

Key takeaways are generated at searchie.com AI component. I am pretty surprised and please....

Key takeaways from Part A

- the importance of being fully present and connected with the energy of the Earth,
- the emphasis on honoring commitments and communicating changes promptly,
- the creation of a sense of community within the group through introductions,
- the metaphor of creating a resilient and interconnected network to support and uplift each other
- the use of an accountability app called Band to track progress and commitments
- the encouragement of self-reflection and personal growth
- the use of the tag tool to discern positive and negative energies
- and the division of participants into breakout rooms for more focused discussions.

Key takeaways from Part B

- the importance of quickly getting back to a "good mind"
- finding the lesson in challenging situations
- the concept of a "who" or an issue that needs to be changed
- the influence of the planet Pluto on everyone's lives and the call for transformation
- the availability of resources in the course to support participants in their personal growth and change.

NOTE: the text is generated at happyscribe.com and is pretty good. I will not take the time to go through and edit but thought it might add value to you.

Much love,

S

Part One:

Welcome, everyone.

It's so great to see you all.

What efforts you have all made to be here. Yay. Okay, so let's just take a deep.

Breath and bring that sense of presence, first of all, that your body is here. It's in your room where you're on the planet, but with this group, that's where you are. Take a breath, then just bring to mind your statement.

I am a presence of let that.

Vibration, what does it feel like?

Calm.

Or is the word wisdom? Or is the word what is it? And what does it feel like? And then breathe the energy from way outside of the planet, that clear, fresh energy of home. Bring that down through the midline of your body. Here we are on Gaia, such a big part of Earth mission, of course. And feel her energy embrace you like a mother, a grandmother, that she says, I'm glad you're here. I'm really glad you're. What does that feel? We always gather on platforms in worlds beyond Earth. Earth being the 8th world. Our classes will be held energetically in the fifth, 6th, or 7th world, where there's more clarity, where we have a place to be connected to greater. So we call in those energies, our teams, our allies, our guides, whomever it is that has held you securely, invite them to be here with us. And as we are in that sixfold cocoon with all those teams activating that field, surrounded by the extinction shield to keep us all safe. And that is true for our homes, for our land, for everyone we hold in love, just pretty much everybody on the deeper level.

When you're ready, bring your attention back to this circle and be present here. When you're ready, you can open your eyes and be back. Okay, I'm just finishing a little. Sending a text out to Jennifer to.

Indicate that if it would feel supportive to her and just have everything off, and she's just in bed listening to us, to have us surrounding her, and she is considering that. So here we are. What I think I want to acknowledge with all of you is how I have appreciated the integrity you have shown to me because I'm holding the space and I haven't required it. But you've all made a commitment to yourself to be here. And sometimes life shows up, and there might be a time you might need to be late or you might have to be on mute for a while or whatever. Integrity doesn't mean that you show up. No matter what integrity says, you take your agreement serious, and if you have to change it in some way, you just let the person holding the space know, and that's what's happened with so many of you is that this is what's going on. This is what's going on. This is what's going on. And that's just integrity. And I just want to honor you for that integrity says I'm there, but if I can't be there, I'm going to let you know quickly.

So with that, we're going to put ourselves into this circle and I'm just going to have you do it. Your name, where you are on the planet, and why don't you use any of the words that you have claimed or even want to claim as presence. Okay, and we're going to tag. So I'll begin. So, Sharon Roger Maynard here on Wouldby island. For some reason I always like to say the weather is, and it's pretty nice outside, a little bit of sun. It's still not spring, but it's great. And my presence, word for presence is expansion. And I'm going to pass to Pat. And remember, you'll have to mute and unmute yourself.

Hi, my name is Pat Barrett. I am in the Shangri la of Augusta, Georgia, in a wonderful little wooded area. I just love it. And the weather here was just glorious today. Sun was out, it was so warm. And then the sun set and the temperatures dropped. But let's see. My word for presence is joy. And I pass to Sharon Alexander.

Hello all from Frasier, Colorado, where it's bright blue skies and snow on the mountains all around me. Beautiful. I'm happy to be with you. And I came up with the statement, I am a presence for wisdom, wellness and divine connection. And I'll pass it to Deborah.

