he got so much attention was because he was so authentic and real and genuine and lovely. And the judges recognized it even though his talent was not great. And because of that authenticity, because of showing up fully, even though it wasn't because of his talent, he was plucked from obscurity, this engineer with buck teeth and no personality. And he went on to make a whole bunch of money by just being William Hung. And whenever I think of that, whenever I'm in that place of lack, I'm thinking anything is possible. If William Hung can experience that, anyone can.

Mary: That's beautiful. Thank you. We get to feel that. It's all possible.

Jennifer: Okay. So someone is asking about that she's feeling so deeply—well, maybe she's not. She says, "When we feel so deeply that we're moved into tears and sobbing rather than happiness and smiling.||

Mary: Well, that's a connection to knowing what can be. It's like when you watch a movie and you see somebody really connecting with another person and maybe you've not had that connection in your life and you're overwhelmed inside. It's because it's awakening that desire within you too. Am I clarifying that a little bit, Jennifer?

Jennifer: Yes, absolutely. So there's the desire that's being awakened. And my experience with crying is that it's simply a release of energy. It's energy that's been stockpiled that's just ready to go and it doesn't mean sadness. It just means release.

Mary: Yes and it's all beautiful, right? It's connecting to that desire. In time, it will be more of connecting in other ways. So know that there are always levels of that experience. So you're perfect where you're at. Okay, so we can take one more caller. I know that there are still quite a few of you who would love to share, but I'm kind of going in the order in which the hand was raised. And so we'll take one more call and then I'm going to start sharing a little bit about the conscious and the subconscious mind.

Jennifer: Okay. Here's our next caller...

Mary: Hello, caller.

Caller: Hello, guys.

Mary: Hi. What would you like to share with us?

Caller: I'd like to share that I was doing all these processes this week. Anyway, this morning—I don't want to take more time—this morning, I opened my eyes feeling love. I don't have to go into meditation. And I felt so much gratitude for you guys. Like Mary and Jennifer, you're such a divine team. And then it starts rolling to the whole group. I feel this gratitude for people just showing up and just being present. Like someone shared before, I can feel the entire group and I'm so, so grateful for people showing up. Really, it's just perfect. It's just a perfect group and perfect timing. And also, understanding that this kind of ripple effect, how it's changing everything around us. Yes, thank you.

Mary: Thank you so much for sharing that. And everybody gets to feel that and know that all is possible. It's possible to go to bed feeling love and loved. And wake up feeling love and loved. Thank you, Caller. Thank you so much for sharing.

Caller: I just want to also add like so much happened. Like I received so much appreciation like people showing up and financial as well, not like in cash form but I was invited for a concert I didn't even dream of. And one group I was invited, —Just would you please join us?|| It's just so amazing but it's opening up.

Mary: Thank you.

Caller: And to receiving. I don't feel desperate but I feel kind of thirsty and hungry to listen and feel this nurturing energy. Like when I listen to these calls and heart thoughts, it's just wow.

Jennifer: Thank you so much.

Mary: Thank you. Oh, we feel it! We all feel it. Thank you so much. Deep breath, we all get to have that. Oh, that breath, that connection within.

Jennifer: I have a comment from someone and I'm thinking that this is more appropriate for Wednesday but I wanted you to make that decision.

Mary: Perfect.

Jennifer: Okay. So Wednesday's a processing call. A participant said doing the homework this week while house-hunting she found an apartment with a free month's rent. —And at first I felt exhilarated yet now that I've said yes to it, I'm already feeling its limitations and the sadness that it's not really my dream home. I have a pattern of settling for less for myself even while I give out extensively to others. And I wonder if this deep sadness is reminding me to wait even though I'm ready to move. I find so many gifts and joys in my life yet this week I have had more feelings of aloneness and sadness surface than usual. Perhaps, in opening more to love, I'm also opening more to all feelings.

Mary: Well said. Thank you for sharing that. Yes, as you start—

As you start resonating to love, what happens is the way that you have normally been vibrating or the way you've shown up in life, it almost shows up in Technicolor or it shows up louder. It almost is like it feels like it's bigger than it was before. In actuality it's because of the dichotomy of what it feels like to be in that space of love and open to all things. And it feels so good. And then all of a sudden, that old way of being is so under such a strong energetic imprint to it that it feels big. So we will definitely be processing quite a few things on Wednesday. I have quite a few individuals who've emailed me on some anxiety that's been coming up. So we'll be dealing a lot with that, it kind of flows in with that aspect of it. So know that we will be looking at opportunities to either tap through. We might do other processes, I'm not sure, but we will be addressing that on Wednesday. So thank you for sharing that.

All right. So here we go into the part of the call that I wanted to talk about—the conscious mind and the subconscious mind. In doing this, what happens is we get to be aware of how they both interact with each other. The conscious mind actually has kind of one way of functioning and the subconscious mind has a different way of functioning. And so we're going to see how they both function and how they function together. I have a more limited time on this aspect of it. So I may go over but I'm wanting to let everybody know that's on the call, you can certainly, if you need to leave right at the hour as far as the time frame, you're welcome to do that. Don't feel obligated to stay and you can listen to it later. So I want to give the space to make sure that I bring the clarity of what needs to be brought into this call around the conscious and the subconscious mind.

Okay. So as we explore the roles—we're going to call it roles of the conscious and the subconscious mind—we're going to start to see how we can actually affect how we're doing in life by seeing how we can actually be a part of that process. I'm going to kind of step back just a little bit which is as we feel more and more—that's why I gave you the homework of feeling—feeling that those times are just stopping and feeling what does love feel like. And having that also kind of come back to us and feel what love feels like receiving it, what it feels like giving it and what it feels like receiving it. And as we do that, we're literally attuning ourselves with the activity of the conscious mind, right, because we're consciously feeling it and receiving that love. And then the mind is absorbing it. So we're going to talk about that a little bit more and that's why I gave you the homework. So hopefully, it's going to be very clear so that by the time that we're finished, you're going to get the awareness of why. When I give you homework, there's a reason. And if you play along, you're going to reap the benefits.

And then, of course, also in the fact that as we find out about the subconscious mind, we're going to see why we feel stuck so many times. Why that stuck-ness is there and how we can actually access the subconscious mind through tapping or through other processes. So there's also a reason how we can actually clear what's there that keeps getting us, as we would say, we keep feeling that we keep circling over the same awareness or feeling over and over again like the individual online talked about. Like I really see that I show up this way. So the great part is that it all—and I'm going to say this again—it all is possible. All is possible to change. So I used to show up very shy. I used to show up very—the word that I would use is I observed everybody. I didn't participate, I observed. And in the process of me going through my awareness and healings, all of a sudden, I got to show up differently. And Jennifer can attest to that. There's a process where we get to shift and be able to show up differently. So know that all is possible. All is possible in change.

So as we look at the conscious mind, I'm going to start a little bit with that because we all believe that we have control over our conscious mind, right? Which is why we kind of in-depth have a little bit of trouble with the conscious mind. This is where people will tell you to have a positive thought. So we'll try that positive thought for a while. And then it seems to work for a while but then something happens and we're right back to where we started. This is because we have these beliefs that we can control our conscious mind. And the aspect is—I want to get away from the fact that you're going to think you can control your conscious mind as much as understanding the attributes of the conscious mind and we get to use the attributes of the conscious mind.

If you take the thought of —if I have control over my conscious mind|| and if you take it to like the nth degree, that means I have complete choice of how I think

and feel. And we all know that that's not always the case, right? When we are in situations, we have feelings and thoughts that pop up almost without our control. So again, I'm bringing out erroneous beliefs about the conscious mind only so that we can shed what's really true about the conscious mind.

The conscious mind is fabulous because we can learn and observe and we can really glean more and more information. That's a fantastic aspect of the conscious mind. We can decide what we want to learn. So if we also carry the belief that we have control over our conscious mind or we have control over our thoughts, then what happens is if we carry it to the extreme then we end up beating ourselves up because we're not getting what we want or we're not feeling what we want. And so there's a lot of upset and anxiety and fear over the fact that we think we're really messing up. And so, again, I want to bring the clarity that that is not true either. And we're going to bring that to light a little bit more. So, this is kind of why I wanted to clarify the fact that kind of give yourself a little bit of freedom and letting go of the fact that you're doing this to yourself consciously. Jennifer, do you have anything to add to that?

Jennifer: No, I think that was actually beautifully said.

Mary: Oh, why thank you! Yes, because we're going to get to see how literally 70%, I mean, think about this, 70% of our past occupies our subconscious mind. It occupies that much of our mind. So that's what keeps getting popped up over and over again. And somehow we think if we could consciously change our thoughts or it's like if I consciously make sure I do this everyday then I'm going to be fine or I'm going to feel better. And the actuality is that's not how we feel better. We feel better by learning to resonate to the energy and feelings of literally what feels better. That's why we really experimented with that experiencing love. That's actually what frees us up. And we'll see how doing that actually affects the subconscious mind also.

Okay. So one of the things I want to share—so give me just a few seconds while I make sure I read my notes correctly here.

Jennifer: Okay, I'm going to let you read and I'm going to add to what Mary is saying.

Mary: Thank you very much.

Jennifer: And the other thing is that that's been happening I think on the call with some of the comments online too is that as we resonate to this new energy, as we start consciously bringing a practice to these thoughts that the crying happens, the release happens. The things that aren't in alignment with those thoughts will show up. And that's what the processing calls are about. This call tonight has really been about seeing what's possible; feeling the energy of resonance. And

when the opposite of those things show-up—which they do—especially if we have a lot of unconscious material that we have not really addressed so far in our life, those things will show up. And there are times and places for us to explore those things. There's an opportunity to explore those things and release them and realign them. Of course that's what we do on the processing calls.

Thank you! Thank you for sharing. And we're going to get to see how we can use the conscious mind to actually amplify what we want to create and, in a way, we're actually going to start reprogramming the subconscious mind. So it's literally the understanding of both—the conscious and the subconscious. So we're going to talk a little bit about the subconscious mind or actually a lot about the subconscious mind. The understanding of this, I think, brings such light to not beat yourself up as much. It brings light to know that all I get to know is that I can open up to all possibility. And as things pop up, knowing that it's an old way of being, right, it's the way I've shown up in the world before and we get to go, okay, what is it about it and how is it that that energy keeps showing up and then we get to find out how to start clearing and dispersing that energy. Again, that's the processing calls. This time we're going to really delve into the subconscious mind and how the subconscious mind works.

So the awarenesses is that we use 7-10% of our conscious mind which means that 90-93% of our mind is literally subconscious thought that we are not aware of but that is very, very present. So I want you to get that. We actually have the subconscious mind that is running like a program. And so whatever program is in that subconscious mind, it's almost like it has a life of its own. We view the world through that program. So in that awareness, the good news is we can clear it. As Jennifer said, clear and realign it and that you're not stuck there. It's just the awareness of why things are popping up as strongly as they're popping up. That's because it's the awareness of this program that's running, that's run for a very long time.

The subconscious mind is comprised of our beliefs about all things. So take a deep breath on that one. Our subconscious mind is comprised of our beliefs about all things. You name it, we have a belief about it. Before we started on the calls, before we started the coaching, there could have been a belief that abundance is just not for me and no matter what, I'm not going to be abundant. Well, that's a belief, a belief about that. And you can start seeing as it starts to shift and change as we start practicing these different techniques to really cause more information to get into the subconscious mind. And what it does is it's going to pull up those programs that are running in contrary. We want the programs that are running contrary to what we want to pop up. So that's a really good awareness to know that they're going to pop up. And you know what, we want them to pop up, right? I think everybody on the call is going to

say yes, I want anything that's running within my subconscious mind that's contrary to what I want, to who I want to be, to who I really am to show up. So know that there's going to be some of those uncomfortable times as they start being shown. And they're going to feel, like I said, a neon sign or actually louder. It's going to feel like it's bigger than it might have been before. And that's not actually what's happening.

Okay. So the subconscious mind encompasses how we were raised—how we were raised by our parents, our teachers. And then on top of that, it's all the automatic deductions that were made about it. That's how we come back to it's comprised of all our beliefs about all things. So whether we thought we were treated fairly or not, whether we felt safe or not, whether we felt loved or not, and then what happens is this automatic deduction takes over. And that's what becomes locked in place and that's what becomes the belief. So it also encompasses all our traumatic events. So we could have something that happened in our childhood to anybody else that would say that was not traumatic and to us it was traumatic. So understand that that's also a possibility because it's the automatic deduction that happened around that event that locks it in as that belief. And it could very well be that that traumatic event, even though it might not be very traumatic to somebody else that's experienced something much worse, it was traumatic to you. For the processing calls, we're going to talk a lot more about trauma and how that gets locked in.

But again, I want you to be aware of what's happening and what the subconscious mind is doing is it's there for our benefit. It's really there for our benefit because it helps us know where to show up in life and how we're to function in life. Everything that we've learned is all in there. We know how to walk and talk—all the aspects of growing up that are there kind of as a foundation so that we just know how to be present. But what happens is all these other stuff is put in there also. It's just part of the subconscious mind.

So we're going to look at how the subconscious mind is encoded. The subconscious mind actually pulls in information in a very different way than the conscious mind. And so I want to draw your attention to this in the way of how it pulls in information. It literally is like a sponge in it absorbs information and it absorbs it primarily through your five senses. So through hearing, feeling, taste, smell, what you see—all of the senses. And then what happens is it's encoded with the emotion around it. I want to make sure that as you're hearing this, there aren't any of you that are feeling, oh, my gosh, I'm doomed. Because that's not necessarily true. In fact, Jennifer, I think it might be really appropriate in this one aspect to help individuals understand that as you've gone through those aspects that have been so encoded in your life that the awarenesses brought to you become more and more free. And that it is so doable and it's so possible.

Because when we look at how the subconscious mind has pulled in information, those who have had traumatic events, it might feel like I have no hope.

So I want to express in one instance for me which is I had a very traumatic memory of my childhood and I thought I would never be free of it. And today I stand free of it. I stand free of the emotion that was attached to the memory. And what we're going to talk about more on the processing calls is to understand that what we get to do is how to just be a memory and we get to detach the emotion that was so locked into that memory. And as we do that, we become freer.

Jennifer: Just to clarify, we're not just going to talk about it; we're going to experience that. Right now, we're talking about the processes. Is that correct?

Mary: Yes.

Jennifer: So this information that Mary is sharing is incredibly important because it's content for the ego, it's content for the mind. And the mind needs to understand, why the hell am I here? I know all this stuff. So part of this process, I think, is that the mind understands that things get locked in. I have a slightly different vocabulary than Mary and I'd say that it gets locked into the body, that it gets locked into cellular memory and it shows up as beliefs and judgments. Is that an accurate assessment using my own language?

Mary: That is exactly accurate. So it's comprised of all our beliefs about all things

Jennifer: But our beliefs come into us in an interesting way, which Mary has also been discussing. I'm just going to use a different language. I love the story you tell about your brother and your mother, about how it got locked in. The belief was actually a different belief than you would think. The fact that your brother was very mean to you and mean-spirited, you would think would have created the trauma and the belief. But what created a layer of trauma on top of the trauma that made the original trauma difficult to access was when you went to your mother and said, —My brother is really bugging me. Please help.|| And her response to you was, —Don't take it personally!|| which made you wrong for having these feelings of being hurt. So therefore, here's the belief that shows up now in the world: It's not okay for me to feel hurt.

Mary: It's interesting because as you actually described it, what that locked in was what is wrong with me?

Jennifer: That I hurt so much?

Mary: That I can't hurt? There's something wrong because I can't stop hurting.

Jennifer: Right. And so do you see how the belief gets locked in? The trauma was your brother mistreating Mary. That was the trauma. But the belief that got locked in was the reaction to the trauma by her mother. And that created a belief of, again, what was it, Mary?

Mary: What's wrong with me?

Jennifer: What's wrong with me?

Mary: There's something so intrinsically wrong with me that I can't stop from hurting.

Jennifer: Right. And so I believe that that's even how allergies show up which is, for example, someone says something horrible to you as you're eating something. The trauma that gets locked in gets associated with what you were eating. I've had that experience personally with licorice. Someone said something to me and I started to choke on licorice and it was the licorice that was the problem, not what they said to me.

So we have these multiple layers of belief that get locked into the body. And the opportunity for us is to release those layers. This content is important for the mind to understand and comprehend, that there is a system of holding that the body takes on. That's actually a frickin' miracle because it holds on to it so that we can continue to live and thrive.

Mary: Yes. And it tends to also do another thing which is take memories that we can't deal with and we can't function if we remembered them and sticks them way in the background where we don't even remember them. And then we feel like nothing ever happened. I don't know why I'm so upset or why it feels so hard to be in this position or that. So what happens is it starts erasing part of our memory. It actually holds it at bay. That's probably a better way to word it.

As I became a young adult in my twenties and realized when I was listening to a doctor on the radio that said if you don't remember your childhood, there most likely has been something that happened. Well, I had no memory of my childhood. None whatsoever. I had this incredible ability that as years went by, I would forget all the years because my mind so much wanted to not remember. It's actually this incredible mechanism of the mind. Anybody on the call that has that experience where they don't remember their past, it's okay. In fact, it's brilliant because your mind knows that for you to have continual access to that would be really hard. But the good news is, as I started clearing and uncovering and unhooking the memory and the emotional component and unhooking them so it's just a memory, I now have access to my past and the memories of my past. So it's not like they're gone forever. It's just that they've been in this one area where it's sort of on hold.

Jennifer: And the other thing that happens from a physiological perspective is that it's exactly what Mary was saying. The memory now is actually in the different part of the brain. And it's not in the place where memory is held. And where memory is held is usually not a tremendous amount of visceral emotion. Where the trauma gets held is actually hooked into the sympathetic nervous system. That's when we get triggered because there's a visceral response to the sympathetic nervous system which is the unconscious nervous system which is the one that creates fight-or-flight. That gets triggered because it's not a real memory. It's actually a belief trauma, in a way.

Mary: Yes, very nice. And so one of the things we get to really know about the subconscious mind is that it's like a movie camera and it's always on. It's always receiving information and encoding it and receiving it. So this is the part that's quite interesting.

Jennifer: So Mary, could I ask you about encoding? When you say encoding, are you meaning we're associating a meaning with something that happened and it's our meaning, not necessarily what really happened?

Mary: That's exactly right. And perfectly said. Because what happens is we're receiving all of this information through our senses—what we see, hear, taste, smell. This is a really interesting part because we literally are taking it all in. We don't have like I only want my sight to take it in. We don't have that ability. It almost absorbs it in and that's why I use the word absorb. But the way it's encoded is emotionally. So if we're having a fabulous day, what's being encoded is a fabulous day. If we are having an absolutely stressful, uncomfortable, highly-upsetting day, that's what's being encoded. And so I'm drawing the attention to the encoding part as how it's received into the mind. Does that make sense?

Jennifer: Yes.

Mary: And again, it's on all the time. It doesn't stop at any point. Our conscious mind has a part in this. And so this is part of how we're going to really look at how to understand what the subconscious mind is doing which is the movie camera is always on, right. It's always taking in information. The conscious mind is the thing that actually points us in the direction of our focus. So as we focus—which is why so many people do the affirmation thoughts where you're just mentally looking at things, the problem comes in when you don't put it all together. And so the mind actually focuses, which is why I gave you the focus of feeling love. Feeling it. Feeling love that you give and love that you're receiving towards yourself. That's actually a focusing act for your conscious mind. And what happened is they've got to be encoded into the subconscious which is, I get it, I

can feel it. And the more we do it, the more—again, the camera is on. And we get to continue to feel that and encode that.

How exciting.

Jennifer: I've got a comment here from Adele. She says, —What if the poverty idea stems from one's mother and not our self? Most times I feel like my mother's energy holds me back. I hear her say, 'Oh no, you can't have that.' How can we actively block or override that?||

Mary: Well, that's why I really brought out the fact that what those beliefs come from is how we were raised and from everybody—grandparents, aunts, uncles, teachers and also—

Jennifer: Brothers, sisters.

Mary: Exactly. All so traumatic. So traumatic could be for you that she kept telling you. So understand that somehow it gets encoded in that way, right? It's not for you. It's not for you. It now sounds traumatic, right? You're not going to get it because it's not for you. It's not for you.

Jennifer: —You can't have that.|| Her comment was, —You can't have that.||

Mary: Yes, —You can't have that.|| But the reality is, is we get to really—again, this is where the processing calls are really going to be focused in helping to unhook those past patterns of how we were raised and the traumatic events that might have been hooked in with it. For me, which was there's something wrong with me. Why can't I stop from being hurt? It's actually quite an interesting process, right. It's those automatic deductions that just hit us and we've not really consciously thought it true, it just becomes reality. That was a reality to me because I couldn't unhook it all. But later on I could. So that's the part that we'll get to do in the processing calls. Did that help?

Jennifer: Yes.

Mary: Okay, perfect. So we really get that this subconscious mind is always recording. The camera is always on. And now we get to understand that the conscious mind is literally like the viewfinder. It's like the director. Like what movie are you taking? What movie are you observing? So kind of in that facet, understand that we're going to really work with both. How the subconscious mind works which is it pulls in all the senses and it encodes it with emotion. And the latter of it is actually the thought. So I love the individual who went out and all of a sudden she started feeling love and then the love for the trees and the trees loved her back. So what happens is, in this aspect, you're opening up to this whole new awareness that is always available and always here. It's just she

tapped into it because she had that focus of really opening up to it. So this is where we're looking at the conscious mind as being that element of focus.

So another way that we focus is, wouldn't it be nice? Right? That's a focus of our conscious mind. But what we're doing is we're taking it and connecting with our heart, accessing who we are. In there, there is so much power. That's where the true power is. And as we do it, the subconscious mind is absorbing that and taking pictures of that going, —Yes,|| right? It's almost like we get that awareness that goes, —Yes, all is possible. Yes, I'm a divine being of love and light. Yes.|| So that's what's being really encoded or taken a picture of or absorbed into the subconscious mind.

Jennifer: And that encoding, this new encoding of love, this new encoding of all possibilities, new encoding of —It's a divine, blessed, infinitely abundant day,|| that new encoding from my experience is a thousand times more powerful than the trauma coding.

Mary: Absolutely. And what happens is it builds this foundation to know that I can know that those memories, those feelings are not me. That they're actually what have been encoded from past situations and that they're thoughts from past situations and it's not me. That's where we really work on connecting to who we are because the more we do that, the more the awareness of who we are becomes more in focus. And again, it's really connecting in that emotional state that we get more and more as that subconscious mind pulls all that information in. It automatically does it. We don't have to even plan to have it done. All we get to do is play and have our conscious mind focus. We get to focus, right? We get to focus on what feels good and that all is possible. So that's the part that we get to play with the conscious mind.

Jennifer: And again, I want to point out that this content is really important to the mind, to the intellect, to the ego. That understanding this allows the ego to release its hold, so to speak, and allow that play.

Mary: Yes, okay. So now the next step which is the conscious mind has this part of the mind that is an aspect of the mind. It's called the reticular activation system within the mind. And it literally is, once it's given the task—and Jennifer talked about this a lot which is it puts in where the mind can grasp it so it gets why it's doing what we're going to be doing. The reticular activation system is when we put a focus of thought which is why I said throughout the day, feel love and expressing love and receiving love. So what happens is, as you do that, it starts opening up. It literally starts looking for it everywhere when you do the heart thoughts which is —I'm a divine of love and light. Good things are flowing easily and effortlessly into my life. It's a divine, blessed, infinitely abundant day.|| All of these things actually set up the activation of the reticular activation system

and starts looking for it. All things are possible. It's almost like the mind does it all on its own. That's why we start seeing it. It's just like, look at it, it's over here. Oh my gosh, it showed up right there! Not that we even had to do it, it just shows up because we've literally activated that part of our mind to look for it.

Jennifer: So it's not the same thing as when we're thinking of buying a new car and then we see dozens of them on the road?

Mary: Exactly. In fact it's so much so that when you think of buying a new car and you like a certain type of car and a certain type of color, that's what shows up as that car and that color. And then you're like, oh my gosh, that's it. Or, you know what, there are too many people on the road with that same color. I'm going to go with a different color. That's literally what happens. Unknowingly, by drawing our attention to it and keeping it in our thoughts, it activates the reticular activation system within the mind. And it starts looking for it everywhere. So in this moment, I want everybody to breathe really deep and go, that's what I want to start seeing so hard, right. Let's look at all the good!

Jennifer: And the reticular activation also highlights the bad if we're focused on it. Is that correct?

Mary: Exactly. Thank you so much for sharing that. That is the key right there. If you think there is not enough, oh my gosh, not enough is going to show up. If you think that a partner is mean and nasty, oh my gosh, mean and nasty is going to show up. So we get to understand that as we take the awareness of what the mind is doing, the conscious mind, that as we focus on it, it expands. And literally, unknowing to us, it starts finding it. So this is why I said, if you want to be in the coaching group and you want to really get to that freedom level, play along because this is totally about playing along. We're going to play!

So what I wanted to bring you into which was the next thing which is going to be our homework. So I'm going to talk about this a little bit because I think it needs a little bit of clarification before you start into this process. So I'm going to state the homework which is going to be looking at what's right, exploring what's right in every moment just throughout the day. So it could be a time of challenge, what's right in this moment. It could be at work knowing that you don't like really where you're working, what's right in this moment. And I can really tell in this moment that things are like, wait a minute, there's nothing right here. There's nothing right at all. We're going to play with that. We're going to play with knowing how the conscious mind works and we're going to start directing our mind to look for it. And I guarantee you that it's going to start showing up.

So I am going to share a little bit about this aspect and how it became really powerful for me and how I started sharing it with my clients and how it became powerful for them. I do a lot of conversations when I get in my car with—I call it my prayer time. And so I kind of was carrying on more of a dialogue, more of an awareness and a thought of how I grew up often looking at what was wrong. It was almost like I had this belief that said if I looked at what's wrong and I fixed it, then it's all going to be good. So I grew up and got married, looking at what was wrong. Okay, so this part of the house needs to be fixed and so I had a lot of time and energy towards that. And this situation with my husband which wasn't right and I really wanted that to be changed. It's almost like everything that I looked at, there was something that needed to be fixed or changed. So I spent a lot of my time earlier looking at what I called what was wrong. We just automatically did that, right? I would show up with a brother or sister and they would be all negative and I'm like, well, that's not right. I mean it's just like we kind of just sort of go there.

So what happened is realizing this and realizing that I keep seeing this show up with individuals that I talk with and my family members and how I had actually shifted out of not looking at things that way and realized that there was this propensity of, I think, how we're raised to look at what needs to be fixed. I'm going to look at it that way instead of what's wrong. But for me it always looked like, well, what needs to be fixed in order for everything to be perfect thinking that if it was, if it was fixed, then everything would be great. Well, when you have that kind of a thought, you see more and more and more of what's not working, of what's not really where you want. If you're in a job and you see what you don't like in a job, by George, more and more shows up of what you don't like.

So we're actually going to take it and pull it in a different direction. So as I was driving in the car and I was looking at this, I felt almost like this audible voice that said, —Look at what's right. Look at what's right in this moment.|| And I went, hah! It's like you can hear it in my voice. It's like I took this deep breath and I said, okay, I'm going to look at what's right in this moment. And so I'm going to walk you through synchronistically how to do this for yourself.

So in every moment as you look at what's right in the moment, there's this awareness to take this deep breath and connect within. It's like it's automatic. And we talked about it with the other caller before we connect, we're standing here like, [takes a deep breath] okay, everything's going to be okay. It's like that connection within. And as I did that, I realized I became very aware of my physical body. So I'm like my first thought was what's right in this moment is I'm alive. And I kind of went [takes a deep breath] in this amazing way like, I'm alive. It's not just that I'm alive but I'm [takes a deep breath] alive. It was such

a nice anchoring. And then I got to look a little bit further into my physical body and I got to go, it's like it's automatically, you go inward first and I was looking at I'm strong and healthy for my age. So that was like another awareness like, wow, I could bypass that thought. And it really helped to anchor that in of I'm healthy and strong for my age. Very nice.

So then as I was driving in my car and so I went a little bit outside of my body in the way of awareness which is now I'm in my car. And I went, I love my car. I love how my car drives. I love everything about my car. Now if you saw my car, you would think that was pretty funny because my car was painted a few years back and the paint is now peeling. But I actually love my car and I love how it feels. It's a Cadillac and I just love the luxury of a Cadillac. And so I'm like feeling like, I love my car. And you could feel the essence of what's right in the moment is you get to experience whatever is right for you in that moment.

I did more in regards to my car and then all of a sudden my attention was drawn to the road. So I was driving on the freeway and the freeway was this smooth freeway. And everybody was driving just smoothly ahead and I'm like, wow, look at the freeway. And everything about the freeway that's here for my benefit that I get to drive on this fabulous freeway. So all of a sudden, my awareness of where I had never gone before was actually activated.

And as I looked at the freeway and all of a sudden my awareness was brought to all the people that helped build the freeway, my awareness then went to all the people that engineered it and planned for the freeway to be there 23, 40 years ago that they had that in their consciousness to make it safe for me. My thoughts were then drawn to the police department and how they have worked together to make sure that this is a safe place, right. We all drive the speed limit mostly because we know we'll get a ticket. But I got to see how the benefit of that and I got this huge appreciation for the police department, that which I did not have before. So you can see, I mean it kept going and going and going. I mean it was like this wonderful enfoldment and I was incredibly blessed. I cannot tell you how blessed I was because I got to do that for 20 minutes on the way home.

So what we get to do in every moment is look at what's right. So I also had a client who did not like where she was working and it was a really poor situation, everything about it. If you asked how much she liked her job she would say 90% she did not like her job. So that's very high. It was a very uncomfortable for her to have to get up and go to work everyday. So I gave her that challenge and I talked to her about what that feels like and I said when you're at work, feel that. Feel when you're there and you go, what's right? What's right in this moment? And connect within and go, —I'm alive,|| and feel that aliveness. And

then feel how it resonates within your body and what that's telling you. Because there's usually some information that you get to see, feel, experience about your body and then it kind of gravitates outwardly. So you get to go in this moment. —I'm alive in this moment. I'm doing really well! In this moment, I'm sitting in a chair and that's good. In this moment, I have this computer in front of me that has all of my clients in it. That's what's right in this moment.|| And so she got to feel every aspect of that and pretty soon when I was in conversation with her about a month later, I said, —So how is it going at work and how do you like it?|| She goes, —I actually like it about 80%.|| So you get how it shifts by this focus because you get to start seeing what's good and what makes you feel good about where you're at instead of all what's not working. We get to change our focus and that's why I talked a lot about the conscious mind that we literally can do that. And as we do that, as we're looking for what is right and we get to feel how right it feels, —Oh, it's right in this moment. Oh, it just feels good.|| What's right in this moment is I have my fabulous friend, Jennifer, on the other line. Oh, that just feels so good to know she's here. Everybody on the call that feels right in this moment is everybody's here. Oh, I can just feel the energy of everyone on the call. It's what's right! It feels good!

So it's kind of in that context and hopefully that made sense. And Jennifer, so would you like to say anything about that?

Jennifer: It's what's you were referencing earlier, just as kind of a reminder of what Mary was talking about earlier kind of full circle bookend the call which is it's kind of about vibrational resonance. So if you put your attention, she mentioned earlier about the partner, the relationship and they're meant to you. Well, if you focus instead on what's right, the vibrational resonance aspect is that the only choice—they only have one choice show up then within those parameters. They can only show up as that new vibration of this is what's right.

Mary: Yes. And you also have a choice that if they're not showing up in the way that you might them to be that you actually have a choice to do something different. It empowers you. There's an empowerment that happens in it. so thank you for sharing that. That was lovely.

So hopefully I've clarified it up. I know that we have such a short time on the call left but I wanted to try and get all that in. So your homework is to really explore and document what is right in the moment. And this way, what happens is as you go to just take the time to document what's right in the moment for you, again, I want you to take that breath and connect within and feel within and from there start documenting. And what this is going to do is it's going to document and help activate the reticular activation system within your mind,

your conscious mind, to start looking for what's right. And you're going to start seeing it more and more show up.

For me when I was a young mother and my son was at the time probably about ten, and everything I could think about the situation was not good about my son. And there was a moment in time where I really got this gratitude that he was alive. And sometimes that's what's right is they're alive. And they get to be a part of our life. And yes, there might be difficulty, but they're alive. I want you to draw your attention to there's always something that's right in every situation.

Thank you, everyone, and looking forward to you continuing to feel, right. Just taking that time to feel that love and resonating with that and now you're adding a new thing which is what's right in this moment. So whenever anything either comes up that's not what you like, start looking at what's right in the moment. You're going to start seeing things unfold that you did not expect. And you get to look at it as everything is fabulous in your life. But believe me, it's going to start showing up amazing and I'm looking forward to hearing from you on that.

Jennifer: Thank you, Mary.

Mary: Thank you. Thank you, everyone!

Mary: Okay, bye-bye!

Notes

[illegible]

Lesson Three

Mary: . . .at the top of the hour, and some people have been saying hello. Have people been saying hello?

Jennifer: Yes, we've been chatting up.

Mary: Oh, good, good, good! Okay. That would be great. We can go ahead and start the call? Perfect!

Jennifer: Okay, we're started!

Caller: Hi. Do you want me to tell you what I went through? What do you want me to tell you?

Mary: You can share a little bit of how it was showing up for you before and now how it's showing up. That would be great as a preface for those that are maybe in the same situation.

Caller: Okay. My background is from a dysfunctional, abusive family and there was a lot of —we don't love you|| and —you're not worthy of love|| and —you're ugly|| and —you're stupid|| and things like this. So what I did was, I've been doing some of the EFT on my own, some of the tapping and I have to say that the first Monday that we did this, where we were thinking about feeling love for ourselves was totally impossible for me. I sat here and cried because I felt so ashamed that I couldn't feel love for myself and I didn't even know what that love would be or how it would ever—I felt like I never felt loved.

Last week, I decided that I really needed to take care of this issue if I was going to get further along in my life. What I did was I did some tapping on the things that my mother had said to me and also on feeling unworthy. What I did was and what is suggested sometimes is to go back to the point where this problem started to happen in your life. I don't have a lot of memories past the age of five. But my father has told me that the reason that he feels this way towards me, that he feels I'm not lovable, is because when I was a toddler—I was around three years old—my sister would want to sit on his lap and be with him but I wanted to be in the backyard playing and he didn't like that. So he felt I wasn't very lovable. And so, I remembered, okay, I must have been around three or four years old, something like that, when this started, and then I remembered a picture that my mother showed me of when I was around that age. I looked at myself, I was envisioning myself in this picture, and I walked up to myself and I knelt down by myself, by this little girl, I moved her bangs from her face and I could see pain and I picked her up. I held her and I realized at that moment,

how could you tell a little child or anyone that they're not worthy? How could you tell anyone that they're not lovable? This is impossible. And I realized for the first time these were truly lies. No matter what the reason was that they said this, they were lies and it didn't even matter to me why they said this anymore.

And then as life went on, I saw these same lies being told by our society in different things and especially for me, religion. And no matter what religion it was, some of that was always there. Other religions were worse than others with this. And I was able to see, those are lies too. No one knows the worth of someone else. And I felt everyone has great worth. I was able to get to a point where I could see all the lies that were here. In the past, for me, it was like being stuck in a little garage and the door was shut and locked. And before I was in that garage, it was a place of beauty where there was clean air and water and freedom and innocence. Then all of a sudden, being stuck in this garage that was damp and dark and ugly with all of these emotions and I was out of that garage again. And it felt wonderful to come out of that. I was able to see that I am a divine being and that we are all divine simply because we are the most magnificent beings.

Everything is magnificent, but we work with purpose. We can be very purposeful in our love for the earth and for people. We can choose to feel compassion and care for others. We can choose to be who we truly are up to the fullest by doing the most beautiful, wonderful things. We have choices and this makes us divine. This makes us filled with love. I noticed, in animals—all humans have similar emotions over similar things—but so do animals. And I started to wonder about everything else. Everything seems to be made with love. Anything that breathes the air seems to be made with love and responds to love greatly. That just meant how much love means. And so for the first time, I can also feel love for myself.

The next day, I went out and I have to tell you, I went out very quickly. I didn't shower; I put on old clothing that you'd use to wash a floor. It was clean but it was old. I put my hair back in a ponytail without brushing it and I just went out to pay some bills at these little drive-thru places and I wasn't going to get out of my car. On the way home, I decided I'm going to Wal-Mart. There were things I needed and I didn't care what I looked like. And I've never felt that before. I've felt the right to walk into the store, no matter what I look like. Usually, I see people looking at me, and I feel much judged. Everyone is taking my right of way. Their cart is in front of my cart crossing over and the same way in the parking lot. But this time, I felt free. I felt no feelings towards anyone else. I was just observing. And the man who was the greeter during the day in five and a half years hasn't said hello to me once. This day, with a big smile on his face, he's saying hello to me. I'm walking through the store and no one gets in my

way. People are very polite, very kind. And there was just a difference. It was a noticeable difference. It was all a wonderful, wonderful feeling.

Mary: Wonderful. Wow, how exciting that you were able to embrace the fact that all of those were lies and embrace the fact of who you are. I want to really draw attention to that because you were able to connect to who you really are. And when you get that, that's actually the vibration that other people are going to pick up too, which is you're a divine, beautiful being of love and light and they get that. And you can see how they get it when you get it.

Caller: Right, there was a difference in the way I was being treated.

Mary: Lovely! Oh, my heart is full.

Caller: I thank you and I thank Jennifer because these have been the most wonderful classes I've ever experienced and all the people on the call. I have to say that because the spirit is so strong. And these women and men that speak, they're so beautiful! Everyone has a purpose here and it's just wonderful to attend this.

Mary: Thank you so much! Thank you! I'm glad that we had a few minutes starting early so that you could really explain fully what was going on because there are so many on the call that were having a hard time connecting to that love, feeling love for themselves. And how you did it was beautiful to really help them find that space and time to connect with their young child that they can see that same truth for them too.

Caller: Right.

Mary: So thank you so much!

Caller: Thank you all very much.

Mary: I wanted to give some other individuals the opportunity if they wanted to share —What is right—

Anyway, also the fact that I was so pleased with so many of the things that you wrote that we just had to grab a snippet of it and post it and hopefully everybody was enjoying reading those what's right in the moment. Ah, it was fabulous.

Jennifer: We have one here, do you want to start?

Mary: Yes!

Jennifer: Okay, you're on!

Caller: How are you? I heard you're also from Burlington previously. It's interesting that I have a lot of celebrations coming up with old friends and I'm really happy about that.

Mary: Great!

Caller: It just seems that there are a lot of milestones going on. A friend's 50th birthday, another friend's 20th anniversary and running into old friends that I haven't seen for a while. So I feel really good about that because I realize how important they are to me.

Mary: Lovely! Thank you! And the essence is almost this excitement about life is what it feels like and all of these individuals are showing up more and more and it's almost like the excitement of your life is growing.

Caller: It's been very beautiful, lots of sunshine, of course it's been raining a lot this week but we had just this beautiful weather and it's just so beautiful you can hear the birds. I read a lot of the comments online and everyone seems so happy to hear the birds singing and I've really noticed that a lot. It's just so beautiful to hear them and all the different sounds that they make.

Mary: Isn't that wonderful how you start seeing and experiencing things that have always been there but it almost was out of our purview. It was not quite in our awareness. So, very nice. They actually add a very high vibration. When you hear them, you actually feel uplifted. That's what's so interesting. It's like when we look at nature and we see how beautiful it is, it literally uplifts us. We're not only observing what is right or what's beautiful, but it also in the same way, uplifts us. And the more uplifted we feel, the happier we feel. And the happier we feel, the more we show up and our interactions with others are more pleasant. It's really quite interesting. It's almost like an unfolding process. The more our interactions are pleasant, the better we feel. It just continues.

Caller: And everywhere I went today, I had pleasant interactions. Everybody was so nice. I don't know what's going on, but everybody was so wonderful and so pleasant. I'm just like feeling good!

Mary: See, you're right on track. And we'll talk about the other things that pop up, but you're right on track. You feel it. I can feel this anticipation of all the good that's going on and so it's really fantastic! So thank you for sharing.

All right. We have time for one more caller.

Jennifer: Okay, caller. You are on. Go ahead.

Mary: Hello.

So what would you like to share as far as what's going on that's really good right now?

Caller: Something wonderful happened. I was working on manifesting a retreat at the end of September and I decided to start taking action on it and immediately, I got some help from a very unexpected surprise. I now have a ticket that was worth \$1200 for the price of \$100!

Mary: Wow! That was a nice surprise!

Caller: And what happened because of this is that I immediately felt because of the kindness and the help that I got, that a woman was supporting me in my progress. I'm working on releasing what's inside of me when I mirror women that are just not supportive of my progress and I felt that I've come a long way because I have—just for the fact that I'm able to be in this wonderful group. But this woman that I didn't know, her light was shining so bright and she helped me and my heart opened! I mean it was fireworks in my heart!

Mary: Lovely!

Caller: Yes. I am very, very happy it's working for me!

Mary: Fantastic. Well, thank you so much for sharing. We get to all breathe and just really celebrate with you. That's fantastic.

Caller: Thank you.

Mary: You're welcome. Jennifer, are you on the line?

Jennifer: I am!

Mary: Well, would you like to share something that's right with you right now? There's so much excitement.

Jennifer: Okay. I will share with everyone what's happening tomorrow.

Mary: Yay!

Jennifer: See how elegantly Mary does these things? So everyone, I am excited to announce that I'm actually launching my membership site tomorrow! I'm going to be sharing a preview call first thing in the morning with Mary Hall, Dee Wallace, Carol Libby Adams and Caroline Sutherland. Those are the wonderful contributing show hosts. They're going to have a show on this membership site every month and of course, I'm doing my Body Dialoging™ site. So what's right at this moment is that we are feverishly working to launch the site finally. I just had my head down for months. I've been trying to launch it as you know for months and it's really, really happening. It's beautiful and elegant and I think

what's right in ways that's not for me. I'm really having a good time with this and you're really excited. I'm very, very excited about that, a-

Mary: Oh, fantastic, yes. How exciting! I'm so excited for what you're creating and the community that you're creating, Jennifer. And so in this moment, I get to feel that and feel how exciting that is and how many people you're going to help.

Jennifer: Yay! That was really fun!

I just feel it. It just is awesome, awesome, awesome!

Jennifer: Thank you. Thanks for letting me share that with everyone. That was right in this moment, man. Boy, oh, boy! Long time coming!

Mary: Yes. It just brings all of the callers that shared, all of it just brings a spark of excitement. I think I can hardly contain myself! I'm so excited for everybody.

Mary: Today, actually, is along those lines. It obviously is in the process of this is our third call and so we're laying the foundation of what needs to be in order for abundance to really manifest.

The first caller was great when she really was talking about the fact that before, she couldn't feel love. She didn't know what that felt like and in the first call how she was really angry and mad because she couldn't connect to that. And yet she stayed with the process and she stayed with incrementally doing the homework and then it started opening up for her so that she found a way in whatever process she was led to do to connect to that. I want to bring that in the awareness that we're laying foundation and it might not be that the first one was laid where you could really connect to feeling love and what love feels like but that might be another process. It might be today's call that might make a lot more sense so that all the other pieces might come into place. We're just aware of that and I'm aware of the fact that we have many variations of individuals and what they're dealing with and even financially how they are. So we're keeping that all in this space.

In this moment, I want to really open up a healing pulse within the group. It's very necessary in this moment because I can really tell that there are a few who are really struggling. And so everyone on the call that is in a place of really feeling good and not struggle, I want to bring your awareness to those who are struggling and we're going to all, in this moment, open our hearts and just love them in this moment. Just freely open our hearts in love for them. I just hope that those that are struggling can hear and understand that we're here present for you right now. Every time I do this, I keep wanting to tear up. We all are just here in every stage of whatever is going on for each and every one of us

together. We just want to take this moment. Yes. And let there be breath. So for those that are experiencing those moments, take the time to breathe. Breathe deeply in this moment. Take in a deep breath... Just receive the love from somebody else, I guess, is everybody what I'm looking at in this moment.

Okay. I feel like there's a space of people being hurt and hurt for what's going on and so now we're going to continue but I wanted to open up that space because it just felt really important to do that. Again, we get to breathe and connect within as we breathe.

Thank you, everybody on the call that joined in and in sending them love.

All right. So today is, of course, week 3 and we are looking at again the foundations that need to be laid in order for us to really flourish in abundance, in order for us to see abundance when it shows up, in order to be able to receive abundance when it shows up and to be able to be almost the energy of flow and acceptance of when it shows up because literally in every stage of what I just mentioned, that has to be a part of the process. So it's being able to see it when it shows up, embrace it and receive it when it shows up and to know that it's like I get to feel that a part of my life and that it feels right and it feels good because even if it shows up, we can have an unconscious way of keeping it away. But we're going to talk about all that.

