

We're just getting started, so here we are. I was thinking we were on class seven and we only had two more classes, and there were some things I wanted to do tonight that I didn't know if I'd be able to do because I was feeling kind of crunched for time. But, no, this is class six. I. I can breathe. And because it's class six, you can breathe and just be present here with whatever else has been going on in your life today or this week. You're here, and we're here on the sacred ground of sovereignty, cocooned within the sixfold cocoon to help our work be invisible in order to be safe, if necessary, for you to be held in clear connection to your divine guides and.

Teachers and plan for life.

Within a shield that those who have passed on looking for help, if they find your field, there's not a disruption for you.

But they get blessed and get moved where they need to be. You're in a field in which there.

Is a hazmat suit around you.

So.

That any toxicity just doesn't come into your space.

You are totally cocooned.

You are also within a circle of.

Guardianship with the Sophia collective sisters who have your voice that says, no, anything you want to build, grand and lovely and amazing, is not seen by outsiders who in the past have either co opted the work or crashed the work. And in addition, we have that extinction shield way out, way beyond you, but includes

you, in which outsiders are now, if they wander close, are moved into the protocol of the extinction, back to their dust of light, back to their beginning. So we meet in that sacred place, on a platform form prepared for us in that fourth world beyond earth. So although your body sits very solidly on the planet, rooted to Gaia, your soul, Gaia, blessing you, extends above your home, above the trees, into that field that is clear, connected to more than you can even comprehend, feeding you there, guiding you there. I'm so grateful to be with you in this journey. In this day, our circle is set for this work of being on the galactic landscape, applying the information from the ancient ones in what we call the tag system for healing and education, so that we play a whole different game from a whole different perspective.

A world beyond this world. So I welcome you tonight. Know there are blessings here for all of us, and from us radiating out to all that we care about. With that, our circle is set. Let's take a breath and bring your conscious attention here to the circle. Knowing you are connected to Gaia, you are connected to the divine present. In this moment. And so it is.

So let's place ourselves into the circle. In a lot of the sacred ground circles we put into the circle those that we want to be held and blessed. And we're going to do that tonight. The way we do that is just by number or by name. I want to place 46 people, for example. I want them to be blessed and healed, et cetera. I place them in the circle. I'm here. I'm in Tulsa, Oklahoma right now. I was going to say would be no, still in Tulsa, Oklahoma. Tired. It's been a big day, but I did get home. I did not have to start this class in the car. So I'm grateful for that. So with that, I'm going to pass to Andrea. And as we tag around, you tag the next person and we'll each mute and unmute as you go along. So, Andrea, I'm passing to.

Oh, right. I would love to place into the circle my dear friend Jennifer R. And all the people I love. But for sure she gives an extra TLC and call in for San Francisco. There might be a point where I go offline for a second and then I'll be

back on my laptop. Great to see you and be with you all today. And I'm going to tag Arlene.

Hi, I'm Arlene. I'm in New Zealand. I want to bring in twelve people today. And I will pass on to Teresa. I am on woodby and I didn't have a chance to count. So I'm going to trust that by saying all the people that I love and connected to, I want to place in the circle that will be known who those people are, including myself, because I love myself. And I will pass to Janelle.

Hi, everyone. I am on the big island and I just was able to move my seat so that I can see the ocean and be in the shade. So I am loving it. Right. Am placing. I'm going to just say some names and groups. I'm placing my partner, ace. I'm placing my best friend, Jasmine. I'm placing all of the people in my power of eight group, all of the women in my women within group here in Hawaii and my birth family and all of those that are generationally connected, as well as those that just walk with me in love. And I will pass to Pat.

See if I can. So I did it and I undid it. Okay, here we go. So I want to include all my friends near me, all my friends everywhere, and all my friends in my family.

Who've departed that I love.

And I want to pass to Sharon.

Hi, everyone. Thanks, Pat. I am in Boulder, Colorado, on a beautiful, sunny day, and I'd like to put four people into the circle today in progress, dog. And that's all we're doing, is putting people in the circle. Thank you. And I'll pass to Julie. Hi, I'm Julie Mason. Can you hear me?

Yes.

Oh, ok. I'm Julie Mason from Salt Lake City, Utah. It's kind of a windy day here today, but the skiing was great. So I'd like to place twelve people into the circle and I'll pass to. Oh, I think we got everybody, didn't we?

We have everybody. Yeah.

I think Jennifer's going to be on mute.

So when we place these individuals and.