Thank you, Sharon. I'm Deborah. I'm in the middle of North Carolina, and this morning we live on a small lake. It's nothing huge, but the way the weather was changing, the fog came in and I could see down to the lake and I could see all the trees and bushes and stuff. And then beyond the edge of the lake, it was just a wall of solid white. I've never seen it totally solid. So in any direction you looked beyond the edge of the lake, you couldn't see anything. It was like being in a play and seeing the backdrop, having the trees on it, and then just solid white behind the trees. I forgot to take a picture, but it was just so stunning. It was like, okay. And then it changes quickly, but it was really stunning. Anyway, the word I'm going to bring today is flexibility. And I will call on Arleigh while she might be still awake.

Yeah. I'm Arleigh. I am in Los Angeles in an airport lounge. I got off my flight, twelve hour flight from New Zealand, 1 hour ago. Made it through customs, check in, passport check, dog check. Recheck in at the British Airlines thing. Bag drop, ran through the airport, got to the lounge. I'm here. I did make full use of Sharon's grounding and centering exercise, so I do feel mostly present here. And the word I'd like to bring is connection. And if I suddenly switch over to chat to get my thoughts in, it's because I'm in a zoo. So what can you do? And I will pass on to Janil.

Hi, ladies. I'm here on the big island. I'm on the Kona coast today. And as you can see, it is a gorgeous day. Luckily, under some shade, under some trees. And my word is creator. And I will pass to Teresa.

Thank you.

My name is Teresa and I am on Woodpee island in Washington as well. Sharon already talked about the weather, so I'll just say that I took advantage and took my dog on a nice walk today. And I would say I am the presence of truth and love is what is calling to me today. And I will pass to Andrea.

Hello there, Andrea in San Francisco. And we've had beautiful winter days of raining. A little rain this morning, and then the sun pops out. So that's what's happening here. And, yeah, we've got that beautiful new lush green that's so neon starting to happen. Background seems appropriate. So, yeah, today, I would say my word for bringing in divine presence today is just prospering. And who hasn't gone yet? All right, Julie, you're up.

Okay. Hi, everyone. I'm Julie Mason from Salt Lake City, Utah. And I've had a lot going on this week. So I think my word today is patience. And I think we have everyone we do.

Jennifer's, I think, can be on mute and video off, but I'm going to put in, unless you want to pop in, Jennifer. But I'm going to put in clarity and wellness for Jennifer. And if you want to say something different, Jen, you can. But I think she's going to be kind of like just being present. Okay. So we have the energies in addition to what the field itself has, which is unlimited. Life is unlimited. We are energizing. Expansion, joy, healing, wellness, divine being, flexibility, connection, creator, truth, love, prospering, patience, clarity, and wellness.

Let's just give a moment for that to kind of spark up, start bringing us some juices. For those roots.

About a year ago, we began in the sacred ground collective community. We began creating, intentionally, the mycelium to hold the wisdom of women. And we meet quarterly now, any woman who wants to come and plant her wisdom, or sometimes her pain, because the mycelium, if you know, the fungi mycelium, the fungi mycelium never dies. Everything on the surface of the planet may have died, but the mycelium is so strong and resilient. It is what allows new life to come. It has connections, it makes, brings resources. It's just a living being field beyond just, oh, life is good. Life is all. The wisdom of women has been so crushed and so discounted for eons and eons of time that finally it was like the ancient one said, the mycelium can be done now. So as you are doing your creations, as you are seeing what you need, as you know that there are pains or that there are skills, or that realize that, that mycelium is a field of energy that's in the earth, very much like the fungi mycelium, start to build a relationship with it. I don't know how it will interact with you, but we are a small portion of that type of love and of interaction and networking.

The other thing I want to share again is I suggested that we make ourselves more accountable to ourselves and then to the circle by hopping on band, which is an app that you can get on your phone or on a website. I have it on both because I use mostly my website, and you come into and I'm putting the link in chat if you haven't come onto there. And to me, it helps me to keep going back at least once a day to say, have I done my assignments or have I done what I've committed to do? And all I have to do is say into that band app, done. It doesn't require a lot. If you want to do a little bit more, you can do a little bit more. So anyway, just a reminder that the band, you have to be invited in, and that's the band invitation. So I had you come prepared with two questions. And the questions were, what area of life are you wanting to change? Because you probably are. And what specific issue will need to be transformed? What area of your life and what specific issue, and you may already written them down, but if not, write them down now, what area of your life is changing, what issue is being transformed?

And that went out in the email, but I want in this moment to give you two pop up questions. So I'll give you about 30 more seconds to kind of, if you haven't written those area of life and what issue? 30 more seconds.

Okay, so here are the pop up questions.