Last week, we really talked about the subconscious mind. I want to bring the attention to that again. As we looked at the subconscious mind and we got that it is absorbing information at all times, through our five senses at all times. And then it's encoded with the feelings that are present at that time within our life. So that's how a memory is encoded with feeling. Again, I'm going to draw my attention to the first caller where everything about what was going on was always showing up with these really uncomfortable feelings. So those were the only feelings that she knew. This is where we started looking at the conscious mind and seeing that we can actually use the conscious mind to literally focus and to focus at what is right. We're refocusing the mind and also the feelings around it so that when we start having the subconscious mind pull in information, we're literally, in a way, reprogramming our subconscious mind. This is where we're literally willing to play along, willing to play at this new type of energy of hearing what I say and literally taking it, going, okay, I'm really going to play with this.

So in the process, those things start happening, which we're going to talk about a little bit later. One of the things I want to really clarify is there's something very, very important about abundance and there is, literally, a language of abundance. And it's literally words. They're phrases. They're ways of thinking. With the fact that when you get this, it's going to be almost comical because if

you get it at the level that I want to hopefully get across that all change actually begins in language. Language is actually where we solidify our beliefs. Language is actually what we say about ourselves and what we believe about others. And it's all in this information dialogue of language. So we're really going to look at language.

Language is a very important foundation to abundance. I'm going to talk about the other two foundations that we really talked about which was feeling love, feeling love given and feeling love received within ourselves and that there is something which is actually a byproduct of that which is we become open to accepting ourselves. We become open to love and seeing love in others and we also open this relationship of forgiveness for ourselves. But it happens first in the other format of really finding out what love is and then what happens is certain things become automatic. And that's why it was really important to play in that energy, to find that space of feeling love, giving love and receiving love back. What does it feel like in our body? What does it feel like within us? And as we open up that conversation, those things that do not resonate in that way are going to show up. It's going to show up if you don't feel loved or if you don't deserve love. All of those things are going to show up not because there's something wrong with you but because that's been a language within your own life, whether it was through a parent, whether it was through a sibling, like in my case, whether it was from a teacher. Oftentimes, we pick up these languages of belief and then we carry them through our life and they're not true. They literally are not true.

And then the second foundation which was looking at what's right. When we look at what's right in the moment, we get to find that this automatic outpouring is of gratitude. It naturally unfolds. So whereas most of what we're taught, which is to forgive ourselves and love ourselves and to be grateful—and I want you to get the essence of where it starts, then the other becomes automatic. And again, we're looking at building these foundations in our lives. It is a precursor for really accepting and flowing in abundance.

The next one, which is for today, is the language of abundance, the words that resonate abundance. And of course you're going to know automatically that I'm going to go into the heart thoughts because when we're connected within, when we resonate within to who we are, those abundant thoughts, abundance is automatic. It's just a knowing that we start feeling and knowing. And so by understanding that aspect of it, we're going to be able to hopefully look at both sides, that which was created here—the man-made thoughts—you can't do it, it won't work—those are all man-made and they're lies. They're literally lies. Or being able to connect within. And again, this is that process of laying the foundation.

The language of abundance has an essence to it. I want everybody to take this moment and feel into what the essence of the language of abundance have as its essence. It's really expecting; it's like this expectation. Even in the call, we can feel that expectation. It's like this knowing that's there and that more is coming. Even though we don't verbalize it, it's really an essence of it. In the aspect of expectation, we get messed up with the words expectation or even intention because we're taught to have that and it's important. But it's really the essence is first and the language supports the essence. What happens when we're going to start looking at what shows up, it's actually the essence that shows up first and then the language describes the essence. So hopefully, it's going to make a little bit more sense as we keep going.

As we feel into that essence of expectation, that's really an essence—and again, as you feel into it, it's like there's this expectation of possibility that's there. It opens our hearts to abundance in everything. It's not limited to one aspect. It's not limited to finances. It's not limited to money. Everything becomes abundant. I had an individual email me where all of a sudden, she saw that with this refocus practice that we're doing, she was able to actually refocus to get things done sooner which opened up all this time that she got to spend with her family. So she had an abundance of time. And she was just outpouring this incredible amazement at how much it opened up in all areas of her life which was actually beautiful. You feel abundant when you have this abundance that shows up in whatever way it does. Another individual had it show up in another way which was the abundance of—oh, the caller, which was the abundance of friends are showing up. Oh my gosh! That's exciting. It just shows up in every way. It shows up in all different kinds of ways. It's all abundance. It's all the same energy that's showing up.

Money, on the other hand, often has a little bit of a longer time frame to show up. Sometimes, it's automatic and sometimes it takes a little bit of time. That's more in what they were calling the manifesting awareness part of it but that's really minor in this context. But I wanted to bring it up because sometimes, people feel like —I'm manifesting right now, I'm really in the energy right now and I'm not manifesting the finances that I want. What's wrong?|| And that's not necessarily true. It takes time in manifesting money sometimes. I'm going to put it that way. Not always, but sometimes.

So when we start changing our thought patterns which is what we've been doing in the last two calls—looking at changing thought patterns—there's an amazing phenomenon that happens. I'm laughing in this moment because I'm hearing a really good friend of mine saying something rather funny. But what happens is what? The old patterns kick up. It's almost like there's this awareness that says wait a minute, I'm outside of my comfort zone. This is not where I feel

comfortable. I don't even know how to be here. I don't even know how to stay here. So what happens is something or the way that you normally process life or you process things or it's a pattern in your life that's been there for a long, long time, it's going to kick up. Often, like I've shared before in the past calls, it's going to kick up so large that it's going to feel bigger than life, like way bigger than it has ever felt before. So you get to know in this moment that that feeling is normal because what it's doing is it's really identifying that this is a belief, an old belief and it's not a true belief. And this old belief is being kicked up very strong so that you can hear it and get that it's not true and we can look at how to readjust that.

So we're going to really look at those things that are getting kicked up and realize that it is most likely a pattern that is recurring in your life. So you get really clearly that your patterns are going to be different than my patterns. We get to let go of the patterns that show up and know that when they do show up that it's just a pattern. It's a pattern from the past. It's a pattern from possibly something traumatic that happened. It's a pattern from possibly how you were raised. And they're literally not true. I know that it almost sounds a little trite but I'm certainly not meaning it that way.

So I want to look at some of the patterns of thoughts that get kicked up especially around finances, but it could be around anything because always, abundance is not just in money. It's towards everything. It's towards relationships. It's towards time even. It's towards everything. Abundance, how it shows up, usually mirrors in other areas. So when you look at the fact that generating either a positive or a negative relationship around money—think about generating a negative relationship around money and therefore abundance, what happens is that thought that has been part of your life over and over again has been literally training you to believe your situation. It's like it's training you to believe that this is where you're supposed to be and where you're going to stay and you're not going to get out of it. When we carry on a negative relationship, it really keeps us locked in. Which again is why the language of abundance is so important to be able to pull us up and out of those thoughts and that way of believing because they're literally not true.

So I'm going to talk about a few of the thoughts that come up with the reoccurring thought pattern that I've heard from many of my clients. —This always happens to me.|| So that is literally a thought pattern. I want you to, hopefully, if you have a pen and paper or later on when you listen to the call, to really look at what pops up in your thoughts around things that happen within your life that you don't like. —This is what I don't like.|| When it shows up and I don't like it, there's usually a thought pattern that's there. And we get to look at that because this is how you're showing up in life. This is the pattern of belief

that's keeping you stuck and boy, we want to find it! We want to find it and uncover it and really get to the point of clearing it so that you can literally carry on this new language of abundance and that essence of expectation. As I always call it, it's like taking the time to play in the energy of —Wouldn't that be nice?|| That's the language of abundance! What does that feel like? It would be so nice to be able to experience that. But we'll do that a little bit later.

A couple other ones that come up are —Just when I'm getting ahead|| and you know the final outcome of those words, right? —Just when I'm getting ahead, all hell breaks loose,|| or, —I can never get ahead.|| Another one could be, —No matter what, I can't seem to hold on to money.|| Can you hear in those patterns of thought how they keep you stuck around money? So I'm just bringing in this awareness. It's just an awareness of understanding what each of our own pattern of thought is. In this discovery process, even though it feels kind of painful in this moment, you're going to be so glad you went this route because it's critical to find and identify these patterns in order to release them so that you can start carrying on a clear language of abundance and that energy of expectation that is literally your birthright.

Another one would be, —I'm broke! I'm always broke.|| I want you to hear the energy of broke. Broke means you're so broken that you're unfixable. That's not true either. —Money is tight. I can't afford that.|| So there are things that come up a lot. These are literally patterns of thought. Again, as we're hearing these, these might not sound fun but, again, the uncovering or finding out what these patterns of thoughts are, we'll get to really counter them with what's really the truth.

One of the other things that you want to always look for are words like —always|| or —never||. Those are often in our pattern of thought. —You always hurt me. You never are here for me.|| Whatever shows up with those words, pay attention to them. —I'm always having to do all the work myself. You're never here financially supporting me.|| So I'm looking at, again, how things show up within our thoughts, within our language. And again, change begins in language. So we get to understand that by actually identifying how to change that language, we open up a new conversation. We open up the awareness that we can literally shift into a new way of being. Again, that foundation, laying that foundation.

I wanted to look at when we either describe our current financial situation positively or negatively, how it literally affects our ability to change. If we continue in that same thought pattern that keeps us stuck, you can tell in this moment how hard it would be to change. It's almost like you're fighting against a turbulence that is just too hard to continue to struggle against. But when you

open up to that positive situation or that positive awareness or even a glimmer—if that's what it is, at this moment—you actually get to affect the ability of change in your financial situation, in your relationships, in those things in your life.

I'm going to share a situation in my own life. And the reason I'm going to share this is because I want everybody on this call to get that no matter where you are, most likely, I have been there. I think sometimes people get the misinformation that people who are doing well in life have always had it easy or it's always come easy for them. Or things don't happen as traumatic for them as it is for you at the time.

So I get to share my story a little bit so that you can get that everything that I am telling you, I have learned through my own process, my own ups and downs and finding out how all of this actually lays the foundation. I think you're going to see it, hopefully, pretty clearly.

I have been divorced for about four years. During this time when I was married, my husband at the time decided he no longer wanted to be married. We went into the relationship and he knew who I was and my desires in life, but the relationship turned into quite a bit about him and my life revolved around him so much so that I had no time for me and what I wanted to pursue. I was fine with that. There's a part of me that was fine with that. I helped him, at the time, create financial wealth, which is where I learned a lot of my awarenesses about money and how to hold the space for money to come in, which we'll learn later on, because again we have to lay these foundations.

So in the process of him deciding that he didn't want to stay married to me, it was very upsetting, to say the least. It was very hard for me, so there were a lot of emotions in that regard. So some very interesting things happened. He did not support me in our divorce with money; it was actually equipment. But in the process, through the divorce time frame, I actually fell and shattered my shoulder. So now am I not only divorced but I have shattered my shoulder and in incredible pain and unable to go to work. I was in too much pain to do that. Not only am I divorced, I had no money coming in because now I am physically unable to. So I can guarantee you this was a very interesting time in my life that I thought, how am I going to survive? Everything in me said this is impossible. There's no way I'm going to do this.

But I also knew that what I had just gone through in the last three, four years of understanding how abundance works and everything along those lines, I started doing this really interesting situation in this moment—the recalling of it is bringing tears to my eyes because there's something pretty miraculous that happened, which is through the process of having a space that I was renting for

the equipment, having to come up with rent and in the process of being able to get to the point where I could actually go to that location so that people could come in and use the equipment, I started at square one, where I was looking at my bank account and I had \$25 in my bank account. And I got to take that \$25 and really get in the moment. What was right in that moment was that I actually had \$25 in my account. The bills have been paid up into that point and I literally had \$25 in that account. And I felt into the energy of the fact that I had money versus I didn't have money. So I want you to catch the energy of that. I would lay in bed at night and I would feel that \$25 and I'd go, —I have \$25 in my account!!

The amazing thing that happened was I got a call from somebody the next day that said, —By the way, do you still have this product?|| And I said I do, I have two of them. And she said, —Could I buy them from you?|| And I was, —Yes, absolutely!|| And I made another \$120. So now that \$25 plus \$125 became \$145. So all of a sudden, I was feeling the energy of I have \$145 in my account. So what happened was I drew my attention to what was present and the energy of what was present because my thoughts wanted to go to the place of not enough. There's not enough money here to cover my rent or my bills or whatever was showing up. There's not enough. But I didn't go there. I knew the energy. I knew the essence of how abundance is created and so I would stay in that energy. There were so many times when that money was there and I could pay a bill and then I would have \$12 left. I would feel that \$12. and I'll be like, there's \$12 in my account. It's because I knew that it could be a negative. And it wasn't. It was \$12. And I got to feel that \$12.

So I want you to be aware of the fact that this is a practice in my life no matter what is there. I get to feel that money and what a blessing that it's there! And so, through the years, it's been of course growing. But I get to always, no matter what, if something big comes up and it goes down to another hundred dollars that's left, I still get to feel, ah, I have a hundred dollars.

So the energy that is created by literally opening up to what you actually have is—I cannot express the depths of, I was going to say how it creates abundance. Maybe that's the better word. What happened is what I started seeing show up in my life was incrementally, things which show up out of the blue that I had no idea where it came from. I didn't have any conscious effort going in that direction so that it showed up. I put an ad in the Money Mailer and I got a couple of clients and it always kind of worked. And till I started really following my heart, which it wasn't as much in the equipment as much as what I'm doing now. So as I kept following my heart, things began to open up in that way. Financially, things actually work in an incremental way, so I also want to bring that out so that there's the awareness of depending on where you're at and

depending on how many negative beliefs are keeping you at bay, depends on how things unfold and how you can see what unfolds as being a blessing.

I think people may think I'm crazy that I had so much appreciation for that \$25 that was in my account. I still feel it to this day. I got that that \$25 to me was like a thousand because I actually had it. I hope that it's making sense in what I'm saying. What happens is, again, it showed up in different ways where a friend would again help take me out and bought me a couple of nice outfits. What happens is things start showing up in these amazing ways and it literally is abundance coming in.

So in this moment, I don't know if Jennifer is on the line, but if she wants to share because she knew me through this time, this season in my life.

Jennifer: Hello.

Mary: Hi, Jennifer.

Jennifer: Wow, it's really emotional for me to hear you even talk about it as well. Part of it is because we shared the process you went through. But when I was going through some very big challenges financially, Mary also went through that season with me. She told me this story about the \$12 in her bank account and I didn't get it until this moment what it was you were doing. And I really tried to understand it before and I didn't because I wasn't in the space of being able to value what was in my bank account because it didn't look like enough in my bank account at that moment. And so when you were sharing this, I'm like, —How can I frickin' bless -\$25?|| because I was in a place of minus at that moment. And I've come to realize that since that time I do that now. One of the things that I do is I get to bless every dollar in my bank account because it represents someone who I've been of service to. That's been a goal my whole life and I've had many dollars in my bank account that didn't reflect that. So kind of attaching energy to what it was that you did that God allowed to receive that has helped me as well. But I think that that notion of really finding the gratitude for the pennies. And I've had experiences where my rent was paid. That was huge. That I had a friend come and put gas in my tank. Those were huge moments and some of those moments I actually felt shame. And I feel in retrospect more gratitude for those moments than I may have in the moment that actually I know in this moment prolonged my poverty. If I had in those moments felt the unbelievable guidance of the universe's hand on my back supporting me and saying here's what you are open to right now, let me give this to you. And the universe provided and provided and provided. And then I felt like when my rent kept coming, out of the blue, in miraculous ways, I went, oh, okay, maybe it's going to come again next month I don't have to flip out and then it might not.

I'm starting to feel people on the call getting a whiff of this. It really is an angle of perception that needs to shift. And it only has to shift a couple of degrees to make a big difference. But a big difference isn't going to be \$25,000 landing on your lap. It might be that. A big difference might simply be noticing that you're feeling better. Like Mary's story showed. And she had amazing stuff show up, unbelievably amazing stuff show up for her in a home that she could stay in and where she was needed to take care of her parents. And it was all perfect. Mary does this practice so much that I never got to witness much of the angst that I'm actually hearing on the call tonight, that the emotions you experienced in the moment because she used those moments to transform them into something different. So when she was with me I didn't get to see that quite as much. That's the practice that she's talking about.

When I was with Mary I felt the abundance. I didn't feel those moments of upset. I felt the abundance when I was with her. And it's freaking me out a bit as I'm realizing it in this moment how much we live in abundance when you weren't experiencing it. Here I was doing pretty good and freaking out.

Mary: But I want you to get in this moment I was experiencing that. See what you just said is I wasn't experiencing it.

Jennifer: Ah, there you go.

Mary: Can you hear the difference? I was experiencing it. I was blessed and I knew I was blessed. I knew that I was being taken care. That's why I so strongly recommend listening to the heart thoughts because it's in that space when you're connected that you know you're going to be okay. And from that space all is possible.

Jennifer: It's knowing that you know.

Mary: Yes.

Jennifer: It reminds me of a friend of mine who recently visited me. She kept having these dreams of dying. She was actually pretty okay about it but she was also wondering. Is this the end? What she finally opened himself up to was that there was a piece of her that was ready to be released. And so what we really do go through is a lot of mini deaths through this process. We go through these little mini deaths. And they're part of the abundance process. Mary was just saying that she wasn't in non-abundance. She was always in abundance because she used the mini deaths. She used them as a stepping stone to move her feelings set into a new place. It's like, oh well, there's that feeling. Okay now, I'm going to feel the abundance of the \$12 in my bank account. Okay, now, that piece over there doesn't feel good because I just talked to my ex-

husband. That doesn't feel good at all. So now I'm going to move my attention directly into what's right in this moment. Okay, that one didn't feel very good. So now I'm moving my attention into —It's a divine, blessed, infinitely abundant day.||

Mary: Very well said, Jennifer.

Jennifer: Yes, I'm good at that stuff.

Mary: Very good! And that is the process of living in the language of abundance. Isn't that lovely?|| That was very lovely how you worded that. And so I also get to share about what I brought up earlier which was having my relationship with this man end, how I was for the most part devastated because that's not really what I wanted to do. And so in this moment where things happen and it's not something we really want or we don't think we want, oh my gosh, I can do nothing but bless the universe because it was the very best thing that could have ever happened to me in this moment. I could just share that because I got to be fully me, fully alive and fully expressing my gifts in the world. And I would not have done that if I was with that gentleman. And yet, I don't have any ill towards him. I get to know that when it showed up and I didn't understand, I get to look at it now and know it was perfect. So I guess I want each of you to know that sometimes when things show up that are not what we want, that it doesn't mean it's not the very best that might pull us in a direction that really will be in our benefit later on.

Jennifer: Do you remember the time we sat down and went through the 17 ways that your ex-husband was a teacher and actually helped?

Mary: Yes. And we all get to know in this moment that this is for everyone. These moments of shake-up that are not what we expect or want are moments that in hindsight we get to look back and go, okay, I get it now. And even though I didn't get it in the moment, I constantly was changing my language. Jennifer said that very well. This doesn't feel right so I'm going to think of what feels right and really go into the energy of what is there.

So those on the call that are living month to month on a limited income, what often happens is we think there is not enough when you actually are having this influx of money coming in every month. And everybody, it's different. Those that are on a limited income of social security or disability, it's an income. There's literally money coming in.

So instead of looking at the fact that there's not enough, I want you to take the energy towards what's coming in and the excitement of the money coming in. So if you're working and your husband's working or you're single and you're

working, the money that you actually have coming in, there's actually a different energy to it when you get to really feel into the money coming in. Is that making sense, Jennifer?

Jennifer: Yes it does. Do you mind if I share a few things from the—we just had some insights. Andrea from New York says, —This call is just what I needed to hear. I've just come from opening up safe deposit boxes owned by my mom who died in January. So many emotions and ideas came up as my sister and I looked at my mother's hoard of jewels, gold, and other objects. She was an immigrant and survivor and here was this treasure. What emotions of guilt, anger, worry, and confusion I experienced. And now this call, I feel the abundance. The emotions are changing on this experience.||

Mary: Yes. Thank you so much for sharing.

Jennifer: And I've got Debbie from Tucson who's talking about just synchronicity in things that are happening. The credit cards she thought were increasing, she would like to believe that and she called them and they said none of them were increasing her credit card interest rates. —Another small thing that happened is that I felt an impetus to check an online payment that I was making ahead of time as I was going out of town. Somehow I made a mistake and made two payments to one account and none to the other I was checking on. Had I not checked on that I could have ended up with late fees and increased interest rates. Both of these tiny abundances are actually huge for me.||

Mary: Yes, wonderful. Thank you for sharing and feel in the actual amount of money that actually you get to have flowing into your life, whether it's through your job or whether it's through other means. And what you get to feel is the abundance of what's there. Somebody who's bringing in \$1,000 a month, you get to feel, a thousand dollars comes in every month. And if it's \$2,000 or \$3,000 or \$10,000, no matter what level you're at, where the money is going out, if it feels like it's always matched, then you're going to feel in lack. So the key is to really draw your attention to the awareness of what's there and watch it expand. You'll be amazed. It will expand and things will happen that you are not consciously looking for but you're going to start seeing it, if that makes sense. And I know. I've seen it over and over with all the individuals I work with. I've seen it myself. It really is a shift in the awareness of energy.

So where you focus your attention—you've always heard this, right?—you focus your attention and it expands. So when you focus your attention on the money that's coming in, it's going to be quite interesting but it most likely will expand and/or you'll find that everything is being met synchronistically, like things are being paid synchronistically so there's not as much angst around it. And those are the emotions that we really want to address. The word that came up was

tame, isn't that interesting? The biggest awareness is opening up a new language within ourselves of abundance which is that expecting energy. —Look what's here!|| and —Wouldn't it be nice?|| Those are two really great modes of exploring the energy. Wouldn't it be nice as if you're wanting to experience something that you don't think you have the funds for. So you play in the energy of —wouldn't it be nice?|| So wouldn't it be nice to have a new outfit? Wouldn't it be nice that you get to play in that energy and just feel how nice it would be? Wouldn't it be nice if it showed up? Wouldn't it be nice? You don't want to put any parameters to it or the fact that if it doesn't happen, something's wrong. Because, in actuality, you're just playing in that energy. So you're playing in that expanse of energy, if that makes sense too. Hopefully, that does.

Jennifer, you're always welcome to add to that if it feels like it needs to be for the callers on the line.

Jennifer: Makes sense to me.

Mary: Okay, perfect. So we're going to go into our homework. So the homework is this: Look at the pattern of thought that comes up for you—this always happen to me, I can't seem to get ahead, I can't hang on to money, I always feel broke, money is too tight, I can't afford that. Look at whatever kinds of thoughts come up around that. A lot of times, the underlying is I'm not worthy or I'm not good enough or there's something wrong with me. Those are like the really underlying thoughts so be aware of that if that's there too.

The reality is all of those are not true. They're actually just thoughts. So I could have easily gone into all of those thoughts in my situation and everybody would have thought, absolutely, that's true. Just when I get ahead, by George, this happens. Or something is wrong and money is too tight and I'm never going to get ahead. I could have gone there for the months that I was in that situation but I chose not to. I chose to look at it differently and to play in different energy. And what I got to see is this whole different awareness of what happened.

And so, again, as you hear this, I want you to hear how those are just thoughts. Those are interpretations that we turn into beliefs about where we're at. It's a training to believe the situation. It's a training to believe your story. Your story is true. So the more you want to stay with your story is true or that your situation is true according to how you believed it to be—I mean I used the word belief because literally these are beliefs that are locked in. And as I talked about in the last call which is our subconscious mind has beliefs about everything. And it just holds them there and says this is the way it is. I mean it just holds it. And the only way that we can undo is by of course doing the processes that we would be doing on Wednesday and opening up a new language of abundance.

Changing the language. So change begins in language. It's opening up that ability to challenge the language that we're thinking and processing in and being in to a new language.

So as you uncover those things that are in your life that you keep seeing those patterns of thoughts come up, I want you to look at it and find a counterpoint for it. So like, just when I get ahead, things fall apart. So what would be a counter-language for that? So instead of getting stuck with —Just when I'm getting ahead,|| the whole energy has to shift into just the awareness that good things are coming. I want to draw your attention to the energy shift of it. So what if I can't seem to hang on to money? An energy shift would be, I'm open to receiving the blessings that are coming my way and open to just receiving and accepting them. So that's a different energy. Another one would be money is always tight, I don't have enough. There's not enough. And yet another shift of energy would be I always have resources. There are always resources coming in. There's always money coming in.

So I want to draw your attention to what's coming in. That's the energy of abundance. It's always coming in. Money is always coming in. And it always is in whatever way is opened up in the channels that you have at the moment. The playing in the energy causes other channels to open up.

So Jennifer, does that make sense in there?

Jennifer: Yes. The homework is that we're going to start by looking at the patterns of thought, like I don't have enough, this always happens to me, just want to get ahead, something is wrong, money is too tight, etc.

Mary: Yes, what's coming up for them. Each person is going to have a different pattern of thought.

Jennifer: First of all, we're kind of re-training ourselves. That's the first training. The first training was that we have this pattern. The new training is for us to see the opposite of it. So just when I get ahead, now it's good things are coming my way. I can't seem to hang on to money; now it's I'm open to receiving and accepting the blessings that are coming my way. Money is always tight, not enough; now it's I always have resources coming in. So we're taking our beliefs and creating the opposite. So first of all we get to see what the patterns of belief are and then create the opposite of those patterns of belief and start naming them and saying them. Is that more or less it?

Mary: Yes. I love the fact that you rephrased it so that I could see what I needed to add. So in the reality of the habit of thought that's coming up, I want you to really hear the aspect of this that's not true. Those thoughts aren't true. What

is really true is that money is coming in, is that there are ample resources, is that we can be open to receiving blessings. That's actually the truth. Good things are coming. Can you feel the difference in the truth that's in that? If everybody on the call can really understand that we're looking at the language of abundance, of that expecting good, that's actually the truth. We're not making that up. If you're connected within your heart, you're connected to your heart and you feel the abundance that's there, literally, all of those thoughts are within the heart.

So I'm going to end the call with a few of the heart thoughts that I think really amplify this energy. So that as you're creating your new language of abundance which is really you're connecting to that easeness within you that is you're already there.

So I just want to take a moment to just breathe deeply and we're going to do this in a way of connecting. So in this moment just breathing deeply, kind of gathering all your thoughts and concerns of the day and pulling them in and pulling all your energy in, taking a breath, knowing that everything that's been said, everything that's been brought up at this space, just kind of pulling it all in and breathing, feeling that connection within you. And I'm just going to say the phrase and if you can say it yourself out loud, it would be fantastic. It's really a way of resonating with that truth within you.

—I'm in a new time and place now. I can relax and know that everything is in divine timing. I'm worthy to have good things come into my life. I can relax and flow with infinite possibilities before me. All good things are present now in my awareness and I embrace them. I can breathe deeply, feeling invigorated and physically alive. I am a divine being of love and light.|| Deep breath. —It's a divine blessed, infinitely abundant day. I am present and powerful in my truth. I am a beautiful, bright shining light. I can be joyful letting my light shine. I'm awake and alive and I'm ready. I'm in a new time and place now and I'm ready.||

So I want to end with one aspect and this is part of the fact that I was continuing to feel love, feel the essence of love as I would do it at night and do it in the morning. It's literally building that foundation for abundance. It is in every way the essence of abundance. It's almost like an expansive process.

So one of the things I used to do in those moments where I had very little money and I still do it now is every night I feel before I go to bed, I'm worthy to have good things come into my life. And it's literally feeling the essence of that, feeling the essence of knowing that good things are coming into your life. Good

things are coming in. I'm worthy to have good things come into my life. And so that actually continue to be—for lack of a better word—a mantra that I actually say at night. And I get to feel it and I get to know it and I get to watch whatever shows up. And as I do that, I get to see all the good things that show up instead of where my attention years, years, years ago was drawn to what I didn't want to show up. My focus gets to be on the good things showing up because I literally go to bed resonating I'm worthy to have good things come into my life. And it's almost like it sets up that expectation to see what shows up.

Well, it was a wonderful call. Hopefully everyone on the call received the information that you needed for understanding this part of the journey and this part of laying the foundation. There's really so much beauty in the fact that when you get that change begins in language and how amazing that you get to let go of the things that aren't true and you get to build in that language that's actually true, which is different than affirmations because affirmations are trying to talk to your subconscious mind to get that they're true. So this is a little bit different because you actually are resonating it within and you're feeling the truth that it is. And as you do that, you begin to develop that new language of abundance. That new language of expecting and watching it show up in all these different ways—finances, time, relationships. It shows up in amazing ways and we get to draw our attention to seeing them.

Jennifer, is there anything else that you would like to share?

Jennifer: Let's see. I've got a couple of things. One says, —I didn't think I would be able to feel good tonight but thanks to all of you I do now. I'm so grateful to this group, for Mary and Jennifer. Thank you.||

The other is asking, —Is it appropriate to tap on heart thoughts?||

Mary: You certainly can. You don't have to but you certainly can. Any tapping on the meridian points is always a clearing and a receiving process both at the same time, so perfect.

Jennifer: And another says thank you for sharing about your relationship. Since her divorce she had thought that she would never love again and have. —My heart opened to another man the past few months, she's going to focus on the gifts that he has given her. So now she's focused there from your call.

And then someone is asking how many people are on the call. Would you be open to me sharing that?

Mary: Sure!

Jennifer: There are 160 people on the call today.

Mary: Oh, fantastic.

Jennifer: This large group energy and there's such intention with this group. It's beautiful that it really contributes to all of us and it's very exciting to be part of such a large group that are really changing. I think all of you can feel into the ripples that we're creating just around us. And those ripples and creating ripples and those ripples are creating ripples and all our ripples are meeting.

Mary: Yes, it feels so amazing.

Jennifer: It's a beautiful group. So thank you all for participating with us tonight. Boy, that was frickin' powerful. I'm really emotional. I have to go cry for a little while.

Mary: Fantastic. So you all know your homework which I'm so excited about.

Jennifer: And I'm going to be posting that shortly.

Mary: Yes, in fact I would love to open up the questionnaire so that they can actually post the thought that's coming up versus the new thought. It would be a great—

Jennifer: The old thought versus the new thought, that's cool. What a great idea.

Mary: Yes. So that they'll have it kind of cemented in as they type it in. And then of course for everybody they also keep it in your journal as well.

Jennifer: And then will we be sharing that too like we did with what's right

Mary: We might do that!

Jennifer: I think that would fun to share it.

Mary: I think it would be awesome!

Jennifer: Yes, because then we'll be getting all these ideas. Oh my god! I think that too.

Mary: Play along! Yes, it's awesome! Because then we get to open up to the awareness that all of us are literally changing our language around abundance. We get to change. Change begins in language. How exciting! I mean it's really this excitement about it. So thank you.

Jennifer: Good. And we've got quite a few people saying thank you so much that they've had some real aha moments. And Lynn, that includes all participants. So it's both the people on the Internet and those who are on the call. So that's how

many people are in the coaching group, basically. There are 160 people in the coaching group.

Okay. Well, we'll see you all!

Mary: All right. Blessings. Bye-bye.

Notes

[illegible]

Lesson Four

Mary: I would like to open up for those that haven't shared before. There were actually two on the line too that had shared some pretty powerful things. So obviously we can have you on so that that can be recorded.

For those who would like to share, like the really good things that you're starting to notice, like, oh my gosh, I'm shifting from this one way that I've always thought and it's opening up this whole new awareness. I got one really pretty incredible snippet of information on the site. And I'm going to see if I can find it quickly in order to really share it because it was so profound. And she might be on the line and might want to share too.

So I'm going to read this from one of the individuals on the call because I don't think she was the one that I was talking to. She just said, "Thank you, thank you, thank you to the entire universe, to Mary and Jennifer—I love being a part of that—and all the others who are sharing this amazing journey of abundance in our lives. I feel joy 80% now. Since the class began, my relationship with my husband is much more loving and compassionate. And I can truly see that I no longer have to work on loving him. Lovely. —It's become more and more natural to breathe deeply; focus on my heart; and say I'm divine love and it's a divine blessed, infinitely abundant day. And I'm beginning to say each word as though—I love this, that this is going to be one of those things that will be lasting forever which is—I say it as though I'm making love. And truly, that is exactly it. We're making love to the universe, to ourselves and to all the divine beings in our beautiful world. You can feel it. You can feel the energy of that expansiveness as we connect and know that that's truly who we are.

Take a deep breath. This is the awareness of really resonating and connecting to who we are. That we get to let all the other stuff go and realize, oh my gosh, the essence of the wording which is, as you say it, it's feeling that love. It's a divine, blessed, infinitely abundant day. It's just like, "Yes, it is. And we get to be a part of that and experience that the more we're willing to connect to it. So thank you. That was just so beautifully put.

So we're back to opening up the call to anybody else who would like to share what's going on, the things that are really showing up as far as these shifts, these awarenesses that you're beginning to get in doing the homework and really what you're experiencing.

Jennifer: I would say the abundance that you're experiencing in all forms.

Mary: Perfect. So we'll go ahead and start with the first one that shows up and you can continue to raise your hands and we'll just go in that order. Perfect.

Jennifer: Okay.

Caller: Hi, How are you?

Mary: Good. How are you?

Caller: I am very well, thank you.

Mary: Great.

Caller: I have my own business and I'm being a consultant and put on workshops. And my business has dried up a little bit. So I had a number of things this week. But what did show up totally surprised me. My mortgage—I've had a 5-year <inaudible> and it reset. It resets this time every year and I wanted to get a 30-year. But it reset because it's tied to the treasury rate which is so low, from 5.2 to 3.3. So it's going to save \$450 a month. It was like, wow!

Mary: Great.

Caller: It was such a surprise because even though the business hasn't come yet, this is a big help.

Mary: Yes! And so you get to see that it comes in many different ways. And sometimes, it's very interesting because you're holding so much energy around the business, it feels like. So we're going to again talk about this today a little bit which is oftentimes that kind of energy—I mean I can feel the energy and it's almost like this push-pull energy. And so we get to find out how to let go of that push-pull. Because the push-pull is where things get stuck and things don't happen.

Caller: Yes.

Mary: Okay?

Caller: Yes. And the most part, I'm feeling so much happier and lighter.

Mary: Wonderful!

Caller: And then I get a little stuck sometimes. But the other thing that's really showing up for me is these little synchronicities that are happening that are just like, oh my goodness, just funny little things. Like we went on the 4th of July on the subway and this little ladybug landed on me.

Mary: Oh lovely!

Caller: And ladybugs are always my spirit side. And we're in the subway car, so I have it on my hand. And this little girl is standing up in front in the car and she's just filled with knowledge about ladybugs, telling us all about it. And across the way was another little family with an 11-year-old boy with very long hair and he was mesmerized by the ladybug. So we go to our 4th of July thing. We get off the subway and changed to a different spot. And a half hour later, we wound up in the north end and turned around and there was the little girl from the ladybug behind us and she said, "Where's the ladybug?|| And then on the way home at midnight on the train, the little boy and the family who were sitting across from us got in and sat down next to us six hours later.

Mary: Wow!

Caller: It was like, wow! It's just some connection happened through this ladybug for me to see how the universe moves and works.

Mary: That is amazing! And see, this is the part that I talked about, right. It's when we consciously open up to good things, we actually start seeing how they're all connected. And it all shows up. So you actually activated the reticular activation within the mind that is looking for good. Do you get how that happens? It's like we don't have to mentally think about it. It just shows up and we get to see it show up.

Caller: Yes. It was very cool. And it was like reinforcing, like wow, look how this works. And probably, you're right around the work part. I open up but then I close it right back. And I'm probably stopping and starting the process.

Mary: Yes. And it's okay because this is all part of the awareness, right. And we're always looking at from where were starting to where we're incrementally growing and feeling better and finding more successes or abundances as it comes in. And so it's all this process, right? And the amazing part is this—I want to have everybody catch this—it's only been three weeks. It's as you carry this momentum and do the work because there's a part of playing at this, a part of really feeling into the energies that's really important. It's important to feel good and to continue to find those moments of feeling good so that our focus is directed toward what's right and what's coming up that's good. This is why you keep seeing all these great things. Awesome.

Caller: So thank you very much.

Mary: Oh, thank you for sharing. I love it.

Caller: And then the last thing I would say is that, just in the last week, I do feel lighter. And I noticed that when I catch myself in the mirror, I see this really pretty smile that I haven't seen for a really long time.

Mary: Oh, everybody, we get to feel that. Yes, our spark! We get to see the spark of the divine within us. Lovely.

Caller: And it's really just taken me aback a lot because it's like, oh wow, pretty!

Mary: I'm here!

Caller: That's it.

Mary: There you are. Very nice. Beautiful. Thank you so much for sharing.

Jennifer: So I have something from instant from the teleseminar form.

Mary: From the website?

Jennifer: Yes, from the website. A participant stated: —I wake up in the morning thinking about love. I hug myself like I would do to the man I love and kiss my arm in a loving way, not a sexual way but really coming from my heart. I can say that I fell in love with me for real this time. I finally get it.|| It's tearing me up. I finally get it. I still struggle a lot with my life but I can go back to that feeling of love more and more many times a day. I don't get as upset long now. It lasts only a few minutes. I'm doing very well. I'm so grateful for this course.||

Mary: Thank you so much for sharing. And she describes it perfectly, when you find that energy of love that you would give to another towards yourself. Thank you so much for sharing that.

Jennifer: Okay.

Mary: All right, thank you again. I have so much to cover and I'm really excited about it. So I want to start off with the aspect of realizing the first three calls and now this is the fourth. And there's a building of a foundation that we are looking at really finding out how to do that. So we're looking at how to create our life from a different standpoint. Because, as of yet, we've had our life built almost by default.

And unless you've been in the field for a very long time and you've already cleared a lot of stuff, you know that there's actually a foundation that needs to be built consciously. And this is the part that I want everybody to really hear. The foundation, if you don't consciously build it, it will be built by default. In other words, it will be built by how you were treated in life, how you observed it, how your reactions were and how your beliefs were built around what happened. Instead of taking it and consciously building the foundation that would have been built given all the perfect circumstances. If you were raised in an incredibly loving household that you could feel and believe that who you were was perfect and divine. It's like, if that perfect situation of you being honored

for who you are, you would be in that place now. Well, unfortunately, most have not had that kind of circumstance and our lives have been built by default.

So I hope that is a pretty easy way to describe that. And in the same way, we get to challenge that default position and realize that it's not the truth. We get to go back to what is the truth and that's what the Heart Meditation is. And that's what the Heart Thoughts audio is. It's because literally it brings us back to our heart. And the more we resonate there, the more we find that building of the foundation that is the truth, the truth about us. That is the truth about us is when we connect to who we are and we really get that, —I am a divine being of love and light. I am. I am perfect and divine in who I am.|| And so that awareness begins to be built through conscious awareness.

So I'm going to start off explaining the foundations—the foundations for abundant living, the foundations for an abundant life. I talked about this. Really it's so much intertwined with self-esteem and self-worth and we're going to look at how and why that is.

So the very first aspect of this foundation that absolutely needs to be a part, it's like the first thing that has to happen, is for us to really connect with who we are. And in connecting to who we are, we open up to the fact that who we are is divine. I want you to feel it as I do this. Taking a deep breath and open up to connecting to who you are and feeling your divineness, who you are in connection to spirit; that love that resides within you, who you are. And that there's—if I could use this word—a worthiness that's attached to it just like a deserving that's attached to it. It's not quite in those words but it's an essence of just like knowing. It's a knowing.

So as you connect to that aspect of knowing who you are, this is why I gave you the exercise of feeling love because feeling love within your life, it resonates within your body. And this is the absolute first part of the foundation that has to be there. It's the awareness that you're safe to feel, so in other words, receive and give love. So as you connect within, you can feel that safety. It's like, okay, yes, yes. The awareness of love both ways is possible.

So I want to explore the aspects that that exercise of feeling love, I should say what we think love is, is we experience love when somebody loves us. So those are our thoughts. We think that in order for me to feel love, somebody has to love me. Or I need to be able to receive that they love me. So that of course is not true. I'm saying that right off the bat. That's not true. That love actually is within you. And the individual outside of you actually activates that depth of love within you. Which again, we get to understand that it's within you first and that you're actually just connecting to and activating that love that's actually within you. And it's showing in the form of outward as well as receiving.

One way that we really can know this to be true is if you have a memory of a situation where you felt the love of an animal—the love of a cat, the love of a dog, the love of anything precious to you, the love of a baby—where you feel that love that's present there and something wells up within you and so much love is being poured out, it's actually that that aspect was just activated within you. And the reality of that is when you think about it, you feel it in your body. So it's the awareness that it's really within you and the activation of both safety and the activation of the fact that you are safe to both love and to receive love. So it's both. Both aspects are there.

And again, that's why the homework. The homework was to really start resonating there and start feeling it in your body. And of course that's why the audio for the Heart Meditation and the Heart Thoughts, it's just so you can start feeling what that feels like in your body. That's actually the truth. That's the truth of who you are.

So what happens is in this feeling of resonating with that energy of love and feeling it within your body and of course I'm going to really work on having everybody get—it's feeling it within your body. When you feel love within your body, it is amazing. It's an amazing experience. Everything about life is brighter. It's like more vivid. It's more alive. Everything about it becomes so much more different than without that energy of love. So, again, this is literally the beginning foundation of abundance.

So what I'm going to call this is I'm going to call this energy of love but it actually equates to self-worth. So I get to hear that in this moment. So for those of you who are having trouble connecting to that, it's because you're connecting some form of not self-worth in either being able to receive love or feel love within you. And so we're looking at the aspect of why the homework is so important. Because what we're building is we're building this beginning layer of self-worth. And literally, it's who we are. It's not like you're trying to become something or be something. It's literally remembering who you are, connecting with who you are and feeling that deeply within you. And it activates this level of self-worth.

So, Jennifer, I'm going to ask if there's anything in this aspect that is coming up for you that you might want to share.

Jennifer: Yes. Well, one of the things that talk about a lot and I talk to you about a lot too about myself are the stories. I don't know if you want to get into that, but a lot of the self-worth issues come through when we tell our stories over and over again. So when we reference a story first, that is an indicator and also an opportunity to see how our self-worth is wrapped up in our stories.

Mary: Right. I think what you're bringing out here very clearly here is that our self-worth is being determined by the story.

Jennifer: Yes.

Mary: And in actuality, it's not true. So this is where our limiting belief gets stuck and everything gets put into what looks like this whole unfolding. And I'll be explaining it a little bit more but it's actually not the truth. The truth is who you are and you can get it when you really breathe that deep breath and that connect within and —Yes!!

Jennifer: The truth is we are not our stories.

Mary: Yes.

Jennifer: I think something we were talking about recently and I came up with this statement which is, our stories are important but not relevant. Our stories are important in that that's how they formed our beliefs. The default things that show up in our life are based on the beliefs that are within our subconscious.

Mary: Yes.

Jennifer: And so it's important to know what those beliefs are. But they are not relevant in any way, shape or form to our life right now. What is relevant to our life right now is what's right in this moment. What is relevant to our life right now is what is love? What is relevant to our life right now is how am I showing up in love?

Mary: Yes. And so I can already hear on the call them challenging the fact that yes, but this is my story and I'm still working through it. And there's a part of that and so I want to acknowledge that I get it, okay. And at the same time that's what the Wednesday calls are for because there's this consciously building of the foundation, as well as, as things start coming up to find a way of releasing it and whatever way works for you, because there are many modalities of release. But it's literally releasing it and finding that avenue to release.

So in the same way we get consciously look at this and look at what's showing up and again resonate back into the foundation. And so I'm using these words very clearly so that you know what the foundation needs to be in order for abundance to be created. You cannot create abundance from not knowing this aspect within you.

Jennifer: Not knowing which aspect?

Mary: That aspect of love, the aspect of knowing who you are, the aspect of being connected. When we connect within to who we are, we're connected to spirit. It's simultaneous that we go, —We get it. And then it brings us into the next

layering of the foundation, if you want to word it that way. But then the next level is, as you're connected there, all of a sudden you feel this awareness. And so I want everybody to take that. This moment, take that deep breath, connecting within, connecting to who you are, the beautiful being of love and light that you are, the love that's within you. And feel it in your body. I mean there's just amazing energy that is being awakened within the body to confirm that reality of love. And as we do, I want you to check with the next—it's almost like an essence that's here—which is things are going to be okay. No matter what is going on, there's always this essence as you connect within that things are always going to be okay. Take in a deep breath. Yes, everybody's feeling the power of that. Everything is going to be okay.

And that, of course, is the second foundational aspect which was week two which was look at what's right in the moment. Because if you really get that things are going to be okay, you get to take this breath and you get to start, it's like a two-fold process. As you do that and you get to connect with who you are and look around and you get to feel what's right in the moment, you get this expanding process of really getting that you're going to be okay.

In this next process of looking at what's right in the moment, looking at what's really good in the moment, I guess this is the best way to word that too, and what happens is it automatically activates a self-acceptance for who you are and where you're at. And it also activates a compassion towards yourself. So can you guys feel that in this moment as you're feeling, as you connect within and you take that breath? You notice that love connection and you get that things will be okay. Automatically there's a self-acceptance that's a part of that.

Okay, perfect. So we're going to go back to the first—the first foundational aspect was really connecting within, feeling who you are within and connecting to you to connecting to who you are and the love that's within you. And again, the exercise that we did the first week. So that was the connecting because everybody has that within them. That's who you are.