Situations into the hands of divine good in a field that's created, intentionally created by us and for us by those teams beyond our earth, to hold these individuals and situations in a healing model, to dissolve what seems impossible and open doors where there were none before, so we place them in that situation, blessing them ongoingly. And so it is.

Okay. So we had some things, some questions come up. Pat had some questions. Janelle had some input that you got. So I want to open up the field for questions and in feedback or what. Where do you feel stuck? Where are you confused? Where are you? Not sure. Just anything you want to bring into this main group. But also then we're going to go into small groups and get even a little bit more where you can talk to each other and bring up what might still be unclear. So to start with, first of all, just let's take two or three. Let's see. Pat, you remember the question you messaged me?

I do, yeah. One of the things I wanted to learn, and I did go back and read the information you sent and thank you very much. And you have told me that I have a choice in the agreement that I made before I came that's listed in the Akashic records. I hadn't gotten the information that you gave me, but I had gotten the information that someone else had gotten the information and had lined up an agreement for us to meet at that time. So I'm thinking, well, gee, I'm like, what do I do? I feel like I need to finish the work I can finish while I'm here. And there's so

much to do and it's piling in right now. It's just piling in. And unfortunately, some of the awful things have been resolved. So I'm pretty much in a place where I can put my energy forward and with doing very little, it's just piling in. So I need to clean up. I feel like my agreements, and I don't really. I mean, if it were just myself, that would be one thing. But I feel like here I've made an agreement with someone else and I don't know how to communicate or how to fix that.

That's my issue.

I think that's a very good question. I'm just getting my notebook here so I can make my own notes. So let's talk about the principle of what we're seeing. Akashic records, contracts with others. What do we do about that? So I'm going to go back to birth plan. Each of you at a soul level, each of us at a soul level in that 7th world, which is before earth because earth is the 8th world. Okay, so earth is the 8th world. And so the world 765432 and one are all in the galactic Milky Way arena. In the 7th world, as a soul is deciding to incarnate. We as a soul make plans because we are in charge of our design. This is not a God world in our galactic experience. In other worlds, it is all collaborative. It is mass group consciousness. We are working together collaboratively. We are not hierarchical. We are collaborative families. The only place that hierarchy or God comes into play is with outsiders because they bring in the idea of domination. I'm in charge. That is not divine family. So you as a soul have volunteered to come onto this earth experience in order to accomplish a bigger mission.

And that is freeing the families from the outsiders. You volunteer. This is not hoisted upon you. You are a volunteer. Always have been a volunteer. There's only maybe like 10% of our total family souls who volunteered. The rest are helping us. In those other worlds, they're helping us. Of course, we haven't been taught that. So you are ready to come and incarnate in this lifetime now, Teresa just got back from St. Louis. Teresa, how long did it take you to pack and prepare to leave wouldby island to go to St. Louis? How long did you take to do that?

That's a good question. My list started probably a couple of weeks before I left to try and get everything in place. So I don't know. It was a process, but I don't know how long because I like to plan and do it in little increments, but it was substantial to try and kind of figure out everything, not only while I was there, but then just take care of the things I usually take care of.

Yeah, yeah. And that was just going to St. Louis.

That was just going to Louis.

Oh, can you imagine? Do you think that you as a soul just one day showed up in this baby suit unprepared for this mission, for this journey? That is ludicrous to think that my perspective. We are intelligent, greatly intelligent. We are highly creative. We seek and we have help. So in that 7th world, okay, I can see that I want to come in and I want to do some stuff. On the earth mission, you called together allies, friends whom you trusted and they become what I call the causal team. It was like control central. They are there helping you plan, think ahead. What I want to accomplish, what will I need? Who am I going to interact with? They absolutely helped you build your plan, refine the plan, evaluate the plan. The causal team was there with you. They're your trusted allies. Because energy on this planet is so corrupted and so toxic and there's so much needing to be done. We as souls know that in a physical body, with the ability of the physical body and the laws of the earth we can correct energy. We can read frequencies that are all imbalanced and out of whack and you're not enough and who cares?