Now these questions, I want you to go to chat. Be ready to put the answers in chat, but don't click it yet. So here are the questions. And it doesn't have to be long. Better if it's not long. So it can be pain, issue, whatever. First question, what do you see in the world? In the world? What do you see in the world that concerns you and what in your world has triggered you?

What's your big concern in the world?

Now? I want you to put it in the chat. We're going to do a chat cascade, everybody. Just put the answer to the first question. What in the world is concerning you draws your attention.

And just put that.

Answer in the chat.

Sharon, I can't find a chat.

Should be down at the bottom. Are you on desktop or a laptop?

On a laptop.

Okay, I can tell you where it is on the desktop. It's between participants and screen. It's right at the very bottom. That's where the dashboard is. Where is it on the laptop? You have a laptop on the iPad?

Mine is on the top.

Okay. It might be on the top. And the chat will look like the little word cloud, and it will have, say, chat on it. So look at the top, Julie, I.

Don'T have anything at the top.

When your cursor goes up there, nothing comes down.

Mine's at the bottom.

Mine's at the bottom as well on my Mac. Zoom.

Here it is.

Bottom left, kind of middle, then toward the left.

Got it.

Okay, I see it.

Now.

It comes up, but when I click on it, it just keeps going back and forth.

Let's see if I can do it. Okay. See what you can, because you can always can, always have you speak it. But I'm going to read then what is in the chat to this point. And Julie, you work on it. Okay. So we have hate, the misuse of power in leadership, power over care of people, world wars being waged and attempting world concern, lack of critical thinking skills leading to accepting bss, fact triggered by hateful, angry, fact free rhetoric dominating leaders.

You found it, Julie.

Clean air and healthy food not accessible to all. You just close your eyes for a moment. We're going to ask this question. We will know the answer to it. Here's pat. What concerns me is the focus, particularly by media, of everything that is happening that is harmful, hurtful, and the correlation of the increase in suicide in our country yesterday. I had a phone conversation. The person refused to do a video conversation and a person who was determined to bully me to do what he wanted with no opening for a win win. Yeah, we're going to use the tag tool, and this is going to be pretty simple, but it's a way to use the tag tool. So here's something you're seeing in the world, and you're going to ask that field, that energy. Just close your eyes and you ask it three times, are you of the light?

And that means our divine families, are.

You of the light?

Listen, are you of the light? And then a third time, are you of the light?

Those fields will give you the answer, especially if it's not of the light. This is what you'll hear. If it's not of the light, it will say no. It might even laugh. You might even hear a laugh. Of course I'm not. So no means that field and where it's coming from is not coming from light, which we knew this is just to practice the tool. The other thing that a field not of the light would do is be totally silent to give you no answer. That's also an indication not of the light. The third thing a field of not of your light would do would try to deceive you and go like, maybe I am, maybe I'm not. Well, sometimes they be wishy washy. So I'm going to have you. I'm going to take a drink. I want you to tell me who heard three times no, raise your thumbs up. Okay. Or hands up? Either one. Yeah, three times. Not of the light. Who heard no answer. Hands up. Got it. That's an answer. Now you know. That's an answer. Who heard kind of wishy washy? Like, maybe I am, maybe I'm not. Who heard that?

Okay. A little of that, too.

It was yes and no.

Yeah, that's the wishy washy. Okay.

But on wars being waged, I'm like, are part of the people who are caught up in it of the light? Yes.

But if that field may have some not of the light, but some caught up in it. Yes, absolutely. But we want to know there's energy that's not of the light.

Yes, definitely.

There was energy not of the light. But it was also that there could be energy of the light in there that was confusing.

And the truth of it is, when you see behaviors, actions, activities, thinking processes that are like, seeming to be out in left field, it isn't that that person doing the thinking and speaking is like a knot of the light. Person. But that knot of the light is influencing in some fashion. So there might be an influence of, like, 20%. We want to get that. So we don't go after a person. We go after the energy of the person or of the group. Okay, Pat, what did you get? Pat, I didn't see your hand it. But you're muted honor.

And it wasn't like internal. It was like I was being told, no, obviously, that's not true. No.

Okay, perfect.

That can't be right. That can't be basically. No.

Perfect.

And then, of course, I'm always thinking, right. But then I thought, well, maybe I just have a bad attitude or maybe I can't see the light in it. But then when you're talking about it, no, I can see that I was looking at it clearly and I got the right answer.