And then the next aspect which is knowing. I mean, there's a knowing that comes with that connection that you're going to know that you know everything is going to be okay. And as part of that becomes that self-acceptance and compassion towards yourself. And you feel how that unfolds. So then, the next part of the foundation is, it feels like—so many of you have worded it this way even—which is, it feels like life is good. Even though this and this and this is going on, life is good. I can see the things in life that are good. So that's actually the next level.

The third week which we really looked the limiting beliefs and looking at the counter phrase or the counter thought to that limiting belief. And of course,

we're going to explore this much more today. And that what happens is, as we get this aspect, that what we thought to be true was not true, right. A limiting belief is a limited way being. Like I can only show up this way or life only shows up this way. So as we dissolve those limiting beliefs and really connect back in to who we are, whether you use Heart Thoughts to counter that phrase and you really want to actively be a part of when that limiting belief comes up to use a counter phrase instead. Again, we'll explain that a little bit later. But what happens in this awareness that life feels good because that's literally the next process. It's almost like the next essence that pops up. Life is good. So as those awarenesses become more and more a part of your consciousness, there's a trust that begins to be almost like it starts to just arise from within like you can trust. Life is good, so there's this trust that starts to unfold and develop within us. So what's actually happening is you become self-identified within the world. You become knowing that you are a part of the world. That's why it's that feeling of life is good. So now you're part of the world. And the world is showing good things. Or the fact that you could just see it in your purview of those things that are good and are working. So that's the next level, which again which is why we look at where limiting beliefs keep us stuck. Because if you feel love and you know that you're going to be okay but you go into the next stage of going, —Yeah, but, yeah, but, yeah, but, yeah, but,|| then you're not going to be able to move forward to creating that foundation that you're really wanting to create which is that abundant life, that abundance shows up that you get to experience life in this whole new way.

So the next level or the next part of the foundation is the awareness. It's so interesting because you get to feel like life is good. It's like the awareness of as you really get to see what's right and what's showing up that's good and what's showing up in the way that you get to go, "That's good, that's wonderful. Oh, I love that.|| Then what happens is you get to open up to this level. And this is the level that is, in my opinion, the most important level or foundational part that needs to be set in place in order for abundance to show up. So I want to look at the facts. This is week four and this is what we're really looking at is that in that next process, if you can see how each week we've talked and how it's actually a foundational piece, that this is the greatest piece. And that is that the next awareness that pops up is—breathe and just feel as you're connected again and feel as that feeling that things are going to be okay and that life is good.

And then the next part that comes up which is really pretty profound which is good things are coming my way. In fact, the totality of the essence is good things are continually coming my way. And feel the power of that. Feel the power as that resonates within as, —That's so true.|| But again, everything has to be laid in order for this to really have the fullness that this aspect brings. This is actually the drawing power of abundance, of what we want in life, let's put it

that way, because we get abundance of everything that we want. But the abundance of the wonderful things that we're looking for and hoping will show up, this is the energy that does it.

So in this moment, again, I want you to feel into the aspect of this which is the connection within. Things are going to be okay. I'm going to be okay. And then the next part which is life is good. And the next part which is good things are coming my way. So what happens is whereas life is good, that's like self-identifying with the world or self-identity within the world.

The next one actually good things are coming my way is that the world is safe. The universe is safe. The world is safe and I'm accepted. That's self-acceptance within the world. Do you get the power of that? Oh my gosh, there's so much power in this. It's when you get that good things are coming your way, it's the aspect that you get that the world, the universe is safe and that you're accepted within it, the self-acceptance within it and within the world, the universe.

I just am really conscious of the resonance of that whole energy getting that. It feels like everybody on the call is getting that. And there's so much excitement as I'm feeling and hearing it. And I want to be here in resonance of this energy for all those on the call that might be struggling just a little bit. Because this is the pivotal moment. This is how abundance is created in our lives.

And I think it feels like everybody catching it. And it's the energy in it's totality of this good things are continually coming my way. Good things are continually coming my way! It's opening up to this awareness of safety and awareness of good and awareness of possibility and awareness of there's so much good out there that's coming my way.

So I'm going to take a little bit of a breather here just because I want to take a moment to see if, Jennifer, if you have anything that you want to share in this moment around this energy.

Jennifer: Good things are coming my way.

Mary: Yes and feel it, right? Good things are continually coming my way!

Jennifer: Good things are continually coming my way. And there's a little piece here of allowing yourself to feel it. And just ask your body, you know I go in the body, right, so just ask your body right in this moment, is it okay if I just pretend for a minute or two that good things are coming my way?

Mary: Yes.

Jennifer: Let me just pretend for a minute. Just ask your spirit, your soul, your body the aspects of yourself that may not believe it just to suspend belief for a minute.

There it is. It's just to pretend in this moment. I'm just going to pretend. That's all I'm going to do. You can go back to how you were thinking before. But right this moment, pretend good things are continually coming my way. Good things are continually coming my way. And there's that. Good things are continually come my way! It's real!

Mary: Yes. As you're able to resonate with this energy, So this is actually going to be a little bit a part of your homework which is to resonate with that energy too. And literally, it's a feeling; it's a resonance within the body. I mean my body is heightened in this beautiful awareness of good things are coming my way. And I think I can feel it for everyone on the call. Just open yourself up to feel along with everyone on the call. And know that everyone is experiencing this at the same time so that everyone that might have been struggling can experience it too. Good things are coming my way. Good things! In fact, I know good things are coming my way because I keep seeing them show up.

So that's actually the next part, which is we start seeing it everywhere. But I want to draw back the awareness to this. The pivotal point is knowing the energy and awareness that you get to just know. It's almost like you just know that good things are coming your way and feeling it in your body. It does something very profoundly within the laws of the universe. And it's almost like the door is opened. And it's like absolutely. It's like, okay, we've been waiting for that. And things start showing up. That's the next part. You start seeing it. You start seeing the things show up and you start going, look at that. And you start looking at the synchronicities in life and what we often call mini miracles. We often look at it as miracles. The unexpected shows up. And we look at it as though it's something out of the norm. When in reality, that's actually what the universe wants to continue to just have flow into us. And as we resonate with that energy and we start really seeing the aspect of things really happening, we go, look at this just happened. And, oh my gosh, over here I get to see something else that showed up unexpectedly. And yet it's that joyous creation, that joyous celebration of life is really what it is, right. We're connected to life and we're connected with this joyous celebration within life. So in this part here, it's almost like you get, that you get that you get, that the world is infinitely abundant and it's sharing its miraculous moments with you.

Jennifer: And in those miraculous moments there's nothing but abundance when we get into this place of —everything is possible.‖ We get into this place of —I trust that it's going to show up.‖ And even if you play pretend with it. Nothing but abundance shows up for you in those moments. You now look at it as, wow—

Mary: Wow, look at what I just saw. Look what the miracle I just witnessed—

Jennifer: Look at the revelation of what just showed up for me in this moment. This is about embracing your life, about embracing everything that shows up. And when we have the opportunity to move ever so slightly, two degrees, the angle of our perception of what our life is into a place of what is the opportunity here? Wow, What an incredible opportunity. We can get it clearly in hindsight and the opportunity now is to get it in foresight.

Mary: Beautiful. That was very profound, Jennifer. That was beautiful. So now we look at the foundational process of what needs to be laid first. We can't start with good things are coming my way. It becomes a positive affirmation if there's no substance behind it. And I know that quite a few of you have asked on positive affirmations versus Heart Thoughts, versus what I was getting across. It's because if you try and not come from within yourself and that connection within yourself and you try and jump to the later areas where you think this is where you have to manifest or where abundance is manifested, there is no connection and substance within for it to be created from or to resonate to.

I mean you can hear it in my voice. If I didn't connect with all those other awarenesses of feeling love and knowing that things are going to be okay and knowing that life is good, if I had none of that and all I was doing is saying, you know what, I believe that good things are coming my way. I believe that life is going to hand me good things. I believe that there are infinite possibilities. It's almost like the words have no substance to them. It's literally creating the energy and the words just follow suit to the energy instead of creating the words to create energy. It's actually the energy that's creating the word.

Jennifer: That's unbelievably important. It's not the word. That's why affirmations don't really work because they're simply words.

Mary: And so that's why they work for some people and not others is probably the better way to word it and the fact that some people can resonate to that energy whereas others aren't able to. And so it's almost like they feel like they're on guard trying to create these positive affirmations. You can feel it in the moment, I mean you can feel in the moment. It's feeling like if I stop at any moment it's going to go away. Whereas if you build it from the energy aspect of it, as we talk about each level of energy that's built and then that phrase is automatically a part of it.

Jennifer: Can you paraphrase for us again the four levels?

Mary: The level one was week one which is the aspect of being able to know—the exercise was feeling love for somebody else and having that same love come back to us. So in actuality, it's really being able to breathe and connect within. What's in us is this awareness of who we are that we're loved, that there's a

depth of love within us. So all of that is within us. But in order for it to be opened up into the awareness of all of us, we needed to do an exercise to get there.

Jennifer: Right. So week one, level one—feeling love for others and feeling that love for our self.

Mary: Yes. And really entering into, as Daniela so perfectly put, that aspect of feeling throughout the day love for ourselves. Like opening up the awareness that I can open up this feeling of love for myself, like resonate within our body. So it's that level. And what that does is it activates this level—actually, the energy that's produced is a level of self-worth. Right? We're all looking for self-worth. This is actually how it happens. This is how you get there. It's by connecting to who you are, to who you really are inside, this spark of the divine that's you, within you.

Jennifer: Okay, so that's level one. What's level two?

Mary: Level two is in the same way as you connect—what I talked about often was just that breath where we connect within and we pray and we connect to the, oh yes, we're here. It's like that connection and feeling that love. The next automatic energy that pops up is everything is going to be okay. I'm going to be okay. And that was where we looked at the exercise of playing with what's right.

Jennifer: What's right in this moment. Okay, so that's level two? Level three is then?

Mary: What happens in level two is something quite profound which is different than self-worth. It's actually self-acceptance. It's acceptance of what is. It's acceptance of knowing that everything is going to be okay. It's acceptance of knowing that where I am right now in this moment is okay. There's compassion towards our self that comes up in that awareness of acceptance. So it's the energy. I'm looking at the energy here.

So the third thing is—of course, after you're feeling that things are going to be okay, there's another automatic energy that pops up which is [deep breath] right, as we look at what's right and we resonate with that. All of a sudden it's like life is good. And it's almost like, wow, life is good. And we get to see everything in life that's good. We start seeing it. So in this aspect, it is bringing in to this level of energy which is trust and self-identified within the world. It's almost like the awareness of who we are in the world and of course that acceptance is there, that trust is there, and we're a part of the world. That might be a better way to word it—we're part of the world. And it's good. Life is good. Can you feel how you're a part of it?

Jennifer: Yes. And this group is a part of it and that we're part of each other. That's a microcosm of this microcosm that you're talking about, right?

Mary: Yes. And for those that have a hard time resonating that you're a part of the world, this is one of the foundations that really needs to be laid within your life. And we get to consciously do it. This is the part that I want to draw your attention to. We're consciously being aware of this, to be aware of these energies so that they can be created in our life. And then things show up that we get to clear. And we get to look at it and go, blessings, thank you. I'm so glad you showed up so that I can let you go.

And then the next part is that awareness of life is good, really just get to feel like, oh wow, life is good. I'm a part of the world and it's good. You feel that energy. It's an energy that's creating the words.

Then the next part is good things are coming my way. _And literally this is where abundance—like if you get this energy, this is where so much creation happens. This is the energy I play in with all my clients. This is where things happen. But there has to be this foundation laid to this point. So we get to go, ahh, good things. And again, feel the energy and the essence of it which is literally, this is literally the verbiage that's there which is good things are continually coming my way. Good things are continually my way. It's almost like it's endless. They're continually coming my way. That's why the words that pop up with it is there's infinite possibilities and good things are coming my way. It's like all a part of it. That of course is we've kind of into the energy essence that the world is safe. The universe is safe. I'm accepted within the world, the universe. So it's almost like it's taking all of the layers and blending them together in this moment of feeling that all good things are coming. All good things are continually coming my way.

Jennifer: Right. Okay, this is good. We start with basically self -worth—feeling love, self-acceptance through feeling what's right and then into trust and self-identity, life is good. And then we move into the creative process and into understanding the world is safe and I'm accepted. Good things are coming my way. Good things are continually coming my way.

Mary: Yes. And the next thing that happens is we start seeing it show up. We see the synchronicities in life. We see the many miracles. We see the unexpected showing up.

Jennifer: And we use them, right?

Mary: Yes! So much of the time we're amazed and we get to rejoice and go, look what showed up. I'm doing it all the time. We share this all the time. Like look what

showed up. And we get to be a part of this really magical process of watching and seeing what the world, the universe, God shows up and shares with us.

Jennifer: Yes. Like I have a tiny, minor one which is when I launched my membership site last Tuesday, the whole InstantTeleseminar went down. And I could have had a moment of, —What's wrong with me? Why did I create this?|| I didn't. I just went into, —Okay, next!|| And then afterwards I realized that it pushed me to present the content in a way that leveraged the membership site. I was forced to post it on the membership site instead of forcing people to go to InstantTeleseminar to listen to the broadcast which made people actually experience the site. And I wouldn't have gotten that if that hadn't happened. So the machinations of the universe allow me to leverage everything that I do in a way that shows up best for me and for everyone.

Mary: Beautifully put. Because so many times what we think is something not good actually is a pivotal point of us seeing something that can so much better serve us or serve those that were wanting to serve or even serve us better.

Jennifer: And if we can just change the angle of our perception in those moments. So in that moment I had a little meltdown. But I was also able to then use what I know, the tools that you're all learning right now. You use those tools now to say, okay, I'm having a meltdown. Okay, now what did Mary say again? And it's like, okay, moving to what's next and trusting that this process is perfect. It took me within an hour to realize how perfect all that was.

Mary: Beautiful. Very nice. Yes, and you also got other blessings out of that. Many more blessings. Absolutely, which is beautiful.

Jennifer: That's right. InstantTeleseminar gave me a whole year for free.

Mary: Yes. So that was quite a blessing.

Jennifer: That was a nice big whole abundance blessing. That's a \$600 abundance blessing.

Mary: Yes, exactly. It's amazing really if we release ourselves from what's happening in the moment to see what possibility is there. It's amazing what really shows up. And thank you, Jennifer, for sharing that. That was so perfect.

So I realize we're getting close to the end here. I wanted to share a couple of things. I'm going to take a few moments because we've talked about limiting beliefs last week. And the reason we talked about them was because we really need to understand that if you resonate in that limiting belief, it is going to hold you back. And if you even think about the limiting belief, feel what it does in your body. It causes that as we look at the energy before, it was like, Rrrrr!

And all the energy stops. There's almost like brakes that are put on. It feels like a wall is put up. And there is no flow of possibility. It's almost like that limiting belief has taken away every possibility that there is. And you get as we covered all of this, that limiting belief is holding you back from the pivotal point that we were getting to, which is good things are coming my way.

And so that's why I challenged you to look at your limiting belief. Look at what's showing up in your life so that you can consciously look at shifting it. Because literally, it's a shift. It's a shift in thought. And it's a shift in beliefs. So it's opening up to know that you don't have to stay stuck in that limiting belief even though by default that's the way you've lived for a very long time. So you look at the fact that it's defaulted. It was a default position that that's where you continue to feel like life was and that's how life showed up. But now you get to know that that's not true. Again, a limiting belief is not truth. And you get that by being able to connect within and get who you are and get the expansiveness of possibility that's there. You need to go, wow! Yes, that limiting belief that I thought was true isn't true.

So I want to talk a little bit about how this all happens. So I want to draw your attention to what we do in life, what we observe things happening. We observe what's going on around us. We observe how we feel as these things go on around us and then we make an opinion. And our opinion often is whether it's happened quite a few times, whether or not our friends believe it to be true also. So we do this observation and then we start making opinions out of it. Then what happens in the next stage is it becomes a belief. It's almost like it's a belief that becomes locked in in that moment. Like everybody is out to get me. Or everybody is only thinking about themselves and nobody is open to me. So those are beliefs that get stuck and that's what we call the limiting beliefs. And then what happens is that's how we show up. That's how we show up in life. That's what we think is true about the situation or about our situation. And then what happens is it gets locked from there because we believe it to be true. And you could feel it in the moment, right. You can feel that absolutely our limited belief has us to where we think that where we are is locked in place. The situation that we are in is true. Like there's no way out.

So it's just the awareness of the fact that that's how limiting beliefs are formed. Therefore, we can actually undo it, which is what we did last week and which is what we're going to be exploring more is finding what is literally the counter phrase or what we really are going to call the correct energy, the correct spin of what phrase really needs to be resonating within us around the situation. So as we look at it, if we trail it backwards which is we're in this situation that we believe to be true. So why do we believe it to be true? So we're going back to the belief. So what's the belief?

This is where the limiting belief comes up and we get to explore that. And then we get to look at it and go, so where did my opinion about this take place? So we backtrack it. Why did that belief get so stuck? And then we go back further which is what did we observe about it? What was the observation about it? And then we go back further and we realize that it originated in thought. And I want you to get the fact that it originated in thought. And thought is where it's stuck. And thought is what we believe to be true. And it's the thought that we believe that we're stuck and we believe that it's true. Oftentimes, when I'm dealing with clients in sessions, there's an essence that always comes up, which is, oh my gosh, that was just a thought that got stuck so deep. I get that it's a thought and I can let that thought go—the thought around it, the thought about the observation, the thought about the opinion, the thought about the belief. It's all belief that gets stuck because of thought.

So take a deep breath. And the awarenesses is that we actually know what the truth is. And the truth resides within us, within that place that we get to know what truth is. That's why after sessions, we always connect back to the truth of who we are. We go, —There I am; that's who I am. That's the truth.|| The truth is not in the thought that keeps us stuck or limited. Obviously, that's why I created Heart Thoughts just because it's actually thoughts or it's a conversation that almost outflows and bellows out within the heart. When you're there, there's almost like this conversation of thoughts and energies that are there. Those are truths and they resonate as truths within us.

So I'm going to talk a little bit about how you know that and you know that because if you speak a truth, literally, you become strong. There's a strength that happens within you and when you speak a lie, you become weak. Individuals who continue to maybe tell their story a lot, like Jennifer put very well and the fact that that story keeps alive this other energy and that energy, I want you to feel it. Even though it happened, it's all of the beliefs around it that's being stuck, either that you're unworthy or that you didn't feel loved. All of these other energies are what's stuck there and those are actually originating out of thought.

So unhooking it...I went on three different thoughts here, I apologize. So I'm going to backtrack. When you are not telling the truth, your physical body goes weak. Your immune system is suppressed. It's not free and flowing. You feel like—I can feel it as I'm talking about it—almost like this contracting feeling. That's what lies that are not true can do to you. And the story often becomes that, which is it's bringing in an awareness. It's bringing in awareness that as you resonate with that, it weakens you and it weakens your immune system. It does so many things that physiology and science has shown to be true. But as you resonate with truth—and that's where we can consciously do this because we

can consciously connect with who we are. That's why meditation is a powerful process if you connect to who you are. Ho'oponopono, where you connect within your heart to who you are. All of these things cause us to go back to resonating to who we are as truth.

Anyway, we get to know that part of the process is, as we unravel these limiting beliefs and we bring it back to thought, we get to know that it originated in thought and the thought was not true or the thought was not true about you because the event has locked in something about you. That's what we're looking at, realizing that that was just a thought. Because something happens means that you're not worthy, or because something happens means you're not lovable, or because something happens means you're not safe in the world. Those are actually just thoughts that got locked in around that trauma.

So take a deep breath. We're bringing in this other awareness that it all originated in thought and it's thoughts that we literally can release and let go. Knowing that today is only week 4, we've got many more weeks. So, I want in this moment to bring in this awareness that is really cute, because it's going to sound like —woo hoo!! We got so many things that we are going to experience and be free of realizing that thoughts aren't true that we have to hold on to them, I guess is the biggest way to word it.

A thought is coming up for me right now and I always like to go with sharing the thought that's coming up. It's about Byron Katie and The Work ® and how she, in a time frame in her life, where she was depressed for a very long time and somehow got in a very pivotal moment that she believed her thoughts. What if her thoughts weren't true and here she had been believing it. Just the awareness of opening up to the fact that what if I really got that those thoughts weren't even true? How would I be? How would I feel? And The Work ® was borne out of that. What she does in her process is question the thought. Is that true? If the thought is nobody loves me, is that true? There's an awareness that pops up which goes, well, no, that's not true because I do know somebody—you get to the awareness that it's not true. We just believed it to be true. So that's the awareness of being able to release thought. That's how simple it can be. And of course, the Sedona Method, those are all just releasing methods. I love Ho'oponopono which Jennifer talks about a lot, which is the self identity ho'oponopono, which is where we get to be a part of the releasing process and a part of seeing within us and releasing.

There are so many great areas and ways to release these thoughts that have become default positions within us that literally are not true. So we get breathe in this moment and go [deep breath] all those limiting beliefs that I had are not true? How could that be? They're not true? And in this moment, be aware that

those beliefs have locked in how you've seen life and they've locked in how you've viewed life. And now you're seeing a different way of viewing life and now that is becoming more prevalent and more obvious. As you see and as you play in building this foundation of love and I'm are going to be okay—all of these stages, levels, however you word it, which all of a sudden you get to more freely let go of the thought that you believed to be true before.

I'm so thrilled that everybody is on the call. I can tell the energy of the group is just amazing. And Jennifer, would you like to share anything else before we finish?

Jennifer: I just want to share when the caller said, —Oh my goodness, a beautiful bouquet of orchids was just delivered to me as you were speaking about good things are coming my way. How amazing and fun! I love this. You couldn't have written a more profound program.|| So, that's exciting.

Mary: That is amazing!

Jennifer: Isn't that cool? And there are lots of comments on the teleseminar and I think that you will be amazed, folks, about to ask the question that Mary isn't looking in any of these questions; I am. She finds them distracting. So if there's something relevant, I bring it up and I think what's really amazing is that you addressed almost everything as they were being asked.

Mary: Lovely! Thank you for sharing that. Yes, I did not see any of the comments coming up because I'm in my own little zone here. Thank you, Jennifer!

Jennifer: It's cool to see how this is flowing. The question is, what is the homework?

Mary: The homework is going to be the same which is continuing to look at your limiting beliefs and now with your awareness—I want you to really get this—the awareness that it's just been originated from a thought. There's a thought that started the ball rolling. It turned it into an observation, an opinion, and a belief.

Jennifer: And the thought is not powerful. The thought does not contain you or hold you. That limiting thought is only a thought.

Mary: Perfect.

Jennifer: It doesn't hold you in the energy of anything but thought. There is a shift there. Anyone here who thinks that the thought is powerful, then that's the opportunity to try to counterpoint. That was part of the homework from last week. The counterpoint is the truth. It is the power. It is the reality. The limiting belief is, again, it is important but it's not as relevant as the counterpoint. The counterpoint is what's relevant to your life right now in creating abundance.

Mary: Right. And that counterpoint and that counter-phrase or that Heart Thought—all those wordings are the same. It's that ability to connect within and know what the truth actually is. We're not creating a positive affirmation. We're creating from the truth that is. And in knowing that truth that is, the thought becomes literally just a thought. And you go, —Oh, that was just a thought. Okay, I can let that go.

Jennifer: So the homework again is to do limiting belief but focus the attention on the truth.

Mary: Yes. And so what I'm going to share in this moment is that I could tell a lot of you were struggling with it because only—

Jennifer: A third.

Mary: It was more like half that was actually able to do the homework. And in the homework, only about half of those, so that would be a quarter of the group got the essence of it. There's a lot of struggling with—almost like they were taking it from the point of the thought that had become the observation that had become the opinion that had become the belief and therefore, it was true. I want you to feel into this awareness as we look at how it gets stuck. So they were coming from it from the —I believe the situation to be true.

Jennifer: The limiting belief situation

Mary: Yes. The limiting belief situation that is true, now I have to find a counter thought to the limiting belief that shows up in my space that it's true.

Jennifer: Instead, what's really true that what we're shifting to this week is what's really true is the counterpoint. That's what's true.

Mary: Yes. And you're also looking at it from almost like the final stage of development. You're trying to do you a counter-phrase on where you look at it, so absolutely doggone true that this is how life shows up and this is what's showing up for me.

Jennifer: So another caller is asking—it's so cool because I know that Mary has already decided to do this— —Can Mary send out the ones who knows who got it as examples?|| That's exactly I believe what your plan was.

Mary: Yes, I'm going to create a page much like the—

Jennifer: What's right in this moment?

Mary: What's right in this moment. Give me a day or so. So it will be up by Wednesday, put it that way. Because I want to right create as many of these

heart-thought counter-phrases of what is true. I need to look at everybody's limiting belief so that I know that something is there that's going to show up for that limiting belief. So that you'll go, —Oh my gosh, yes, for this limiting belief, I'm not good enough or that there's something wrong with me, oh my gosh, this is the one that's going to work for that. So does that make sense?

Jennifer: Yes, that makes a ton of sense.

Mary: Perfect. And then, of course, please do your homework. Please post it to the homework page because it shows me how the information is going to be processed. We are moving through so much so fast. Can you feel it? Oh my gosh! This is so exciting! And so I want everybody to get as much information as I can give you. So please do the homework. It helps me so much to see where everyone's at and blessings, blessings, blessings. I'm going to bring up something that might clarify. As you're in your heart, there's actually an awareness that happens within your heart. You're connected to the moment. You're connected to yourself. There's actually a tense, a present tense. When you create a counter phrase and it sounds something like this, —I know I'm going to be okay and I know that I'm going to be seeing possibility show up, can you hear that the tense is not present? It's actually going to be—

Jennifer: It's the future, yes.

Mary: Yes. So what happens is that's actually not even a positive affirmation because in positive affirmations, it needs to be present tense. Because of the struggle—I get that the struggle was because the focus was looking at the limiting belief and in that, realizing that there is this tied to it, that where I'm at is true.

There was a creation of trying to come out of that counter phrase or Heart-Thought based on that locked belief. In actuality, we want to come back to our heart and feel into the essence of —Is that true?|| and what would actually rise out of that. So in other words, if I have fear that I'm not going to be able to make it tomorrow, we'd go inside and we'd feel, oh, I'm going to be okay. You feel that? And I know that there will be unlimited possibilities before me. That would be a counter Heart-Thought, counter phrase to that belief.

So at all points, know that I'm not going to leave it undone so that everybody gets it. I want everybody to get it because this is where magic is made! It's so exciting! You can tell my excitement.

So everybody on the call, I just want to take this moment and just loving each and every one of you. It's just lovely because I can feel each and every one of you loving back and loving each other and it is beautiful. Thank you.

Jennifer: Thank you all very much. Thank you, Mary.

Mary: Thank you.

Jennifer: Okay, bye.

Mary: Bye-bye.

Lesson Five

Mary: Okay, let's see. Okay, so I went ahead and started the other recording, Jennifer. It looks like you have the one that we're on recording, is that right?

Jennifer: It's all recording.

Mary: Wonderful. Thank you so much. Okay, so is she—

Jennifer: Yes

Mary: All right. Okay, so—

Caller: You want me to recap?

Mary: Yes, if you can recap and the fact that you're doing much better this week in the awareness that we're coming up around everything that you shared with me earlier.

Caller: Thank you. So I've been listening to the calls over again. I have them on my iPod and I've been listening to them in the car. And so I've been noticing that I'm getting triggers from some of the EFT work that we had done. And I was tapping in the car to remove some of the energy which was really a wonderful gift that I've been given, that we have that tool. And today, I was watching to try it on everything, EFT DVD. And as some of the people there were sharing their stuff which had nothing to do with me which is such a blessing of what EFT can do, while they were tapping, I was getting triggered. And it was just bringing up stuff in my own life that had nothing to do with theirs. And so I stopped the DVD and I spent about an hour crying and tapping and just really moving through. And as I went deeper and deeper, I would stop and then I would check in with myself and there was something else that wanted to surface. And what I was sharing with you, Mary, was it's such an amazing experience to see that the joy I'm feeling now is that I have these <inaudible> Ho'oponopono and EFT. But I wasn't seeming to be able to access someone. The feelings were coming up but today I noticed that in doing the EFT work and then I stopped, I was questioning my—I was saying, oh, it's just thoughts and then I was saying, is that really true? And the Byron Katie work was really helping me a lot to get into the thinking but it was the EFT that was bringing out the depths of the pain in my body from my childhood. And I noticed that the forgiveness piece—the ho'oponopono—was blending in with the EFT tapping. And I just had so many releases. And I was remembering you saying, "Just breathe.|| And I was breathing and so I'm just really so grateful for these calls because although my life hasn't changed on the physical manifestation yet of in

common comfort, in that way, internally, the peace that I'm able to access because of the EFT and the other skills that I can bring in is really happening. And I'm just really feeling very grateful.

Mary: Wonderful, wonderful. And one of the things that you mentioned was the fact which I was going to mention too, which is when you make it a practice whatever you use, like so you use Byron Katie's work and you use ho'oponopono and EFT helps to release the emotional, the chemical reaction that's fired within the amygdala into the body. It's literally a chemical-hormonal response that now happens within the body and EFT literally helps to release it from the body. So that's why you feel the release when you use EFT. And yet, every other part is an access and/or it's perfect in itself. But the more that you find being able to use whatever you find surfaces for your help, as far as in release, it's beautiful. So, thank you. Did you want to share anything else about that because I know we talked a little about a few more other things.

Caller: You know just the joy of being able to let these feelings come up that used to be really scary and they seemed painful. And with these processes, especially for me the EFT, I have this trust that it's just going to free up very shortly. And so I'm very willing to go very deep with whatever is coming up. And just cry through it because in a few moments I'm kind of remembering your words or Jennifer's. You know, just take a 10-second breath and just check in. And so it's been really fun to know that I'm noticing that there's that shifting point when it goes from deep pain into remembering your words like, "Well, there's another possibility. I'm trusting.|| Or I'll bring in like, "I am divine love; I really am divine light.|| And then there'll be another moment of like, "Oh, but that's not really true.|| And then I tap on whatever that next thing is. And it's just been really fun to see it starting to integrate from the calls.

Mary: Wonderful. Thank you so much for sharing.

Caller: Thank you for the opportunity.

Mary: Absolutely. It's exciting. So, thank you. So we can open it up for anybody else that who would like to share the real aha awarenessess that you're having like what she was sharing, the things that are showing up like, "Oh, I get it. I get that I can breathe through this. I'm going to get through this, it's releasing what's going on. So if there's anybody else that would like to share.

Jennifer: And I've got someone who's not going to make it on the call tonight but wanted to share. So, if it's okay, I'll just read what she wrote here.

Mary: Okay.

Jennifer: She says, "Hello. I'm sorry I won't be able to attend this call live tonight but I will listen to the recording before I go to bed this evening. Wonderful things are happening. I can feel my life opening up and I'm so grateful. I do see those moments of not being in loving consciousness or hear for my growth. And I've been enjoying the opportunity to release these limited beliefs and fears. Sometimes I wish there weren't so many of them in me. And yet, I'm just grateful that I can have such peace on the other side.|| Isn't that cool? —I had one marvelous moment of awareness the other day. I woke up feelings such love and got a glimpse of understanding of how my —mistakes|| and those I have previously seen in others can all be released and forgiven. They gave me a sense of where I'm going; something to steer toward. Now that I have that signpost, it keeps me going and excited about the process.|| Oh gosh, I'm tearing up throughout this. —Many thanks to you both, Mary and Jennifer. Mary, your teachings and your presence are very healing. Please know I am with everyone in spirit and I'm so thankful for everyone _s loving energy.||

Mary: Thank you. Well, it's really lovely because I see lots and lots of hands up here. So there's a lot of good happening. So let's just start from the top. We'll see how many we can get through. I would love to be able to have everybody share a little bit. So keep that in mind so that everybody can hopefully share.

Jennifer: Okay, so do you want me to start right from the top, Mary?

Mary: Right from the top would be great.

Jennifer: So, we have a caller. You're on the air.

Caller: Hello.

Mary: Hello.

Caller: Oh my God, I'm un-muted. The piece that I would like to share was a good aha moment for me. I was facilitating a forgiveness meditation group which I facilitate once a week in Toronto for a center for eating disorders. So everyone in the group has an issue with body image, including myself, but I'm the facilitator. So anyway, we we're talking about some of our beliefs that come up when we try and meditate and it's also a feng shui class. But anyway, so we talk about some of our beliefs and I was trying to get the ball rolling. And I said, "Well, let me give you an example. One of my beliefs is I'm not good enough.|| And so we were doing a brainstorm of all of our beliefs that come up when we start to meditate. And I wrote it on the clip chart and we wrote a few more. And then someone in the group said, "Excuse me, you wrote _I am good enough.'|| And one the group members said, "Do you mean you're good enough or do you mean you're not good enough? What are you saying?|| And I looked

at it and I had said, "I'm not good enough|| but what I wrote was —I am good enough.|| It was brilliant. It was like a moment and I didn't even notice. And one of the participants had to point it out to me. And then immediately I jumped up and down and squealed in joyful delight. And everyone in the room looked at me like I was crazy. And I said I have to explain that I've been working on this. But it was lovely to see my counter belief actually be what was automatically written.

Mary: Yes and that is the power of really finding that counter phrase or the phrase that really is the truth. And the more you identify what comes up that's not and you actually stop, draw your attention away from it to what's true, it does, it becomes a part of you.

Caller: It becomes automatic.

Mary: Yes, it's lovely. Your hand wrote it. I love that. Thank you so much.

Caller: Okay, thank you.

Mary: That was lovely.

Jennifer: We're going to another caller. You're on the air. Go ahead.

Caller: Hello.

Mary: Hello!

Caller: Hi. This is the first time I've actually been able to be on the call on the telephone.

Mary: And you got to talk, isn't that wonderful?

Caller: It's great, it's great. It's just been such a gift, this whole process. It takes a while for things to sink in but just getting that every time I feel something that's out of synch with the truth I'm claiming about myself, right then and there is an opportunity to tap it through. So I've just been doing that a lot. And that combined with hearing Jennifer's declaration the other night, I listened to it afterwards online, and I just got it. Ten years ago, I wrote a declaration and it said, "There's more than enough time, money, energy, love and resources for all of us everywhere, to have, do and be everything we truly want and need with ease, joy, delight and gratitude.|| And when I wrote it 10 years ago, I went, do I dare claim that reality? But what I got the other night is I didn't write myself into it. It was a generic truth I wanted to be true for everyone. And I just never specified my part in it. So it was such great realization after I got that.

Mary: Yes. How would you reword it as though it is you?

Well, you know, I didn't actually write the wedding of people for 15 years, working as a speaker and I didn't actually write the wedding of people for 15 years, working helping everyone through this stuff but I'm really a musician and my real passion is singing and song writing. And I've been writing songs for 30 years that talk about the human condition from a very personal place. And I recently travelled to Colorado to visit my son who's a self-proclaimed redneck and I love him. He has a big heart and a different lifestyle than me out here in progressive Northern California. And I came home from that trip wanting to find a way to create bridges and common denominators of love and understanding regardless of culture. And after, these pieces all came together and I just got it. It's my music. The simple stuff I've been doing, thinking I had to go off and get higher degrees and teach and compose and do these fancy other stuff, it just kind of all shook down into my music. And since then, I've written a bunch of new songs. And I will be writing some kind of declaration but just the realization.

Oh wonderful. How exciting and you got it at that core level that you get to now write it from the space of you and you and the world. Beautiful.

Mary: I matter. Yes it does. I'm not just this fly on the wall witnessing reality and truth happening to everyone else. I get to be in it.

Caller: Yey! Awesome. Thank you so much for sharing.

Mary: You're welcome.

Caller: All right. So we can go on to the next caller.

Jennifer: Okay, so we have our next caller.

Caller:

Mary: Hello.

Caller: Hello. I guess I was the last one at the EFT session and it basically was amazing. I don't know really what happened but something big happened in my life. It took me a little while to kind of—almost like a little shaky feeling. And then I just felt so fantastic. I really felt empowered and really just good. And it was so funny that when Jennifer read her declaration, it kind of was like, oh my gosh, that is so similar, like mine, only mine is visualized like on a piece of paper with pictures. And then I got to realize like the next day, like I am already living that. I'm blessing people and I have—it just needs to extend. And I also had this feeling, this really feeling that everything is possible. I had the feeling I did not know how, I just knew that it was. And then one of my kids came from their father's house. It was just so nice. And it was so nice and I'm like, "Oh my gosh. I just felt like oh, I was talking to him the whole time and telling him how

much I loved him and just been feeling really wonderful. It was really amazing and I'm so grateful to everybody and whoever were all part of that, it's beyond words.

Mary: Well, wonderful.

Caller: So yes. EFT is very powerful.

Mary: Fantastic. Thank you so much for sharing and just the beautiful awareness of opening up to all the beautiful things that are right now in your life. Awesome!

Caller: Yes.

Jennifer: Okay. Thank you so much.

Caller: Thank you.

Jennifer: And we're going to our next caller.

Caller: Hi.

Mary: Hi.

Caller: I had two things. There are a lot of things that happened but two things in particular I'd like to share.

Mary: Okay.

Caller: And one of them, I was driving in the car today and I was thinking about wholeness. And how nebulous a definition that has been for me in the past and wondering, well am I whole yet? Have I come to the point where there's this wholeness? Have I reached wholeness yet? And all of a sudden, I shifted into a really deep place of connection and it was like there was no question what wholeness was. Wholeness is being connected.

Mary: And you get to go, "Oh, I am in wholeness.|"

Caller: I am in wholeness.

Mary: Beautiful.

Caller: Why I felt I wasn't in wholeness and wasn't I in wholeness. It's like how we keep slipping in and out of being connected. And I kept wondering about that. So it was like really clear to me that this is wholeness. Wholeness isn't about two halves trying to come together into a relationship to create some dysfunctional something. It's me coming together complete in myself.

Mary: Yes. Oh so beautifully put.

Caller: That was the first piece of what happened with this. And then the second piece, I was thinking about, well, about self-love. And I was thinking about what had happened in the last class, last Monday when somebody was talking about she'd kissed her arm and how she felt and all of the goodness that that is. And I was thinking about myself in relationship to how did I feel about myself? I thought I loved myself. And then it was like I thought I loved myself, but how did I feel about it? And that brought up some more things and it was all of a sudden I was back in thinking about self-confidence and self-love and self-worth had always been a definition in my past connected with ego. And I was thinking about ego and of course ego was very present. And I said, "Well, I really think that I'm becoming a lovely person. I'm trying my best to do things that are helpful to other people. I smile and try and bring smiles into other people's lives. I do a lot of different little things. And it was like I could feel the ego in me feeling happier. It was like it had been given a pat on the back. And then all of a sudden I felt connected again. And I took that feeling of feeling good about myself into that place of being connected. And my God, what happened at that point was amazing. It was like all of a sudden, having a whole awareness of the difference between—you know how the word humility has gotten kicked around on the planet a whole lot. And I never really completely gotten humility either because humility was either less than everybody else because it was like you had to be in poverty and you had to be not thinking about not loving yourself, not directing any energy towards yourself at all the way I had been thought humility as a child. And all of a sudden, this new awareness of humility was each of us being special but all equal.

Mary: Yes. Oh, we get to all take a deep breath with that. Yes.

Caller: And that to me it just felt like, wow, that's wholeness.

Mary: Even having a lot of moments of wholeness, isn't that beautiful?

Caller: And there was one more that was a really playful one I want to share has to do with money. And I was thinking about a conversation I've had with my doctor and he's been going through being edited and audited by the government for whatever. Anyway, he was not in the greatest condition emotionally when I saw him. So I was hearing with him some of the things we've been talking about in class and I was saying if you're imagining wanting money and you have the feeling of that money, I said I'm discovering how deep feeling is of importance. It's like it's the primary thing and the words just followed. They get closed in words these feelings. But if you can feel where you want to go and he's a person who's very much in his head that I don't know if I got through that or not, but as I was thinking about it in the car, it was all of a sudden this thought came to me. And it was like, I wonder if I abuse money?

Mary: Wow!

Caller: And I thought, well, gee, that's a really strange thought. And I thought, well, what would abusing money look like if I abused money? How would I do that? And I thought, well, maybe it's not caring about it. Maybe it's not acknowledging it. Maybe it's not finding value and worth in it. Maybe it's not finding joy in it. Maybe it's demeaning it. Maybe it's fearing it. You know all of the things that we with what we think money is and I thought, well, what if I started really appreciating money? Really having a deep feeling about all the goodness that it is. And what a wonderful function it has for us in our society, that it is actually a manifestation of expansion of energy.

Mary: Yes. So, if you don't mind, let's play with that so that people on the call can feel it and get it. So how would you look at it in the way of the blessing that it is?

Caller: Well, I started thinking about even if I see a penny on the street that that is a manifestation from the universe that money is showing up in my life.

Mary: That's wonderful.

Caller: Then it brought a picture back that happened in the park years ago. I was thinking about wanting to manifest more abundance in my life. And of course more but just abundance really. And I was walking down this road and there was nobody in the park that day pretty much but myself. And all of a sudden I started noticing these pieces of paper flipping in the wind down the road towards me. And then as they got closer, they sort of looked the shape of a bill but I thought no that can't be money. It's maybe coupons for something that somebody's put in the garbage and it hasn't gotten in the garbage. But as it got closer to me, it was dollar bills. It was \$2 bills. There were four of them that came down the road and then a couple of minutes later I found \$1 coins. Money was just showing up in my life. I looked around for somebody that it belonged to, nobody there.

Mary: So did you have that awareness of —am I abusing money?|| Was that before you found the money that you kind of had that awareness? And what would it feel like if I honored it and saw it as this beautiful energy and saw that it's here as a blessing and see it as this wonderful flow that the universe has granted us for exchange?

Caller: Actually that happened about 10 years ago that that happened in the park. This other awareness I had was today in the car was really getting what I do around money to put my own thinking and feeling and not realizing I'd been doing that.

Mary: Great. Well, we're going to be talking about this today. Isn't that always the way it is, right, what comes up. Because when we hold judgment around

money, when we hold judgment around what we think money is or not or that we have what might be the best ways, it's a skewed belief. It's not the truth, right? But when you get that it's a blessing, we get the blessing of it and that it is here in abundance and it's here to provide and it's here to cause us to flourish, everything about it is actually good.

Caller: Yes. What I was really getting about abundance was feeling what the flow of abundance feels like.

Mary: That's very good.

Caller: And I played with it, feeling what the flow of love feels like. And I thought, okay, how else do I experience flow? How it feels when my emotions are flowing rather than feeling all stuck. Feeling what money feels like, if things are flowing towards me and happening. Just feeling what flow feels like when there's no boulders or blockages in the way. Just that energy that is flow applied to anything.

Mary: Wonderful. It is so lovely, This is the part that is so exciting. I think the caller, almost everybody was like having these ahas. Ahas that I haven't even talked about yet. It's because once you start being aware and connected, then all of a sudden you open up to these new awarenesses that have always been there but they feel really new, right. But there is a flow of abundance. There is a flow. It's like this lovely dance that we get to feel when we really feel that flow, that feeling of the flow of abundance. And you used such a beautiful analogy which is that flow of love when there's no stuck-ness. And it's just like, yes, life is good and I love myself. I love everyone, whatever, as far as how that shows up. Very nice.

Caller: I really love the phrases that you pick like using the term opening. I found myself starting to insert those words in my thinking daily and it's like I'm opening up to. Every time I use that it's like a new awareness comes in.

Mary: Isn't it amazing, the power of language? Remember we talked about change starts with language. Change begins in language. So you get why because it actually opens up that whole energy of open and receiving and knowing and feeling worthy to have it come into our lives.

Caller: Right. And it's interesting too. I'm receiving all kinds of examples of things where I've been stuck in the past and then wondering, well, what would it look like if I wasn't stuck? And I'll see something happening around me with someone else. And I'll say, —Oh, that's what it looks like.||

Mary: Oh, I love it. I love it. Oh, this is great and you've given the individuals on the call a lot of thought around if you're feeling stuck. What would it look like to not be stuck? I love that.

Jennifer: I love the questions.

Mary: Yes.

Jennifer: I love the fact that you question everything. I mean, you're just questioning everything—wonder what, what if, what would that feel like, what do I think about money? I mean this is what it is. This is the access point in the noticing, it's paying attention, the realizing how we're showing up in world is beautiful.

Caller: Thank you.

Mary: Thank you so much for sharing. Love it, love it, love it. We might have time for one more caller.

Jennifer: Okay. So she is.

Mary: Hello and welcome

Caller: Hello. And you know, I got struck today with one of the initial projects you had us do was write down where we were at then because we wouldn't realize how we had changed. And I am such a profoundly different person. And I looked in the mirror this morning, actually it was last night just before I went to bed. And I really saw a different person. I looked at the mirror and I actually saw somebody who I truly thought was beautiful. And you could see it. It's very emotional for me to even say that because I don't really—I don't think about it, you know. It's just very much in my head. But I'm not now. It's starting to really profoundly shift. And so I went into the operating room this morning and all the triggers that always confront me when I walk in the operating room and they didn't have my patient on the table and I'm supposed to start at seven. And you know, I started to go where I always go which is walk by <inaudible>. And I thought, no. You know what? Everything is perfect. This is good. This is wonderful. Look at what I'll get to do. So I go and just took time for me. And it all worked out just perfect. So it's just on every single level but that was just kind of special when I looked in the mirror yesterday.