And all those frequency songs in the physical body, we take that and we bring harmony. We bring harmony so we can correct the garbage that's been left behind not just by us but by others. So in your birth plan, you had an overall, this is what I want to achieve in this lifetime, an overall possibility. These are the skills and tools, I think, that will help me. Because let's say you have 1000 skills and abilities. You don't need 1000. That would be maybe overwhelming in a physical life. But here's 20. So here's the plans, here's the skills that I'm going to

accomplish. Who is it of those people I've been involved with that I want to complete something? Maybe it's a relationship that he or she died young and you want to not die this lifetime. They want to let that relationship become something different. You want to continue and heal or you want to continue and expand. Contracts are made soul to soul. I have very rarely found where there isn't contracts between parents and children and even siblings to siblings. Not always, but there's a lot of contracts that says, this is the family and they're soul contracts.

Okay? In addition, we've talked before. You bring in negative patterns, negative songs. Some are yours. Some are families, some are female psyche, some are male psyche, some are human psyche. You bring in, at your choice negative patterns in order to transform them so it's not safe to be female. I'm not enough. No one cares. I'm invisible. No one sees me, et cetera. You see, you bring in, by your choice, a group of what I call negative karma. And it's not all yours. We're here on a mission where we're blessing everybody, we're lifting everybody. So let's talk about the contracts in the negative karma region. Okay. The negative karma region has stories that you are willing to play out, be part of in order to heal them. You have relationships you want to continue in order to either continue expanding them or to heal them. Now, in your birth plan, in the negative karma, I'm going to use numbers because it's easier to understand numbers than if I said this much energy. So we all bring in negative karma, and let's say the average, what I've seen in my work, the average weight of negative patterns is probably 900 pounds.

Just a number, but 900 pounds, that's a pretty good amount that you as an individual say, I'm going to take, bring in these patterns in order to transform them for myself, my family, humanity. Sometimes you might bring in 400 pounds, and in that lifetime, your life is going to be a breeze and people are going to say, why is she magic? Oh, maybe she's an ascended master. No, she has planned an easier life and there's only five or 400 pieces of negatives to deal with. 900 is a lot, but it's average 1213. I've seen some as high as 1400.

Huge.

Like I'm going to take on the weight of the world. You see, now, the important thing to understand about the negative karma is it was intended and still is intended. And that 90% of whatever you brought in, 90% of what you brought in is marked to be easily removed. Removed out of blessing, removed out of prayer, removed out of recognition. It was intended that families, mothers, grandmothers, aunties, remembered the law of the power of the voice to clear that energy and transform it so that by the time the child was 190, percent of that weight would have been transformed by the prayers, the blessings, the rocking, the speaking of the women in the family. Now I want you to raise your hand. If you had such a family, I want you to raise your hand. Did you have such a family where your mother, your granny, your aunties knew and they blessed you and walked you and held you and popped 90%?

Me neither, because they didn't know, because.

Women have been trapped. So after one, that 900 pounds continues to grow, instead of it being 90 for you to deal with you have 900 that begins to grow and manifest and get bigger in your life. You are in the 11th hour. You are past time. So therefore, in healing, even if the healer, shaman, whatever, doesn't understand that particular part, a blessing can release those marked patterns and magically be gone. Even if the healer doesn't understand the negative patterns in the birth plan, simply a blessing and a request.

90% of those patterns were to be removed and gone and remain there.

To be removed and gone. Now, when the seeds are pulled, because that's what's marked, is the seeds, the outgrowth still might need to be harvested and burned away. You see, because it grows, seeds are gone. The plant is still there, although it has no roots, nothing to keep it in place. It can be easily moved and transformed. That's why we have the 11th hour protocol in the tag work, so that



all of us are in the 11th hour, we're past one. The contracts, pat, are multiple, and the Akashic records have held much more. As you remember, last time the Akashic records were designed, the Akashic records, the unconscious region, and the conscious region, all magnetic, were intended to hold any experience, energy, skill, community, anything that would bless our life. It was intended to be the field of experiential wisdom, the experiential benefit, so that our life, we didn't have to keep reinventing the wheel. But the outsiders crippled the body pattern in 250,000 years ago with the homeosapien body. That blueprint for that body was totally rewritten by the outsiders and crippled the chakra system. It crippled the magnetic system, and it crippled and unplugged women from their solar plexus and men from their heart.

It was a crippling. It was a prison body, actually, like putting on a prison suit, which is totally being redone. So when you're talking about the akashic record and contracts in that system that is out in the world today, there's a lot that is missing, because the extensiveness of what we do in tag covers what you're talking about. If you had to identify contract by contract, where did it come from? Where do I go? How do I do it? You wouldn't live your life. So in the tag work, yeah, in the tag work, everything we do includes identifying contracts, old patterns, and having that removed, especially when we're talking about the generational work that we're doing in this course. Okay, so if you are saying, okay, at the tip of the iceberg, here's a person that I'm contracted with. Well, in the iceberg and in the bottom of the iceberg there might be 1000 others that would eventually pop to the surface. And you don't have time for that. So in tag, everything is broad, broad, broad, sweep, clear, and whatever remains. Then you can use processes on what remains. It's like eliminating 90%, 95% of what you don't have to deal with and only having left the few.