Our tendency, especially our women, our tendency is to not see clearly and stand clearly. That's what we've not done before. We have not stood clearly. And our boundaries have been so wishy washy that we either fight, we flee, we hide, or we fawn. Excuse away. Well, maybe it's my fault. You're right. I'll do it. You have to watch for those behaviors. They're not healthy. Okay, so now what you're going to do, here's this thing that's going on in the world. Do you just ignore it? Hide your head in the sand? No, not on the landscape, you don't. It's our responsibility to see it and to say and to name it, there is energy of. I just use the word outsider, which encompasses a huge amount of types of power, over control, et cetera, which includes violence and a lot of things. Outsiders, they're just not of the family's agendas, of good outsiders. So our job, one of our major jobs, is to see where there is outsider energy. Influence forms, and not only see it and complain about it, but to say, I'm naming it Sophia. Sword in the sky, that says, and PTO team collective.

PTO team collective. Deep six. The energy that I'm seeing in this situation. So I want you to take just a couple of minutes, name in your mind the situation. Feet are on the planet. You're connected to the mycelium. The Sophia sisters are there, surrounding you in addition to your own guides. And so with Sophia's power and authority staff in the ground, this is my world. Sword in the sky. PTO collective deep six. This energy. Okay, as we're walking this next eight weeks, the world is not going to magically in eight weeks, become paradise that we might call paradise. We are always going to see maybe a day or in the week, or we'll see stuff going on out in the world that we will not accept. But in order to stay in your lane, in your lane, which is building whatever this is about for you, the clearing, the healing, this is your lane, your life right now. It is not to be distracted out there in the world. Not right now, but you don't let it slide. Are you of the light? Most things in the world are so huge, you know they're not of the light, but you can always use that.

Are you of the light? Light, three times. PTO collective, deep six, that whole configuration, then you turn it over to that team, get back in your lane. That's a good mind process. You see, we don't need to let what's going on in the world knock us off of our trajectory. In fact, we're not going to allow it. Certainly is not helpful. So, those are two tools. Deep six, are you of the light? So, what I'm going to do, I am going to put you into rooms, and for the next about six minutes, I'm going to have you let me get figured out here. That's where I want you to take those two questions that I brought, which is, what area of life are you wanting to change, and what specific issue are you asking to be transformed?

You see?

And you can tailor it if it's not quite exactly how you want the meat. That's correct for you, that's okay. Then shift and change it. And I'm putting Jennifer in one of the rooms, knowing that she may be there, just absorbing. And I know you will all be will. And that's something any of us can do if need be. So, here we go. As soon as you see the little tab, click. That will get you in your room more quickly. But don't click the tab because you might go come too soon. Out of the room. Let zoom move you, but out of the room. I think that will be better. So, click going in. Pat, I see your hand.

Can I just ask you, what was the third word?

Flight.

Flee.

Something.

And fawn. I missed that.

Fight flea. Fight flea. I forgot to. I'll think about. Okay.

Can I add. We can add four.

It's fight flea.

Freeze.

Yeah, freeze. Freeze.

And fawn is typically more common to women. And fight, or the fight one is typically more common to men, but not always. And then the freeze also happens where we don't know what to do. And maybe our heart rate goes very low as opposed to elevating, et cetera, et cetera.

Thank you. Yeah. That's where we let go of our capacity and decide to turn ourselves off. Okay, get ready. Click into your rooms, and I'll see you back in six. There's two in each room. Jennifer will be in a room of three. There you go.

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Part Twp

So.

I want two of you to tell me what your area of life. What is the area of life that seems to be calling you? So pop in. Whoever's first is first and whoever's second is second. Say one at a time. Area of your life you're talking about.

In the world is the thing that's bothering you, or are you talking about your own personal thing?

Yeah. What is in your life that is wanting to be changed? What area of life is it? Career, relationships, health, finances. What area of life?

Well, I discovered that I have something going on in a, quote, business relationship where I wanted to come to a win win situation. But the person that I had to deal with was a bully and only wanted to hear what he wanted to hear, and he didn't want me to participate, and he only wanted what he wanted. And it made me very angry. And so in that flight flea freeze and fawn thing, I was ready to fight. Pretty much when people tick me off like that, I'm ready to fight. And I managed not to do that. But I chewed on it all the rest of the day, all night long. I could barely get to sleep. I woke up in the middle of the night thinking about it. Finally, I got back to sleep and I dreamed about it. But then I woke up this morning and something had shifted. I don't even know how that happened. And then I started thinking, you've got to, regardless of what someone else does. And remember, life is happening for you. It's not happening to you. It isn't me and them. There is no them. So you attracted someone to learn something.