Mary: And just how amazingly that shift that you should share about going into the operating room. You and I know this part of it being a very hard situation for you when things aren't going the way they should. And for everybody on the call, they're going to get it when the things don't go the way they should and we get upset. And we get really upset. And it shouldn't happen that way, right.

People should know what they need to do. But that you were able to take it that step further and know that it's absolutely perfect no matter what.

Caller: I have to tell the whole group. When I did Jennifer's weekend, I did it on the little live video streaming, what was that? Back in February, I think.

Mary: Yes and that's the four-day—

Caller: Heal Your Life, Heal Your Business.

Mary: Thank you.

Caller: That's the thing that really turned me on to this whole thing. On that Sunday, when I was just getting half the call, I cleaned my office. And I cut out two pictures of mountains and pasted them. And took Scotch tape and attached them to the bottom of my computer screen. And I looked up Friday. Or no, Thursday. I looked up and looked at these mountains and I thought those are mountains from Alaska. I had no intention of going to Alaska but I love the mountains of the Northwest especially like Montana. And I thought these remind me of Montana Mountains. And you know, my family is on their way to Alaska and I'm flying to Alaska for the longest vacation I've taken in 18 years. Saturday. And I'm just like I took the pictures down and I took them all over my office and I'm like, look guys, look...

Mary: Exactly. When you open up to possibility and what you love. You know we surround ourselves with that which we love and it shows up.

Caller: And I didn't even put them there to go to there. I only put them there because I just love seeing them.

Mary: Exactly.

Caller: Isn't that wonderful?

Mary: Oh, thank you so much for sharing. Very powerful, Thanks. I get to breathe in that one too. Thank you.

Caller: Thank you.

Mary: Jennifer, did you want to share anything with regards to that because she mentioned your amazing workshop. And it was just so fabulous and how it was really pivotal in her shifting.

Jennifer: Well, I actually don't have a comment about that but what I do have a comment about is—but first of all, Caller, thank you. I'm so honored that you were part of that group because now you've become a part of my life. I adore watching your growth and watching how much you share. And you know it brought tears to

my eyes when you looked and saw the beautiful face in the mirror that we all see as well. That was pretty cool.

I think the thing that I'm noticing, what Mary is teaching us is that abundance is not about manifestation. It's not about making money. It's a way of life. It's an experience of life. And that abundance shows up in all these remarkable six or seven ways that we just heard. It's about money, yes, but it's more about who we are that we are beings of love and light. And that when we see who we really are, then all flows.

Mary: Thank you so much. Yes, all is possible. All is possible. Everybody gets to breathe that one in. All is possible. I love you, Jennifer.

Jennifer: Thank you. I love you too.

Mary: So I want to take one more.

Jennifer: It's okay. He's on.

Caller: Am I on?

Mary: You're on.

Caller: Hello, Mary.

Mary: Hi.

Caller: How are you?

Mary: Really good.

Would you like to share what's happening, the good stuff that's coming up in your life right now?

Caller: Yes, I would. I had a situation catch me real by surprise the other day. And it was just kind of a neat way that I was able to express the things that I have been learning through this process that we've been going through together. So, you know I don't share any of the links or any kind of that stuff but I share the information that I get all the time with whoever I come into contact with and it's becoming a part of my life. So my girlfriend the other day was holding on to me and she said, "You feel perfect right now.|| It's one thing to hear that but she followed it up after a pause for a second. She said, "How did that feel?|| Neat, right. And you know I'm thinking in myself and in a lot of people, the idea of feeling perfect is a little bit of a stretch, right. And so I started the answer and it felt like I put my fingers in an electrical outlet where no words could come out on how to answer that. And what occurred to me was that in the moment, in this moment, and as I was breathing into that whole idea, the only answer that I

could give was perfect. What I realized was I kind of thought about that. We talked about it a lot for the rest of the morning. I was actually getting up to go surfing but when I got back we talked about it. What occurred to me is this: that's that part of our self that we're looking to re-create here, right, for all of us.

Caller: And I think for all of us on the call and the people on the recording and everything else, if we can get back into that part of ourselves that to someone or for someone, I share with this woman all the time about opening up her heart and feeling the love coming in and feeling it coming back out, the love that you would have for whoever it may be. That moment and what's happened since is really what's buried down there underneath all the bullshit, right.

Mary: Right.

Caller: The story that we've accumulated however long it's taken us to get here.

Mary: And weeding through it to get to really who we are.

Caller: Right.

Mary: And that you're perfect.

Caller: Right.

Mary: And that you're perfect.

Caller: Yes.

Mary: I just wanted to make sure you heard that.

Caller: Oh, I certainly did. Much differently than I would have a short time ago.

Mary: Yes because our mind throws it out like, —Well, I'm not perfect. I don't do this perfect and I don't do that perfect and I don't do this perfect.|| And the reality is, if that's how you look at it, it will never be.

Caller: Right. And it was interesting the way she put it even which was —feel perfect. And it took a little second to register what was going on there but that was a real deal.

Mary: Well, and that you felt the fact that it was perfect and that in the moment, you felt perfect.

Caller: Right. And I think the bigger thing is that by sharing this information we can make each other feel this way and that we all can create that somehow.

Mary: Yes.

Caller: It doesn't necessarily have to be somebody telling us or feeling that way about us or whatever because when I first heard it, all the data that buries that idea came up first. And that was what felt like zzzzt. The stuff that we've been doing since we started this and the time that you and I spent together before that allowed me to side step that for just long enough to really get it.

Mary: I am just so glad. And so, do you mind if I share just a little bit, Caller?

Caller: No, not at all.

Mary: That you've had a pretty struggling past that wouldn't let that in before. Is that correct?

Caller: Oh yes.

Mary: Yes. So this is, oh, so beautiful to hear. And so beautiful because I can feel that you get it.

Mary: So say that one more time, Caller, in the way that—the opening up of what now is showing up as a possibility for you.

Caller: Well, the possibility is to feel the perfection in the moment.

Mary: Yes.

Caller: Let me re-phrase that. It would be to feel my perfection in the moment regardless of the outside circumstances that have tripped me up a little bit right now. For the time being, I'm in a lot different place than I ever thought I would be.

Mary: Yes and you bring up a really good point. So I'm going to share this because this is such a beautiful way of expounding this. When you get the perfection that you are with just the knowingness, there's no ego to that, right. It's just knowingness, like, yes. You also in that moment, you get to find out the clarity and the simplicity in which you get to have the same awareness show up for somebody else like your girlfriend which is she's perfect.

Caller: Right.

Mary: Right. And then we get to see that in our children. They're perfect, not that they're doing what's perfect because that's not it ever.

Caller: Right.

Mary: So thank you for bringing that huge, wonderful awareness that we all get to breathe in. Oh, Caller, thank you so much for sharing.

Caller: My pleasure and thank you as always, Mary.

Mary: You're welcome.

Caller: Okay.

Jennifer: And first I'm going to read some of the folks in the instant teleseminar some lovely stuff here. One participant says, "Hi everyone in the whole class and Mary and Jennifer. I just got here. I'm so very happy to be here in our class.|| It does feel like there's some ownership there, doesn't it? This has been the most incredible week of the program for me and it feels like for many in the class as I listen and try to catch up with what you're talking about. I just want everyone to know that I love you all and thank you, thank you, and thank you. Thank you, Mary and Jennifer.|| Well, thank you for your energy. I have to say that I think part of the reason this group is all starting to do so well and moving is the level of commitment to the program itself, to the homework, and to each other. I mean, you could feel it right now. You could feel the support right now with each other. And it's a really important component and fortunately we have lots of people so that support is just big. Can you feel the embrace of all of us? Oh my God! It's so powerful. So, let's see.

Jennifer: Okay. We have our next caller. Are you there?

Caller: Hello, I'm here! Did I do it right?

Mary: You did.

Mary: Hi. So what good things are showing up and let us know because we're excited to hear it.

Caller: The good thing that's showing up is actually almost in reflection with some of the bad things that are showing up. I'm on this huge pendulum and the good thing that's showing up is realizing that my ideas about abundance and my ideas about where my abundance and joy are is like just perfect for me. And I keep being thrown on this swing of meeting other's people's ideas of abundance and what they think is important. And then kind of having to really dig deep to find—no, I'm not there even though I'm being thrown there. Then there's some kind of esoteric. It's like I'm just keep being confronted and I think it's just what you started this call about was the idea that old stuff comes up. And it's dealing with family members and it's like I just have to take a really deep breath and say I either have to really deeply protect myself or I am already protected because of this workshop. I think I really know who I am and where I am on this stuff. Does that make sense?

Mary: Yes. And the beautiful part is the more you become aware, so I want you to kind of—everybody on the call even can hear as I say this. The more you get to know yourself, who you are, who you really are, like what resonates with you as truth. Of course, when you resonate with the truth which is who you are, right, a divine being of love and light. And all that causes that trickle out effect of who you are which is then into the world. And as you get to know what's the truth about you, you get to almost breathe in and go, okay, that's me. Yes, that's me and I get to just be joyful in what I choose, it's like my choice. It's almost like this joyful thing like, that's what I choose and it's my choice. And just as I was sharing, when we get inside like, oh yes, I feel the perfectness within. You know as we connect within, there's a breath of —it's perfect right now.|| It's the same way that as you get it, you get to breathe and go, okay, this is my choice. I want you to really feel that because it's my choice how I trickle out into the world. I'm using —trickle out|| just because of the analogy of we first find it within us before we can really find it, who we are in the world.

Caller: Yes, yes. I feel like I'm right on that cusp. And from that cusp, it's like really, truly like the faucet has just been turned on. Because it's like I really am realizing that the only way I can deal with this situation that I'm in is I have to step forward and not hide who I really am in this situation.

Mary: Great. Now there's another aspect to this which again like I shared with Caller is once you get that about who you are, there's such a big breath in this of —that's who I am.|| You get to also grant the same exact awareness to anybody outside of you. Like if they choose to be in disarray or angst around money, that's their choice.

Caller: Yes. Oh, that's what I need to hear.

Mary: Do you get it? Because when you really get that who you are and how you—I don't know where the word —trickle out into the world|| is—but it's me and who I am and how I show up in the world and what my choice of how I do that in my truth? I also get to grant everybody else out there their choice.

Caller: Yes.

Mary: And it's beautiful because we get to honor that they've chosen what they've chosen in the moment because if they knew better or could do better, they would.

Caller: Just as we would have if we knew better or could've, right?

Caller: Yes.

Mary: It's really kind of this awareness that we keep unfolding. And as we get it we're like, oh yes, okay. Which brings to light more of the fact that oftentimes, we're where we're at because we're always doing the best we can. We just didn't know or didn't have that piece. Or it wasn't time to go through that process yet. So we get to just rest.

Caller: Yes, yes. I feel like I have to struggle with this pendulum. You know when I come into confrontation with someone who's challenging me in terms of who I think I am or who I believe I am. And I feel like I've got to get this right. But the idea of stepping back and saying I'm already being here like I'm just being myself here and I don't have to prove it to anybody or shove it at anybody. I just have to be myself.

Mary: Yes. In fact, were going to learn even more about that. Everybody has actually talked a little bit about the pieces of what we're going to deal with today which is beautiful. Yes, you always just want to be and if you shove or push or try and get them to understand it, you're actually offering a different energy that is most likely going to be counter productive for you.

Caller: Yes, that's what I'm noticing. That's what I'm getting exactly and it's coming at me like, I've got to protect myself, who I want to be. I have to be active and what you're suggesting, it sounds like is just be.

Mary: Yes.

Jennifer: And that is the natural form of protection. That is being is your protection.

Caller: Yes.

Jennifer: There's no need to protect, deflect or defend or push. It's a different energy than just being.

Caller: Yes. I'm hearing from you and now I'm really believing. I think it's going to serve me a lot better.

Mary: Lovely. Thank you so much. All these wonderful, wonderful pieces. Thank you. Okay, so we're going to go ahead and begin the call on the course. I took a lot more calls this time only because everybody had such a beautiful piece. Once you start opening up, you start seeing things show up and by sharing it, everybody gets this other aspect of now the possibilities of what can show up. So we all get to take a deep breath and we just get to thank all of the callers who shared and shared their heart and all of their awareness of what we're coming up. Oh, so beautiful, so beautiful.

Okay. So I am hoping that everyone was able to listen to the Wednesday processing call. And the reason is because I covered EFT and the energy

signatures, the energy imprints and how EFT works and how it actually has to clear out of the body. It was not a normal processing call. I had a lot of talking and sharing of what and how, and how it all works. It is definitely a keeper call. You know really listen to that over and over. You're going to get lots and lots of ahas as you do that. So I just want to encourage you, of course, as well as listening to the other previous calls. Very helpful as you do it because with my clients whenever I do a recording of a session, I'm always letting them know to listen to it one or two more times. Because invariably, the second time they listen to it, they hear something new. And then the third time, they'll hear even something more new and they get this big aha like, "Oh that's what you were saying.|| It's almost like we don't have the capacity to get the information in the very beginning. So now that we're now into week five and everything is starting to click, I can feel the group getting these ahas and clicks of —ah, okay, okay.|| and experimenting and really playing along which obviously was my number one need that I needed to know from all of you that you're willing to play. And if you played, you would get it. So this is very, very exciting.

Okay so, one of the things that I talked on the Wednesday call and I need to talk about this just a little bit before I go on so that you understand why I'm going to share what I'm going to share, which is, there is a scientific fact that we cannot hold two opposing thoughts at the same time. Two opposing thoughts cannot co-exist. And of course I always bring it out in the respect that that thought creates an energy. We're very aware that an angry thought is going to create a certain type of energy. A thought about love or loving somebody is going to create a very different energy. Those two energies cannot co-exist at the same time. And so with that awareness which is why we talked about really finding that limiting belief and identifying the limiting belief so that you can actually see the counter phrase or really the truth of who you are, so that it is now the one that you can take your conscious mind and point it in that direction of thought so that you can create the thought on love which causes the awareness of all of that energy imprint to really come up to the surface which, literally, if I could use the word in this way, it cancels out those angry thoughts. Because you cannot hold two opposing thoughts or, as I like to put it, two opposing energies at the same time. And of course we all know how simple this is, right? We have a spouse or even a child that in the moment we are very upset at and everything they're doing is not what we want them to do and it's frustrating, upsetting. And we have these thoughts of frustration and mad and all that goes with it. Well, what goes right out the door when we do that? Love! It cannot coexist at the same time. And it's also why a day later, even six hours later when we've kind of regrouped and whichever process we do to do that and all of a sudden, like, I love them, I love who they are and that other thought is not held at the same time captive. It's now you're in a new energy. So it's really important to really

get this because we can at any point in time shift and if shifting with our conscious mind—I talked about the conscious and the subconscious that literally if you shift the conscious mind to see the counter phrase or the truth phrase, you know, what is that it often is enough to shift it. But what the key here is that you learn to resonate in that new truth, that counter phrase where—a couple other callers even said, I'm looking and going, —I'm a divine being of love and light,|| and the one individual who said, I was writing out limiting beliefs and she wrote, —I am good enough.|| Where her conscious mind wrote it out even the correct way because she's been playing in the energy of resonating to the truth of who she is.

So a very important part because the more resonate with it, the more you play with it, the more you go there and feel it, the more it becomes easier to access. So if you are stuck in a certain energy and you can't get out of it, that's where EFT comes in really handy. Of course the Wednesday call I talk a lot about that. But it helps you to shift out of it and bring you back to your equilibrium or your center point and you can breathe again and know that you can then shift into a new energy that way. So sometimes if you can't shift by your thought to that direction, EFT is a really powerful way of clearing the space, clearing the energy out of the body that's stuck so that you can breathe and really come in to that new place that you're really wanting to be. Nobody wants to be in that mode of angry or upset.

Okay. So one of the things that's very powerful and it's another key, right, I keep bringing out all these keys. They really are keys. And that is around judgment. We cannot create love, blessings, abundance if we are in judgment of it or in judgment around it. So we can't create love if we are in judgment towards our spouse or child. We can't create abundance if we're in judgment of money which the other individual on the call earlier brought up where she was like, well, what do I think about money? Do I abuse money? I mean it was beautiful that she really got that when we hold different beliefs around money that we actually are holding it in judgment. So it could be a judgment that there's never enough which can be a limiting belief but if there's judgment in the essence of it is where there's really almost—trying to think of the right word here—it's almost anti-abundance, anti what we want. It's actually the opposing of it. It actually causes it to not be created because that judgment energy, again, two opposing thoughts or two opposing energies cannot co-exist. And unless you're willing to release the judgment—well, put it this way. Yes, we're all willing to release the judgment. We just need to identify if there is judgment.

I am going to explore some of the areas of judgment. So it could be judgment towards others. That's pretty typical when we think of judgment, whether we're judging somebody else. I don't like where my relationship is. I don't like what's

happening and you're finding fault with it. So try and get the fact that there's this energy of judgment towards it. And as you hear it, and as you feel it and as you get—so whatever, it could be work related, it could be relationship oriented, it could be any of these, right? But if you have judgment like I don't like the way it is and I want it to be different and you're finding fault, I want to kind of catch the energy of that, can you create love or abundance or peace with that essence of judgment? You can see how you can't. We cannot create anything that we really want if we're holding judgment around it. So, again, this is part of where we're unlocking and looking at limiting beliefs and seeing what they're really doing and how they're holding us. And the beautiful part is as you see it, as you see it for what it is, it's a limiting belief or it's judgment or both and you get to go, okay, I can at this moment know that I can let it go. I can let it go. I don't have to hold on to it as though I thought I did. Like we always hold onto it because we think somehow by our mental thought we're going to figure out how to make the relationship better or whatever we're finding fault at about better. It's like no, it's not. It's counterproductive and it doesn't work the way that it seems like it should. We really need to look at as we hold—as we release the judgment, as we release what we're looking at as the problem, as we release it, we're then able to create what we want. But we have to release the judgment.

Let's look at the energy around people and money. It's so interesting that we can literally have these very subtle beliefs around money. Like I don't like people who have a lot of money. They're rude and impulsive. Or they're inconsiderate. So I want you to get that whenever you put a judgment in around money, it's going to be blocking you from the abundance that's really yours. So it could be money comes easily to everybody else but never to me. That's a judgment as well as a limiting belief. But it's a judgment. It's a judgment about money. If we hold judgment around money or people with money or people that don't have money, we can hold judgment in these crazy ways that we don't really know that it's there. And of course when you see that, you really get that you can't create a flow of abundance if you're holding an energy of judgment towards money. It could be that there's never enough. It could be almost like even as I say it I can hear what kind is happening and see if you guys can hear it too, which is there's never enough money. Money is always eluding me. It's never here. It's always away. It's always gone from me. I mean you can feel that there's a judgment around money. It's like money is on purpose like staying away. And the truth is that is not the truth. The truth is this is just a judgment around money. And hopefully by hearing everything about these calls, you're going to start really getting that the energy of abundance, the energy of wealth, of money is actually this beautiful, beautiful energy and it's here for all of us. It really, really is. The universe is infinitely abundant. Its abundance is everywhere. And it's free flowing everywhere.

So we want to really look at if we're holding judgments. Of course we can do EFT around this. By now I think you can really kind of see what that would be as far as tapping through if you have judgments around money. So again, the clarity of this is, if you're holding judgment around what you want to create or where you want to go, you will not be able to create it if you have judgment of it or in the area of what you're trying to create.

So deep breath because it's really a powerful awareness that really needs to be brought into the light, the judgment, what it does.

Now there's another aspect which is judgment towards ourselves. So I was looking at first of all the judgment of others, the judgment towards money, the judgment towards anything that shows up in our life externally and now I'm looking at the judgment that we can have towards ourselves. This is the most needed area of discernment, of really kind of getting it. That when we are stuck with the fact that we're not good enough, there's something wrong with us or any of those, those are judgments. That judgment is really walking in something that is not true. So I'm kind of bringing it up in a different way so that you get that the limiting belief is really just a judgment. It's a judgment that's not true.

So like from our exercise before, really start looking at the judgments that you have and are having. Are they true? Are they really true? So it's going to bring us into another kind of a flow here but I want to really help understand that as we hold these really severe judgments towards ourselves, the only person that we're hurting is ourselves. And then it trickles out to others. But it really is hurting ourselves when we aren't willing to let it go and resonate with the truth of what is, of who we are, and the fact that we literally are a divine being of love and light. And abundance and love is here flowing and who we are is here to shine our light into the world and to be a blessing to others. That's actually the truth of who we are and how we could show up in the world.

So I want to talk a little bit about muscle testing. I'm not quite sure if I've done this before but it seems very relevant. And that is for everybody that knows about muscle testing, normally it's done with your arm. You bring your arm straight to the side and somebody kind of pushes on it as your arm is strong and if you were to say your real name, you would be strong. And if you were to say a different name, somebody else's name and you say this is who I am, you would actually go weak. So when it's not the truth, you actually go weak. And really, the essence of truth I cannot understate because it literally makes you strong. It strengthens the core of who you are. It actually turns on your immune system. In the face of lies and judgment it actually weakens your immune system and you become ill easier. So the truth does so many things that causes the body to get that it can turn on and regenerate. I mean, literally,

truth strengthens our physical being. When we're connected to who we are, it's like the light bulb in our body goes on. So it's much more than just understanding it from a mental or even a spiritual standpoint because our body comes into play in this. Our body is connected to this and the energy that we think and feel.

So again, I want to kind of bring it back to this point which is two opposing thoughts cannot coexist. And in the same way, two opposing energies cannot coexist and the willing to play with who you are and the energy of who you are as a divine being of love and light and that it's a divine, blessed, infinitely abundant day and that all good things are coming your way and that, oh my gosh, worthy to have good things come into our lives as you play with that energy. That is what starts to permeate your body and your awareness and your being and you can feel how your body almost kind of shifts into this where it is the immune system is turned on and there's health and vibrancy within the body. I mean you can feel that energy within the body.

Okay. So I actually sent everybody an email. And one that I sent just right at the beginning of the hour and it's really because of a diagram because I'm going to try and hopefully very clearly show some really powerful aspects of really looking at what limiting beliefs and what judgment does and how to just be aware that you can shift it. You can either shift it by your conscious mind, shifting the point of thought, the point of energy thought, or if it has then become a part of your physical body then use EFT to clear it, but the what and why it's important to do. So for those of you who are not near a computer, no worries. I'm going to try and describe it to you.

I'm going to build the diagram in words right now. In the middle of a sheet of paper, imagine the word that says —Right Now|| —Who we are as a divine being of love and light||. And that's kind of our center point. I call that our equilibrium. That's who we are. That's where we breathe and we feel that connection like I'm here. And then as we do and we feel that connection, we feel things will be okay. Right? This is that center point. That's who we are. And then the next point that comes up which is life is good. And I talked about this a lot on the Wednesday call so please if you're able to listen to it again it's great because you're going to hear this again. And then the next part which is good things are coming my way. All of this is within that right now moment. —Right now||. Feel that. Know that. Because there's so much expansion here of awareness when we get who we are in this connection moment and we feel it in our body. Our body gets it.

So the next part on the image is if you were to go above those words, right, that's kind of was in the center, who we are right now, this divine being of love

and light and that connection, that center point. And if you go above it, on the paper it would be —The Future||. The future would be in front of us. We look at the future going forward in front of us. So as that is an awareness, we're going to go down the page and underneath the circle which is going to show —The Past||. So of course the past is behind us. Now we know the past is behind us but we're going to look at some awarenesses of how we actually show up in life. Then to the right of that center point area of who we are as a divine being of love and light, to the right is going to show the words —Myself||. So this is you when—we're going to use the words in judgment or in limiting beliefs. And then to the sides of that which is the left is going to be the word —Others||. So that's others. We're looking at other people and what's going on with them or what we think is going on with them. So the center of the page is who we are as divine being of love and light and all that goes with it, that connection within. And then above it is the future or if we look at it as in front us which is the future. And then behind is the past or down below it is the past because we're kind of looking up above at it and then to the right is myself, to the left is others.

So this is how we view life. This is why we get stuck is because we've taken all of our judgments about the past and all of the things that have happened in the past and we take all the file folders of the past and we plop it right in the front of us. So now the folders of the past are part of the future and we look at the future through the past. We look at the future saying, well, in the past this happened and so I better watch and be careful of this so that it doesn't happen. Or the past this happened and therefore I can't trust that this is going to turn out the way I want it to be.

And the reason I'm really kind of bringing it up this way is so that you get where the files of the past belong. They actually belong behind you. I want everybody in this moment to just really get that. Look at the future and see how many things that you're looking into the future out of that file folder of the things that have happened in the past. We really get ourselves locked that's why we keep creating the same situation over and over again. It's because we're living in the future with the folders from the past. So the folders of what's happened or how we view life or that we feel like it often carries judgment. It's the judgments that we believe about ourselves or about what happened to us or about where we're stuck and how we're stuck. It's literally just judgments.

So I want in this moment for everybody to get the fact that we're going to get these folders that have been unknowingly, right, we've unknowingly placed those folders in the future and said, well, I've not been able to do this before, I've not been able to create an income this way before, therefore I have to do it a different way. Well, let's take all of those folders. All of those folders about relationships, about who we are in the world, about how we view life as far as

from our past and take those folders and we're going to place them in the past. Everybody, as you do that, I want you to feel the breath that occurs when you look to the future and it's a clean slate. This is the reality which is all is possible. All is possible. All the folders that were there before are now placed in the past where they belong. The past. It happened before but that's certainly not the future. The future is a blank slate. And feel as you look at the future and go, there's nothing there that's saying it's got to be this way or that way, that it means I'm going to end up the same as before. It's all new. Can you feel the energy of all possibility that's there in the future? When you take all of those folders that have had all of those judgments and all of those things that we thought defined us and take them and put them in the past. Put them behind us into the past.

So as I am really looking at this aspect, Jennifer. I want to know if you had anything you wanted to clarify about that that really when you take all the past that had been stuck in the future. We look through the future through the past. And as you take those folders and put them behind you, you really get the essence of, it's all possible.

Jennifer: Yes, I was kind of talking about this on my Masterworks Healing Body Dialoging™ session on Saturday a little bit. I kind of call them—that's also referencing our stories too in a way. And I think when we put them behind us and we realize that I am no longer defined by those things, I am not defined by who I was in the past. Sometimes I react from that place but that reaction is simply an old belief that's ready to be observed. That's all. Something shows up that forces a trigger or a reaction in me and that reaction allows me to explore that little tiny piece that's ready to be realigned and repurposed. I think several people mentioned in the opening time frame how much they're getting this, that we get to rejoice in those moments of something showing up instead of saying, —Oh my god, here it is again. We get to now say, —Wow, here's a really cool opportunity.

Mary: Yes, in fact I love what you just said because what it feels like to me is that in the clarity of kind of the analogies that I'm using, that as a piece shows up, we get to look at the fact that, oh my gosh, that piece was stuck in my future. Oh my gosh, my story was stuck in my future!

Jennifer: And that folder showed up. There's a piece that's in that folder. Okay. And that folder is in my future. That folder was actually part of my future and that's not where it's supposed to live.

Mary: Right. Okay, now we get to put it in the past. It's behind us. And we go, —Oh, and then we kind of feel that relief of the openness and possibility of the future

because now that piece of our story is no longer in our future. That's very well done.

Jennifer: And someone on the call, they didn't say who they were—releasing all guilt, forgiveness, etc. are all part of the folder of the past, in the past, not letting it hinder the future. So that's someone online who just said that.

Mary: So say that again.

Jennifer: It's also releasing all guilt, forgiveness, etc. that's all part of putting the folder in the past and not letting the past hinder the future.

Mary: Yes, very well said actually. Which is going to lead on with where we're going today. This is really exciting. So thank you, Jennifer.

Jennifer: Okay.

Mary: Okay, perfect. So one of the things that also happens is we take the past, the judgments that we have and just exactly how we do it which is we have put them in the future and we're getting how, oh my gosh, that's not where they belong. They belong in the past. That's how we know we can let it go, forgive and move forward. I want to draw the attention to this we do the same thing about ourselves, which is where the judgment gets so stuck with our self and where if we do not remove the past from our future—so if we remove the past from our future but we kept the judgment around ourselves like the things that we think about ourselves, you know, okay, well, I'm not good enough this way or before, I wasn't really good in math so I'm not really smart in math. However it is that you end up looking at it as a judgment from the past, if that's in around yourself, you're going to still not have the fullness of the liberty of awareness of the abundance that's really all the possibilities that are before you because you're going to be living it through this limited person that can only come out and shine in one way. The reality is that's again the past and we want to take the past out of your view of yourself. Like literally clear out the folders. Clear out the folders that are saying this is who am I and I've always shown up like this and I've always been this way. You know what? If you're willing to and want to, you can take those folders and put them in the past. It's very interesting in this moment because I worked with a gentleman on a really large project that I was doing for a company and he used to—every time I get on a call with him, he'd say, —No worries. So I had mentioned to him how much it impacted my life hearing him say that over and over again. And this was a man who is probably the most brilliant man I have ever met. He did computer programming for NASA and all kinds of things. And they came to him and wanted him to create something and he looked at it and said, —That's impossible;

it can't be done.|| And they said —We're paying you; it needs to be done.|| So what he did is he started doing the same thing of what I'm talking to you about which is so interesting that I get it in this moment of also how it's shown up for me but now even more so—this is what he was saying is I used to look at things being impossible until that one project. What he did is he just went, —You know what, I'm just going to keep going one step at a time in front of me and I will just continue to try everything I know.|| And, of course, as it would be, he figured out what they needed him to do. And not only that but he figured it out even better than they expected because he had this belief of going, you know what, I'm just going to keep going forward and knowing that—almost checking in to see like nothing—he didn't have to fear anything because he would just kind of plod forward. Whereas, before, he was fearful over whether he could do stuff.

So the exciting part is that's what we get to do. We get to just kind of let go of what we think we can or can't do, throw it in the past where it belongs. And we get to really look at—I could just show up in a new way. So for all of you who got the email that has this little diagram that I was talking about, I did exactly the same thing. I normally would have decided, oh, I can't do it so I'm not going to send it out. But I thought, you know what, I'm just going to plod along, see if I can do it and by George I figured it out and I sent it.

The great part is when you put the stuff in the past that you think you can or cannot do and you just keep plodding along. By George you can do it. That's the part that's exciting. And hopefully you get my excitement in this. We often box ourselves in with thinking we can't do certain things just because of the past. And literally when we free ourselves of that judgment, we free ourselves of those limiting beliefs. That all belongs in the past. It really does.

So of course in the same way, to the left of us which is others and, you know, so whatever judgments you have about yourself, most likely they're being mirrored on your judgment towards others. Regardless all of that is because of the filtering and the folders of the past that you're viewing them through. So let's again clear it up and know that we get to clear out that so that when we look in the future we see all the possibilities. When we look to ourselves and we see all the possibilities and that when we look to others we see all the possibilities. And we get that freedom as one of the callers said that we get to take that breath and really get who we are and how we trickle out into the world. Who we are, our choice, just get to feel it and just go, yes, that's my choice and we get to have that way of looking at others in the fact that they have their choice. I want you to feel the difference of holding judgment towards them and letting them have their choice. And then feeling instead of having judgment towards ourselves of just really being able to say, you know what, today is a new day.

Today is a new day. And I get to live today in a new—it's new. I get to be brand new today in the way I show up in the world. Wow, that's a huge aha awareness right now.

So as you look to the center which is who we are right now, when we live our life right there with the past behind us and we get to see ourselves and open up to who we are today, new today, we get to see ourselves with new eyes. We get to feel what it feels like to have all of the past in the past and we'd look at others and we get to have all the past that we viewed them through behind us. And we get to see the future before us which is open to all possibilities. When we live from this space, can you feel how much freer and how much more alive and how much you want to play with life. It's like it brings up this whole new awareness. Like, my gosh, in this moment as I'm connected to me and I can see the future is all possibility. It's all possible. When I look to see me and I really get that, oh my gosh, I can love and accept and appreciate me right where I'm at in this moment. We get to see life in such a new and beautiful way. And as you look to others in the same way, we get to see them in a new and beautiful way. Hah!

So I want you just kind of take a deep breath as we kind of really feel that connection in that now, right now moment. I love as the caller that said, —I get it!! That's where wholeness is as I'm connecting to who I am. That's where I feel and know wholeness. And also, in the respect that as we look to the future, from that space of wholeness, it looks so much different, doesn't it? With everything that needs to be in the past. In the past all the pieces of the story that show up, we get to go, oh, they're in the future, they don't belong there. Put it in the past. As we see ourselves and the things, the pieces that pop up that have defined us and go, oh, that's the past that gets to go in the past. Or even with others. Oh, that's how they've shown up before. But literally, I've seen people change over and over again when we stop looking at them through our folders of the past. They get to show up being who they are which is really beautiful. We get to look at that and go, oh, that was the past. So I get to put it in the past. If we look at and deal with what is in our life in this moment, in this day, through the space of right now - being connected to who we are, it's a huge, huge awareness and shift that, again, life is beautiful. It's beautiful. And I get to be a part of it. It's like this is me and I get to be a part of it. So, Jennifer, did you want to say something?

Jennifer: There's a clue that you are—there's a really, really good clue that we all use with ourselves, that we are in a past folder or that we are in out of flow and it's this beautiful three-letter word. It starts with a B and ends with a T. —Yeah, but I mean this is an opportunity. The minute you say —yeah, but is the minute that you're out of flow. And it's also offering you a contrasting moment to move back into flow. So it's a beautiful word because the —yeah, but allows you to hear

instantly, —Oh wait, I'm out of flow.|| It's kind of like doing what a caller did. Well, what's going on? Asking questions. What would it feel like to be back in flow? Am I really out of flow? Did the —yeah, but take me out of flow? What does it feel like? How am I doing? What's happening?

Mary: Beautiful. Very helpful.

Jennifer: I've got a couple of —yeah, buts|| on the instant teleseminar.

Mary: Very nice.

Jennifer: Yeah, but—

Mary: Exactly. What I want to mention is I was realizing this when I was talking with a client that I've been doing this for 15 years. Fifteen years was a pivotal moment in my life because my life was hell. My life was not what I wanted. My relationships were not what I wanted. Everything was not what I wanted. And I went on this prayer—I prayed every time I got in the car, I was like, —God help me, God help me. I think that's all I ever said in the car. Until all of a sudden I got three words, I thought it was a scripture at the time and I still haven't found it but I laughed at the simplicity of it because I knew that if I did it, it would work. So this was way before the law of attraction. The law of attraction when it came out and Esther Hicks when I heard her with Abraham, I'm like, —That's it, that's it! Oh my gosh! So I got all this confirmation over what I did through the slow journey that I get to share with everyone here. But I want to share this because this was such a pivotal point for me and it might help those with the —yeah, buts.

Jennifer: The suspense is killing me. What are the three words?

Mary: I think you already know them. So the three words that came to me were: No worries, forgiveness, and gratitude. So it seems really simplistic. But I knew I needed to—it's like I knew that I knew that I knew in order for me to survive because at the time I really felt like I wasn't going to. I needed to do this. So what I did is I started challenging every thought that came into my thinking. So as I was driving in my car, a thought would come up about my spouse at the time and I would be like —rrr because he made lots of really poor choices. And I'd say, okay, I'm going to let it go. I'm not going to worry about it. I've been okay in the past. I'm going to be okay. So I got to literally drop the thought. So then the next part would be, okay, I'm kind of holding something against him so I would let it go. So I never used forgiveness like the term that most people use. I always use it as letting go of the thought. It's kind of what started to happen. So when a thought of fear came up, I go, okay, not going to make my house payment and I'd go, you know what, I'm going to let go of it. I'm going

to no worries, right. And I'd go into that feeling of no worries. I think it's so great because no worries, that doesn't even make sense except for it was perfect for me, right? You'd think it would have been faith.

Jennifer: Faith is such a ubiquitous word. I mean no worries is it. That's what it is. No worries.

Caller: Yes, let it go. So of course later on which was what? Twelve years down the road when this individual would say no worries, I'm like I get it. But when we get it in the degree that we get to let it go, like let go of the thought, which I talk a lot about which is we cannot hold two opposing thoughts or energies at the same time. And that's what I was starting to really get is I had a way of challenging every thought that came into my mind because our mind thinks thoughts all the time.

Jennifer: I'd like to use an example. We've got a little, tiny, itty-bitty —yeah, but here from the caller. And she's talking about when we are around family and friends who see through the past filters about us. That is a perfect example of opposing thoughts. And I can tell you, absolutely, with 100% accuracy and truthfulness from my personal and my experience with my clients, when you change your thought about yourself and about how they think of you, that's an opposing energy. They can't help but show up and see you through the eyes that you see yourself, period. In any situation, in any relationship, with any person. I know that's a big leap of faith for some of us but that is truly what happens and you will be amazed if you just open yourself to that particular possibility. It's like I said on the call last week, just pretend it's true and see what happens. Just pretend even for a minute. Pretend!

Mary: Exactly.

Jennifer: Well, what if all the people that are in my life right now—I mean Caller is basically saying I need to find new friends. That may be true and new people will likely show up. But the people who are in your life right now will show up differently. Guaranteed. I swear to God this is real. And they talk about this on The Secret. For those of you who liked The Secret—it's so funny I talk about this a lot. And a lot of people who've watched The Secret over and over and over again have missed this. It's in the relationship part of The Secret which is when you show up and you are yourself and you see the truth of yourself and in turn you respect the truth of them, that's the other piece of it, that they have no choice but to show up in the way that you see them. So if you see them as judging you, guess what's going to show up? If you see them as someone who is making their way through their life in the best way they can and it shows up in interesting and unique ways and you allow them that, that's how they'll show up. If you see the truth of who you are when you are with them, then that's what

they will see. And some people you know are not healthy and they will simply fall away. They can't help it. That's the two opposing thoughts. Unless it's in vibrational resonance, they'll either show up differently or they'll disappear.

Mary: Right. And that is absolutely true. That's pretty normal to have happen if that's the case. If they can't shift along with you then they will most likely not be around. So back to the three words which is no worries, forgiveness and gratitude. So I'm leaving you with this awareness that you can actually challenge every thought that comes into your mind which is what I did 15 years ago. And I literally took it like it meant my life because I needed help that bad. I needed to shift what was going on in my life otherwise I don't know. All I could say is it was really, really bad. But as I did that, all of a sudden I started—whatever thought came up, if it was an opposing thought that didn't feel good, so we get to look at the way Abraham and Esther kind of talked about it which is any thought that doesn't feel good, change it to a better thought. Well, that's what I was doing but I didn't realize it. So I would go a thought came in, and like, oh, that doesn't feel good and, okay, I'm not going to worry, I'm going to let it go. And I breathe and I go, okay, let it go. And if there was something I needed to forgive, if it was around a person or a situation, I'd say, okay, I'm letting it go, I'm not going to hold on to it. That's my way of forgiving is I let it go. Like I'm not holding it in my consciousness or in my energy. So I just let it go.

And then always it seems like the more I did it then this little pop up of gratitude was right there, like thank you for helping me through the past that I haven't been homeless like I thought, I would have been. Or however it showed up like, oh my gosh, I was taken care of even if it was penny pinching or whatever, however it showed up. Oh my gosh, I get to be with my children. Oh my gosh. So I'd see all this gratitude start popping up that I was literally blindsided to being able to see. I could not see the good in my life because all of this other stuff was so loud to me. So the more I did this—I talk about this a lot on different calls but you know within a relatively short period time, it was like six weeks, maybe a month a half, it could have even been two, but it seemed relatively short. All of a sudden I'm driving in my car and I had this absolutely I was at peace and I thought, oh my gosh, the sky is beautiful, the day is beautiful, life is good, and I had no idea that I had shifted into this new way of being by challenging every thought that came into my mind and only holding those that felt good.

So I want to really help everyone understand that literally it's just looking at it as a thought and realizing we don't have to hold onto to the thought or the belief or the limiting belief or the way the past has shown up and said that's who we are. We don't have to believe it. We can literally take it as a thought and go, okay,

I'm going to forgive myself, however it looks, right? You can take those three words and you can apply it to everything. There's so much freedom that comes out of being able to do that.

So I want to end with one of the aspects because I talked a lot about judgment and how judgment will keep us from finding being who we really want to be. If we hold judgment toward others, it's going to prevent us. Believe me. If we hold judgment towards our self, it's going to prevent us from showing up in the world as how we truly are. If we have judgment in the future, which is from the past, these are the past that's kind of showing up as far as how we're judging ourselves, others, and the future and literally understanding that it all belongs in the past. We're actually a clean slate. Every day is a new day. Every day is a new day. Which is why I love the phrase that became almost a mantra to me. I would say it every day. This was before I heard about Abraham and Esther Hicks which was just a riot because I used to go, —It's a divine, blessed, infinitely abundant day.|| Like today is a divine, blessed, infinitely abundant day. And I got to feel into it and feel the newness of the day and feel me being new in the day. And that all was possible. And that life was possible. And my relationships were possible. Everything about it was possible. And I got to feel that every day. Like everybody on the call talked about when they shared earlier how great it feels to feel that connectedness and that wholeness in being in the —right now|| moment right now. That's how we live our day, as if we live the day in the now, in the moment that is that we get to feel and feel connected. All is possible and it's beautiful, beautiful, beautiful.

So I want to leave you with—because we talked about judgment and judgment towards money especially since this of course is on abundance as far as money goes. But you'd really get that it starts with us and abundance is just one of those trickle out aspects of how we show up in the world.

Peggy McColl in her 21 Distinctions of Wealth—I'm taking an excerpt out of that, I'm taking a dew different pieces because I want you to get, and I'm going to say it twice because I want everybody to kind of hear it, get it in their bones, get it in their being that this is the energy of really getting abundance in your blood, in your bones, in who you are. And this is free of all judgment. This is why I'm reading it so that you can get what it feels like to not have judgment.

So this is as if I'm speaking, so as if you are speaking. This is how you're going to record it.

As I look around me at all the wealth others enjoy, I feel tremendous excitement for them and for myself because I know that I too have overflowing abundance. I appreciate all the gifts the universe, God gives me and to everyone around me. It fills me up with a sense of richness and gratitude. Everybody just breathe that

in. And this may very well be a new mantra for you as well as today is a divine, blessed, infinitely abundant day. Today is new and I'm new in it. And I'm new in this moment in it. As I look around me at all the wealth others enjoy, I feel a tremendous excitement for them and for myself. Because I know that I too have overflowing abundance. I appreciate all the gifts that the universe gives me and to everyone around me. It fills me up with a sense of richness and gratitude. And my heart is full, full of the possibility. Full of the awareness that the universe is infinitely abundant and I get to be a part of it and I get to watch others be a part of it. And I get to rejoice as I see their abundance and they get to experience abundance. And as they experience abundance and I get to be excited about it, I get to know that it's for me too. It's for me too. And life is good.

Everybody, take in a breath. And as one of the callers that so beautifully put, what does it feel like to flow with abundance? Yes, there's a flow. And you feel how it opened up a flow. It's like we get to rejoice with others because as we see it and experience it through others, we get to know and experience it for ourselves.

So, Jennifer, would you like to add anything to that?

Jennifer: I don't think so but what's the homework?

Mary: What's the homework? Very interesting. Okay, so perfect. So the homework is going to be identify—let's look at it this way. I want everybody to really get the sense of who they are. When you get that who you are in the moment, that that's where you live from throughout the day is in that moment of who you are, and as you get that the future is absolutely clearly like there's nothing written in the future. Nothing. So as you look at the future and you think that there's something written there, then I want you to identify it. I mean if you have to do EFT around it and put it in the past where it belongs. If you need to just do the no worries, forgiveness, and gratitude whether it be for somebody else or yourself, put it in the past. And then as you - see it, as you look at yourself, right and from that space of who you are you look and see there is judgment you are holding against yourself, because of the past, again identify it. Aha that was the past, it belongs in the past. The more you do that the more you free up yourself to be who you are and again toward others in the same way. Is identify if the past is showing up in your life. Right, the past way that people are treating you. Any of that, you get to take out and put it in the past. It's an act of letting go, it's really letting go. I'm letting it go and I am going to see them in a new way today.

Mary: Do you feel like there is anything else that needs to be clarified?

Jennifer: I don't think so, feels pretty powerful as always

Mary: Oh, thank you...

Mary: All is perfect...

We get to take a deep breath. We get to breath in, in this moment, and know that it is —A Divine, Blessed, Infinitely, Abundant Day. As I look around me at all the wealth others enjoy, feel that – the wealth that others are enjoying - I feel tremendous excitement for them and for myself because I know that I too have overflowing abundance- coming to me. I appreciate all the gifts the universe, gives me and to everyone around me. It fills me up with a sense of richness and gratitude... and I love feeling and knowing that all is possible.