So when we do the generational work, we look at what story we're going to use. I'm not good enough, we'll say, and change the story. And then who genetically, in my genetic line, seven generations and more have that story, because that will trip you up too. Have that story. And we all come together in agreement that we

now recognize the contract to live that story with whatever person I'm contracted to is all part of a bigger contract. And that is to end the story. We step into our sophia place and we put our staff in the ground and said, this is my life. My life is in my hands from this moment forward. And I'm living within communities, relationships of caring, respectful, healthy people. Sword into the Sky PTO tag team remove and bless everybody who has been opposite that. Anything that is, has or would kept it from me. Bless them, release them. That unplugs the cords, finishes the contracts. And then you go into the magnetic field and you have the keeper of the list. Identify what's to keep. Turn off the switch. Everything else drops down to be healed and transformed appropriately so that when the magnetic flow comes back up again, only that which is important in this moment of time remains.

And then you can start dealing and working with that. And Pat, you have something. I can hear you. I can see you saying something.

Where do you think we are?

I think we're right there. Like, if you have a question, if you have a question about a specific person, then after you've done that kind of work, you could then use your spiritual intuition and say to your guides, here's this person that's still in my mind, who can tell me, and this is a soul integration, who can tell me whatever that message is, what is the message he and I have with and for each other? And then you can work that one person through, if need be.

I keep hearing from one person who.

From.

Who went in spirit and then came back, but I keep hearing them lately. I hear them a lot. And then the other is my daughter. I know that I had a contract with her. I know. I know that we were together in three other lifetimes when I couldn't

help her. I saw her ten years before she came, and now I don't know what to do. I am, like, perplexed. What should I do? What do I need to do? And frankly, it's probably true for any relationship that I feel that connected to, that I don't feel like I have a handle on. And those are the two.

Hold on to that because I want to do some laser coaching later. So what you do is exactly what we went through that goes broadly, in a broad sweep. Broader sweep than anything I know to identify in your life, not only contracts, your personal contracts, your old injuries. The generational work that we've done up until now is really the first place to go. Now, as I said, it's not uncommon for there to be one or two voices or maybe more that won't go away or situations that won't go away. And your question is, what do I do about them? And I'm making a note of that because we'll walk through that. Okay. What I want to assure all of you is that I don't know any process that does the type of the depth across the board of contracts, of negative karma, of old injuries that the tag generational work does. It saves you lifetimes. If we had to go one by one on all of it, it would be lifetimes. And that's not what we're here to do. So that's the place to start, is with the generational work which you've done and doing that work in imagination.

See the magnetic fields, say, to the list mistress, the list keeper, push pin, those that are still important that I keep and clear up once in a while. How often do you have to defrag your computer? You see? So do that periodically across the board, and then if there's a voice that comes up, then you can deal with it, and we'll do that in just a minute. So thank you, Pat. And what to do next is what I have here listed now. Okay, so, Janil, thank you for sending out the tapping. I think you all got that from Janil, right? Sharon, did you have something you wanted to say, too?

My question is less about relationships with people and more about health. Right. Conditions and things like that.

Okay.

Is it all the same process tools?

Yes, it's the same. You could put health in the category of a dysfunctional partner. You see? So the situations that come up isn't a person, but it's a disease. But it's a disease that's showing some dysfunctionality. What do we do about that? And so being able to dialog with your team to first of all, set the outcome. The beginning place of anything new is you set the outcome. You set a reality statement, reality shift brain balance and do that building of that energy.

Right?

And then you could say, I'm in this pain of, we'll say cancer, because a lot of us are dealing with that cancer. And you could let yourself feel that pain and the worry, et cetera. Right? And then you look behind you and say, who in my generational line, seven generations and further back, played a similar or same role and let them come and be there and then do the same work. And the situation is a disease. The situation is not financial lack, for example. It's not domestic violence partner, but it's still a situation that needs to be healed. And so you do the generational work and get it to that point, and then you can start doing your own work. What is cancer or disease has to say to me? Pain comes up. What's the pain saying to me? And use tools like that. And periodically, I would do a generational work, too. So, Janelle, you want to just bring to our attention your email?