What is it? What do you need? And I thought, I want to have a win win come out of this. No matter. No matter if this is all happening for me, what is the win win here for me? And I ended up coming up with an idea, something I had forgotten that just popped in my head. And I ended up having a conversation with my brother from a different mother this afternoon up in Chicago. And I mentioned, I said, you know, something I had forgotten is that I can bring someone into this and that it would create, like, a buddy relationship and I could get through faster, and I need to do that. He said, I would be interested in that fall off your chair, slight problem solved, just like that. And I thought, I've got to be able to do this faster in the future. So that was mine.

That was a perfect example of a couple of things. It's an example of good mind. You are knocked off your good mind. You are knocked off of being generous, kind and win win, you are knocked off. That's out of good mind. That happens and will happen. And then there's two areas of your life that that's an example of business or career. That you want to make a difference how your business is going and then relationships. So you really have two areas of life there in good mind. There is a way to get more quickly back to that good mind, and that's what you're wanting to do. What is the lesson? What do you do to get back to good mind more quickly? So here we have it. Let's stay with the area of life. So who else raise your hand is working on anyone else? Business or career? Okay. Andrea. Okay. And Janil. Okay, so career changes, expansions in any way. Okay. Now, is there anybody else who wants to add another area of life? We brought pat in and we're using her career. Any other area of life that somebody wants to put on the table?

Health. I wanted to add resources. Yeah, resources. Finances. Finances. Overflowing coppers. Yeah. Who else is wanting to change and improve the area of life called finances? Okay, that's good. Is there another area of life that hasn't been mentioned? Somebody is wanting to make a difference. Okay. Sharon. And then Arleigh, what's yours?

Relationships or partner.

Okay. It. Okay. Help. Yeah. Okay, good.

I would say family, but maybe that's relationships. I don't know.

It is relationships. It's family. You're absolutely right. No closer relationships and family. So you see, there's areas of life that are calling to be changed, and they're not the same for everyone, but we're all being called to change something in an area of life. Now, what about a who or an issue? And that might seem to be kind of the same, but let's see if we can pull it apart. Area of life. And what is an issue that seems to be up for you that you want to change and move away from?

Deborah?

My area is sort of. It's not so much career health or it's more about how I'm showing up in the for issue. For my issue is really about finding and accepting more support, physical support, of doing things and helping out to give me time to show up in the world.

So the issue is whatever is stopping you from showing up in the world. And support is one possibility.

That's part of it, yeah.

Okay.

But it's also that I don't have to take care of everybody else. I can have some time.

To me, any other thing that seems like an issue, maybe a person is showing up in a way that shows an issue, because we don't see these things. Bias. We usually see it with situations or other people. Teresa?

Yeah, I was going to add clarity. I know action is needed, but it seems like there's an area or a tunnel of maybe confusion and a lot of possibilities. And then eventually what you hope to get to is that pinpoint of clarity. And so I think that's, for me, it's that clarity. So then actions in the past can be clear.

A lot of us have cloudy self esteem issues. We'll say it that way. We don't deserve it. We don't know enough if we did it different and it causes us to. Instead of being clear, I'm a presence of we're not. Yeah. What I want you to be aware of is that's exactly why this chorus came together, because things are showing up in our life. Not new, but big time. I think right now that says there needs to be some changes made. And I'm going to bring in the information of Pluto. Our planet Pluto, the planets in the sky, all have a specific vibration and they impact, they rain that vibration down on us and we don't even pay attention to it except for the moon. We do pay attention to the moon, but we don't pay attention to other things. Right now, Pluto is major big energy. That energy is broadcast throughout all of the planetaries into our world, is going to hit every one of you in one area of your life. Financials, career, relationships, health. It's going to hit somewhere in your life. There are many who won't feel it right at this moment.

It might be next year. They'll feel their Pluto. Right now you're in this class, or you're probably feeling your Pluto energy. And Pluto also is here in an energy that Pluto is saying, it's time for you to transform. Be bigger than you ever thought possible. Be bigger than you ever thought possible. And it's shaking at you. And that energy will just stir, stir, stir, because something that you're holding on to, an old story, an old belief that you don't even know about is keeping you from being, it might be your health, it might be your relationships. You've accepted non health you've accepted, not healthy relationships. You accepted career that doesn't fit for you. Pluto is going to shake and shake and shake until you get the message and let go. The best thing to do in a Pluto transit is to say to Pluto, I let go totally. I trust you totally. Show me what to let go of. Show me what to let go of. So if a health issue comes up, then use your tools on your health. Okay, what do I need to let go of in my health? What do I need to let go of in my finances, in my career, in my relationship?