So I will end with that note. Many Blessings. Love, blessings, and love to all of you.

Jennifer: Bye everyone,

Mary: Bye

Notes

[illegible]

Lesson Six

Mary: Perfect! Welcome everyone! We have a great time together plCallerd. It's going to be a lot of information that we're going to be processing as far as the information that I'm going to share today. I wanted to go ahead and start off the call and if anybody would like to share some of the really great things that you are becoming aware of, some exciting a-ha moments, anything that would be along the lines of—also good things that are happening. Anything along those lines would be great.

Okay, Hi!

Caller: Hi Mary. How are you?

Mary: Good, Caller!

Caller: Hi! I just want to share the fact that I'm feeling more and more abundance in my life. More importantly, lately, I feel like I know more and more of what it is that I really want in my life. There are a lot of abundant things, in many ways, which are coming into my life, and I am able to filter it out more. I'm able to know which is more important to me. I feel like I know who I am more and more.

Mary: Great!

Caller: Not quite like a sponge, absorbing everything and being overwhelmed like I was before. I feel like I'm knowing who I really am and really knowing what's important to me, like a filter, filtering out the distracting things and just knowing what it is I really, really want. So that to me has been really great.

Mary: Oh fantastic! The fabulous part is that's who you always were and now you're just getting more in touch with who you are. Yes, very nice! Thank you! Thank you for sharing.

Caller: Thank you

Jennifer: Okay, so we're going on to the next caller.

Caller: That would be me.

Mary: Hi Caller!

Caller: Hi!

Mary: Hi! So what things are happening? What things?

Caller: Oh wonderful things! But we have something just happen that was good. We've been trying to buy this piece of property next door to us since January, but our neighbor—we told them years ago we wanted it if they ever moved. It's like a double piece that we can divide and stuff. But then of course, the market fell apart and things have just been horrendous. We've had a hard time with the money. They froze our line of credit and so on. So last weekend, he decided he was tired of waiting and he was going to put it on the market. At the same time, we got a reply back from our bank and it just all came together. We made the offer and we actually were able to—he dropped the price like \$40,000.

Mary: Oh, that's great!

Caller: So that was great. My daughter is planning to build on the lot next to us so we're kind of excited about it.

Mary: Great! So it's going through?

Caller: Yes. It looks like it's all going to go smoothly.

Mary: Fantastic! We get to all go, —Wonderful!! Thank you for sharing that!

Caller: And then we'll have an abundant amount of work to do!

Mary: Yes, and that's good too, isn't it?

Caller: Yes, it is.

Mary: It's very exciting. I can tell the excitement in your vision so that's really, really exciting. Thank you! Thank you for sharing.

Caller: You're welcome!

Mary: All right. I'm going to go to the next one because I have so many people that have raised their hand and I'm going to try and get to all of them.

Okay, thank you! Next one.

Hi!

Caller: Hi! I had this incredible experience the other night. Actually, I had just written an article for Jennifer's site about it. I was reading Zero Limits which is Joe Vitale and Dr. Hew Len about Ho'oponopono. And he was talking about how before he goes into any lecture hall, he kind of asks the room if it has any grievances or anything it wants to say and does the forgiveness things. And this big light bulb went on in my head about—I work out of my house and I had run out of money so I wasn't able to finish restoring and redoing my house, all of it. I started to see all the things that I've been hating or feeling ashamed of in my place. And it's really getting that that has also been causing a lack of funds coming in. And so I walked from the outside of my house to every single room and back outside asking every piece that I could tell, that I was like—the peeling paint or, you know, I don't have covers on my countertops over my cabinets in my kitchen yet—and so I asked forgiveness for everything that I had been feeling ashamed of. And also about things that I had purchased that I had regretted because I've spent so much money on things. And it was just really amazing! What I got was that the mess is fine. It was my judgment about it that wasn't fine.

Mary: Wonderful! Isn't that beautiful? Thank you so much for sharing. Judgment starts within, doesn't it? And then it spills out.

Caller: Because I'm an interior designer so I was really like putting myself down. How can I let it still be like this after having lived here for nine or seven years? I was taking it on as a reflection of me. And I had to forgive that and it was just amazing!

Mary: Lovely! Blessings.

Caller: Article to follow!

Mary: Yes, what was that?

Caller: I write for Jennifer's site on the Spirit of the Home so that's going to be one of the next articles.

Mary: Oh fantastic!

Caller: About how thoughts about our home or office can affect our income.

Mary: Yes, that's very nice!

Caller: Okay.

Mary: Perfect! Well, thank you. And just for anybody who might not know, she's talking about Jennifer McLean's Masterworks healing site. Also, I do healing sessions and there are three or four other individuals who are doing the same. And of course, Caller is going to be writing articles. It's a fabulous site. Thank you for sharing!

Caller: You're welcome!

Mary: I'm ready to read it too!

Caller: Okay.

Mary: Thank you. All right, next caller.

Mary: Hi Caller!

Caller: Hi there! I've realized that I've been receiving abundance even when I haven't even been thinking of it.

Mary: Wonderful!

Caller: To the point that I've been getting brainstorm, just great ideas of products and services, some related to my business, some totally unrelated. But they're really good ideas! And my husband's getting excited about them too, which is something new. He hasn't really been involved in my work before, but I've shared these ideas with him and he goes, —That's really good!!.

Mary: That is wonderful!

Caller: So I think this is part of the abundance thing.

Mary: That is fabulous! And yes, it is exactly—remember, I was talking with the individual earlier who had that question about abundance? And yes, it is very true because it's now in the future. That's where inspired thought is coming forth for the future abundance.

Caller: So that's telling me I don't have to wait till all my past is cleared up.

Mary: That's right!

Caller: Before things to start happening on the future domain. That's pretty cool, too!

Mary: Yes, in fact, since Jennifer just got on too, it looks like, we would not be doing what we're doing if everything in our lives were cleared up too. So we're always in the process of clearing. I'm going to share about that today. Yes, absolutely

Caller: Cool.

Mary: Yes, thank you so much for sharing.

Caller: You're welcome.

Mary: Okay, and we have our next caller.

Caller: That would be me.

Mary: Hi Caller!

Caller: Hi. I've had some really interesting insights in doing the clearing things so they don't go into the future has had me looking at past patterns. And when I find something coming up that I was projecting into the future then I'd go back and look in the past to see what the pattern was, to work the pattern out and clear it. I've tried putting the file there but some of them, I felt like there were emotions connected that still needed clearing so I worked with that. And In viewing that, I also went back and I saw things in my past that I want to bring forward into my present that are supportive things.

Mary: That's very good! I realized afterwards that that was something I did not talk about. So look at you! That is fantastic that you're bringing that up! Yes! So what are some of the things that you're bringing forward into the future?

Caller: Times that I felt really good about myself and what I was doing. During the eighties, I was teaching metaphysical classes and felt really centered. But it was also a period of time that I hadn't gotten in touch with all that had happened in my childhood that had gotten buried. I could feel the anger and rage that was in me that I was having to try and control by really working at staying centered. This course has been so amazing for me, Mary, in that the way you've shown the how-to allow ourselves to have that at will all of the time. Because back at that point, that piece of information was missing. No one talked about using gratitude to get yourself into the flow or appreciation to get yourself into the flow or doing love exercises. I did love exercises with my class. They were something similar to the one you started out with. It would get them in touch with them. I didn't get the idea of using that in an ongoing way, like twice a day and applying it. It was a way of getting them in touch with this which wasn't the same thing! It began the process, but it didn't do the whole thing. It didn't do the whole thing for me either, obviously. Within and out of being in my center, and it wasn't till after The Secret came along that I started playing with gratitude that I discovered that gratitude would do that. And if you stayed with gratitude and you just started moving—I would start my day in gratitude before I would even put my feet on the floor and go to the bathroom. My first thought was what to be grateful for and sometimes it was how cozy my bed felt when I woke

up. Just simple things, just anything just to stay in that feeling state. And if I did that for longer than 10 minutes, I would go into this almost bliss state.

Mary: Yes, because you connected to your heart. We cannot have gratitude unless we're connected within to who we are.

Caller: And we can't feel gratitude and judgment at the same time either.

Mary: Exactly. And so because you had it as a long process, which is really brilliant—I want you to really get that—is that you got it. There's a time element which is why I continue with the exercises and I'm going to share the fact that I do all the exercises. And it's because it gives us that moment in time to connect and then you do it until you go to that state of going —Ah, now I know who I am and then you go through your day.

Caller: Yes, and I find that if I was slipping, that if I do the gratitude, it moves me back.

Mary: Absolutely! This is the other part which is you find what works for you and it is perfect because when you get that you're just moving back in connection with your heart that that's the key, so you use what works. Gratitude is fabulous because you can really connect within which is why I did the —ask what's right because it connects you with that gratitude.

Caller: I like your exercise in that it not only connects you with your heart but it has an opening to receive. Gratitude doesn't do that. It has you focused on what you're grateful for, but that may not always be receiving something. It may just be appreciating something in your environment.

Mary: You're beautiful! Yes, focus on receiving. Absolutely! That is where true gratitude is. We get to be so grateful for what's in our lives. We get to be grateful for what is and what's in our lives and what comes forth from our lives. It's everything, isn't it?

Caller: Right, though I discovered that I have problems with receiving certain things. For me, doing the love exercise really opened my awareness to where I was blocking that, what was blocking it, what the fear was. In receiving from other people, I was afraid of the trust factor. Could I really trust them? Could I really trust myself?

Mary: Yes, beautiful. Well, we're going to be talking about this. It's always so interesting when everybody that shares is sharing a little bit or piece of what we're going to talk about today.

Caller: A question I have is I've made a commitment to myself that I'm going to do this course again as soon as the course ends.

Mary: You are so good!

Caller: I know that doing the second round is going to be different than doing the first round. And that my first exercise in writing where I am now is going to be very different than the first time I wrote it. And knowing that with what I've cleared, like I've peeled off a lot of layers and I became aware today when I was looking at that and thinking about doing it the second time around. I realized that in taking these layers off this time, it has been with such ease and grace, even though we're all going into our painful places. That because of your presence and Jennifer's presence and the group energy that's there, that's so supportive, second time around, will that be present just because I'm listening to the recording or it's not going to be there?

Mary: It will be in the recordings also. It's all captured. It's all energy and it's captured. And the recordings as well, and of course you can continue to just use the recordings that you have or if you want to join the group next time, we would love—everybody who would love to join the group next time, that would be awesome! So it's going to be kind of this unfolding. What I get to look at is the group and what's coming up for the group. So it's quite interesting that it's taken on almost a life of its own, which is really quite beautiful.

Caller: I find the energy with this group is unique to any group I've ever experienced.

Mary: Yes, that's because you guys are all so cool!

Caller: It's like everyone is very single-mindedly focused on getting the course at a very deep level. Everybody is really wanting what's here and really appreciating and loving getting together. Look at how early we come on the call!

Mary: Yes, exactly!

Jennifer: I'd like to add something, if I might.

Mary: Okay. Is this Jennifer?

Jennifer: This is Jennifer. And I'd like to add that it's the group, for sure, but I also have to tell you that the light that attracts the group is Mary. So no matter what group you participate in, whether it's this one or you choose to join Mary the next time she does the same program—which I highly recommend—the focal light there that's attracting the group is Mary, and that's why the group is so profoundly amazing. You understand that like energy attracts like? You get that notion within the law of attraction? So you all have attracted this light that is Mary because that huge light, that brilliant light that is Mary and the remarkable work that she's able to do with large groups of people is actually in you. And so that's why you're here because your energy is attracted to —like|| energy and

Mary is the —like energy. And Mary's energy is vibrating higher than anyone I've met. That is why this group performs unbelievably well together is because the person who put the group together has incredibly high vibrating energy.

Caller: I would totally agree with that. And I would also add to that, Jennifer, that if it had not been listening to one of your calls and hearing your experience with working with her, I wouldn't have known about Mary. So thank you.

Jennifer: Oh, my pleasure! I'm glad I was able to act as the batteries for the flashlight to flash that light out there.

Caller: Mary, I have never come across anyone that knows and feels love and compassion the way you do.

Mary: Oh, thank you so much.

Jennifer: It's pretty remarkable, isn't it?

Caller: It's something I would really love to model.

Jennifer: Me too!

Mary: It's called the school of hard knocks. But thank you, thank you. Thank you, thank you!

Caller: I'd be looking at the stages that you go through to clear something as deep as a lot of the abuses that many of us have experienced in this group. Last week, you made the comment I know that being heard is an important thing, I don't really understand why but I just know that it is. The thing that came to me, I kept thinking about that. It was in the back of my mind all week is what is this piece in the process? All of a sudden, it was the first, initial point that was the turnaround that is reinstating honoring the person because they've been so dishonored in the experience that they believed the experience. And it takes someone external to ourselves to start the process of learning to love ourselves again and recognizing who we really are.

Mary: Yes, very well said. Thank you so much. I hope everybody caught that because how you worded that was very profound.

Caller: And you do that so well.

Mary: Oh, thank you.

Thank you so much.

All right, we have a few more callers. I want to try and get to everyone. So thank you. Next caller.

Caller: Hi Mary.

Mary: Hello, Caller.

Caller: I had a really sweet experience this afternoon. After we had a conversation, I got on my printer to print out something from a book. I realized that it's not printing. The copy part isn't printing. It's working from my computer but not the copy part. My past jumped up into my present and it was like, oh God, another thing? I mean I immediately went into that old place. And I got on the phone with the company and I was on for like ten minutes. I got off and I was feeling some sadness because of the cost of getting a new one. I stopped because I was feeling out of joy. And I said, so what can I do to change this? Just in that moment, I could feel my past was right up in my face and I said there has to be some reason for this. There's a purpose and there's some good that's coming out of this. What's the good in this? And I realized that it scans. I don't have to get a new printer. Possibilities opened up by just asking how I could see this differently, that there's got to be something to be grateful for here. And I realized that I'm able to scan from the copier onto my computer and the joy of realizing how much money I'll be able to save in ink! I was so thrilled to get that there is always another way of looking at this.

Mary: There is. In fact, there are unlimited possibilities. So beautifully done, where you opened up to that —there's got to be some good in here.|| I love that!

Caller: And by shifting my energy into seeing that there are always possibilities even with something that doesn't feel wonderful, I called this health food store where I had applied for a full-time position at just to see if they had hired someone. I got the human resources person on the phone and I was very open to possibilities. I said, well, I'm really excited you hired somebody. Rather than just waiting for the new store to open and you having space for hiring me, I'm available for just like a day, if you just need somebody to cashier, I would just so love to be in the environment of a health-food store. It would bring up some social connection. And he was so delighted to hear that. Somebody really loves cashiering and would love to just work part time and a couple of shifts and maybe just be in an entry-level position and move forward. It was so shifting for me. There's just millions of possibilities!

Mary: Fantastic! I am just so happy that you—because we have talked about this part of the fact that you were looking for something. You showed up perfectly.

Caller: It was just really amazing!

Mary: Yes. And you see again that's how abundance shows up, right? They get who you are. You got that? Because that's who they're looking for! They look for

somebody who wants to be there, who's ready to be a blessing. That's what we talked about, right? All of that. So perfectly done!

Caller: Yes, thank you! I love that process of the past and the future and where we are in the present and just having that awareness. It's shifted, even though I've known that. There's something about the way it was presented through you and this group and the way you've been holding that for us. I just can, in the moment, see, —Oh, that's just the past,|| and I hear Jennifer's voice and yours and think about possibilities and what's the blessing in this and it's just been wonderful.

Jennifer: Can I add something more here? Caller, I don't know if the rest of you have noticed this, but we've heard Caller on the call a couple of times on the call on Wednesdays and here, and your voice is different.

Mary: Oh yes!

Jennifer: You're showing up differently. Your voice has more confidence.

Mary: I was just going to say stronger.

Jennifer: And it's stronger, and it just feels positive.

Caller: Thank you. Well, between your calls and Mary's, I'm being filled with remembering who I am.

Mary: You must be talking about the membership site, yes?

Caller: The membership site.

Mary: Yes, somebody else mentioned it too. So we all get to go, woo-hoo! Jennifer's membership site, MasterWorks Healing™! We'll be talking about that a little bit more on Wednesday because it's so fantastic! So thank you for sharing. Jennifer's community is fabulous!

Caller: Yes, we're so blessed!

Mary: Thank you. Okay. So Jennifer, did you want to say a few things about the ones online?

Jennifer: Oh yes, let me read, there's two there. —Hi, Jennifer and Mary. I had an incredible experience last Wednesday. My wife and I went to sit under some trees to balance ourselves at about 11 p.m. I had this sense of smiling but I wasn't. It occurred to me that I was feeling joy! What an incredible experience! It sounds a little funny like if someone was going to say what is that fool smiling about? Quite a contrast to my default jaw-clenching, teeth-grinding existence. So thank you. I actually manifested some feelings of joy. Now I will cultivate it

and I also had several fantastic shifts by focusing on a counterpoint and feeling and seeing the truth of who I am. Woo hoo!

Mary: Yes, woo hoo!

Jennifer: That was his last statement—woo hoo! That wasn't just mine. So thank you.

And then another says, —Hi to both of you. I must express to you how very grateful I am for all your help. I believe I am taking in and becoming much of what I have been studying in the last six weeks. So many wonderful shifts and events report. And perhaps the biggest and most dramatic just happened as of today. That is, I have just been helped by my lender to avoid foreclosure. The Covina Bank did absolutely everything they could to help me stay in my home. They reduced my interest rates, waived my late fees and reduced the principal balance by over a hundred thousand dollars. Most importantly, my teenage daughter and I get to have a safe and sound roof over our heads. They were cooperative, respectful and a sheer pleasure to work with. Thank you, thank you, thank you! Each conversation I have with the bank, I would write, 'I'm a divine being of love and light.' Thank you, Mary and thank you, Jennifer. Good things continually come my way.

Mary: Thank you! Thank you so much for sharing that. We all get to feel that in this moment.

Mary: Okay! We're going to try to get a few more in here, see if we can get them all. The next one is Anonymous. I know Anonymous has been on the call before so I'm going to un-mute it and you can say hello!

Anonymous: Yes, hello Mary.

Mary: Hi there! I know you know now that you're anonymous.

Anonymous: Yes, well, I guess, sort of.

Mary: No, no, it's cute. It just shows up that way. You must have your calls blocked, that's all.

Anonymous: Right, exactly. Actually, I wanted to say thank you so much. I think my process during these six weeks has been a bit different because I felt like I was actually really happy before I started and then suddenly, everything started going wrong. Now, the last week, I just felt like really sick. I knew I wasn't ill. It was just that I was sick. It's like I couldn't eat, I couldn't move. I was totally just lying on my bed and my phone would fall out of my hand. I realized that my body was just totally eliminating and also spiritually, I was like dropping everything. Finally, the last couple of days, I felt really good. I think I just didn't realize that maybe my happiness was just on the surface. Now I feel like I've just shed everything

from my body, like physically and mentally and now I can really build on an incredible base. To top it all off, I couldn't even concentrate on the love meditation anymore. And suddenly I did it today, and it was like there's totally blissful feeling. It was like I was floating. It's totally amazing.

Mary: That's your heart. That's you being connected to your heart. And for some reason, there was enough outer stuff that wasn't fully happening. So, beautiful. Your body came to help!

Anonymous: Right! And I started remembering—I had a very happy childhood and I suddenly started remembering my childhood and what I used to do. I think, now, I just have to kind of catch it to really find this prosperity and stuff but I think I have eliminated all these middle years that maybe I was kind of compromising and things were not that great. I think maybe now I can go really high if I do it right.

Mary: Deep breath. The words you used is, —Do it right.|| I just want to backtrack a little bit. It's really being connected to who you are and flowing with it. That's abundance. So the good news is you don't have to get it right. Right? Which is what you did. You flowed with the fact that your body wanted to get rid of lots of stuff and it kept kicking stuff up. Our bodies are brilliant to hold on to stuff for us until it's time that we no longer need it and it didn't need it anymore. You were shifting enough to where it didn't need it. So, congratulations!

Anonymous: Thank you.

Mary: You're welcome. Thank you for sharing!

All right. So the next one-

Hello!

Caller: Hello! I've had wonderful weeks but the greatest abundance for me is the quality of my inner life where I feel so full and I can go with the flow. I think a lot of my life has been resisting the flow and I can just feel myself flowing, kind of going with the flow in a natural way and then everything looks beautiful.

One of the greatest things that I got that I have received last week or I think it was this weekend was I was talking to my neighbor who started telling me that she was moving out of state. She said the reason was because she just inherited \$19 million. It was so amazing because I was the first person that I thought that it's the class. It's abundance for all of us. Even if she's not in the class, she was receiving the abundance of the feeling I had. But the most beautiful part was that I had so much joy for her and nothing but just pure joy and love and such excitement. And then by the end of our conversation I felt

like I had received a million dollars so it's like no separation. And it was beautiful. It was the first time I had ever experienced that level of pure joy for somebody's win or abundance.

Mary: Yes. And that is true abundance. When you can rejoice for somebody else and feel that excitement so much so much that it is like if you did, that you're in the flow! It's beautiful. It's perfect. That is it right there!

Caller: It was such a blessing. I left the conversation feeling I had won \$19 million. It was brilliant like oh, this is beautiful!

Mary: And it's really neat because now I feel like I won \$19 million.

Caller: Oh, that's great!

Mary: Because I feel it. I can feel it! It's like, yes, it's exciting! Awesome! Thank you so much for sharing that. And congratulations, that was fabulous. That's a confirmation that you are in the flow.

Caller: Yes, and grace. It just feels like total grace.

Mary: Yes, absolutely! How perfect that as we look around and see the wealth that others enjoy, oh, I get to feel tremendous excitement for them and for myself because I know that I do have overflowing abundance coming to me.

Caller: Yes.

Mary: Oh my gosh, chills! Thank you for sharing.

Caller: Thank you.

Mary: All right. So, one more caller. It is —unavailable.

Mary: Hi Caller. I know. Isn't it adorable how it shows up?

Caller: Because I've been working on being more available.

Mary: Good! I'm glad to hear that.

Caller: Well, I've been changing my perspective from expecting bad things to happen—

Mary: Oh good! Woo hoo! I'm really glad to hear that!

Caller: To more of a curiosity. Well, just because it happened that way in the past doesn't mean that it's going to happen again in the future. So, what's going to happen next? So instead of just clenching all the time, I'm finding that I'm being more curious about when I walk into a room. Well, I wonder what's going to happen this time? Which is a big step for me!

Nancy: That is a big step. In fact, I love that you brought that up because for those who have had a harder time really feeling that good things are coming your way and that all things are possible that haven't really felt that for a long time, curiosity is the precursor to it.

Caller: Oh good. That's good news.

Mary: So you, again, are right on track. Isn't that beautiful?

Caller: It's good to know.

Mary: Curiosity is perfect.

Caller: I had felt like I was late, like I had missed the boat and I was getting to life too late to be able to really affect the world in the ways I want to. So I'm glad that I'm actually where I need to be.

Mary: Yes. In fact curiosity goes hand in hand with anticipation. Can you feel that? So it's almost like, instead of shifting, which you were kind of stuck in the other way, right? I don't think that good things are coming my way because nothing good ever—but the fact that you're shifting it out of that thought into anticipation and curiosity, like, —I wonder what will happen?|| Let's just look and let's see what happens because you're looking at it with new eyes.

Caller: Yes. Well, I have been for the last week identifying the past that is showing up in my view of the future. I have found a couple of patterns. One was the fear of loneliness and the other was this expectation of bad things were about to happen. And what I came up with my counter-belief for bad things might happen is the infinite beauty of the universe unfolds before me in wondrous ways for my pleasure.

Mary: Oh, beautiful.

Caller: And so I would walk into a place that I would normally worry or be on my guard. I would say this and then I could shift and just allow everything around me to be the way it was and then accept it for what it was.

Mary: Beautiful. So that is a fantastic counter phrase that actually nullifies that old belief. So say it again because I want to capture it myself and everybody else on the call most likely is going to want you to repeat it too.

Caller: Okay. The infinite beauty of the universe unfolds before me in wondrous ways for my pleasure. And I had to work on that one a few times to get it to where it completely nullified the fears.

Mary: Yes! And see that is the whole process of the counter phrase so that it actually nullifies it. The infinite beauty of the universe unfolds...

Caller: Before me.

Mary: Unfolds before me—very nice.

Caller: In wondrous ways for my pleasure. So when I started the allow and accept, at first when I would just allow everything within 10 feet of me to just be the way it is. And then it was I can allow everything in this room to just be the way it is. And then it was everything in the building. And now it's like everything within the county can just be the way it is. It's fine the way it is and I can accept it. It's good. And then I finally felt smiling inside with joy, as you said. And it just really eases me gently out of the fears and the anxiety that I've been having before.

Mary: Lovely. That is so incredibly powerful. Thank you for sharing. Everybody gets to feel that and they get to write that also for probably one of their counter-phrases. And I love the fact that you really got to the essence of allowing everything to just be. Caller talked about that too where we hold judgment against so many things. And in allowing and blessing and thanking for what's here and forgiving, it all clears the space. It clears us within, doesn't it?

Caller: It does. It brings a new piece of just being able to let everything else be the way it is.

Mary: Yes, beautiful. And in so doing, you get to let others be who they are.

Caller: Yes. And I'm not responsible for what they do. I'm responsible for what I do. And that kind of goes with it. When I allow them, it's like, it's okay, I don't have to make sure that everything is the way I think it's supposed to be. That's the way it is already.

Mary: Perfect.

Okay, thank you so much for sharing.

Caller: Okay, thank you.

Mary: All right. Bye-bye. I want to share one more individual that had actually written in the postings. She said I have been quite faithful in listening to both the morning and night to Mary's Heart Thoughts and Meditation. What has amazed me is that it took me until the fifth week before I really started to get it and to really understand that it really is about loving myself with no restriction. I have placed so many restrictions on myself in an effort to be perfect, to try and be a perfect me. When we are finished, I think I will start all over again with call

number one. I bet it will be even more meaningful and I look forward to each of the calls and the downloads when she gets home.

Okay, so perfect. What I wanted to share about that which is why I suggested so strongly for everybody to do the homework is—I mean you can hear it in everybody's sharing is that those that really actively participate in the exercises and the exercise of loving yourself—all of the exercises that as you do that, there are shifts that literally start to take place. And sometimes it's like one moment happens and, all of a sudden, you have that huge a-ha and you get it. Oh my gosh, I don't have to try and be perfect. Oh my gosh, I get to accept and love myself with no restrictions. Beautifully put.

Jennifer, I don't know if you're able to be on the call for this moment. Are you there?

Jennifer: I am.

Mary: Did you get my little IM?

Jennifer: I didn't. Let me look. Okay, I'll take over.

Mary: Okay, thank you.

Jennifer: So something that I think is happening, Mary has a bio break that she needs to take so I'm taking over here for a minute. It's the old adage that—remember those old drawers where sometimes you have to push it in in order to pull it out? And so sometimes what happens with our lives is things get pushed in in order to get pulled out. And so some of us are experiencing healing crises, some of us are experiencing maybe a little bit more lack. Some may be experiencing other things but what's so cool is that we're all starting to get and I'm hearing that in people's voices. No matter what's showing up, when we embrace it and we say, —Wow, isn't that interesting?|| that curiosity that Mary was talking about. When we embrace it, we have the chance to then move through it in a new way, to move in a new direction with it instead of allowing it so say, —There it is again.|| Instead of doing one of those, we get to say, —Well, isn't that interesting?|| And just changing that perception a little bit puts us in a place of flow, creating remarkable opportunities.

So notice how you describe things. We will be talking about stories and I know that many of you are really focusing now on something different which is there's stuff showing up and there's stuff happening. But the stuff that's happening is showing up and happening because there's something new that's on its way and you can feel the newness instead of the stuck-ness. And it's so exciting to hear that in the voices and the emails and the Ask Mary. That Ask Mary database is so wonderful to see in one place where people are moving and sharing and

going to. And the fact that many of you, even if you do have things that are not great in your life right now, that you are experiencing the good with the not great. You're experiencing like, yes, this stuff is happening but by gosh, this stuff is happening too.

And so if you can bring your energy more and more and more to the place that's really great and just say yes, there's something over there that I'd like to change but everything is so great, really. And it's okay to say there's something over there I'd like to change but this whole thing over here is so great! And of course, sometimes the thing that needs to change will show up really strongly like it has for me.

Mary: Isn't it true that it always shows up big when there are things that we get to either process through or forgive ourselves for or—

Jennifer: It feels big in the moment for sure.

Mary: Yes, absolutely. And it is. We all get to go, —Yes, it is.||

Jennifer: Yes, that thing is big.

Mary: It feels big for sure. It absolutely does.

Jennifer: It showed up so that we could see what's in our way in a way.

Mary: Yes. Thank you, Jennifer. Thank you so much.

Jennifer: I shared with them that you needed a bio break.

Mary: I heard that as I was leaving.

Jennifer: Otherwise there's this weird, clandestine thing that's going on. Did you get my IM? Oh yes, I did and I start talking.

Mary: Thank you so much. Okay, it's so interesting how I always look at what's coming up for me as I really go into the class and really look at what's most beneficial. And so today is no coincidence with the people that have shared along the subject of forgiveness. And it comes in many ways. And of course forgiveness is the opposite of judgment. Yes, deep breath on that one.

So one of the things that I get to share with you over and over again is everything that I share with you are things that I do. I do them on a regular basis. I go to bed feeling love. So I'm going to tell you a little bit of what I normally do. I have this space that when I'm—so it depends on which way I go. Sometimes I just feel into the moment because I already feel connected and I'll say, —I am worthy to have good things come into my life.|| That's one of the main things that I say when I wake up and when I go to bed. So I'm going to

say that again because I want everybody to hear it as though you're saying it yourself. —I'm worthy to have good things come into my life. And as you hear it, I want you to hear it from being connected within where it's almost like yes, this is truth, like it resonates with truth when you're connected within. And then of course I usually have those moments where I really feel love. Before I used to start with feeling love towards an individual and then I would turn that love towards me. And now I just feel love.

So I actually just have these moments where I just feel love. I feel it in my whole body. So it's actually interesting in this moment, I realize I'm loving my body in this moment, I feel it in my body. The love is just so expansive and so it's the feeling and connection of love and of course in that we're connected within our heart. There are a few other affirmations that I do. Another one is going to be—our Heart Thoughts of course is what I call them because it's really resonating from within the heart. Of course it's a divine, blessed, infinitely abundant day. And as you hear it, I want you to hear each word separately. It's a divine and feel the divinity within every moment, within the whole of everything, within the day. The divine, blessed—it's like there's a blessing bestowed upon this new day. Infinitely abundant—ah, it's overflowing in many ways. It's almost like if I look for it I know I'm going to see it. It's infinitely abundant and an infinitely abundant day. So it's a divine, blessed, infinitely abundant day. So I also do that.

Well, this week happened to be pretty interesting and I share with you a lot on the fact that I'm feeling good 95% of the time. My life is really good. I feel really good, even though I have a lot of struggles within it, with taking care of my father and my mother. So I'm really at this place normally where I feel really, really good. So one of the nights this week, as I went to bed and I was going through my process, which was looking at I'm worthy to have good things come into my life and there was like this big, sounding no. And I want you to get this because this is going to make sense as you do this. So at any point in time, you are saying your Heart Thoughts and they're registering like no or it's not true or it doesn't connect, there's usually a reason. And I'm saying it as a no because that's how it felt like. It didn't connect in, like yes, that's true. So I'm like, wow, that was different. I haven't felt that for a very long time. Because what happens is we really have to be within our heart to feel the truth in that.

So again, I kind of was looking at that and going, I'm worthy to have good things come into my life. It's so funny because I'm going back to that point in time and feeling the little bit of the questioning that's popping up as I'm saying this. And so I had to stop and think about my day and I realized that an individual from my past that I had done a lot of clearing around, I was in contact with him. And it was over a situation that I wasn't really happy about. And he

shows up being very manipulative. So in his conversation and some of his emails were very manipulative. And it had affected me but I didn't realize the depth that it had affected me.

So what happens is when we go to connect and we find it hard to connect within our heart or we find it hard when we say things like the Heart Thoughts and they don't ring true, it's often because there's something that's within our life at the moment that is preventing—I don't know if that's the right word—but there's energy preventing us—it's caused that little bit of a disconnect that I talk about. Because literally, we are who we are, it's still there. We are still here. But we've just been disconnected from it. So I got to really look at the fact that wow, I was holding un-forgiveness towards this individual. It's interesting because even thinking about it in the moment, I'm realizing that when we find these moments because we all experience these moments where things pop up or we're hit with something again it feels like.

And so we're going to really talk about forgiveness today in hopefully a very liberating way. So as I realized that this was a glitch, it's a glitch that keeps us from connecting to who we are and that's really all it is. It's just something that's cause there to be a little bit of a separation from us connecting to who we are. So in the moment where I got that I needed to forgive him, I needed to really open up that space of forgiveness. And so I'm going to share with you how I translated that. Like I knew I needed to forgive him so I offered that forgiveness, like I'm forgiving you. But I also knew that it carried so many more layers. This is where Ho'oponopono really is helpful.

So in that moment, I looked at the manipulation and the hurt that was caused by it in my life. And I said, where in my life did I manipulate in the past? And where did I hurt somebody else by that manipulation? And in that moment, in many moments, as I think back and I go, oh gosh, I'm so sorry to those that I've hurt through my manipulation, through my not being connected to who I am. And as I offer that opening of my heart of seeing how I could have hurt somebody just in the same way that I was just hurt, there's an opening that occurs because I get it. I get the depths of which I hurt somebody else. And I want you to hear that because in this moment, I get it. I get that I hurt somebody else.

And so I get to say I'm sorry. I'm so sorry for hurting you in that way. I'm so sorry. Please forgive me. Please forgive me. And in the same I'm sorry, I get to release him and I get to say, I'm letting it go. I can let it go. And in the same way, I get to also be grateful that he opened that up to me, that I get to say I'm sorry to another individual or few other individuals that I've hurt and wronged. That I was not aware that I did it because, always, it's a coping mechanism. It's

always because we're not connected to who we are that we do these things that are hurtful to others. And so I got to take those moments of saying I'm sorry to those I hurt. Please forgive me. And thank you. Thank you for forgiving me. Thank you for this awareness. Thank you for providing me this opportunity to see and ask for forgiveness within myself and I too get to forgive him in that way.

So Ho'oponopono is thank you, I love you, I'm sorry, please forgive me. It's those four words. I think it often starts off with, —I'm sorry, please forgive me. Thank you. I love you.|| It really carries on such a huge awareness as we look within to really get where we have literally affected somebody else. And as we get in touch with who we are and as that overflows within us of how we might have affected somebody else, there's this great washing that happens within us. And it's that washing that we get to feel as we let go of that judgment. I was holding judgment towards him. I was holding resentment for the past and I got to let that go one more time. It was almost new because it had just happened because I've done so many clearings about the situation in the past. But it was still so prevalent to me and in this moment really amazed that at every moment in our life when we find things that we're not connecting to who we are, it's this joyous process of finding what it is. Because I want you feel it and really get that it's a joyous process of just going, —Oh yes, okay, now I can connect back within.|| So in that moment, I not only got to forgive him but I got to forgive myself. I cannot underestimate the act of forgiving yourself.

I had an individual send a little note saying I don't quite get the forgiving myself part. In my very early days of working with individuals and I'm going to talk about the LET probably later on which is the Life Empowering Technique that was given to me for helping a certain individual that I began to see and I hope I can try and make sure that I can really connect with this part of it, which is I forgive myself for being hurt by what others said. Because literally, I was the one that was judging myself harshly.

I can tell in this moment that I'm not being super clear and so I apologize because I didn't even think I was going to talk about this. But the reality is when you get to the depth of it and you can forgive yourself is where true healing takes place. Because if I can forgive myself, I can freely forgive others. When I can forgive others, I can continue and freely forgive myself.

There's so much for forgiving ourselves. I can't say enough about that. It's very powerful when you get the key component of forgiveness and that it's really us forgiving ourselves because we have held something against ourselves for taking on that hurt. Because the other person isn't really hurting us. It's the fact that we've taken it on. And so we get to forgive ourselves for taking it on.

The aspect of what I wanted to really look at today was because I was very aware of a few individuals that have been posting on the Ask Mary website that they were still struggling. They were struggling with connecting with their heart, some of them in all the different things that were popping up. Because once we start really connecting to who we are, it's almost like the other pops up as a really loud voice saying, —Look at all this. How can you say that about yourself? How can you say you love yourself when all this is going on?|| So there's an awareness that all the —yeah, but|| are going to pop up really strong. And it's really good and we get to rejoice with them.

But I also really saw strongly how when we are in those moments where we can't connect and EFT, Ho'oponopono—all of these things are great awarenesses to do. So I'm going to give you another tool and this is almost like a bypass of all of them. This is, like I said, the Life Empowering Technique that I actually created for an individual who was really having a hard time connecting and believing that they couldn't connect to themselves.

Hold on just a moment. I need to read something that's coming through, so hold on a second.

So there is an individual on the webcast that said, —Are we to forgive ourselves not only for behaving, being out of misalignment with who we are but also for allowing ourselves to be hurt by others?|| So what I'm going to say is yes, that's actually the depth of forgiveness. I can tell in your question that it doesn't sound like it's coming across in the right way which again is always interesting that I'm actually trying to explain something that I didn't take the time to think through on how to explain it.

When somebody hurts me, what happens is I am the one that is judging myself. That's why we're hurt. If I'm in a situation which I frequently am where somebody else is acting out and being really cruel or mean and it's not affecting me, it's because I'm not judging myself by what is happening to me or that I'm not judging it as personal to me. So hopefully that is making sense. Actually, we are judging ourselves for being hurt. I call it the thought behind the thought behind the thought. So when we really get to forgive ourselves fully, there's such freedom that happens in that because I no longer have to judge myself so harshly. I no longer have to judge myself so harshly for being hurt or for not being able to forgive or for whatever reason that we judge ourselves so harshly in the moment over being hurt. Actually there is a really strong awareness in that.

You are on the webcast so you can't really talk right now. But if you wanted to send some more information, if that's not clear, you let me know.

Jennifer, did you have anything that you wanted to share about that?

Jennifer: Hello.

Mary: So I don't know if you want to share anything about that? It's so interesting because this totally caught me off guard.

Jennifer: You're actually explaining it just fine. Because it's a riddle wrapped in a mystery wrapped in a—you get it? It's not a really intuitive, easy concept to get. But it's perfect what you're saying. What Andy from LA said is pretty accurate, I think, which is we are to forgive ourselves not only for behaving out of alignment but also for allowing ourselves to be hurt by others. It feels like both of those things are happening and that's the thought behind the thought behind the thought, which is there was a moment when we are creating coping behaviors. And so instead of judging ourselves for the coping behaviors and for how we hurt others, we get to forgive ourselves because we were just doing the best we could. We were just doing the best we could. That's the out of alignment part. And then there's the other part which is really amazing what you're saying. I had never heard it said this way and it's so cool because when we are being hurt by someone, it's so important for us to forgive ourselves for the judgment because that's what it is. We just judged someone for what they said to us.

I have this saying in my book where if it sticks to you, it's yours. And so it feels like that's the other piece of the forgiveness, which is forgiving ourselves for being out of alignment but also forgiving ourselves for allowing ourselves to be hurt by another. And the hurt part is what you were just explaining so beautifully.

Mary: The interesting part is it's because we judge ourselves so harshly. We judge ourselves for not being able to forgive. And again, it's so underneath everything.

Jennifer: Well, it's very deep in the unconscious. This judgment is so deeply imbued that when someone says something to us, it sticks.

Mary: Right. And you can hear it in this moment. I think everybody can hear it in this moment that when somebody says something that hurts, we're the one that's judging ourselves.

Jennifer: That's right. We're the ones that are judging our self. And the hurt feeling is also reflecting something that's inside of us. It's like what the Ho'oponopono Mary was talking about earlier too which is we are judging ourselves for what's inside of us that we might have done to someone else too by using these coping behaviors.

Jennifer: We're judging ourselves for what we actually did to someone else. And so when someone shows up and does that to us, there's a part of us that goes, —Oh crap, I did that to someone else.‖ But it's so deep in our unconscious that we just go into reaction and into trigger but who we're judging is ourselves and who we need to forgive is ourselves.

Mary: Yes. So many layers to this. And I hope the everybody is feeling like it's making sense for them.

Jennifer: Andy says, —I'm getting it. I've been working with letting go of judgment myself from forgiving myself and true to the law of attraction, I just happened to come on the line at the very moment you're discussing this.

Mary: Oh, thank you so much.

Jennifer: And thank you, Andy, because your statement is helping to clarify. So it's a beautiful moment of synchronicity that we all get to share.

Mary: Yes, thank you.

Jennifer: One last thing. Cornelia is paraphrasing from A Course in Miracles. —I forgive them for what they did or I think they did. And I forgive myself for holding it that way.

Mary: Yes, very beautiful. I forgive myself for holding it that way. It's really interesting. I think that so much of the time that's where the glitch is. We're holding something against ourselves for not being perfect or not being able to love unconditionally, for holding the hurt about somebody hurting us. And we actually have this thing that's mad at ourselves for not just being able to love them unconditionally. So that's the part that I'm talking about, right?

Jennifer: Oh, yes, yes. Okay. And that is a fundamental piece of us as source energy. It's like it's inside of us. The spark of love is just so strongly within each of us. And that when we don't feel that love, it hurts.

Mary: Yes, beautifully put.

Jennifer: Someone added this which I think is really clever. She says, —I add this. Thank you for-giving me this opportunity.

Mary: Of releasing? Of forgiving? (for-giving)

Jennifer: Yes, it's f-o-r giving, so it's for-giving. Thank you for-giving me this opportunity and then forgiving is there.

Mary: Oh, that's beautiful. Thank you. For-giving me this opportunity. Beautiful.

Jennifer: Isn't this fun how everyone is showing up tonight. Catherine is just saying I understand there's no out there. So it's all us. We're all teachers and learners each other and we're all perfect in our own divinity. That just feels so perfect in terms of who the person is that shows up, who you need to —forgive|| when it's actually you that you're forgiving. And for this moment of people showing up and sharing and giving us unique perspectives on this idea that we're talking about. It's just fun.

Mary: It is so amazing. And wow!

Jennifer: So she is talking about, —In the moment I know that I'm always doing the best I can but later I always blame myself for not doing well enough and I really beat myself up.|| And that's the piece, just by becoming aware, that is a cool moment of awareness. Just by becoming aware of the pattern. Just becoming aware of what you're doing creates this huge opportunity to shift out of it. So you get to rejoice in those moments when you go, —Wow, this is what I do. Wow, cool, that's what I do! That's what I do. Now I know!||

Mary: I want to take this opportunity to speak to everyone on the call and to open up this awareness because this is so to the core of who we are, which is we hold this judgment against ourselves for not getting it right, for not being able to not be hurt for being so mad at ourselves for not getting it right.

Third Party Healing:

And in this moment I want everybody to hear this and everybody to hear this as though I am speaking to you in this moment. And that I love you and I'm so sorry that you've held such strong judgment to yourself and how much that hurts. I'm so sorry. I'm so sorry that you thought that by holding that judgment that it would make you or help you be different. And the reality is it never can. I'm so sorry that you have judged yourself so strongly at times. I'm so sorry that you were hurt, hurt by those around you. I'm so sorry. I'm so sorry for the pain that you felt and the judgment that came back within you towards yourself. I'm so sorry. I'm so sorry that it hurt as much as it did. I'm so sorry. I'm so sorry for the hurt that you felt through all of it. I'm so sorry. And I'm so sorry that that part of you that so much wanted to make it right ended up judging yourself so harshly. I'm so sorry. I love you. I see you for who you are. I don't see your judgment towards yourself, I see you. I see the beautiful being of love and light that you are. And there's almost a rejoicing that comes with it because I see you. All that judgment that you've been holding against yourself is not true. That's not you! You get to let that go. You no longer have to judge yourself so harshly. We get to breathe in that forgiveness, that love, the tear for all of us. All of us. We get to breathe in that love and acceptance and honoring

us for who we are, shedding the judgment towards others and especially towards ourselves, frees us up to forgive ourselves, to forgive others.

So in the moment I'm just going to continue with this process of just allowing us to let go of that judgment, this long-standing awareness that's so deep within us. We get to let it go. That judging us that we felt like we had to be perfect. We get to let that go. That judging of ourselves for making mistakes. We get to let that go. For judging what we think we need to have been doing that we didn't. We get to let that go. We get to forgive ourselves. I pray that there is a deep healing that is happening right now within your whole physical being, body, soul and spirit, that there is that completeness of letting go of judgment. With that deep breath, allowing forgiveness to just flood in, flood in to the depths of your being. Letting go of that judgment towards yourself. Letting go of the judgment towards others. Yes, we can forgive. Yes, we can forgive ourselves as well as others. Take in a deep breath, a deep, deep breath.

Jennifer, I'm going to open up the line to see if there's anything you would like to share in regards to this.

Jennifer: Well, I'm kind of emotional. That was very profound to be seen and to know that I can release that judgment.