Sure. So I just sent a video of Iyanya von Zet doing a tapping on healing, generational trauma, and generational imprints. And I just felt like the timing came really well because we had just done, like, two or three sessions here, and then this focus came on the tapping. And it's part of the integrated protocol of how can we incorporate other modalities to kind of finish things, especially emotionally and in the body. And so the tapping, I felt like, really provided that. And then her words were very much of commanding. The language was very

commanding of, like, we have the ability to change this for ourselves and for future generations and past ancestors. So I just really liked it. So that's why I shared it with you. They always do a weird thing with these summits where it's, like, free for 24 hours, and then they want you to pay, but they usually end up having another weekend where they're like, it's free for the weekend. So I don't know where it stands right now, if it's still available, if people hadn't had a chance to look at it. But if it does become available again, I can put out a quick note if folks didn't see it, because it really was pretty impactful.

When you're looking at healing, I'm going to just bring up a screen here. So this would be a picture of the bodies that we inhabit here on the planet. If we were looking down, I usually look like it's a spiral. But if you were looking down, this is the inner frequencies. The slower would be our physical body. Radiating into the next faster region would be the mental body radiating out into the next slower, faster frequency would be the emotional body. Radiating out to even faster frequencies would be the spiritual body radiating out further than that would be in our galactic worlds. So we in this life, in earth life, we are physical, we impact mentally, we are emotional and we impact spiritually. Often knowing the galactics is like way out there for most people. So an integrated protocol is what I recommend. If you, for example, let's know, I'm here with Jennifer, who's dealing with cancer and blindness and some things that are very physical. Okay? The physical body is a vehicle, and it has a limited life and resilience and recovery ability. It's limited, not like your soul. Your soul is ongoing and it's not going to die, it's not going to end.

It just moves into another form for other experiences. But the physical vehicle is finite. And if it is dealing with some kind of weakness or disease, it has only so much resilience with which to stay strong for you. So especially if you're dealing with something physical, it's really important to do an integrated protocol. And by that I mean this. You could make a list, and I really encourage me to do this, make a list of all the processes for health that you know. So diet, exercise, meditation, tapping, tag, make a list. Every one of those has its more direct

impact on one of the bodies. So let's say diet. Diet is going to impact the physical body most quickly, much more quickly than its resonance out to mental, emotional, spiritual. It's going to impact physical quite directly. It's not going to stay physical, it's going to radiate out. But physical is where it's going to impact first. Massage is very much physical and it impacts that first. But it's not just going to help the physical, it's going to release emotions. It might help change minds, it radiates. There's no boundaries, right? But you could take the list of all your processes and you could say, which in my experience, does this process hurt?

Help first, help first, help first. And then, especially if you're dealing with health, you'll want to do something that's physical, then something that's mental, change the mental, your mindset, something that's going to release emotions. And the tapping is really quite impactful in the emotional region, although it also impacts the physical touch points. A lot of your spiritual work is going to impact this body. So if you have a process that impacts each one of them, it's going to collapse the time it takes for the healing that you're looking for, the end result that you're looking for to come. So if you want to change your physical, and you only do physical things, so you change your diet, you add exercise, you breathe good air, and then you wonder why your disease takes you out. It's because probably because the seeds are in these areas and they haven't been addressed. An integrated protocol says, have something from all of those various places and then weave them together, three or four in a week. That's an integrated protocol. So tapping is very important for releasing trauma energy, which is usually stored emotionally. There's other things that do it, too.

I use what's called french release. We'll talk about that later. It doesn't matter what you use, because what's most important is you understand that integrated protocol, it collapses the time to get to the end result. And that doesn't mean just in your health. It also might be in building your career or changing your relationships or bringing more finances. You see, you just use a variety of things. Okay, any other questions you have or stuck places you sense? Okay, what I'm

going to do is that we're going to take a break, and then during the break, I'm going to decide where we're going to go next. I think I know, but I may not know. So during the break, I really encourage you, make sure you have water, stretch, tap off your body. I mean, you could just even release this way too. Snap. All those things help breathe. And what if we come back.

At.

Let'S say, 27 after the hour? That gives us about six minutes. Is that enough or does someone need more? You need ten minutes.

Fine.

How many minutes do you think you want? Five or ten? Five. Good. Okay, so let's do 27 after that. That's pretty close. We'll see back then. Okay. All.