Mary: Yes, take a deep breath. Everybody, take a deep breath. We can let go of the depth of that judgment that says we have to do or be somebody different than who we are being connected to our divine self.

Jennifer: And that in every moment, who I am and what I'm doing is perfect even if it looks like there are mistakes. Who I am and what I'm doing is perfect.

Mary: Yes, it's our journey of discovery. If we could only look at our life as discovery instead of a test. We view life as though we're taking an exam. I failed here. Oh, this is horrible. Instead of going it's a discovery. Wow, I got up on the bike and I fell over! Wow, I'm going to try it again! I want to really see if I can get this bike thing down. It's a discovery instead of an exam. Interesting analogy that just came up there. Can you feel the seriousness of the exam versus discovery? Life of discovery.

Jennifer: There's a subtleness to this that feels different to me that that analogy is so accurate for, which is there's this overarching thing of isn't that interesting? And the curiosity you talked about at the beginning of the call and discovery and yet there's the piece that goes into trigger around the judgment. So then my overarching want is to see life as moments of discovery. And most of the time I'm there. But then when I have those moments of trigger and then the trigger shows up and the self-judgment comes up so strongly. It just feels like that

moment of being seen that you just did. And if we can remember that what Mary just showed us is really how the divine sees us in this moment.

Mary: Yes, I was just going to say that.

Jennifer: The divine sees us and Mary has a gift for being able to shine onto us what the divine sees. And so when I go into those moments of judgment next time, I get to feel that there's light of the divine shining on me.

Mary: Yes, because that's what the divine in you is. That's what the divine in each of us is. Because when we're connected within, we're connected to the divine. And it's only joyful harmony and flow. Yes. You are a spark of the divine. You are a beautiful being of love and light. Each of you on this call is that beautiful being of love and light and you can feel in the moment how judgment isn't any part of it. Yes?

Jennifer: Yes.

Mary: Yes, it's not a part of us. It's not a part of who we are, which is amazing when we really get the depth of that connection of who we are. Thank you so much, Jennifer, for sharing.

Jennifer: I want to share something with you, Mary, and those people from online. This really makes my heart sing because I've gotten to experience your work and know that the world needs what you're doing here.

She says, —I love you too. You're an amazing healer. Thank you for being who you are and how you can connect so profoundly to each of us. You have the most amazing gift. I can feel you, the heart stuff and the heavy stuff. Everyone needs to know who you are and experience what you have to offer. The world needs this. We're so lucky to have attracted you and be in your class. Thank you God for this attraction to me to Mary.||

Caller says, —I'm not a Christian but in my head I'm hearing the Beatles' song about Mother Mary. You are the epitome of the perfect mother none of us has had and all of us wanted. You bring the energy and healing and love of the perfect mother archetype to the world. Thank you, thank you.||

She says, —Thank you, Mary. I felt you were speaking directly to me. I was crying like a baby. I needed that.||

And I also want to tell you that in this moment Mary is likely having a hard time receiving this in some ways but also I want everyone to know on this call that you are also Mary. That's you! What you're describing right in this moment is you!

Mary: Thank you. Yes. How beautiful. How beautiful that we all get to feel heard. I mean I feel heard in this moment. I feel honored in this moment, just as I can feel each and every one of you being heard and honored. So beautiful.

Okay. I was going to do an LET session but maybe I'll do that on Wednesday. I'd like to probably open up the lines. Does that feel appropriate to you, Jennifer, for expounding on what we were talking about? Because I can definitely tell that as people share, there is almost a new level of awareness that people are getting.

Yes, and because of it we can really pull in the depths of the understanding of this connection and letting go of judgment.

Big breath, really big breath. Wonderful.

Jennifer: I'll start with the first callers. You are on the air.

Caller: Hi.

Mary: Oh, hi Caller!

Caller: I wasn't going to share earlier and I didn't want to share at all during the whole class because I don't feel that I'm heard. When I'm heard I feel that I'm pushed back. But I wanted to share how we talked about this now but I forgive myself for holding it. All of us need if we had come through this in the way that we were pure divine light being seen as that, all we wanted to do was be loved. And so thank you, Mary, for sharing all that wonderful and the whole synchronicity of it all and just the love. Thank you. We're looking at this in another way too.

Mary: Yes, thank you so much. And I want to say something to you also, as well as saying it to everyone. I want you to hear me. I love you. I'm so sorry for the hurt that you felt in your life. All the times that you weren't heard and you were pushed to the side, I'm so sorry. I'm so sorry that your pain that was not heard or honored that you felt it. So sorry. And in this moment I get to rejoice with you as you see who you really are. There's this little bit of rejoicing that I get to feel as I feel that you're connecting to who are. That's who you are. So blessings and thank you for sharing.

Caller: Thank you.

Mary: Deep breath. Perfect. Thank you so much. Okay, so we'll go on to the next caller.

Jennifer: Shall I take care of this one?

Mary: If you would like or I could—

Jennifer: Okay, I'll do it.

Mary: Hello, Caller!

Caller: Hi there. I think abundance shows up sometimes in pain. And I'm looking at this call and how you started Mary from a place of your own pain and your own suffering at the hands of this manipulative person and sharing your process of dealing with that and the way this call has evolved. Look at the healing that he triggered. And I'm wondering do we owe him a debt of gratitude? I'm not trivializing everything I just feel this so profoundly. As much as of a shit head bastard he may be look at the gift he triggered.

Jennifer: You know what? That is just so perfect. It is seriously so perfect of the opportunity that these people give to us. So, wow. That's really cool.

Mary: And the depths that we get that things that show up that are not what we want or it's not the way we want and there's pain but that it's not because we're wrong, right? It's not because we've done something wrong as much as we get to look at it in a flow of what's coming up. And as we do that we get to relinquish and find new places of being. I think it's where I was trying to go with that. Thank you so much and thank you because I get to honor this individual in my life to a huge degree because I would not be the person I am today if it were not for him.

Jennifer: He's certainly part of your divine guidance package.

Mary: Yes. And it's the awareness for all of us, right, when we have things in our life that aren't what we want them to be, they really can be the very thing that moves us into that deeper connection within to who we really are. Thank you so much for sharing that. Thank you.

Caller: You're very welcome. It gives me a whole different perspective as I look back and forgive myself and others. So okay, there's a divine gift here. It all happens for a reason. It's all part of the package. It's all part of whatever it is. Even if I can't see it, it's okay if I can't see, but just to acknowledge there's something here for me. There is a gift. There's a pony in the shit, right?

Mary: There's not even one pony in all the shit, right? There are lots of them! I like that.

Caller: There's a whole herd!

Mary: There's a whole herd! Yes. In fact, you keep finding more!

Jennifer: And they're beautiful and trained and ready to take you anywhere.

Caller: I just want to say thank you, Mary. This call... I wasn't even sure I was going to come on this call because I wasn't feeling so good but this call has put all the earlier calls into perspective. I don't know if that makes sense but now I can go back and do the work.

Mary: Thank you!

Caller: It's really something to be said from sharing your own stuff. I mean there's no better way to touch people. Thank you. So many levels.

Mary: Thank you. Thank you so much for sharing.

Jennifer: Okay, we have another caller.

Caller: Hi.

Mary: Hi, Caller.

Caller: Hi. I think like everyone else—and I've used this term a lot—I'm blown away by these classes. It's that every week, they seem to hit what is going on in all of our lives. And it's like the universe is putting all of this together so that we can learn for what we're going through. So that we have the experiences as we learn these classes, I'm not sure which is first—the experience that we're going through or the classes that we're going through and it probably doesn't matter but they're so in synch with each other. And this one class is probably the most powerful for me for the past few weeks. I've been in this enormous turmoil over a similar situation with an ex-husband who is very frightening. I guess my question is that when you learn to forgive yourself, can other people feel this? Is it me that when I don't forgive myself that creates them to constantly point fingers and blame and accuse?

Mary: Yes, as we forgive, there's less. Is that the question?

Caller: Yes, did I pick up on that so that they can stop.

Mary: It's interesting. I don't think it matters. They're going to be who they are. Did that sound clear to you? See, what we want to have happen is them shift and change. And yet that's their life pattern most likely that they are in and so we always get to find that space of finding that connection within us, right? As we shed... I get to be in conversation with this gentleman with no animosity. I am not triggered by what he says or does anymore. But what I got to see is that I took away something that I didn't even realize I did, which is where I ended up finding that little bit of a disconnect. And any disconnect is big, isn't it?

Caller: It is.

Mary: And so that's why I was talking about it to the degree that I was because I'm not even triggered by him anymore. I can pretty much carry on a clear conversation. I don't get pulled in to his stories because he's always got stories and stuff going on, right? So what I get to take away with it is that whatever shows up I just get to let it go, I guess is the best way to word that, and I get to come back to the connection of me.

Jennifer: And I would add, I think that it's certainly lessons. And I think there is something to what you're saying, which is you've forgiven yourself. You've let go of that vibrational resonance so that it simply doesn't show up. It might be showing up in other people's lives that he's impacting but it's not showing up in yours any longer.

Caller: What concerns me is the life that he's impacting is a daughter who is not really able to think for herself and she's very, very controlled by him and it's creating a lot of problems and that where my concern is.

Mary: So what I would suggest is that you open up in love and prayer and support for her.

Caller: Right, I do that.

Mary: So it's your connection and supporting yourself and letting go of the judgment towards yourself, right? We have a lot of judgment of why did I do that, why couldn't I have seen that?

Caller: I come from a place...In my family, I was the reason for everything that went wrong and so it's very easy for me to get guilt over things I've never done. And when something goes wrong, I'll start to feel, oh-oh.

Mary: Yes, so that's why I brought that up because it's such a strong energy. So the key is this: You get to let go of the judgment towards yourself. And in letting go of the judgment towards yourself, you'll find it less and less. Because literally, what happens is I think everybody can hear it as I'm talking about this. It's because you had that energy within you which is there's something wrong with me, I'm doing something wrong, whatever it is that's a judgment, that it showed up a whole lot. But it wasn't because they were there even everything about it being you that did it. It's just you took it on as you did it. That's where judgment towards ourselves is really hideous because we see it as everybody else doing it.

Caller: Yes, this has played an enormous role in my life and this has been a real eye-opener for me because when you're young you don't realize—even now, I'm just

getting to the point of realizing this. And there's a deep, deep fear that, oh no, I'm going to be accused again or I'm going to be blamed for something again.

Mary: Okay. So what I want to do in this moment is I want you to listen to me and I want everybody on the call to listen also.

I see you right now for who you really are. I see you as that divine being of love and light. I see the joy that's within you that bubbles out. I see that. I see you. And in this moment, I think you can feel and sense there is no judgment to here. And so we really get to honor ourselves in letting go of the judgment. We've often heard judgment and resentment hooked together and it's like the old way of talking which is... it's like poison and it really has no place to be within us. Yes?

Caller: Yes, right.

Mary: Yes. So I just was bringing it out for only one reason and that was so that you could take a deep breath and let it go. That all of that is a lie. It's a past and it's a lie that you were told and you believed it. Right?

Caller: Yes, that's very true.

Mary: So now you get to go, —Ohh, that's not who I am.|| Because if you can connect within and feel that—I mean you have a bubbly energy in you. It's really kind of cute. It's like that's who I am! Can you feel that?

Caller: Yes. And I think what has happened is that in realizing that and knowing that when this happens to me I do become angry. I'm angered that someone is doing this to me again and that just makes it worse for me.

Mary: But what I want you to hear is, are they doing it to you?

Caller: No, I guess I'm doing it to myself.

Mary: So can you forgive yourself?

Caller: Yes I can.

Mary: Can you love yourself?

Caller: Definitely.

Mary: Unconditionally?

Caller: Yes.

Mary: Yes. Very nice.

Caller: Can I make one more statement?

Mary: Yes.

Caller: In the beginning of the call you were asking for things that were shifting. And over the weekend, on Saturday, I had put a lot of focus on putting things in the past that kept coming up to the future—my past stories and thoughts, things like that. I was focusing on putting them in the past and then paying attention to the Heart Thoughts and thinking of new beliefs and taking on new beliefs and seeing my future is clear that I get to create it. And it was a very nice day. On Sunday, through most of the day, when things from the past wanted to come up, it's like something was blocking them. I didn't even have to focus on them. It's like they were in my peripheral vision and as if I was being lifted up and held at a place where there was protection from having those things to even enter.

Mary: Wonderful and I get to draw your attention to the aspect of this is why I so strongly say play, play, play with all of these ways of really connecting and feeling good and the Heart Meditation and the Heart Thoughts. Because this is the amazing part, right? Because this is who you are. You're connecting to who you are. And what happens is the reason you can see them just outside of you a little bit is because those two opposing energies cannot co-exist. And so how exciting!

Caller: Yes. That was a real experience as if I was being allowed to see, like you said, playing in those energies, practicing those things on purpose would bring about a place of true freedom. And then I have to be honest, today I got big into my old thoughts and of course they have dropped and I was able to realize and to look at both things and see what they would bring about and it was a huge statement to experience both and to put them together.

Mary: Perfect. Thank you so much for sharing.

Caller: Thank you very much. And thank you, Jennifer. Mary, thank you so much.

Mary: You're welcome. Thank you.

Mary: And the next caller.

Caller: Hello, that's me!

Mary: Hi.

Caller: I had myself muted on my own phone so it took me a moment. You know, I started out with a question when you asked us to raise our hands and while I was listening to everybody I think my question got answered. So I guess what

I'm struck with is that what comes up for us with other people is really an opportunity for us to love ourselves unconditionally.

Mary: Ahh, you said it perfectly! Say that again.

Caller: That what comes up for us with other people that triggers the anger, the whatever, are all opportunities for us to love ourselves unconditionally.

Mary: I love the way you worded that. That's it! That's what I was trying to say! Yes!

Caller: Well, this is amazingly helpful because I have a very strange neighbor and I've been trying to do a host of things. It never occurred to me that I needed to go to the extreme and just love myself unconditionally.

Mary: Well, that's the opportunity because that's the only way that we can connect to ourselves. What happens is this other stuff shows up and it shows up that we're not in connection to ourselves. That's what happened to me. It showed up as not in connection and I got to go, —Ohh, what's that? Like what's there? Where did it come from? And in the process... This is why Ho'oponopono is so beautiful because it gets us in touch with how we've shown up in the world and we get to forgive ourselves. And as we forgive ourselves, we get to forgive them because we know we were doing the best we could at the time. Guaranteed, every time I look at what I've done, even in of my mistakes, there was something that I couldn't do it the other way, right? And so we get to forgive ourselves unconditionally so that in the same process we extend the same love and forgiveness outward.

Caller: Well, this is so amazing because it's so easy to seek these kinds of things outside yourself as opposed to realizing that it's really within.

Mary: Yes. Very well said. Thank you so much.

Caller: Well, thank you! I just love this whole sort of—it's like an open door to freedom.

Mary: Yes! Now you can see why I said at the very beginning of the call, are you guys ready to play along? I mean if you're ready to play along, we're going to move through stuff. We're going to find some real freedom. Yey!

Caller: Yes. And this freedom is truly our birthright.

Mary: Yes. So perfect

Caller: From the bottom of my heart, you are just a precious, precious spirit.

Mary: Oh, thank you so much. And you, too And everyone on the call.

Notes

[illegible]

Lesson Seven

Mary: Fantastic. Welcome to week seven of Abundant Life.

Jennifer: Well, there are just two more weeks left.

Mary: I know and I have been actually feeling—I'm going to miss you guys!

Jennifer: Mary's already going through withdrawal. She's been talking to me all week about it.

Mary: Yes. I'll be definitely starting up another group in about three weeks or so because I just can't not do this. I just love, love, love this. It just thrills my heart when I get to be a part of people shifting and changing and finding that place of being happier and more alive and attracting in the abundance that is our birth right. It is absolutely our birth right. And when we get the depth of knowing that, that it's not because of what we do or whether we're good enough or any of that, it has nothing to do with that. When we get to the point that it's literally our birth right and we get to shed all of that and let all that go and really feel the essence of feeling worthy that good things are coming in, that good things are coming into our life. I mean feel that in this moment, that's abundance. And abundance starts showing up in many, many ways. So, very exciting.

Mary: So what I was wanting to do, I always really like the aspect of opening up the call for those that have found those moments of shifting and change. It was in the last week and a half especially, I'll get on the Ask Mary database, they'll say, I have this question. And then within a couple of days they'll be stating, —Oh my gosh, I just got it. I need to forgive myself. Oh my gosh, I didn't realize that I was holding on so tight that I was holding judgment around what I was trying to create as far as income. And then realizing from the call on judgment that that holding on energy really causes it to not happen.|| Right. So we get to find all of this new awarenessess and everybody gets to share. I like to always open that up for sharing at the very beginning of the call. Because in sharing, what happens is it opens up the awareness for others to look at it in a different way. I love when Caller...when you shared about how you realized you were in judgment over your furniture and the things that you considered not working correctly or not working good enough in the house and where you really started blessing it and how that shifted the energy of your home and literally within you. Yes, because when we hold that energy, you're going to see as we go through it today, it literally prevents us from creating the very thing we're wanting to create.

Anyways, I'm going to open up the line. So if you would like to share some pivotal —ah|| moments in whatever ways that comes to you that you would like to share, and we'll go ahead and get a couple of people on the line here.

All right, caller. Say hello!

Caller: Hello.

Mary: Hi Caller.

Caller: We'll, Mary, I think I've already said before that I've been going through a really hard time. Actually, maybe for the past 22 years, I've been on and off dating married men. I mean it's never like a very clear situation that they would actually be having a good relationship or something but, nevertheless, they were still married. And suddenly, this morning I woke up and I realized how incredibly stupid it is. Actually, I haven't done that already for the past two years. I haven't actually been in any relationship whatsoever but suddenly this morning I woke up and I was so happy. I realized there was a total shift in my thinking. And I realized, my God, that was so stupid and that's what's really holding me back. That, probably, that's the blockage where my life is not actually going forward. And it actually only creates aggravation and it's really not me. I can't really be fully happy because there's always some kind of underside of this whole situation.

Mary: Yes. And as you listen to the call for today, I'll try and use and draw attention to the fact of why that is. Because if we understand the why—this is how I think—it helps us to really let go of it completely. Because what it is, is it's keeping you in a loop. And that loop is what you're identifying as the thing that kept you stuck and in that pattern and all of that together. And the key is really breaking out of it and creating and being in that loop of high energy, the high vibration of love and joy and peace. And in order to do that, it's literally letting go of that. So that is ecstatic! I'm really happy for you.

Caller: I know. I can't even explain it. I just feel so happy and I had always been so successful and have so much work and so much everything. And then suddenly, I think it started waning off.

Mary: Yes.

Caller: Actually, I think I was just involved for a year like 22 years ago and not for a long time. And then about eight years ago, I got involved with this married man who doesn't really have a relationship with his wife. But nevertheless, he is married to her. And it started making me stay home more and not open up to my friends. I never realized that it maybe actually linked with me actually

working more and being more successful. And suddenly, I realized it's been all bogging me down.

Mary: Yes. And there's an element to this, right? We can't go into it right now because we really want other people to share too. But, there's an aspect of this that whenever you're hiding the truth from yourself or you're participating in somebody else not speaking the truth, you actually start in that lower loop. And we'll talk about that. And so what happens is it literally pulls your energy down in every way. We think it's only one area and that's the misnomer. It literally pulls us down because the basic tendency of who we are is to hide when we're not in total truth, which is why you would've started to gravitate away from your friends. When you're totally in truth and totally like, I'm just here and this is me, that truth place of who you are, feeling good, you want to be with your friends, right? It's part of life.

Jennifer: Mary, can I add something?

Mary: Yes!

Jennifer: I use what I want to tell my friends as a barometer for the level of truth I'm telling myself. If I don't want to tell my friends what's going on in my life, I'm in a level of denial with my own truth, with myself.

Mary: Very well said.

Caller: Yes, that really nice. And actually, I haven't been with anybody like that for two years now. But I think in my mind, I was still open to the possibility that I would do it again. And suddenly this morning, I woke up and I just realized that there's been a shift. No more married men in my life, period. It's so clear that I can't even say how I need to move on. I need to work on my finances. That's my next goal. And married men are just not an object even.

Mary: That's fantastic. So, what has happened? See, this is the part that's amazing, which is as you apply the information and really work at all the steps that I challenged you to do—looking at what's right, feeling what love feels like, loving yourself—you're actually raising your vibration. We're going to talk about the vibration and how when you raise it, you will literally pull yourself up out of that loop to the degree that you then saw it clearly.

So if anybody can understand that in this moment, which is, they have a statement that's so perfect, right. You can never create a solution or find a solution in the same energy in which the problem was created. I love that. It's very clear. If you find that place of raising your energy above it, then all of a sudden it's crystal clear. So, well done.

Caller: Thank you so much. I just feel like a new person.

Mary: Well, congratulations! I am really ecstatic because the sky's the limit from here, right? There's no stopping you. Fantastic.

Caller: Thank you.

Mary: You're welcome. Thank you for sharing. Next caller.

Caller: Hi.

Mary: Hi caller.

Caller: My first response is I could totally relate because there was a time in my life when married men were the only men that would ever ask me out. And one time, I fell in love with somebody and I got so much how much I was hurting another woman and it hit me to such a deep level that the pain that I had caused this woman and I said I will never do that to another woman again. And from that moment on, I wasn't drawn to married men and they weren't drawn to me. It was over.

Mary: You know what, that's so beautifully said. Because what happens is our energy shifts when we become in that awareness. That's really Ho'oponopono in its truest form in the way that we get to understand what's happening on the other side.

Jennifer: You know what's so cool, Mary? It's that you said Ho'oponopono because I know that Caller is working Ho'oponopono hard. She's going to see Dr. Len Hew next weekend.

Mary: Congratulations!

Caller: And the best part, which is what I wanted to share, I put it on my credit card not having a clue how I was going to pay for it. And one of my old clients, who I had done some free design work for in the hopes of her eventually adding on to her house, when she got my email about my financial situation offered to pay me for the designs which will pay for the class.

Mary: Fantastic.

So I'm hoping now that you can just start trusting what is being said is the truth and the universe will confirm it.

Caller: Yes.

Mary: Perfect.

The great part is you've been playing enough in the other energies of possibility of what is right, of letting go of the judgment. Can you really see how that judgment has held you captive?

Caller: Oh my God, yes! It is like for me, even all the work that I have done and I am doing better, it grips me inside where it's almost like an addiction to a drug. And that's why when it comes in, it comes in so forcefully that there are times even with what I'm learning, I still have to work at quieting and quieting and lessening the grip that that place has held on me.

Mary: Yes. Now the good news is this. This has been seven weeks so I want you to breathe that in. Seven weeks. You have gone from one way of being to this way of being and look at what's happening. And it's only been seven weeks. It's really hard for us to grab hold of that. I know Jennifer and I both can attest that we go from, —Oh my gosh,|| to, —Oh my gosh!|| It's like it's always happening if we continue playing in that energy of what I've been talking about. In other words, what I'm trying to say is in three months, it's going to be so much easier and you're not going to be pulled back as hard.

Caller: Yes.

Mary: And then if you are pulled back, you're going to have all of this time to know that it's just a moment that you're being pulled back into that loop and that there literally is a way out. Does that make sense?

Caller: Yes.

Mary: And that way out for you right now is Ho'oponopono.

Caller: Yes.

Mary: I love Ho'oponopono. I love EFT. I love everything that pulls us out of that loop because it's literally our own loop. It's our own loop that we're stuck in, whether it be through trauma or how we were raised or however that has transpired, whether somebody did something to us, right? It's still that loop that happens but we can get out it. I think what I want to share more than anything is we can get out it. And Caller, thank you so much for sharing because hearing your voice in the way that you're talking now is so incredible.

Caller: Thank you.

Mary: You have such a powerful voice from when I first started talking to you and hearing your voice. You know what I'm saying, right? Do you understand what I'm saying in that?

Caller: Maybe, you mean less of a victim or something?

Mary: Yes, that would probably be a good way to word it. Well, the fact is it was less of you.

Caller: Yes.

Mary: Now, it's more of you that I'm hearing. It's like, there you are, I hear you! It's like I can hear you.

Caller: Yes.

Mary: Yes.

Caller: And forgiveness, it's like that says it all for me.

Mary: Well, you're going to love today!

Caller: Oh good! Okay.

Mary: Because that's what it is! When we get to the depth of that, that we understand that that's really the pivotal moment where we get to forgive ourselves and forgive others, that's what pulls us up out of the loop. So, well done!

Caller: Thank you.

Mary: I'm so happy!

Caller: Me too. I love you guys.

Mary: Thank you. I love you too.

Caller: Thank you.

Mary: Okay, on to the next caller.

Mary: Hi Caller!

Caller: Hi. I just want to thank you so much. In thinking about the seven weeks, I did go back and I looked at my homework for the first night to where I was at. And basically, I was anxious and overwhelmed about 80 percent of the time. And I said a few weeks ago that I truly have come up because of this program. And both you and Jennifer and the entire group, I brought it up to 80 percent really feeling peace, joy, happiness. It is really exciting. The thing that I was aware of that I think it must have been some sort of a subconscious pattern is my fear of not having enough, a fear of finances. And this week, I have been really cognizant of forgiving myself and forgiving others. And forgiving myself not only for being out of alignment but also allow myself to be hurt by others. And a lot of it was around finances both as I was being raised and then in the years of our marriage. And basically, one of the things that helped me is ho'oponopono—I

hope I said that right. I say that so often and it's almost instantaneous relief. And earlier today, I was feeling really anxious. I think it's, again, about the finances. And so I went ahead and I looked into my account. And I just was so grateful, I said, you know what, I have \$378.66. I didn't want to focus on the things that I need to pay for in the next month because that was bringing me anxiety. And then my husband poked his head in and he said, "Guess what? I checked our records and in the stock market this past week, we made \$2300.|| I just thought the universe is so good. And I really think that forgiving myself and others because when you're married with finances, you're in it together. And just having no judgment towards myself in the past would have been like, I've made some bad choices or I just don't make enough, I have to work harder. And when that comes up, I just notice it and go, oh, that's interesting, that's a part of what comes up. And that's not who I am because I am a divine being of love and light. And the divine, blessed, infinitely abundant day, it is all helping. And maybe it seems in little ways, but I think it's really amazing especially the abundance in other areas of my life. I feel like I have that connection now with the divine and I do believe. So I just want to say thank you, thank you, thank you.

Mary: Thank you so much for sharing. That is so incredible. And the thing that you got to share with everybody is that as your energy shifted and changed, even though your husband wasn't a part of it yet, you are actually creating that higher vibration. We're going to talk about this a lot today. You're doing exactly, I mean you know, right? The way you said it was beautiful. Today is a divine, blessed, infinitely abundant day. You knew it to be true as you said it.

Caller: Right.

Mary: Lovely.

Caller: I know it to be true and I just want to thank you very much, both of you and all of you are on this journey together. I love you all and I can't thank you enough.

Mary: Thank you so much for sharing. Thank you. Okay, so we're going to the next caller. Hello.

Caller: Hello.

Mary: Hi.

Caller: Can you hear me?

Mary: Yes and you're on the line. Everybody can hear you.

Caller: Thank you very much. I'm glad that I'm on the line. I want to say that my ability to receive expanded enormously. I have so much to share.

Caller: I can stand up and be visible.

Mary: Yes, you can stand up and be visible.

Caller: Thank you so much. And my father lives in America and I'm in Australia. So I was talking to my half-sister and she said that father is very bad and he doesn't want to live. So I spoke to him and he was really bad like no energy in his voice. And I was talking to him and I was trying to bring him up to life somehow and I need to translate from English to Russian. So anyway, once he was trying to say that I can still love and accept myself, he said I still love and accept you. I've never heard it in my entire life.

Mary: What a gift. What a gift. And you felt that, didn't you, as he said that?

Caller: Yes. It was kind of he took a chance to say, —I love you.||

Mary: Thank you so much for sharing. That is amazing as we step out like that. And we show up in a different energy, right? Because you're showing up in a different energy now. And so in showing up with love to him—because you showed up in love, I can tell, as you're talking. He received it and that was the way he was able to share it with you. That is beautiful.

Caller: Yes, thank you.

Mary: Thank you so much for sharing that. We all get to take a deep breath right there. And you get to feel totally loved by God, the universe and your father and by all of us in this moment.

Caller: I love you all.

Mary: We love you. Thank you so much for sharing.

Caller: Thank you.

Mary: All right. Okay.

Mary: Hi.

Caller: I'm all choked up from that last woman talking. I love you too. I just wanted to tell her that.

Mary: Yes, we love her immensely. We love everybody immensely. That's the part that's so exciting, right? There's not a shortage of love to everybody.

Caller: No.

Mary: We get to pour out and pour out and pour out. It's exciting.

Caller: It is. I've been going through withdrawal too so you're not alone.

Mary: Oh, you mean the classes coming to an end? Oh my gosh! I was just telling Jennifer, oh my gosh, I'm having a hard time myself. I just so enjoy these. You have no idea! I love the fact that what happens is it's the creation of everybody that pulls information forward. I don't how many of you understand that aspect but what it does is it pulls it forward in a succinct information. So it's like everything that I know is channeled into one because I can only talk in one segment, right? So it's just so much fun for me. I can't tell you how much fun it is for me.

Caller: It's like whoever you're talking to is drawing out from the fund of information and wisdom.

Mary: Yes, exactly. And the years really living this information. That's why I know that I know that I know, if you follow, it will happen. That's how I know.

Caller: I had a really fun thing happen this week. My sister had been away for a while and she called and said let's go out and have lunch together. And we talked about a time and she thought we said noon. And I said, "Well, I really need to do it at 11:30 because we're having this 3 o'clock class.|| It's 3 o'clock my time, Wednesday, when you do the processing and she'd forgotten that. She's usually early but when she hadn't arrived, I thought I'll sweep off the back deck while I'm waiting for her and I'll water the plants while I'm waiting. Then I started thinking maybe something is wrong so I'll phone just to see if everything is okay. And I phoned and she said, "Oh well, I'm on my way now.|| And she said, "Wasn't it 12 o'clock?|| And I said, "Well no, actually we had decided on 11:30.|| Well she started beating up herself which was an old pattern of mine. And when she came here, she was apologizing all over the place. And I said, "Stop.|| She just looked at me. I said, "Today is a divine, abundant, glorious day. And we're going to enjoy it. Let's go.|| And she just looked at me and she was just like all grins, all letting go of this stuff. And in that moment, I could see this huge pattern that's been a family pattern of always being self-judging and belittling self because we think we've done something stupid and that whole thought formula with it. I just looked at that and I thought, —Oh, thank you.|| I got to see that one very clearly. And we had a conversation. We were talking about our internal dialogue and all the stuff that my father, who had been a minister's son, used to preach to us daily. And all of the patterns that I said, "Can you remember any?|| I said I'm clearing these out right now and it would really be helpful to know any that I may have forgotten. And so we were going through the list and I said, oh, I've forgotten those. As I was remembering them, instead of them bringing me pain the way they used to bring me, it's was like, oh, this is delightful, I can do something with this one now. I guess I don't

need to hang out with this one anymore either. And from the time you did the judgment evening on the call, I had more focus on judging others anything outside myself, of clearing that, of looking at that. And then all of a sudden, it was like when you were talking about, well, you've got to remember to forgive yourself when you did that processing call. And all of a sudden, it was like, oh yes, I've got to remember to do this step for myself. And when I started to do it, it was like there was an avalanche of stuff I had to forgive myself for. It's like it was a no-ending thing. I don't think I'm done yet. But the thing that I discovered from that was that's what's been blocking my abundance. Yes, woo-hoo!

Mary: Everybody listen to that one! Yes, it is exactly... you know what, it is so true. In fact, it's so great because of the week, right? And what happened to me which was why we went into the forgiveness is because it is pivotal. It is pivotal for everything... It is pivotal for us to show up and to be fully who we are. And we're going to talk about that in length today. And the part that is really interesting is I got to find more things within myself that I got to forgive myself for. It was incredible because it brought it all to the surface in a different way. I'm like, wow, that's still there. Cool! Okay, I get to really feel that forgiveness for myself in the way of letting go and finding that freedom as we let go. Because when we forgive ourselves we get to let go of it. We get to go, oh, it feels so nice not to hold on to that.

Caller: And I'm finding every event that we work out towards something outside ourselves also has the component of needing to work inside yourself and forgiving some aspect.

Mary: Yes.

Caller: It's not complete unless you've looked at yourself too with it.

Mary: Yes and I want to bring out something in this moment. It became so much a part of you that you extended it out to your sister, that forgiveness for her being late, right. Because, most likely, you would have normally been a little bit judgmental that she was late.

Caller: More hurt than judgmental.

Mary: Okay so you took it on as a different way. See, that's the part that's really interesting as we get to see how we show up. So, the fact that you got to extend that forgiveness and love to her in such a powerful way that the color before which extended it to her father. You know, we get to start extending it outward as it's filled up within us and we resonate with it. We can't help but pour it out. And look at all the lives that we get to impact by doing that.

Caller: Isn't that fun?

Mary: Yes. And your sister, woo-hoo!

Caller: Yes, I loved the expression on her face. As soon as I did that, she was so filled with joy in my saying that.

Mary: Yes.

Caller: It was like she was just bouncing back to the car.

Mary: Yes. See, so you broke the cycle for her and you're going to see that in our charts tonight that I got to play with today as far as creating. So thank you so much for sharing.

Caller: Something about the LET.

Mary: Yes.

Caller: When you were doing it, the thought came to me that we can use up processing connect chakras in pairs and work with them as pairs. Have you done that?

Mary: Actually, that is very true because of the way that all works, but we'll definitely work with that later. Because, obviously, I didn't have a lot of time to do that.

Caller: Yes. But I just wondered, like for me, I've been going through trying to clear my chest and I was thinking maybe if I did the heart with the voice because I've been having problems with not being able to speak too, if I did a connection with those two chakras and then did the LET with the two together.

Mary: Yes, if you wanted to go, —I can speak my truth. I can speak forgiveness and I am forgiveness.|| Is that the loop you're talking about?

Caller: Yes.

Mary: Yes, absolutely. Because the key is everything comes from within us. So that would be my understanding because that's how Heart Thoughts are. Like all the heart thoughts actually correspond with chakras. So I would say that that would be true then anything you could do a loop with the heart. Because that's where we get it, right? When we get that we're forgiven and that we can forgive freely and that we are forgiven and that —I am forgiveness,|| then there's almost like a click that happens. Of course, we can speak it. Yes? And of course we can be it. Yes? So yes, that would be true. Of course I'm saying it really quick.

Caller: Yes, I am getting what you're saying.

Mary: Yes, perfect. Well I want to at least open it up. There are two on the website. So thank you very much for sharing. Thank you.

Caller: Thanks for the answer.

Mary: Jennifer, I think, would like to share a couple of people that are online that wanted to share some things.

Jennifer: Yes, I do! I have two! —Hi Mary and Jennifer. I wanted to share with all of you that this past week after starting the forgiveness segment, I was able to end a four-year relationship where both of us have been struggling for many years. It has been painful and sad but the beauty of what I want to share is that we are ending is that as we are ending there is so much love and care between us, it feels like we are in love. It sounds ironic but we are ending our relationship while being in love. And it feels we are more in love than ever before. It's beautiful and I attribute my ability to end my relationship which is really a beginning in one sense of the word, in such a beautiful way to this class and all your support and care. Thank you so much. I now have the kind of relationship I always wanted. It's funny how you get what you ask for but maybe not in the way you think and will get it.

Mary: Awesome. Thank you. It thrills my heart because in relationships that aren't working and the aspect of being able to get to the place where you both get that it's not working and find that space of honoring each other, it's actually beautiful. And so thank you so much for sharing. For many out there, that might be a new concept. That's actually how my first marriage ended which was very much in that vein of we really honor the fact that it wasn't working for both of us. So, fantastic.

Jennifer: And another is also saying, —I realize this week that absolute acceptance of what is both past and present allows me to let go and forgive. In doing so, I was able to let go of my resistance and the pain I was experiencing both physical and emotional just disappeared. And I feel a sense of deep peace.

Mary: Thank you so much for sharing. Can you say that again slower?

Jennifer: Yes.

Mary: Because there's a lot of information that I want to make sure—

Jennifer: Okay. —I realize this week that absolute acceptance of what IS both past and present allows me to let go and forgive. In doing so, I was able to let go of my resistance and the pain I was experiencing both physical and emotional just disappeared and I feel a deep sense of peace.

Mary: That could not have been better said. Fantastic. Thank you so much for sharing. Yes, yes and yes. Accepting what IS. Beautiful. Past and present. Wonderful. And we get to open up for all new happenings in the future when we do that. The future is open. Thank you for sharing that.

Okay, I did some charts. And the reason I did the charts, I think you're going to see if I can really bring out the clarity in what I'm trying to really help you understand. It's so interesting that now I get to pull in this information which is that everything carries an energy. In fact, they call it almost a level of energy. And you can tell by where—so let's go with the one chart which is understanding energy attractor fields. That's at the top of the page. And part of it actually is the map of consciousness scale by David Hawkins. I'm hoping that everybody understands the work that he's done. Through many individuals and through many years, he actually calibrated the energy level of certain vibrations.

So we'll start at the bottom which is shame and humiliation. And I want you to look at that number—the number is 20. When we're resonating in shame and humiliation, even in the moment that I'm talking about it, you can almost feel your energy drop! It's almost like there's no energy left. And the reason why is because there isn't. It's a very low energy vibration. And if you're resonating in that, you can see why there's that feeling of stuckness because that's really stuck.

And of course as you move up to guilt and blame which is 30—the energy of 30—and then as you go up higher into apathy and despair. So what I want to draw your attention to the teachings that Esther Hicks that she does with Abraham, which is the simplicity of what she says is this: Whenever you're in a feeling place that you're not liking where you're at, choose an energy that's higher. Choose a feeling that feels better. And I want you to see it in relationship to the numbers because this is how you continue to move up. The more you resonate with love and all the things, looking at what's right—those are energies that are going to pop you up into the higher levels of resonating with the truth of life. I'm just going to talk about these lower energies. He calls them falsehoods... David Hawkins calls them falsehood because they're literally not energies that are true or that are who you are. These are not who you are.

Jennifer: Mary, which chart are you on again?

Mary: The Understanding Energy Attractor Field. So it's the Map of Consciousness chart.

Jennifer: Map of Consciousness is the name of the title?

Mary: Yes.

Jennifer: Okay, good. Thank you. I just wanted to clarify.

Mary: Perfect. And thank you so much for doing that. So I'm going back to Esther Hicks and Abraham's work and how they literally have simplified it, right? Wherever you're at, stop and think of something or do something that makes you feel better and in the way that they've done it. Now I'm going to show what and why—

Jennifer: Okay, Mary, I apologize. One more interruption. I'm getting a couple of messages from people who didn't receive it. It was received in the email that Mary sent. So there's a link on the email that Mary sent to these documents for you to download. Thanks.

Mary: All right. So what I'll do is I'm going to try and verbally share so that you don't feel like you're missing something. So the scale is from the bottom up to the top. I'm going to go through the bottom levels of energy. So shame and humiliation is 20. I'm going up one rung which is guilt and blame which is the energy of 30, which isn't a lot. I mean, if you feel the energy of that, you can feel your whole body almost sink, so sinking feeling. Then up above that is apathy and despair which is 50. Up above that is grief and regret and that's at 75. Going up one more rung is fear and anxiety, and it's at 100. Up above that is desire and craving which is actually addictions and that's 125. Up above that at 150 is anger, hate, resentment. And then up above that which is 175-199 and they have in here pride and scorn. And of course this is the pride that's better than—I'm better than you—that kind of a prideful action.

All of these energies are not truth. They're actually what David Hawkins calls falsehoods. They're lies within the body. They resonate as lies within the body and they pull our energy down. So wherever you're at in those numbers, wherever you're resonating in there, there's actually a loop that happens because belief and the thoughts about whatever has happened in the past is keeping you stuck there.

I'm going to say a couple of different things here because there's so much information that I want to share so that it becomes really crystal clear. The energy of this is not true. We believe it to be true because of what was said. Or we believe it to be true because of how we were taught. Or we believe it was true because of something that happened. But that loop that happens within these lower energies is really not true. And when we really get the fact that who we are is not that and it's really when we connect within to our heart and we really get who are is where freedom starts to happen.

So, I'm going back to Esther Hicks and Abraham and their teaching. And that is, if you are at any energy level that you are that you either feel or do something

that you feel better. So whatever it is, you find the better feeling. And it's really quite interesting when I've heard them talk over and over again which is if you're in, say, guilt which is 30, she goes oftentimes the better feeling is anger which is at 150. That's why some people tend to want to stay in the anger or the pride and the scorn because they're higher energies. But what they're doing is they're looping between shame and guilt and back up to pride. So what happens is they're finding that better feeling but they're getting stuck in that.

So, in anger, what would be the better feeling from anger? Well, if we really stop and think about it, what would feel better is releasing it, acceptance, forgiveness, however that would look which is going to pop you up above into truth. So what I did through the process of the last six weeks is I brought you to feeling what it feels like to feel love. And there is a reason for that because it builds in that blueprint and an awareness of who we are. So that when we start connecting inside to who we are, it all succinctly makes sense. So that at any time when you're in the lower energies, when you start realizing that you don't have to stay there and that you can shift up into the higher energies literally just by doing the Heart Thoughts, right? Today is a divine, blessed, infinitely abundant day. If we're in anger and upset, and we stop and go, "Okay, I'm going to stop. I'm not going to go down that road that I used to go down.|| And go, "Okay, today is a new day. Yes it is. It's a divine, blessed, infinitely abundant day.|| And what happens is you're finding that new feeling that feels better. That's the part that's so simplistic in its way of looking at it. You look at where you're at and find that feeling that feels better. And then it begins to pull you into the energies of life. Actually, what he's documented is 200 and above is actually feeling alive. It's where you feel life.

So I'll go through that for those that don't have the sheet in front of them. The first rung on the ones that actually bring life into the body and cause you to feel alive, the first one is courage and affirmation and that's registering at 200. The next rung up is neutrality and trust, so that's 250. And you can feel at each level, as you feel into that, how much better you feel. And then the rung up from that is willingness and optimism. So that's 310. It's like, "Yes, that feels better.|| And then at 350 is acceptance and forgiveness.

And I'm going to talk a lot about this energy right here because there's so much life in it. There's so much life in feeling the energy and ability to let go and forgive and accepting. Like the other individual who said, —I got it! Accepting what is from the past and accepting what is in the present, I feel so free and able to just experience the day.|| This is why because you're in this higher vibration of accepting what is and forgiveness is part of that because we need to forgive and accept. We need to forgive what is as well as accept what is. It's simultaneous.

So the next rung up the ladder is reason and understanding and that's actually more of the higher learning, reasoning spiritually also. So that is part of that. Then up the next rung of ladder is love and reverence. That's at 500. There's so much life in the energy of love which is why I gave you that as an exercise in the very, very beginning. Because, as you did it, everybody got to be aware of this that as you did, as you resonated with that energy of love and that feeling of love, that your energy started going up the rung on the ladder, so to say, where you started going into the ability to open up to trust; the ability to open up and accept. And so now, you get to understand why I was so ecstatic as we went into almost spontaneous forgiveness over the last week and a half because we're now at 350. We're resonating at such a higher energy. This is where life happens. Really the flow of life and abundance happens. It's like we're opening into this whole awareness of the energy of abundance. I mean you can feel it in the moment. There's a flow that happens in that. It becomes so much within us that it starts pouring without. And we share it with others, that love and acceptance with others which the callers just so beautifully shared.

So I'm going to go ahead and talk a little bit about the lower energies. There's a box on the right-hand side and I'm going to read it for those that don't see it which is survival. The lower energies are always survival. We're trying to survive. And that survive is the body, brain, ego. And we're living from this contracted state of this need and driven. There's a need to control out of fear. And you're going to get really clear whenever you're in that energy. And that fear or that control is always the need to survive. And that's often where past traumas whether you're a grown up or whether something happened. We get stuck in this bottom loop of energy.

And so the reference point to remember is that this bottom loop that happens within those lower energies are always a belief system that's been set in place. However it happens, it happens. And we just want to let that go, right, of whether why or how it happened, as much as identifying that all it is is a belief. It's a belief system that we've got stuck in. We can call it our BS system—belief system—the BS that we thought about our life and others. The belief system that we thought about life and others. And literally it's not ever true. I just want you to really get that. That oftentimes, in those lower energies, that's where judgment is. That's where self-judgment is. That's where blame is. That's where fear is. All of that is where we stay stuck. And so through the last seven weeks we've been pulling our energy out of it, up into the higher energies of, obviously, resonating with the heart which is where we connect into the reality and the optimism that's here within our heart. It's all the energies that pull us into life which is really our connection with our heart.

So I'm going to go ahead and share for those that don't have it. Again, the top box which is around the top energies. And that is life is a heart, soul, body expansive expression. That is so perfectly put. And literally the energy is flowing with self and others. There's this flow of acceptance and love for our self and this flow and acceptance for others. Those are higher energies. That's why it's almost automatic that we start entering into this. It pours out within us, our love and acceptance towards others because we're now having that depth within us connecting and resonating with those higher energies.

The reason I did this form is because I wanted you to see that the lower energies keep you stuck and is literally by the practices and the playing and the looking at what's right in the moment because that brings our energy up into this ability to be free and ability to resonate to those higher energies which again brings life. Then it becomes this beautiful synchronicity flow in these energies, the higher energies. And if we get popped down into the other ones, we just get to know that there's a way to find our way back out.

Let's go to the next chart. I've labeled it Abundant Life Week 7. At the top it's a landscape, a form. And it's unlocking and understanding the energy attractor field. Literally, every rung of the ladder is an energy attracting field. When you're in guilt, it's like it pulls it all in. It's quite an interesting thing how it works. And that's part of why when we get that we don't have to stay there, that we can really find that freedom out of it. And I'm going to show you hopefully through this pretty succinctly that you can get that from everything that we've talked about, feeling and resonating to love, looking at what's right, forgiving ourselves, finding out where our limiting beliefs are and finding really the truth, the truth of what is and that, of course, is that instead of not good enough, of course, that we're a divine being of love and light and that good things are coming and you can tell how it pops us into these higher energies, these higher energies of trust and belief and hope. It automatically places us there. That's why the homework and playing in the energies was so important and I talked about it so much. It's key. It's key to finding this place and really living in this place of love and joy and freedom.

I want to draw your attention to the first quote. It's so interesting because I don't even know that I understood this quote as clearly as I do now. This is by David Hawkins. He also wrote Power Versus Force. He is also the one who did this Map of Consciousness that he's done over years and over thousands of individuals have confirmed from these numbers. His quote is this: —Love is misunderstood to be an emotion. Actually, it is a state of awareness, a way of being in the world, a way of seeing others and ourselves.|| Now in this moment, it might be a little confusing because I gave you the exercise of feeling. Esther and Abraham Hicks talk about going to the next feeling, emotional feeling level.

But what he really is honing in on here is the fact that as you get into the higher levels, the 500 and on up, it becomes a state of being. Everything about it is the state of acceptance and love and awareness. It's like all synonymous and it's just all a part of us flowing and being. And I know so many of you are starting to see and feel that.

And the great part about it is if you're not there, you can always feel that resonance of love, energy, that emotion of love to pop you back into those higher energies. It's a good thing, right? It's a good thing to use them all in knowing that they provide this space, this aspect—one caller talked about LET, the Life Empowering Technique that I shared last week, that pops you into those higher vibrating energies. That's why we feel fabulous is because all of a sudden we have all this energy. It feels like we have so much more air and so much more life. We can breathe deeper and fuller. It's like this whole unfolding of awareness that's here as we start to resonate to those higher vibrational energies.

So I brought it out on purpose at this point because from everything that you're doing, you're going to start seeing, oh, when I was here kind of stuck and I forgave myself and I accepted and look what I did as I popped way up into life-giving energies.

So, as we're on this page here back to Unlocking And Understanding The Energy Attractor Field. And again—I love this quote: —Love is misunderstood as an emotion. Actually, it's a state of awareness. Now listen to that as I say it. The state of awareness. What are we becoming aware of? We're becoming aware of who we are. That's the power of connecting to our heart and the awareness of who we are as a being of love and light, of knowing that it's a divine, blessed, infinitely abundant day. It all becomes this huge awareness. And again, as we feel that and feel how we pop into those higher energies as we do that because it's a state of being, it's a state of awareness.

Eckhart Tolle would be it's in the now moment. It's in that moment of connection within where we get to be in that awareness of who we are as that divine being of love and light.

Okay, on this chart, I have a bar down the left-hand side that represents the events from our past. And what happens is the events from our past, things that happened, things that have happened that we don't like and that oftentimes we get stuck in the things that don't feel good, the things that we stay beating ourselves up over or others. And literally, those are energies of judgment. That's why I dealt so strongly on the call about judgment, that we cannot create love, joy, peace, this fabulous life that we want if we are in judgment. And I hope it's crystal clear that as you look at the energies—anger, grief, apathy,

guilt, shame, blame—all of these energies are energies of judgment—judging ourselves and judging others. That's why we get to let go of it. It's the key to really freeing ourselves from these lower energies and really finding that space and living in the space of the other higher vibration energies.

I have these little showing of the little arrow that shows the loop of our past and the thoughts and our beliefs around what happened and the emotions that go with it. And then it began to set up this little loop which is the beliefs and thoughts and then they create emotions that we don't like and then it starts the spinning of our thoughts that continues that loop of energy.

So there's one way that we can free ourselves from it, which is forgiveness. And that's the middle of the page. Forgiveness and acceptance. Literally it is the key. It's such a key to getting out of that loop of judgment, to getting out of that loop of blame, whether it's towards ourselves or others. We get to be free. And as you can tell, that's who we are. Who we are is those higher vibrating energies and the more we're who we are, the higher up the scale we go. Because literally, the more we accept and feel in that clarity of who we are, the more we actually encompass everything up the ladder. So that might be a better way to word that too. We literally flow with all of it as we do that. So forgiveness, I put in the chart that breaking the loop and creating a new energy loop is through forgiveness and acceptance.

That's why I talk so much about EFT. It's letting it go. EFT, the way that I often talk about it is finding the energy of it, letting it go and then getting that set point and then finding that new energy of who we really are and resonating to that. and that pops us into the higher energies of who we really are.

And also, Ho'oponopono, which is, I'm sorry, please forgive me, thank you, I love you. Look at the words of Ho'oponopono: I'm sorry, please forgive me, thank you, I love you. And those cannot be said unless we're connected to our heart. They cannot be said. They cannot be. And it's a way of again connecting to our heart and it pops us into those higher-vibrating energies of love, of acceptance, of forgiveness, of that heartfelt opening. That's what —I'm sorry|| really is. It's that heartfelt opening of realizing, oh my gosh, it's that opening within our heart that causes us to let go of what we might have done, as well as offering forgiveness for others too. It's a dual, beautiful loop of truth.

Again, it's thoughts of truth. It loops in that love, acceptance and joy. And that's often as we feel it but it's really a way of being, isn't it? It's really a way of being.

So I have in the higher energies and of course I have arrows showing the past events of what happened. The arrows towards the higher vibrations are always

through the avenue of acceptance and forgiveness. It's that letting go. It's that releasing that we then shift into those higher energies where we feel alive and full of freedom and love and joy. You can tell how the number correlates with how good you feel. It's like, yes, I feel better and better as I go up this ladder in energy. And yes, I want to be in this resonance of joy and serenity. It's so interesting that joy and serenity go together but it really is that aha moment of everything is perfect.

Anyway, so it's just beautiful as we can see how we can fluctuate from where we're stuck to where we want to go into the higher vibrations through forgiveness and acceptance, releasing the judgment, letting it go, forgiving ourselves, forgiving others. It's so incredibly important.

So I want to go to the powerful quotes. And the reason I put this on a sheet of paper to give to each of you is because I gather and I love quotes and they mean a lot to me. And you can tell by the energy of the quotes that they are higher-vibrating quotes because they're true. Truth always vibrates high. That's why when we connect to who we are in truth, we vibrate higher. We shift into those higher-vibrating energies and we feel good. That's how and why we feel good. It's because we're now vibrating in those higher energies.

Michael Beckwith is the first quote. I think it's all going to make sense as you hear them. When I came across all these that I had in my computer, I thought these are all perfect. —The truth contained in your words determine their vibration.|| So hear that again. The truths that are in your words determine the vibration potency, their vibration potency. Truth resonates high to the degree that you attune yourself to the vibratory frequencies of love, compassion, truth, discernment and honesty. A vibration will go forth from you that contributes to the uplifting of your own consciousness and the collective consciousness. So as we do this, we not only increase our own benefit and uplift but also to the collective consciousness. That was something that David Hawkins actually documented that as individuals raise their consciousness, they literally help to raise the planet, which we didn't really talk about. But we get to be a group that is literally helping to raise the consciousness of the planet. Find that higher energy of vibration. How exciting.

So the next quote is from David Hawkins: —All living things react positively to what is life supportive.|| So it's the energy of support and life and negatively to what is not. And this a fundamental survival mechanism. The reality is all the others that are not supportive of life which if pride and grief and fear and anxiety and blame and judgment—that all is non-supporting of life. And we react positively to life support. Love and joy and peace. It enlivens and increases our

life force energy actually to a large degree and we get to feel that within our body as it happens.

His next quote: Attractor patterns tend to dominate any field. And so I want to draw your attention to each of those resonate energies are considered an attractor pattern field. Attractor pattern is that emotional vibrating energy that he's talking about. Attractor patterns tend to dominate any field. Thus all that's necessary is to expose one's self to a high energy field. That feeling of love. That feeling and knowing of what's right in the moment. All of the aspects of resonating to our Heart Thoughts. All that's necessary is to expose one's self to the high energy field and one's inner attitudes will spontaneously begin to change. This is where people are feeling that all of a sudden, like, oh my gosh, I have this —ahah moment. Because it's spontaneous. It's like finding the —ahah moments as we're in those higher energies. It's almost like clarity becomes clear. Sometimes it's literally just like these little snappings that go click, click. Oh my gosh, I just got it. Because literally you spontaneously begin to change as you resonate to those higher energy field, those higher vibrating energies of love, joy, peace. And we went about it and exploring it to find that blueprint so that now it all makes sense.

So the next one is Dr. Imoto and he did all of the awareness on the water crystals and how words affect water. And the thing that's so awesome about this is that everything carries a vibration, even a word. The word carries the vibration of the energy in which that word is. And it's almost a little mind boggling when we look at it that way, but his work has shown it to be true. So we get to just receive his information and understand the beauty in it. So what he did is he actually put the word on a water bottle and then took drops of the water and put it into a very cold room with a microscope and watched it form a crystal. And every word created a different crystal, a different crystal formation. And the ones of love and joy and peace and harmony and even family, they all created these beautiful crystals. And forgiveness and joy—all of the higher vibrating words created these gorgeous crystals. And you look at the crystal and you just go, —Oh, it's gorgeous!! Whereas he also looked at putting the other words on. I think he even put Satan and words that carry this really negative energy and fear and anxiety. And what happened from those words as the water formed a crystal, they were murky. The crystals were murky and almost like they didn't even form a crystal. It was almost like you looked at it and you go that's not even a crystal. I think hate was one of the words that he used.

And so what happened is water itself was a way for us to look at how words created an energy vibration, an energy imprint and how water couldn't even resonate to those lower vibrations. It's like it couldn't do what it was normally meant to do which was to form a crystal. And the interesting part about it is in

this awareness, we got to bring this whole awareness that the words themselves carried a vibration which is really an amazing awareness. So people started wearing jewelry with love and joy and peace on it because words carry a vibration.

Anyway, it's so amazing the work that Dr. Imoto did. What he came up with is —Energy equals vibration.|| That's his quote. —All things vibrate. And they vibrate at their own frequencies||. And the water was just a way to document it. So it causes us even more to really look at spending most of our time resonate to those higher energies, the energies of love and joy and peace, acceptance, forgiveness, release, willingness. And that as we do that, we feel more alive. It's like we can breathe and feel more and more alive as we're doing it.

So the last quote that I put here is, ||Written words themselves actually emit a unique vibration that the water is capable of sensing. Water faithfully mirrors all the vibrations in a form that we can see with the human eye.|| Brilliantly the work that he has done to get this information across of how important it is to speak words of love, joy peace., like using the words themselves, looking at words that's why I sent the poster which is, —Today is a divine, blessed, infinitely abundant day. Today is a new day and I'm new in it.|| Feel the resonance and the power of the levels of energy that that shifts you into.

And in ending the call today, the question is going to arise, where is the energy of abundance? So I want you to stop and think about this for a moment. Where is the energy of abundance? The energy of abundance is in this flow within the higher vibrating numbers. Energy (Should be Abundance) is a flow. And as we vibrate with those higher energies, it's that flowing with self and others, and in flowing with self and others, abundance is flow. And I hope that you can pick up the energy of that flow in abundance.

So if I were to tell you in the very beginning of the whole course that in order to have abundance you needed to vibrate in these higher energies, I don't know how many of you would have seen the actual importance of it. But I think now you can. You can see that literally as we resonate in acceptance, forgiveness, letting go of judgment and as we let go of judgment, we get to forgive ourselves and forgive others. And as we do that, abundance begins to show up because we now are seeing the future with new eyes. The past is no longer in front of us. Those past folders are behind us. All the past is behind us and we get to feel into this new way of being and resonating in finding this freedom. And in that abundance starts showing up. That's where intuition is so prevalent because as we're connected within to who we are, we start intuitively being drawn to do things—call people, take inspired action to move forward. It's all

the energy of abundance. So all of the higher energies are energies of abundance.

So Jennifer, as you're on the call, it's actually making me excited. Realizing the simplicity of being able to be in those energies of abundance which is all the higher vibrating numbers. It's like the more we release and let go, the freer we are. The more there's abundance, the more that it flow in our lives.

Jennifer: And the scale of the self-perpetuating cycle, like you say, because when we feel it and we sense it and we start living it, and as we live it, we create the evidence in our life that supports it. And as we create the evidence of our life that supports it, we feel, we live it, we experience it even more. And as we experience more, we create the evidence in our life that it's showing up. And as we create the evidence in our life that is showing up, we create more and more and more.

So the opportunity also here is to celebrate the moments that it shows up. That's why Mary spends half an hour of every one of these calls getting people to share what's happening because when you hear the sharing, it's real. Even other people's evidence is real. And you get to experience it and share it and live it. And it creates this continuing, wonderful cycle of growth. And know that even if you're going down into the lower levels, into the levels of grief or whatever it is, that there are opportunities there to use those levels to bring yourself out again. And each time you bring yourself out, I believe you're bringing yourself out at even a higher level.

Mary: That is exactly true. Absolutely. And Jennifer, thank you so much because that was so clearly put. Celebrate your moments.

So, of course, now we're going into homework. Because this is week 7, I would love for you to take the time to look at where you were in the beginning—what you wrote out where you were. And begin to now in the same way write out where you are now—what you're feeling, what you're experiencing, those —ah|| moments that you've had. Write them out. Document them. Because it will be a pivotal point for you to go back and access the difference that has happened within the last six weeks. I want you to write it. Six weeks. Now this is where I'm at. This is what I'm doing. This is how I feel. This is where I forgave somebody. This is where I forgave myself. I'm feeling so much better in this way. However it's showing for you in that way of either release or acceptance or forgiveness or love or joy.

And also, as the callers on today's call especially talked about the fact that now it's being expressed to others around. That just shows the real aspect of the connection so deep within and getting it so deep within that it's an automatic

outflow of love and support, acceptance, forgiveness for ourselves and others. We get to let go of the judgment. We get to let of all that. It's like we don't need that! That's not going to create abundance anyway. Even the bigger part that we get to go, wow, why would I hold on to that? I get to let that go! So we get to document where we are now.

Jennifer, do you have any clarity in helping with the homework if there's something I might have missed as I was talking that?

Jennifer: I would say to add the piece about celebrating. Celebrate the —ahall moments. Celebrate the moments of forgiveness. Feel the new energies of abundance that are here now and honor that those new energies are real.

Mary: Perfect. And I love the fact that now you can go back and look at all those moments of celebrating those —ahall moments because a lot of you have written and shared those moments. Write them for yourself. Write them out and feel them and experience them in that way that they are. Like, oh my gosh, yes, that happened! Oh my gosh! Yes, money came in this way and I didn't expect it. And this came in not being money but it really equated to money like I got a discounted rate for this or that. However it works. It's beautiful and it's abundance. And abundance shows up in many ways. And the more we flow it, with it and expect it, I shows up almost as miracles. And literally we get to experience some as these mini —ahall miracles that continue to unfold and unfold and unfold as we're in these higher vibrating energies.

So the excitement is that you get to really look at where you started and where you are right now.

Jennifer: And again, it's about looking at your homework from the very week. Your homework from the very first week was to document where you were—the good, the bad, and the ugly.

Mary: Yes. And looking at the equation of the one caller that shared, she was looking at that and she saw that she usually was 80% not feeling good. 20% good, kind of okay, good, kind of. Because it's always in the good kind of. 80% not feeling good and now she's 80% feeling fabulous and only 20% of the time is she falling back into that loop but knowing she can come back out and finding the way. That's why I talked finding whatever works for you, however it works for you, whether it's the Sedona method, whether it's Ho'oponopono, EFT, whether it's listening to the Heart Thoughts, whether it's listening to Jennifer's fabulous audios. Whatever it is to take that time to pop you out of that lower vibrating energy. It's literally just energy, guys. Pop you out of it into that space of acceptance, forgiveness, and love.

Jennifer: And the other thing about the homework is to seriously document it. Write it down. Because the last two quotes that Mary shared with us is the power of words. So write the words down. Write the words of how the shift has occurred. Write the words of how the shift has happened. The first homework was to talk about where you were struggling. This homework is to talk where you're not, I think. I think it's okay to do some about where you're struggling because what these become now is a stake in the ground that you can look at in the coming months. You can do this in six weeks again. In six weeks, where are you at now? What's changed? What's different? And I think part of the reason why this homework is really important is what we talked about at the very first call which is we forget. We forget where we came from. We forget how much we're in. Thank god! But it's also good for us to remember just for a minute so that we can get in this moment that we are vibrating in a much higher rate than we were.

Mary: Yes. And thank you for bringing up the fact that words carry energy. This is exactly why I wanted them to write it out. Thank you for making that clear.

So what I would highly suggest is if you're using a notebook or if you're using a computer, whichever way is perfect. But at some point I want you to get it into an area that you're able to see it because when you start reading through all of your —ahall moments and all of the things that have shifted and changed and all of the things that you're seeing differently and the people that you're getting along with that you weren't before and the areas of acceptance of people that you weren't able to before—all of those, like all of them. What happens is it builds this vibrational blueprint and energy imprint that you did it, that you can do it, that it is possible and it's very possible and it causes us to—that loop of going, I can do it! Absolutely. Being connected to who we are is like, of course, I can do that! It's continuing to unfold more and more.

Jennifer: So someone is sharing quickly, —Thank you for the session last December.— This is last December. His wife gave him the Hawkins' book for his birthday. —We were destined to hearing all of this. We're now living it as we grow and wake up to who we really all are, divine beings of love and light. I really like that, acceptance and forgiving at the same place. I have a beautiful Hopi keychain, the man in the maze and the way out of the maze is through acceptance. I've been using this and now I'm feeling really excited to be using forgiveness to help me move up my vibrational output.

Mary: Thank you so much for sharing that. Thank you. Yes, how exciting.

We definitely want you to be in the space of where you're at now and the shifting that you've made and that you're aware that you've made because so many of you are aware of what you've made. So much love to all of you.

It might very well be that you'll be able to remember where you were six weeks ago, like when you first started the coaching group. Because what happened in the very beginning of the coaching group was there was a lot of people going, —Yeah, but how can that be? Yeah, but I can't get there. Yeah, but it's too hard.|| So there was a lot of that and maybe that might trigger some of the response of remembering what it was like listening to the first call. The first and second call—wait a minute, because some individuals were vibrating those lower energies and they couldn't get out. And so that's why the practice of feeling love and resonating to what's right in the moment and all of that—listening to the Heart Thoughts—all of that was to really pull you out succinctly and as David Hawkins said, —It's spontaneous.|| Things begin to change when you start vibrating in those higher energies. So, well done.

Is there anything else you want to say?

Jennifer: No, I'm good.

Mary: Okay. Awesome. Much love to everyone. This is so exciting. And feel as you're in those higher energies, feel the flow of abundance that is there. It's actually in all of the higher vibrating energies. And if you look at the lower vibrating energies, you can tell very quickly there is no abundance there. And so just use that as a gauge to look at that because people don't necessarily talk about abundance as an energy. It's because it actually encompasses all of the higher vibrating energies.

Does that help as far as me clarifying that, Jennifer?

Jennifer: Yes indeed.

Mary: Awesome. Okay, love you all. Bye!

Notes

[illegible]

Lesson Eight

- Mary: Welcome everyone to Week 8. Wow! This is so exciting. I'm excited and we are going to really look at what we've done throughout the eight weeks, the fact that it's not been that long. Really, eight weeks is not that long and yet we've really plowed through foundational information and foundational ways of being that are so important to look at and really hone in on what actually we did through this process. So I would love to start off the call with individuals who would like to share where you're at. Assessing where you started and where you are now. So I would love to have anybody on the call just to share that. That would really awesome. Looks like we have a few individuals—
- Jennifer: So we have our first caller.
- Mary: So welcome.
- Mary: Hi Caller.
- Caller: I am so excited and I just want to tell both of you and everyone who's taken this class, —Thank you, thank you, thank you.|| I'm one of those who did a flip-flop with what I'm grateful for and my limiting —the lack. And now I put myself at 85% of really feeling good and in the flow and happy and joyful. I can't believe it because it's only been seven weeks. This is the 8th week.
- Mary: Exactly. This is the part that we really get to breathe this in and go, "Wow! This is so awesome.|| Look what can happen in seven weeks.
- Caller: It is. It is so amazing. Can I share what happened today with my daughter?
- Mary: Absolutely. I would love that.
- Caller: It's so wonderful. This is something we both have been working on a long time. She calls it a big well in her heart, in her being. And 17 years ago, she decided to release a baby for adoption. And she came back into her life. They're just in process now and they're both processing and she sent through the adoption agency the journal that she kept while she was pregnant and after. And she called me today and told me that she made a copy of the journal so that I could read it all too. She was just talking about doing the processing and said it's a wonderful opportunity and it also feels like a big well of pain. And she was talking about it and then she started crying. And I said, honey, is it okay, I'm just feeling that I want to share with you some of the things that I've been learning about. And I brought up ho'oponopono and she said, "No, I didn't know

what that was.|| She said tell me about it, please. My intent was just to go through the four steps but what happened is I went ahead and we just were both sobbing together. I started with I'm sorry for the pain that you went through 17 years ago in deciding to do what you felt the most loving thing and to release Katelyn. And I'm sorry for my part. I felt like I did as loving as I could but I was also so traumatized by the loss. And so I was basically forgiving myself too because I felt like the floor had fallen out from underneath my feet at the time because that was the thing that I've been trying to process myself, not being wanted and planned. I said it was never going to happen to me. Well, it came with my grandchild instead.

And so then I went on with —I love you. I love you and I'm so proud of you that you were and are such a courageous woman that you did the most loving and most difficult thing for Katelyn. And you chose a loving, stable family for her. And I love you.|| And I went into that —I love myself|| for caring so much and for being able to fully support emotionally where she was at because we just said, —Sweetheart, whatever you do, it will best for you. You go inside of yourself and decide.|| And we just said we'll fully support you in what your decision is. And then it was, —Please forgive me|| and I even went into —please forgive me for being so traumatized that I basically just holed up even with friends.|| We were just so traumatized as a family. And it was so difficult for our entire family. So we talked about —please forgive me|| and I talked about with her —please forgive me for any of the feelings that you may have of not having been wanted because you were loved and wanted from the very beginning that we knew that you existed.|| And then —Thank you for being this strong woman and I'm just so proud of you and thank you for what is coming into our life and thank you that we're on such a similar path.|| She's been on a path with sound healing and studying with yogis I guess you would say. She's been to India. So has been helping me on my path and we just talked and did a lot of healing. And then before we hung up she did the same thing for me. She said, "You know, I'm really sorry that I wasn't able to process with you at the time. I just kind of walled off and I needed to tell you these things and to process and be more open with you.|| And she went through the entire process of ho'oponopono and it's like wow.

Mary: Wow!

Caller: The whole thing was so powerful and it was just all right there. And I just wanted to share that. And of course it wouldn't have been, if it wouldn't have been for this amazing, wonderful abundance journey that you have taken us along on and we're all on it together. So I just want to say thank you, thank you, thank you.

Mary: Thank you so much for sharing. The beauty in this is you did the homework. You did the work of really finding that place of vibrating in the energies and playing along.

Caller: Right.

Mary: And because you did—this is the part that's so profound for all of us because now I'm hearing how it's impacting others in your lives. And that is because now you get to show up completely empowered in just who you are, right. You get to just show up as who you are. Inspiration just flows, right. That divine inspiration of, oh my gosh, let me share this with you.

Caller: Yes.

Mary: And being present, the whole aspect was that you were present for her. And in turn, she became present for you. What a beautiful, beautiful—I mean I'm just so full inside.

Caller: I know.

Mary: I'm feeling the joy in that healing of your relationship.

Caller: Yes. It is amazing and it is truly miraculous and I truly do believe in miracles.

Mary: Absolutely. All is possible.

Caller: Yes.

Mary: Yes.

Caller: Right.

Mary: Thank you so much for sharing.

Caller: Okay. Thank you very much.

Mary: Thank you. Bye-bye.

Caller: And I love all of you.

Mary: Oh I love you too.

Jennifer: Okay, our next caller. You're on the air.

Caller: Hello.

Mary: Hello.

Caller: Hi. How are you?

Mary: Good, Caller.

Caller: Good. You know, I was in a really bad place. I have my own business and just the sectors that I'm involved in just kind of collapsed. And I was so anxious and panicked in a relationship I just ended. And I was in such a bad, anxious place when we began. I'd say that was 80% of the time is what I wrote that first week. And it took about three weeks and really starting to do the practice with loving in the morning. It was easy at first to do the loving. It was harder to do the receiving of the love. But a week or two later, that kicked in and really doing the prayers. And it's just something so shifted that all of a sudden instead of being so anxious, I was just happy all the time and smiling and laughing and singing wherever I was, and so much lighter. The work thing hadn't come around but I was getting little other things—my mortgage rate set lower and I got a call one morning—

Mary: Well, that's huge!

Caller: Yes. And I won the \$25 Trader Joe's free groceries that week for bringing in your own bag. They woke me with the call. And I just laughed all day long and I'm just feeling so great. But I still have this little bit of anxiety sitting there in my stomach. And because around the money, the actual job part and I just let it sit there. I wasn't making calls because I knew I had resistance. And I made a call a couple of weeks ago because I was curious about this program someone had. And a week later they called me back and said we'd like to talk to you. And things moved along and on Thursday I got this really cool piece of work that could be well over a hundred grand this year.

Mary: Wonderful.

Caller: It was like wow!

Mary: And you get to see that the work is actually being.

Caller: Yes.

Mary: Connected to yourself, just being. It really is. I know that sounds really simple.

Caller: No, I hear that because I was so graspy, I realized, in all of my work stuff lately. And what's really helped me the most in the last week and a half is the phrasing of —Wouldn't it be nice?|| and I really am playing with that. I feel how different

that energy is instead of I want, I need, I want, which was so what I was doing. So, yey!

Mary: Yes. Yey is right.

Caller: The biggest gift is just feeling so happy so much of the time, just in my car, walking around.

Mary: Yes, yes.

Caller: Happy!

Mary: And it's only been eight weeks. So consider what it would be like to continue.

Caller: Yes.

Mary: This is the part I get to share with all of you. Continue, continue the process. Continue listening to the audios. And each time you do, you're going to shift into a new awareness. There's so much information on the audios that you're going to hear it the next time going, —Oh my gosh, I didn't remember that. But now that makes sense.||

Caller: Yes. I've decided recently to say to myself over and over, —I'm rich!|| I'm looking at all my assets like you said, I mean I'm going, "Look at that, I'm rich! And I love this about my house. And I love everything.|| Anyway, thank you, Mary.

Mary: Yes and you know what? That's another really incredible aspect because when we're so stuck on something that's not working, we forget what's really around us that we have right in our purview, right. I mean because you obviously were realizing how incredibly blessed you were once you let go of it.

Caller: Yes.

Mary: Oh my gosh. Then you get to go, "My gosh, I am blessed!|| And in that being, you opened yourself up. Awesome.

Caller: Yes.

Mary: Congratulations! We're all excited!

Caller: Thank you very much for everything and everyone.

Mary: Thank you for sharing.

Jennifer: Thank you, Caller.

Caller: Thank you.

Jennifer: Okay, the next one. And now you're on the air.

Caller: Hello.

Jennifer: Hey there.

Caller: Hi. Oh, I can't believe I'm on the air. All right.

Mary: Hi Caller.

Caller: Hi. I just cannot believe the synchronicity of this whole eight weeks. Whatever topic came up, whatever person brought something to the table with a phone call was just like really what I needed to hear. And it is just so amazing to me this whole time. When I started on this, what I wrote the first time was that I was feeling awkward about my job and what's my purpose in life and why am I feeling like things aren't right. And of course the first message was find out what's right and that was perfect because it was easy for me to find that. Very quickly we were talking about abundance and I've written to you and it sort of skirted around it. My mother died in January and we had her memorial service just at the time this whole thing started. The whole legacy of my mother and her mother and my sister and her family is all about money and there not being enough money. We're fallen princes and princesses. And all my life, I've never bought it. All my life I kept saying, my abundance does not lie here, with this worry. But I was confronted with it while we were trying to look at my mother's things and decide. And it was like being around, I think I wrote and said I felt like I was dealing with a whole bunch of dragons that had their tails wrapped around jewels and skulls and coins and holding on to things that of course for some other person might represent abundance but it was like, oh, it doesn't have the feeling of abundance. It has this feeling of fear and worry and all this stuff. And so, then we've been working through all this stuff and the whole thing about the past and the future, and the folders of, you know. Then I was like, I don't need to drag the past into my future. I don't want to drag the past into the future. And my attitude about all these precious relics from this family of refugees. I can't believe the amount of silver that was dragged around for hundreds of years. To me it s like, oh my God, they were like balls and chains. But I understand now that for them it represented wealth and abundance but it doesn't translate now or it doesn't translate for me. Well, for me I'm not taking the past into my future; I'm not taking their past into my future. I have abundance around me all the time. And just this day, I started thinking about my work which is like my first reason for coming into this thing and I realized I feel like Johnny Depp on the Black Pearl. I'm just driving my own ship here and

having a really good time! I was all worried about this whole money stuff and the legacy of money and the worry of money and all this stuff and so many of the issues that people brought up just like oh, I would weep. I was just like with them the whole time when they were processing this stuff with you. Anyway it's been wonderful. What a wonderful trip.

Mary: Thank you for sharing that because that is the power of when we really just do the homework because obviously when you shift, everything lightens. Relationship lightens. Work lightens. The journey of life is an adventure. It's fun, right? It's delicious adventure. Yes, so fantastic.

Caller: Thanks a lot.

Mary: You are welcome and thank you for sharing.

Jennifer: Okay, so we have caller. You are on the air.

Caller: Oh, great. Oh my gosh. First of all I just want to say thank you. I dittoing everything that everybody has said. And just thank you. I wrote down in my journal this morning —Is this me?|| That's how different I feel. I mostly just feel the abundance of just a fullness of love. I feel filled up with love. And the exercises of the meditations and the quotes, just the positive affirmations that have—still I listen to them and I go, "Gosh, has that been there the whole time? I just hear it differently.|| One of the phrases pretty regularly differently and I went back and re-read. Yes, it's been there the whole time but I never heard it that way before. And this eight weeks literally it's been life changing for me and I just want to say thank you both from the time that I met you when you visited Hawaii. I'm so grateful. I do just feel richer and more abundant with my family and in my work and just fulfilled in the beauty and the richness of life. I guess the biggest piece is actually being more open and just allowing the flow to happen. No matter what it is, flow is happening and life is always changing and it's doesn't always have to be me being on top of the world.

Mary: Yes. I think we just lost her.

Mary: I think her cell phone disconnected her. But I wanted to mention, Jennifer, I don't know if you could tell the difference in her voice.

Jennifer: Oh my God, it's unbelievable. It's quite remarkable.

Mary: Yes. It's always so fun to really hear the difference of how when you're connected within, really how you start showing up really empowered and different. And it comes out in your voice.

Jennifer: There's a strength that adept in the voice. It's like it's connected to the diaphragm. That's what I usually notice.

Mary: Yes and I want to bring up the point, especially those that now are inspired to share with others like the first caller that talked about her daughter. It's what happens is when you're so connected and you're so authentic, the individual that you're with is all open because they see your authenticity.

Jennifer: Well, yes. And it's also the vibrational resonance in a way because that's the only way they can show up.

Mary: Well, that is a really good point. Thank you, Jennifer. Yes and so you're really in that way resonating with the higher essence of who they are is what you're saying.

Jennifer: Yes, absolutely. They raise to your vibration.

Mary: Yes. They get to connect to who they are .

Jennifer: Yes. I've had this experience over and over and over again where there are people that are very challenging in my life who I have completely altered the relationship with them. And I hear from other people that what I used to experience from them, they still experience all the time the kind of negative stuff. And I just simply don't. They just don't show up like that for me.

Mary: That is awesome. So thank you for sharing that. That's awesome.

Jennifer: Yes. Thank you, Caller. Sorry we lost you there. It looks like she's back. Hang on a sec. We can just finish up with her there. Are you there, Caller?

Caller: I am.

Jennifer: Okay, there she is.

Caller: Here I am. I just wanted to say this one last piece, can you hear me still?

Mary: Yes, we can hear you.

Caller: So the last thing, I went to the mailbox this morning and I got a letter in the mail that I won \$2.1 million and it was a piece of junk mail but I treated that as if—I was so grateful for that money. It was really fun to celebrate knowing that I was going to be on the call today.

Mary: That's lovely and we get to celebrate. That's really nice. That's a really fantastic energy.

Caller: It was really fun and I'll listen to the replay just to hear what you ladies were saying.

Mary: Yes, you will be so pleased when you hear it.

Jennifer: Thank you, Caller, honey.

Caller: Thank you, thank you. Blessings.

Jennifer: Okay, bye now.

Mary: Blessings to you too. Bye-bye.

Jennifer: Okay, we have caller. You are on the air.

Mary: Hi Caller.

Caller: Hello. Oh boy. I don't even know what to share. I mean, so much has changed. Mary, I shared with you that at the beginning of the class, the reasons I thought I was in the class, things were starting to go really well. And that all of a sudden my mother became extremely ill. She came down with not one but three life-threatening issues. And to fast forward, I mean she's an absolute miracle and she's alive. So that's the most abundant thing that I can think of. At one point they had to put her into a coma and I would whisper all the things from our course about her being a divine being of love and light. And shared that with her, and in her room. She's still recovering in her room and in her room is your poster. I just thank you so much for that. She's gotten to be a part of the class too.

Mary: How beautiful.

Caller: Yes. And everything is just getting -I mean the communication, I know that other callers have shared that too tonight but just the level of the communication that I've been experiencing with my father and my family through what was just a very challenging couple of weeks has been incredible. I have a six-year old son and the conversations that we're having now are completely different than the interaction that we had before. And with my husband everything is just so much richer. So I guess I came to the call or I came to the class thinking it was all about money. And I've just got more in touch with the depths of other riches and so many other riches that I have in my life and so many different levels and just feel so grateful.

Mary: Oh, thank you so much for sharing. And I'm glad that you got to share with everybody what you were doing and sharing with your mother.

Caller: Yes, yes.

Mary: That she's a divine, blessed being of love and light. She is a beautiful person.

Caller: Yes, she really is. And just so many people were praying for her and pulling for her. I got to be her daughter, people calling me, saying, "Your mother is just so special to me. And just taking that in and the beautiful woman that she is. That was incredible.

Mary: Blessings. This is so beautiful because you were so present for yourself, your family, your mother. What a testament. That's just amazing.

Caller: Yes.

Mary: Thank you so much for sharing.

Caller: Thank you for everything.

Mary: And congratulations for all the work you were doing of resonating to who you are. Isn't that exciting?

Caller: It is exciting! The word resonating, there's talk about this. It's the sixth time the word resonating has come up and since it's my new favorite word.

Mary: Absolutely.

Jennifer: Great word.

Mary: Yes, when you resonate with the higher energies, what happens to life in your life and who you are and, oh my gosh, it's like this abundance unfolds in many, many areas.

Caller: Yes. Thank you.

Mary: You're welcome.

Jennifer: Thank you.

Mary: Thank you so much for sharing.

Jennifer: How much more do you want to do or—

Mary: Well we have what? Two more? We could take the two more.

Jennifer: The two more? We've got unavailable. So everyone just say your name out loud into the phone who's raised your hand.

Mary: Hi Caller

Caller: Hi guys.

Mary: Hi.

Caller: Well, it has been just a remarkable seven weeks. Seven weeks ago, I wrote down that I was about 90% in resistance and frankly at the time the other 10 just didn't matter. I was unavailable. I was feeling really rejected almost all the time for like the previous 40 years.

Mary: Wow!

Caller: Lonely, just this low level of anxiety all the time—nail biting, nervous energy. And my hips have been aching for a month. And it's really neat now that I can realize that I wasn't actually being rejected by all those people in my life. I was unavailable so they were going someplace else to get their needs met. It wasn't personal which is just so cool to realize it because I have control over that. I can change my availability. Whereas, I was just rejected by everybody from the time I was just a little tot. So it was really neat to have that put in perspective for me by the universe by making my phone number unavailable.

Mary: That was quite interesting.

Caller: So, in the last few weeks, I feel great. My hips haven't ached in a couple of weeks at all, period, ever. We had the hawk come into our lives.

Mary: Oh yes.

Caller: And that was actually the last rejection thing that I felt. That really spurred it. It helped me to see that the rejection was just the unavailable thing. Because soon after he got to our house, he decided he liked my husband better. It was like, —Man, even the hawk liked somebody else better than me.|| And then I thought, —You know what? It's because Jay's there and he's available and I'm not available.|| And that was when I finally got that message.

Mary: That's fantastic. So you also got that it was just a limiting belief.

Caller: Yes. And he has flown away and come back a couple of times. We haven't seen him in a couple of days. But he kind of visits now and then. We find him in the garden now and then.

Mary: Beautiful.

Caller: Which is cool.

Mary: He knows that you are friends.

Caller: Yes. So when he gets hungry I guess he comes back for another chicken wing. I'm tracking down the anxieties. I'm using EFT to figure out where that came from and to resolve it.

Mary: Great.

Caller: I was EFT-ing like crazy. Last night I took my daughter to the county fair and she wanted to go on this huge ride that all the high school kids were coming off looking very disoriented and sick. But my seven-year-old had to go on this ride. She wouldn't want to go by herself so I had to go on it. And I'm EFT-ing like crazy. It's like, oh gosh, please don't let me puke in public. And she looks at me and goes, —Mom, stop tapping. You're driving me crazy.|| I had to do this or I'm just going to absolutely freak out here. And I got my anxiety down from about an eight to about a three.

Mary: Wonderful.

Caller: I could handle it. And when I got off the ride, even my husband said, "You actually look like you've had a good time. It was so high. We're in Kansas, right, and she goes, —I can see Alaska from here! My relationship with her has just gotten so much better over the last seven weeks. Instead of her calling me a stupid old woman and storming around the house and just being so vicious and mean to me, now she's actually really—we're getting along really well. I'm available now to her and we're actually getting along. I read to her a story about this really funny thing that happened with her a week ago. We were at dinner from my father-in-law's birthday and she came over and she was just furious with me. And she said, "I am so angry at you. And I looked at her and I just tapped her on the nose and I said, "You are a divine being of love and light and I love you very much. And she just walked out. She tried so hard not to laugh and not to smile! And she finally said, "Cut that out! And she stormed away. And I saw she went to the other end of the table and she told my Uncle John this story about the entire conversation, verbatim like three times in a row. She's like, "That just cracks me up.

Mary: Isn't that wonderful because she got that that's what you believe about her.

Caller: Yes, and I wouldn't have even thought of that except that you had told the story about your son and then telling other people, you're sharing stuff and I just looked at her and I've been trying for years to figure out how to snap her out of a temper tantrum. And it just popped into my head and I was like, "You are a divine being. She's like, "Wow! I'm a divine being!

Mary: Yes.

Caller: So, that was really cool.

Mary: Awesome. So many awesome things.

Caller: Yes! And the relationship with my husband is getting really much better than it's been. When our son died nine years ago, we pretty much just stopped having any relationship between the two of us that wasn't extremely angry. And we're actually getting along really well now and that's nice too.

Mary: That's wonderful.

Caller: So I would say now, about 70% of the time I'm in flow but what's unique about it is that probably 15% of the time I'm in actual bliss which is really nice.

Mary: That is so fabulous.

Caller: I came on for the money because we always had all these huge money issues but I got health and I got relationships and I got old issues. And actually today I asked for money that the company owes me that I had been told I shouldn't even ask because they would never give it to me. So today I said, " You know what? I'm going to ask and make them reject it on paper and see if they'll actually do that. And they probably won't. They'll probably go ahead and pay me the money they owe me which would be nice.

Mary: That would be fabulous. So what happens is that you continue the process that this becomes a way of life, right. Being it be exercises that we've done, brings our energy to that point of where we find those places of feeling really good and we hit those moments of bliss when we are connected within to who we are.

So, what happens though is this is literally everything that we have been doing this last eight weeks is the energy of abundance. So what happens is you will continue and as you continue, you're going to start seeing more and more things show up in gifts and celebrations of friends. I mean, it's going to start showing up more and more and it's going to then flow out into the financial arena too which most likely she's going to be able to receive the money that is due her. So, did you have anything to share, Jennifer?

Jennifer: No. that stuff feels really right. It looks like more is on its way.

Mary: Absolutely. In fact, all of us as we continue to do this, more and more is opened and more and more becomes available. I love that. That was the word that she

used which is it is more and more becomes available. More opportunities show up. And often it's those that we didn't even know were there.

Jennifer: Exactly. I have a quick one from the webcast. Let's see. She says, "The biggest gift I've gotten from our time together is how much the universe loves us. And that our job is to open up to receive that love. Thank you, Mary, Jennifer, and everyone on the call for helping hold the space for all this magical shifting.

And then another says, "The difference for me is feeling that I really am divine being of love and light. And I am starting to feel more trust in the universe and see myself and my knowing that I am love. It's not something that comes and goes, it just is. I also see that I feel that abundance is much wider and open than I have given it credit for. And just feeling the absolute joy of receiving that and living abundantly in all ways including when challenges happen as it just brings me back to me as love. It was also important the building of this course with the foundations which so helped me to build this resonance with love and abundance in a grounded way. Thanks so much for Mary, Jennifer and all the group. She does the XX. What's the—is X kisses or is O kisses anyway? She gives us some x's.

Mary: Love and kisses. Okay.

Jennifer: And we've got one more caller.

Mary: Yes, yes. Go ahead.

Jennifer: So you are on the air.

Caller: Hello.

Mary: Hello.

Caller: Hi guys. Hi! I just want to say thank you, thank you, thank you. And when I was listening to a lady who said her mom is in the hospital, it would seem that when we're doing this work, it would get a little bit easy but she reminded me it was okay that things sometimes might get a little bit more intense. I shared with you, Mary, that I had a niece that was paralyzed in Africa.

Mary: Yes.

Caller: And they finally had this week airlifted her out of Africa. And then we had another niece about two weeks ago, a little less than that, who is now in a medically-induced coma. And on top of that, my stepdaughter, they wanted to do electrical shock on her because she is so depressed over all this stuff that

happened to her as a child. And we just talked her out of, hopefully, doing the shock. We sent her a video with EFT and she was all enthused that she was going to go tell the doctor today that she wasn't going to do that. And she was going to work with EFT. And I'm sure it was the group that she just realized that all I want to do is love her. And I got to share with her what you said to me when you said, —I'm so sorry for all the pain that you had experienced.|| And you know this is my story. But I got to say it to her. And she emailed me back, —You know, I needed to hear that from you and I'm sorry that you know your mom has rejected you and all the pain that you went through.|| She went through sexual abuse and emotional abuse and physical abuse. But what I got was to look at the love. Even though I've been moving through all this stuff and even though I have a <inaudible> everyday and I do, I love that recording that you say—listen to this, I want you to hear it—I love you. And I took that and made like a mini recording and I'd listen to that almost every night when I'm sleeping because I need to hear that. And so, as I'm listening to that, I get to think of all the beautiful things I love. And so I even look at something really, really good is happening that I'm unable to explain. It's one of my little mantras. And something really, really good continues to happen that I'm unable to explain. And so, I have been really able to flip the table or even miss all of this stuff and get to share that love with my stepdaughter. And get to tell my sister when her daughter had to be put in a coma that I loved her and despite all the emotional stuff that we went through. And it has helped me even though we have certain things that may not look like so called abundance. I have an abundant outlook. I have an abundant feeling that I am moving forward. And I want to thank you and Jennifer for putting together this group. I want to thank the group for their commitment to us as in a group. And just being able to do this bi-weekly and to be able to know that there's support there. And this is what has helped me, the love that I hear that you give to all of us.

Mary: Yes.

Caller: It's all important. And it's unconditional love. I'm just like, "Whoa.|| I think about that during the week and it helps me. Thank you.

Mary: Oh, thank you so much for sharing. And I just want everybody in this moment to hold you and your niece and—actually, two nieces, is that right?

Caller: Two nieces and a stepdaughter.

Mary: Yes, and your stepdaughter. We just want to hold them in love right now and have them just really feel the permeating of that love.

Jennifer: And we see their divinity.

Mary: Yes.

Jennifer: And we see the love that they are clear as day.

Mary: Yes. And my heart is full knowing that you are such a bright and shining light to all those that are near you. Thank you so much for sharing.

Jennifer: Thank you, honey. Okay.

Mary: I'm so excited.

Okay. So I actually put together a PDF that I think is it on the—

It's called Identifying Limiting Beliefs and Empowering Counter Phrases. And so what I did is I took a sampling from many different individuals, so in other words, one of the limiting beliefs is —feeling not good enough||. So, one of the individuals that said their counter phrase was —I'm a beautiful being of love and light and I'm perfect just the way I am.|| And we can all feel that in this moment. It's like, "Yes.||

Jennifer: Yes. So you've all been asking for really good solid examples and Mary's created this document that you can download right now that is full of wonderful examples.

Mary: And so this will also give you kind of a template to start playing with really uncovering your own limiting beliefs that still might be there. One individual wrote, —I'm too old.|| I love that because so much of the time we feel like we're too young, we're too old, we're to this, we're to that. And her empowering counter phrase was, —I'm a divine being of limitless potential and I'm wise and open to new opportunities in my life.||

Jennifer: Limitless potential, cool.

Mary: And you could feel the power. I mean it cancels out —I'm old|| doesn't it? It cancels out the energy.

Jennifer: Like a long shot.

Mary: And so where I talked about the map of consciousness where —I'm old|| puts you in to those lower energies of —oh, there's something wrong.|| And yet that counter phrase actually cancels out that energy two opposing thoughts or two opposing energies cannot coexist—either one or the other does. So this is why the more you play with resonating to those Heart Thoughts and these Empowering Counter Phrases, it will change your life. I mean, that is absolutely 100% a given. And I think everybody can really see that as they've moved

through these last seven weeks. I mean, it's been amazing the shifts that have happened. So you will have that for your own to play with and look at and read. And again, play with the different awarenesses because it will definitely spark your thoughts in ways to create more counter phrases that really empower you. That's the key, right, to have that energy pop into those higher resonant numbers as we call the map of consciousness, the higher numbers that resonate with who we are. It's who we are, connected to our heart and it's who we are.

So, I had a few individuals that have struggled where they find themselves in those lower energies. And I want to speak again a little bit about what we shared about the last call which is where we really looked at that. And whenever you're in those lower energies where what I call it is the not-feel-good place. If you don't feel good, you resonated in those lower energies. You're not resonating to who you really are. So it's just an awareness. It's not that it's bad, it's an awareness, right. We find ourselves there. We all find ourselves there from time to time. And it's just that process of being aware of it and then either a counter phrase can take us up to those higher energies. Oftentimes, if you're stuck there, I want to really hone in on this as so important which I talked about last week which is forgiveness. It is amazing how much we either beat ourselves up or blame others or blame ourselves and beat somebody up. I mean, it's this propensity that we have that thinks that it's best to really look at what's not working. And in doing so, there is an energy that's set up of unforgiveness. And not that it's bad—I want you to really get this—it's not that it's bad, it's just that let's resonate at those higher energies. Let's resonate to really who you are, where you find that joy and that peace and that love that overflows. You can't get there if you're resonating in those lower energies.

So, it brought really clear to my awareness when the caller that talked about the little dog that passed. And we opened up this awareness of forgiveness for both sides, right, everybody involved. The part that really opened up for me is that when I realized that there was another piece that I got to forgive, I got to forgive the teenager, she was a teenager—she's probably 18—that hit my nephew accidentally in the car and killed him. And I got to find that new piece of forgiveness for her. And through the week, I got to see that she was traumatized by the event just as much. And my heart started going out to her, realizing what if that was my nephew that that had happened to and that he was dealing with a tremendous devastation at the fact that he had caused somebody's death.

So I got to take it to this whole other level of forgiveness. Forgiveness for me for holding on to it and not knowing that I did. Forgiveness for her, forgiveness for all involved.

There were many things that happened around that but that's the crux of it. It's when we find these openings, they bring life as we let them go, as we forgive. So one of things that is brought to mind, as I find those individuals that are really struggling with those energies of really feeling stuck is the fact that there's also a propensity to want to be right about the situation. And I think most of us have heard the old adage of —Do you want to be right or do you want to be happy? Do you want to be right or do you want to have peace? Do you want to be right or do you want to know what joy feels like?|| And so there's really an aspect of letting go where we think we're so right about a certain subject, idea, thing that happened to us, thing that happened to somebody else. And we really get to find that in there, there are areas and moments of forgiveness that can be found within that opportunity.

So I want to share in this moment about ho'oponopono and how that no matter what, we can always bring in that love and forgiveness through ho'oponopono. I want to share with it, in the respect that, we've had many individuals where we got to really use ho'oponopono. And which is, again, I'm sorry; please forgive me; thank you; I love you. And what happens in ho'oponopono—so I'm looking at those that are still struggling and/or if you find yourself there. And it's never about being wrong because that's never what I'm trying to share. It's almost like the awareness—oh, I'm here. Let's look at what will cause that shift to happen to move out of it, right, out of those lower energies. And so, in any moment, I'm going to see if there's something that can pull up the awareness of what might be a good way of really looking at how this works.

Say you're in a relationship within your family, okay. So it could be a child relationship, you as the mother and a child having a really tough time and antagonistic and angry. So I'm going to use that just because I—it could be a spouse, obviously, so it's the same way. So we'll look at a relationship. And so in that relationship this individual is not making your life very happy. So there's a little bit of overpowering or harsh words, unkind actions. And so what happens is in that we can get so stuck in that energy with those around us in our household if that's happening. And ho'oponopono is so beautiful in this. And that is as you identify with what you're feeling about the situation—so if you're feeling attacked or misunderstood, what happens is you get to have this moment. This is the self-identifying ho'oponopono. You get to identify where have I in the past been accusing or—I can't remember what I just said, so I'm so sorry—where you're feeling attacked and misunderstood. So where have I—I'm using it as me—where have I attacked somebody else in thought, in word, in deed and I too was not supportive of them? When did I do that?

So what happens in ho'oponopono is because we're so in the feeling at the moment—we're so in that feeling of hurt, we're so in that feeling of what it feels

like to be misunderstood and to be accused and it hurts. And so what happens as we identify and see within our own lives where we have done the same, we get to understand that the person whose hands who we had—in other words, we had a hand in how they felt the same way that hurt, that feeling rejected, that feeling misunderstood. All of those feelings that they actually felt the same way by our hand. And in that moment—I want you to feel that—in that moment our heart opens. Now we get it. Oh my gosh, I hurt somebody and I'm so sorry and please forgive me. And we get to open up that dialogue as it goes. But what I wanted to really bring out is as we see the same actions that we've done to somebody else, there's an opening of compassion that happens. And in that compassion that opens we're willing to forgive, ask forgiveness for ourselves and then we are able to extend forgiveness to the one that's in the situation right before us. And again, oftentimes, as we shift into those higher energies and we let it go and we find freedom from those plaguing thoughts—maybe that might the right way to word that—we actually find a liberation that begins to happen. And we feel freer and we feel more connected with who we are and then we pop into those higher vibrations.

So I just wanted to acknowledge that for those who are still struggling a little bit with things within your life at this time.

Okay. And always in remembrance, whenever you find yourself in a space of not feeling good, know that forgiveness is such a beautiful avenue back into those higher energies. And as Esther Hicks and Abraham, as she shares so much from his teaching is that you just find a place to feel better. Find that emotion that feels better, sometimes distracting yourself to another feel better place, is always good too. So, literally, you can just resonate with a thought that feels better or do something that feels better. So that is the appropriate thing to do also.

All right. So I wanted to go ahead and give an overview of what we did for the last seven weeks. And the reason I'm doing this is so that you actually really see that there's a foundation that we started to lay. And each layer of the foundation is so important, you can't have one of these foundations missing, I guess is probably the better way to word that.

So the first (week) one was feeling love. That was the exercise that I gave about feeling love in the morning and at night and I encourage you, let it be a daily life practice. It is the most fulfilling exercise because you become more and more connected to who you are as that being of love and light. And that built that foundation of self-worth. I want to catch that for just this moment. If you have any feelings of doubt or self-worth, this is the foundation of where you need to play full out. And I mean full out. The more you resonate with that energy and feeling of love within your body, the more you will start shifting and

it will be like you become lighter and lighter. This is the foundation. And it is self-worth equals those feelings of love energy. I mean, that's it in a nutshell. Self-worth equals those feelings of love energy. Yes, take that breath. I mean it's like, "Yes, absolutely.||

So week two, we did a lot of looking at what's right in this moment. And in that awareness, this is where we get broadened outside of ourselves into our surroundings and we start realizing and feeling that things are going to be okay. Like it's going to be okay. Things are going to be okay. Whatever's showing up is going to be okay because now we brought our awareness into what's right and we start seeing how what's right is everywhere. And it's that awareness that everything's going to be okay. And we get to take that deep breath as we do that. And it's like, hah.

And this is another really important foundational layer which is self-acceptance. This is where we get to really breathe that in and we go, "Yes, everything is going to be okay.|| And there's gratitude and compassion towards ourselves and towards others starts to also be developed in this because we get to start looking at everything that's what's right, even about individuals, even about our spouses, even about our children. Instead of seeing everything that wasn't working—my child is belligerent and they don't listen and all of a sudden you get to start seeing them, they're so beautiful and you remember who they are. And look at how lovely it is to spend time with them and you get to look at what's right with them. What's right starts to overflow. And like I said, that gratitude and compassion towards yourself and others starts really to take full bloom.

So then week three, we did a lot of identifying limiting beliefs and replacing them with empowering counter phrases. And in doing this—I want you to feel this—where all of a sudden, you start realizing that life is good. It's like this awareness that the universe is infinite and life is good. Everything about it is good. Instead of where the thoughts may have gone before which is there's not enough or it's never going to happen for me or I'm all alone. All of those limiting beliefs start being cancelled out as you practice those counter phrases and the awareness of what really is. And those of course are the main aspect of that is resonating with your heart and your heart thoughts of what really is. And in doing that, we start having this broader aspect outside of our home, outside of our surroundings into the world. And life itself, the world itself, life itself is good. And that's the self-identity into the world. You can see how you have to have this foundations to get to the point where now I know who I am and now I can be identified within the world and the world is safe and the world is abundant and the world is a blessing and all of the things that open up out into the world as we interact with the world. So it's that self-identified and being a part of the world.

So then week four, we went into more of the continuing of the counter phrases. And really the essence of good things are coming my way. I'm worthy to have good things come into my life. And you can feel how it's just like almost each layer just amps up the energy and the essence of where we vibrate. I mean, I assume all of you can feel that because I'm like, "Whoa, yes, good things are coming my way. I am worthy to have good things come into my life.||

So you can see how the self-identified within the world had to be there first before you could really breathe in the awareness that good things are coming your way and that you're worthy to have good things come into your life. I mean, it's our divine birthright and we get to feel it, know it, vibrate at it. I am so ecstatic in this moment because I have to stop vibrating right now. And in this aspect, we really get the essence that the world is safe. And I'm accepted in the world. You know this is where all of a sudden being safe to be seen, being aware of my gifts and knowing that my gifts are here to be a blessing to others and there's no fear attached to that. So this is where we really find this other layer, this other connective point. I'm worthy to have good things come into my life. The world is safe and good things are coming my way. The world is safe and I can be safe within the world as I share my gifts. That's all about abundance. It's all those foundational layers of abundance.

So then, we went into week five and we really talked about really understanding that at all times, the power of who we are is always in the present moment. In order to be connected to ourselves within to who we are, we need to be in the present moment. Right now, feel that connection and know that if my thoughts pull me into the future and I worry about the future, all of a sudden I'm disconnected from who I am. Because if I project that far into the future and worry about the future, I am not connected to who I am in that moment. And that's where I talked about looking at the future as this bright, unlimited possibility before us. If we're in the present moment connected to who we are, that's what we see. And that's where we really looked at, if there's any past ways of being or past things that have happened and they're in your future, take them out. It's like, "Oops! That doesn't belong there.|| Put it in the past. And clearing as you're connected within and you're seeing forward, knowing that at all times you can take whatever shows up that's the past and go, oh my gosh, that's the past. I get to put it in the past. I get to forgive myself. I get to forgive whoever else and move forward knowing that my future is unlimited with unlimited possibilities and life is good and life is going to show so many wonderful things. And it's like, I just get to watch. I get to watch this delicious adventure of life and see what unfolds. So it's that aspect that we have to be connected within to who we are in order to be in the present moment, the power of the present moment. And in that is where we see the unlimited possibility of

the future. Also, at the same time, if we are consumed with something of the past, I want you to just really feel that as you look at, oh my gosh, that happened or this is what I'm still going through because of the past, what happens is you then become disconnected from who you are. It's actually a disconnect point so that your—I'm wanting you to listen and be aware of it so that if you start feeling not good—right? it happens—you get to go, oh wow, okay, I just need to take a time to breathe and connect back to who I am and be in this present moment. And of course you can even further which is and see what's right, what's right in this moment. All of these exercises are the process of laying these foundations and at any point, just be aware that those are the foundations that you're going to do over and over again. If you're in a space where you are not feeling loved, you yourself can connect to who you are and love yourself. There is nothing greater than having that awareness within and it's that love that when you join with a partner is there fullness of love. Your partner will never be able to resonate that kind of love for you because you have to be connected inside to your love in order to feel the expansion of love. So many people think that if somebody loves me, I'll feel loved. That actually is not true. It's actually being connected to who you are and you resonating with that love that as people show up and love you, do you get to have that full expression of love and light and feel it in the depths of your being. It's really as you're connected to who you are as love is where you get to feel the expanses of love. And you also get to be aware that you don't need a partner to feel loved. It's just more of a beautiful expression. Love for each other is a beautiful expression of who we are and it brings fullness to our life.

So that was week five. And week five, again, is the world is infinitely abundant and as we resonate with that infinite abundance it's because we're connected within in the present moment.

And then of course week 6 which was really the fullness of the group that brought this forward and I'm just so blessed by everybody who have participated in this group. It has been a phenomenal group and that forgiveness, that incredible key of forgiveness was brought forth so deeply and strongly and I myself have really moved into more freedom because of it. There is so much gratitude in my heart for all of you.

And so week six was a lot of forgiveness, what it's about. Why we—why? All of that aspect of how to be willing to let go and not judge that judgment keeps us from really feeling and being connected to who we are. Anytime we're disconnected often there is judgment. And it's against others, it's against ourselves. But it's so important to forgive ourselves in every way and that, that was brought up so clearly also of really taking that time to forgive, love and honor ourselves in our journey, in our struggle, that we get to offer ourselves

that same forgiveness and love. And as we do, it pours out to others and we get to forgive them and love them that it really starts within.

So then, of course, week seven, we talked a lot about the map of consciousness which is David Hawkins' work. He spent a long time—I think the manuscript looked like it was about four feet high. I went to one of his live seminars and he showed us pictures of the manuscript. That man, he's just an amazing scholar that wanted to make sure that everything he brought into the consciousness of humanity was for the upliftment and empowerment to really find and be and live on those higher energies of love and joy. As he called it, just that awareness of —being|| when you're connected within. It's just a way of being. So that was incredible because we got to really see how those lower energies keep us stuck and how the higher vibrating energies that it's from being connected within to our heart that we really feel alive and full of life and joy. It's like that's where we want to be and that's where abundance is. That's where the flow of abundance encompasses those higher energies. In fact it's all through them in every vibrating energy within those higher energies.

Okay. So that is just an awareness of those foundational levels that need to be laid in order for abundance to be flowing and aware and that are—it's almost like our eyes need to have that new way of seeing in order for abundance to show up. And it's also that letting go, right? The more you hold on to it the more there's resistance and it causes things to not happen where we think it's going to make it happen. In actuality, it's the opposite. So we get to find that flow. And as we find that flow of abundance and we get to start really observing how that's showing up, then we get to again just watch what comes into our purview. What shows up? And, again, divine inspiration. It's amazing how many things start showing up and you'll start going, —Oh, I need to go check that out.|| Or —I need to call this individual.|| And by doing that, just by acting on that divine inspiration, things start showing up. And it's not by trying to get it there or working to get it there. It's literally let that letting go and being in the flow of those higher energies that you start, yeah, yeah, this is, this is right and this is powerful. And you start really getting this awareness that you get connected to your intuition. And when things come up you go, —Oh yeah, that feels good,|| and —You know what, that doesn't feel so good. I don't think I'm going that way.|| But it's this awareness that as things show up, you get to be more and more aware of the energy that shows up with it and you follow that which feels good. It's always a perfect barometer for that.

So I think that is mostly what I wanted to share as far as letting everybody know kind of why we did what we did. It's like this whole uncovering of how it all works together and why these foundations are so important. It so important to do the exercises and I love the fact that almost everybody that I've talked to

have said I listen almost every day to one of your audios, either the Heart Thoughts or the Heart Meditation and they are causing a difference in my life because you're vibrating at those higher energies. And the more you do that, the more you awaken within who you are, connecting to who you are. That's really just vibrating at those higher energies and connecting within your heart which is where this beautiful unfolding and all these ahas start happening. And they literally just kind of start happening and as some people said, it's almost like a light bulb went off and I don't even know when it happened but it just did. So that's vibrating with those higher energy.

So what I would like to do is if there's anybody that has a few questions, I'm going to open it up. So I'm going to go ahead and unmute a few people and we'll see what you want to share, ask or however it shows us. It's all perfect.

Caller: Hi Mary.

Mary: Hi Caller

Caller: How are you?

Mary: Really good.

Caller: Good. Two things. Just to kind of reiterate something that you had just said that I found to be extremely important is this past weekend, Jennifer spent some time with me doing body dialoguing on her channel and—

Mary: I was on that too.

Caller: Were you really?

Mary: I was.

Caller: I have to say that that was striking for me in a variety of ways that I really needed to understand some things and go through the process of ho'oponopono. And she made mention to me to do it every day and I have been doing that and it's powerful. And then you said something today too. You make a choice of whether you want to be right or whether you want to be happy and at peace. In some of the situation I'm in is that I have to write a letter to a person that I don't want to write a letter to—

Mary: Exactly.

Caller: I feel this energy that just makes me so sick. The whole process was to forgive this person and so I'm going through this over and over again to remember to forgive and that what I feel is right doesn't matter. Really, when it comes out to

it it doesn't matter and that the important thing is to handle the letter I guess with a lot of love even though this person wouldn't understand what was going on but for my own sake perhaps.

Mary: Yes. So I'm going to jump start right into something here

Caller: Okay.

Mary: I talked about it a little bit before but in this situation, Caller, I would actually go do it with doing ho'oponopono also. Go full out into —Wouldn't it be nice. . . ? So this is really far-fetched, right? Wouldn't it be nice if he received the letter and he was okay with it? And feel it

And wouldn't it be nice if he didn't fight me every step of the way? Wouldn't that be nice? And wouldn't it be nice if my energy wasn't all tangled in it? Oh, wouldn't that be nice? So you want to explore what all that looks like. It's the energy of it because that's what we're really looking at—the energy of it.

Caller: Right.

Mary: I don't know if I shared with this call or not, in this series but I had a situation with my mother, and I would come downstairs and she was really grumpy. She was really grumpy for a very long time. And for some reason—you know, I work with clients all the time and I tend to do so well, right. My energy is vibrating 90% lots of times. Feeling good. So even her not being that happy wasn't really bugging me as much until I realized what was happening. So what I got to find out is it was bugging me a lot, but I didn't think it was because I really am in those higher energies most of the time. So what happened is when I came downstairs and I'd say, —How are you?|| and she'd be —rrr. So that's the same kind of thing. You're dealing with somebody with really not fun energy. Yes?

Caller: Yes, that's correct.

Mary: Okay. So this is what I did. As I started and I did this morning and night and sometimes in between because I know the power of resonating to what we want. There is such power in this. So anybody in this situation that's not what you really want, I want you to take this in because this is going to be probably a life changing practice for you. So I got to imagine, well, what is it that I want to feel? I want to wake up and I want to feel so happy and wonderful and walk down the stairs so happy and go, —Hi, how are you?|| And she would say, —I'm fine!|| or —I'm good! I think it was I'm good. How did you sleep? Good! Which would not be the case, right? It would be like, it's terrible, it's horrible, it's rotten. Everything is rotten. Everything is terrible. Everything is rotten because she's dealing with her husband who has lost his full mobility. He's now a

quadriplegic, which I understand from her stand point at how frustrating and how hard it is to now be the provider. But I started resonating to, —Oh wouldn't it be nice. . .? Oh, it would be so nice. And I got to feel what it felt like for me, right? We feel the energy that that would feel like for us and I got to feel what it looked like for her to feel that way. So I got to resonate with both of those energies. Very, very important is that you find the feeling within yourself of what it feels like to feel good, and what it would feel like for them to—so for that individual, it would be that they're okay with it, that it's not a big deal, that they don't have a big hissy fit, right? But you want to find the energy of it being not a big deal. He might not go all the way and go, —It's a lovely day,|| right? But you get where I'm going with that. So the reason I'm saying this is because this was a very pivotal point for me when I got the dichotomy of what we do when we were not conscious at how we're vibrating. So what I got to do is I got to practice that morning and night. When I do something like that, I go, okay, I'm going to just do it until it happens. That's kind of the way I think. Because of everything that I've done, it's just like, oh, that's what I need to do. Okay. So I was just like, —Oh yes, okay. So I would lay in bed and feel love and then I'd feel like, okay, I'm going to go downstairs and it's going to be great, right? That's what I did, everyday for about five days. It wasn't that long. Five days was not that long.

Caller: That's not long, no.

Mary: So I walked downstairs and I'm like di ti di ti di—I'm feeling fantastic and I say, —How are you? And she goes, —Good!! And I about fell over. I literally almost was like—you see those cartoons where they just fall over? I was shocked. I expected it but I was shocked when it happened. It's that kind of a thing. And I said, —Did you sleep well last night? And she goes, —I did.

Caller: Oh, that's sweet

Mary: And from then on her energy literally became that.

Caller: Oh my.

Mary: So what I got to see in it was this: As I would walk down the stairs and I would start cringing. I did not realize it until I shifted how I came down the stairs. I actually was coming down the stairs going, okay, what's it going to be like today? And I started kind of where you grit myself a bit. Like, okay, bracing myself, what's it going to be today? And what I got to find out was I was part of the energy. Isn't that interesting?

Caller: Yes. That is really mind blowing. I understand how that happens because we do pick up each other's energy

Mary: So what happened is it took a couple days for her to get my energy coming down the stairs. Do you get that?

Caller: Right.

Mary: So then she started vibrating to feeling good.

Caller: I love it.

Mary: Yes. And she is literally most of the time that way, which has been now for months and months and months. But it's really pretty amazing that she's dealing with what she's dealing with and she's feeling pretty good

Caller: That is wonderful. I love it, I love it.

Mary: So what you get to do though is you get to really envision that over and over and over again how you would feel and know that, you know, feeling good, and wouldn't it be nice if he wasn't that upset? Wouldn't it be nice if it was no big deal? Wouldn't it be nice if he was kinder in his words? However that shows up for you, okay. That's the energy you play in. You play in both. Your energy, how you feel and how you're wanting to bless them really is what you're doing. You're wanting to bless them in this better feeling energy. Everybody wants to feel better.

Caller: Right. That makes a lot of sense. I just want to say, I don't receive a lot of support or help ever from my family. That usually doesn't come. And I had a woman that I worked with. We work in the same field. She lives in Florida, I'm in Ohio. I've never met her but I've known her for about a year and a half. And over the weekend she offered me quite a bit of money and she offered me an apartment that she had purchased if I ever need a place to come if things are bad for me. I've never had an offer like that before and I thought that it's such a beautiful blessing and—

Mary: I know because on the call you talked about like what am I going to do?

Caller: Yes. I'm still hoping that I can make things work out the way I would like them to But it was just a stunning thing for me because you always think your family will help you but there are those of us who don't have that kind of support. And to have that from a woman that I've not only met but I do love her dearly, she's a wonderful person.

Mary: And you get to know in this moment that the universe is incredibly supporting you.

Caller: That's exactly what I got from this.

Mary: Yes, feel that. That is the energy to take with you in your creation around your ex.

Caller: Okay, that's a very good point.

Mary: Because everything is going to be perfect.

Caller: That's a really good point.

Mary: And even if it doesn't look perfect I bet it's going to be perfect. I can tell you stories upon stories about that, that which I thought would have been the better thing to do actually turned out I can just go on and on about how hindsight is beautiful, right? Because you go, —Oh, look what I got. Look what showed up because of that. So I'll get to share a little bit of my situation. So this is actually quite interesting. The way that my divorce went, this was quite a few years ago and it was my husband's choice at the time because he didn't feel I was working hard enough for what he needed me to work for. And at the time I was devastated because I loved this man immensely. And yet I could not be working five jobs in one day. That's what I was pretty much required to do. And so I was devastated. And what happened then is that the income that I would normally be getting would not be because it came in equipment. So it was devastating, devastating, right? I had to create this income overnight.

Caller: Wow.

Mary: So at the time I thought that was the most horrible thing ever. What it did for me is where I am today.

Caller: My goodness.

Mary: Can you feel that in this moment?

Caller: Yes

Mary: He was a pivotal turning point for me to literally go out into the world. So we never know how it shows up. What we think it should be or how we think it should happen is not always what's best but I can guarantee you it is the best

Caller: It's perfect like you said it.

Mary: Yes. But often at hindsight that you get that, right?

Caller: Yes.

Mary: It's hindsight that you go, oh my gosh if I stayed with this individual I would never be doing what I'm doing today.

Caller: Right.

Mary: And as I get to see it it's affecting all of you in this incredibly powerful way and you are in turn flowing out love and joy and peace to all those around you. I mean its like this bellowing out effect. How great is that?

Caller: It's fantastic. Just even today, listening to the women that have spoken, I am so grateful for the women and the men on these— I'm so extremely grateful. Just the inspiration that all of them are, and the wonderful things that are said, the stories today that we listen to, all of them. I love you all so much, and I wish I knew everyone of you. You're just all so beautiful.

Mary: I know. Everybody. Well, I have to open up the lines at the very end so we can all say hello to each other and love each other. I think that would be a great idea

Caller: I think so too. This is such a beautiful course. I'm a really detailed person and the detail is beautiful here. It's just been wonderful.

Mary: Great. Well, thank you so much for sharing. I look forward to finding out what happens because I know its going to be good. Do you feel it?

Caller: Yes, in a way I can.

Mary: Yes, I could feel it. It's going to be good

Caller: Thanks.

Mary: You're welcome. Many blessings.

Caller: Thank you, Mary. You too.

Mary: Okay. So were going to go on to one more caller.

Caller: Hello?

Mary: Hello!

Mary: Hi Caller.

Caller: Well, I want to say hi to everybody in the group. It's been an amazing experience and I still feel like I'm still stuck on some .

Caller: I guess I feel like something is still holding me back and I haven't been able to figure out what that is

Mary: Okay. So in this moment, I'm going to say something to you and I want you to listen. Yes, you have been hurt quite a bit, is that right?

Caller: In the past.

Mary: I want you to just feel that for this moment. And because I am kind of checking in with you right now so this is more of a healing process right now.

Okay. So in this moment I just want to really talk to that hurt that you are experiencing and have experienced and I'm so sorry. I'm so sorry for how hurt you were. You were young. Did you have a lot of things happen when you were young?

Mary: What's the first thing that comes to mind when I say younger, young? You had hurt when you were young.

Caller: I think maybe just having a distracted mother.

Mary: Okay, so you felt really alone?

Mary: Okay.

Caller: The picture looks pretty but inside the box wasn't nice.

Mary: Yes. So are you able to do the exercises of resonating to love?

Caller: Uh-huh.

Mary: Good. When you do that, do you feel that love for yourself immensely?

Caller: I think it's something I'm still working on but I do feel it to some degree.

Mary: Great, wonderful. So just take in a deep breath in this moment. I just want you feel the love and support from everybody on the call for you right now as you take in this incredible leap of faith to say —I need help,|| and it's good.

Mary: Okay. Yes. So just in this moment I just want you to be aware that we are all just covering you and holding you in this beautiful space of love because that's who you are. And let me know if there's more of a—well, if you're aware of it. Maybe that's a better word. If you're aware of the—oh, what is the right word? Of feeling the support of the group.

Caller: Oh, definitely.

Mary: Yes.

Caller: Thank you, everybody.

Mary: So what I want, you just kind of, in that deep breath, just expand into the love of this group and the awareness of everybody here in support of you.

Caller: Big ocean.

Mary: Yes, it feels like there is such a need to resonate and feel that energy that feels like most likely that's where a lot of what's really needing to bring you to that next level is just feeling this immense energy of love of the group for you. Yes? Like can you feel all the hands?

Caller: Oh yes. I feel like I'm wearing a little shawl.

Mary: Yes. That's the energy that you want to vibrate in and resonate to and remember, even if you take just a snippet of this call and listen to it again and go, oh yeah, I remember that. This is the energy that will actually start helping you through where that stuckness has been. Can you feel that?

Caller: Uh-huh.

Mary: Yes.

Caller: It feels good.

Mary: Yes. So thank you very much.

Caller: Thank you.

All right. So let's see. The next caller.

Caller: Hi Mary. Mary: Hi Caller!

Caller: So I just wanted again to say thank you so much and I so do feel so much freer and thank you to the whole group. I just in that little piece that you were sharing with us as far as do you feel the whole group, it's so expansive and supportive and I so appreciate just the richness of every single call and every single person.

Mary: Okay

Caller: <inaudible> just let you know that. And just thank you, thank you again. I have a brief story that you reminded me of that happened last week but it seems like it was—the picture seemed like one thing but the message was so, so completely different. It was such a huge aha that—

Caller: Yes let's try it. So what appeared to be a holding of—my daughter's father has a family farm and the flowers were so abundant in the last eight weeks, it was just incredible. But they weren't getting cut and I was so sad because I realized I really am a flower and I was taking it personally. I had an opportunity to go and

to get my daughter and driving away, keeping my mouth closed but just feeling the sadness. I was just really feeling my feelings and then exercise of taking the story apart from the emotions and just honoring the emotion. I ended up just going through this huge fireless sadness and pain and anger that had nothing to do with the flowers and whether I got to have some or not and who was saying what about these flowers. And then I was driving up the hill after I just was being real with my daughter in the car and we were just having this beautiful moment and it just dawned on me that my gift, the flowers inside of me, how sad it is and feels for me to not share my gifts out into the world. What a picture. It was just like, thank you for that whole thing that seemed to be such an icky twisted piece, but I ended up having such compassion for all the players in such gratitude for all the people that have that just held the space for me to say, you are a beautiful being of light and when you hold back, the light isn't as bright and there is sadness in the world that—it was I just had such gratitude for that whole story. And it was a huge bliss of abundance and it has just unfolded from that day. It's just been this envelope opening and opening just because it brought so much awareness to how events in our lives appear to look one way but really, when we just stop and say thank you to the whole thing that it's the opportunity to really see and experience the larger picture every single time.

Mary: Yes and you got at such a deep level those beautiful flowers and gifts that you have that are so overjoyed and a blessing as you give them. So that is beautiful and all of us can like drink that in and go yeah.

Caller: And I'd so appreciate your part and your heart and this whole unfolding. It just has been such an incredible gift and I look forward to just continuing on this journey with the process and to thank you again. Thank you, thank you.

Mary: Oh, you're so welcome. It's so exciting and so fun. I love this adventure. I love it.

Caller: Thank you, Thank you.

Mary: Okay, perfect. So what I would like to do is I'm going to open up the lines.
But everybody has the opportunity to say hello and send love to each other because I think it's so important to do that. So I'm going kind of un—everybody is unmuted!

Caller: Mary, can I say one thing to the woman who was stuck?

Mary: Yes, if she's still there.

Caller:: I'm still here.

Mary: Oh, she's still there. Hold on just a second.

Caller: I'm here.

Caller: Honey, I just need you to know from all of the mothers who are unavailable I never knew that you could tell that my heart wasn't always behind words that I could say I love you but I couldn't always feel it and it wasn't because you weren't wonderful. You deserve to be seen as who you are in your full brilliance, not having to try to fit your brilliance into my little frame. And I'm sorry that you didn't feel all the love that I felt for you because I just was so caught up in my own crap that I wasn't available for you to make you feel how wonderful and special you were when you were a child. I hope that you can forgive me. I'm so sorry. I do love you so much and thank you so much for being the wonderful person you are. And I just wish the best for you. I hope you know how much you really were loved even if we couldn't express it and because of our own past. It has nothing to do with you. You were magnificent.

Mary: Thank you so much. I am overjoyed at how everyone is—their heart has opened as your soul showed us and able to share love and that you get it at that deep level. Thank you. Thank you so much.

Caller: If you want to speak to the individual who just shared her love with you. I am going to open this line to see if it is you. Is this you?

Caller: Hi.

Mary: Hi, caller.

Caller: That was beautiful. Thank you.

Mary: Yes. Thank you. Thank you for sharing that. Yes, it was beautiful.

Caller: I really appreciate that.

Mary: Oh, thank you so much for sharing. So what I will do is I will continue to take questions and I'll give answers. So did you want to say anything else, Caller?

Caller: I just want to thank the other caller...

It really touched my heart and I want to thank everybody in the group that was sending out love that was felt.

Mary: Yes, thank you so much. And yes, you get how much you're loved.

Caller: Definitely.

Mary: You're loved so much by all of us.

Caller: It can't get any better than that.

Mary: So thank you. All right. Bye-bye. Okay, the next caller.

Caller: Hey everybody.

Mary: Hi Caller.

Caller: My heart is so overflowing with love and gratitude. Some of you may remember I'm the one who was taking care of my dear friend's little poodle. And my best friend said you ought to write an article called —Lessons from a Little Poodle Called Noodle|| because my life has so changed from that experience. And there's been so much growth and I know I just can't tell you all how much having you there has meant to me, through all these weeks, how much my life has changed and how grateful my friend Chuck from the love and the prayers that went out to him. And he said to tell you all thank you so much. His heart is healing. He has been so kind and so forgiving. I have learned to accept forgiveness for myself and I never knew I could do. When that happened I felt like I'll never be able to live with myself and it goes of course it's a trigger back with so many things from the past that I have not been able to forgive myself for that I didn't even realize were holding me back. And so she's my little angel and she has come and visited me a number of times to show herself to be so full of joy and so full of life and youth and happy with her grandma and grandpa were there with her and Chuck's parents. I don't think I could have gotten through this experience without all of you and this whole amazing group. I just want to tell you all how incredible you are. I had never felt such immense palpable energy of such beautiful people ever in my life. Thank you all so much from the bottom of my heart to each one of you for making this huge difference for me and my friend Chuck and for all the people in my life that I shared this experience with. Thank you, Mary. Thank you, Jennifer. Thank you to each and every person.

Mary: Thank you so much for sharing that. Oh, thank you, thank you, thank you. And yes, she has made a huge impact in my life in forgiving. So, thank you. Beautiful. Thank you.

Caller: Thank you.

Mary: So what I'm going to do in this moment is I have two other callers that are here that I will definitely get to but I want to open up the lines again and just everybody gets to say hi, we love each other

That was beautiful. Thank you.

Oh, that was just so lovely I had to do that again. And I'm so glad I did because that was awesome. Hearing everybody's voice and love and oh, it was just beautiful. Okay, our next caller.

Caller: Hi.

Mary: Hi, Caller.

Caller: First of all. What the other caller did with regards to the unavailable mom was—I was weeping, I was just weeping. It's like I needed to hear that. So amazing. Just amazing. And so I'm so grateful. A question I have and I sort of feel like it's anti climactic at this point in the call. I emailed you and I asked about what the role of worrying is. I'm a big worrier. I think it's needing to have something under control or that I'm going to make a mistake or something. I've been fairly free of worry during this process, this program actually.

Mary: Good.

Caller: Really good. But I actually don't understand the key to stopping it.

Mary: Okay. So worry is obviously an energy that says—I'm going to say this kind of bluntly ,right.

Caller Yes, go ahead.

Mary: I can't trust the universe; I have to do it on my own.

Caller: On my own, that's it.

Mary: So if you have —I can't trust the universe|| and —I'm going to do it on my own|| is that what you want to resonate at? So, really, it's as simple as saying I'm going to choose an empowering counter phrase which is —I can trust and know that everything is in divine timing.|| You see what I'm saying?

Caller: Yes.

Mary: So I shared on one of the calls, this was 15+ years ago that I was in this propensity of prayer to get help from the divine and three words came to me. Do you remember hearing that?

Caller: No, sorry. No, I don't remember.

Mary: Okay, so I'm going to share it because this is obviously perfect to do so. There were three words that I got. I knew that if I did it, it would help. And so as I said earlier I got it and I'm like, okay, I'm going to do it and I didn't even think far enough in advance. I was just going to do it until I didn't have to do it anymore is kind of what I thought. I mean just I'm going to do it. The words were no worries, forgiveness and gratitude. I thought at the time it was a scripture but I've looked and I can't find it as a scripture. I pretty much knew the bible backwards and forwards at the time. But it was just this knowing. It's like it was what I got. I knew I needed to do that. So in my life at the time, I was incredibly worried like my life was one big worry ball and one big ball of unforgiveness. That was my life. My life was pretty horrible at the time. I was miserable. I used to tell people I feel like I'm dying inside. I always shared that with a few people. I said I know it sounds really weird but I feel like I'm dying inside. That's what it felt. Because I'm so highly intuitive. But I knew I had to get out of this what I call the ditch of whatever it was.

Caller: I understand. I've been there.

Mary: So those three words, okay. So what I did is I literally challenged every thought that came into my mind. We think our thoughts have power over us. And they don't! That's what I got to find out. That's why I go it's just a thought. It's like it doesn't carry this truth, because it's a thought therefore it's true. We sort of think that for some reason. I know I did. Because we think that that person was mean to us, therefore they were mean to us. We think the thought therefore we believe it's true. In reality, it's just a thought. So what happened in the process? I'm saying because that's how I really got to the crux of what I was doing with my own thinking. So as a thought came in which was about my husband at the time and I'd be normally really mad and really upset at him and I go, okay, I'm going to let it go. That was my way of forgiving is just letting it go. I'm going to forgive and I'm going to let it go. And then of course another thought came in about what he was doing which was that I began to worry. So I go, okay, I'm not going to worry. And I literally would take it and go, I'm not going to think about it. And what I would do in the worry aspect is I go, okay, God, you've helped me so far. Like I thought I would have been homeless five years ago and it hasn't happened so I got to trust. There's a little bit of history that I could say, okay, it hasn't happened yet which I thought it would've. I can rest and go, okay, I'm going to be okay. I know that I'm going to be okay in whatever happens. Do you get that a little bit?

Caller: Yes.

Mary: So I literally challenge every thought that came into my mind. And most of the time I was driving so this is why I'm so anchored in my car. I get in my car and

I kind go, I have to meditate because I just do in my car because I spend so much time in my car because I had three children that I was driving everywhere—to school, to practices, to this, to that. So I was in the car a lot. Which is where the thoughts kind of go crazy. I mean I'd be doing things like I would have said this and if he had said that I would have done this. I mean I have this whole conversation going on in my head that I didn't even realize I was doing until the day I noticed it stopped. I guess that's the way I would put it. So I literally challenged every thought that came in because I could feel if I was worried or if I was unforgiving and I would take it and I'd say, okay, I'm letting that thought go. I didn't realize that's what I was doing. This is way before Wayne Dyer and Byron Katie—

Caller: I was going to say like Byron Katie.

Mary: Way before that, right? I just got the fact that it was a thought and I can let it go. It didn't mean it was true; I get to let it go. Okay, I'm letting it go. And the more I did that, then I started really looking at the gratitude and I'm like, oh my gosh, I have these wonderful kids. And I have a car to drive and I have a home and I have rose bushes that I love. This is where I got —what was right|| is because I started looking at it and going, oh my gosh, look at the beautiful things and what's around me, about me that I could not see because I was so worried and I had so much unforgiveness. I could not see a thing. I thought my life was down the crapper. And I got to find out it was just the opposite. Oh my gosh, I had this wonderful full life. And the biggest aha came about I would say six weeks, it was about six weeks or so when I was driving down the freeway and I was looking at the sky going, —The sky is so beautiful. It's blue and there's a little cloud.|| I'm like, —Gorgeous.|| And all of a sudden it hit me. I had no thoughts in my head except for what was beautiful. I mean literally I had no thoughts going through my head. That's how I realized I used to carry on this banter in my head. What does that do? That keeps us disconnected from who we really are.

Caller: Absolutely. That's what it feels like. It's terrible.

Mary: Yes. And the reality is it's literally—get this—justified. So you actually get to let go of the thought that you need to control. Because what you're saying—I'm going to say it again because I want you to hear it—that you can't trust the universe. And I want you to get how that's so not true. In fact when you trust the universe, oh my gosh, it's almost like it just becomes unfolding. It's like really? Yes, let me show you more. Oh my gosh. I got goose bumps. And then let me show you more. Oh my gosh, that's what it's like.

Caller: Yes. I have moments I can trust the universe. I actually think the universe is a wonderful place and I also get great comfort from skies, clouds and stuff. It takes me right out of myself. It's perfect, right?

Mary: Yes. So you want to come up with a really good counter phrase. That when you go into those moments of worry, literally, this is where you have a prescription that you then say because you cannot hold two opposing thoughts at the same time. Guaranteed. You know that?

Caller: Yes.

Mary: Perfect. So you get to know that it's just a thought. So what you want to do is resonate to who you are, right? So the energy of worry is in the lower vibrating energies so the pop up into the higher vibration of who you are, what would be a counter phrase that would be perfect for you?

Caller: Oh gosh. I just love so many of the ones that we've been using. I like the —I am worthy of good things|| and I also love —This is a divine, perfect, infinitely abundant day.|| That's a good one.

Mary: Great. And what you can do is when you download the PDF, the title at the top of the page is Creating a New Language, new inner dialogue with yourself, identifying limiting beliefs and looking at empowering counter phrases. Look through them. Find the ones that really resonate to you. Some of them are just beautiful. Let me see if I can find one. —God is melting away my insecurities. I am strengthened by his love and light that flows through me. I'm ready to shine. God is transforming my old limiting beliefs into wondrous, unlimited miracles.|| Isn't that beautiful?

Caller: That's in the list, right?

Mary: Yes, it's one of them. There is another one of being in the ocean of love and abundance. I mean that's just beautiful. So I just absolutely love everybody that shared and of course I couldn't put them all in. But look at them and find—because what happens is it sparks something within you and you go, I get the energy of it. That's right. So worry literally is a thought. I want you to get that. It's just a thought. It's just an old belief that causes you to resonate in the lower energies. Do you want to resonate there?

Caller: No.

Mary: Yes. So really kind of get that. Literally that's all I did is I stopped the thought. So at first when I started doing it, it felt like a plethora of thoughts because I'd forgive and then right then I'd have another one and then right then I'd have

another one but I literally like battled this thing like no, I'm letting it go. I mean if somebody heard me in my thoughts Iud be saying that. I'm letting it go. And then I'd go into gratitude for whatever I could see. It's like looking at what's right. And what happened is it became fewer and fewer. The thoughts became fewer and fewer. Like each week there were fewer thoughts that were bombarding me. They still bombarded me because of the situation I was in. But what I got was in six weeks I found I had a totally new way of being.

Caller: Wow. I feel it's already beginning with this course with me. There are things to say to calm myself down.

Mary: Yes. What you'll want to do is literally let it be a mantra. And for you especially, I want you to resonate to this. I want you to feel this as I say it. I want you to feel the fact that you are worthy to have good things come into your life. I'm worthy to have good things come into my life. I want you to feel the worthiness. And it literally is because it's your divine birthright. If there's actually the essence within you to resonate to that.

Caller: Yes, it's easy to feel.

Mary: That's the energy in which you—if a worry comes up, that's where you go. Like you know what? I'm worthy to have good things come into my life. I can trust that the universe is divine, blessed, and infinitely abundant, however the words work for you, but let it become a mantra for you.

Caller: Thank you.

Mary: You're welcome.

Caller: Thank you so very much.

Mary: You're welcome and thank you so much because that was a perfect spur for some information. I love that.

Caller: Thanks.

Mary: You're welcome. Okay, so the next one.

Mary: Hi Caller.

Caller: I have to say that the unavailable, when she did the unconditional love from the mother, I felt like my little girl was dancing around the room skipping and jumping and saying, —Yes, I know I was magnificent. I knew it! I knew it!||

Mary: Yes, we all got to feel that. And so thank you again for doing that.

Caller: So thank you because that was just—when you talked about how we actually resonate to the truth, that's what that was for me. It was like, oh my god, to have somebody actually say it, name it, and then be able to just resonate to the truth of it.

Mary: Yes, awesome.

Caller: Yes, really powerful. Really powerful stuff.

Mary: Thank you so much for sharing because we all get to feel that again.

Caller: And <inaudible> to continue to unfold in incredible wonder and delight. So thank you for everything.

Mary: You are welcome. We love having everyone on the call. Thank you for sharing.

Caller: Thank you.

Mary: Well, thank you so much for sharing. I'm going to open up the lines one more time so we can all say how much we love each other. This is exciting. So I'm going to unmute the line and everybody get to say I love—

Thank you so much everyone.