So it's not surprising if you are being called to let go of things that you thought were going to be stable. Pluto's in your field and Pluto is going to be there off and on for two and a half years. Pluto is not an easy fix, but the more you hold on to what needs to be let go of, however, the more pain you will feel. That's usually the case anyway, but when Pluto's there, it's even bigger. But it's there with the energy of Aquarius. And Aquarius is the energy that's already let go of the way everybody thinks the world is. That's kind of like the activist, let's try new things. I'm not going to stay in that box. It's going to explore new things, new spiritual things, new energy things. Pluto is going to be with Aquarius in a really nice partnership. Pluto is going to say let go. And Aquarius said, let's open this door and try something new. So you're in the perfect place for making changes in your life. What you will want to look at is what are the tools and skills, et cetera, that we can gather in this class.

So one of the things I'm going to do real quickly right now is if I can find where I put this one, is I'm going to share with you what you have available to you from this point on. Okay, let me just take this away from right now. See why I can't get that one in place. There we go, I think. Okay, so here's your website and probably you've maybe gone over there. Okay, let me get it over where we can see it better. So this is the website link for our course and the details of how to get here with a zoom and the current link for band. Every two days I have to change this link. So that's why I have to change it often, the classes from before. So here is what you'll see. Last class. Replay kind of the timestamps for specific information that I've put on it. So if you want to go to any of these, go to that timestamp. If you want to be able to search the video by yourself, click that and you'll go over to this page and you'll see right up here at the top.

Let's see if I can see it. Supposed to be here. Okay, I guess I have to start it first. Right here, you see there's a little search button. Right up there in the upper right hand corner is a search button. You can click that button, you can put your own words in it and search the video for what you remember we talked about. And you don't have to listen to the whole thing. Okay, so that's an additional piece that's on it. And I'm going to see how I could get out of this.

Can we print it out?

It's possible that you happen there. See, there it is. If you wanted to be printed out, if you thought that would be helpful to be printed out, I don't think you can do it from here, but I could do it from zoom if you thought that would be helpful to print it out. Okay, now I'm going to stop the share and go back just to show you what else we've got on that. Oh, I know I went too far because what you're doing is some of these things some of you had used before, some of them you haven't. So it's just like, let's just put everything together. So here is the reality shift statements, the basic one. The assignments, the basic one. Okay, I will see if there's a way on that. Searchee, if you wanted to have the typescript that you could download it. I'll see about that, Julie, that's a good question. Okay, so now if we go up here, up to the top here are the workshops that you can always go back to those if you want to. Those do not have the timestamp. Only our classes right now will have the timestamp.

But now we can go over here to the galactic resource page, and here's our life is like putting together a puzzle in a Rubik's cube. You are redoing your life. All the pieces are all over the place. You don't even know what's what. So here's some of the tools. We're learning how to set sacred space. What about cosmic composting? Higher self and causal self. Alder space, fourth world, six fold cocoon and extinction cocoon. The basic processes. Reality shift statement shift brain balance, the vagus nerve. What are the laws of energy? 11th hour. What does that mean? Alter again. What does Sophia mean? What's the triggered imprint? So for those of you who have heard these before, you can always go back refresh. If I speak it in one class and we're going to cover it later, you can always go back and start learning a little bit more. What happens when a situation or a conversation comes up? Well, first you become aware of the feeling, thought, idea, situation, the trigger. This is Pat. You name and note it in your journal. This person said this and will not do win win. I have a person in my life that will not do win win.

So you put everybody in the sixfold cocoon and activate deep six and tag matrix. Get that energy starting to be healed, whatever's left. Are you of my light? If not deep six out away. And then here are some steps, and we haven't talked about these yet, but it doesn't matter, you can try them yourself. So then try on a story or a disk creation or a crystal child. Where do you find those? We'll write down here in the processes, crystal child discreation and I think stories. So all of these are very processes you can use before we get to class if you want to, because when you get triggered, you're out of good mind. You want to get started? Okay, what do you need? These are things we'll learn, but hey, you might be needing to do them right away. What does deep six mean? Hag and transform mean. What's the extraction process? Again? We're going to be learning that. What's the scan process? We're going to be learning that. Here's projects we've got going on and we'll be doing learning a lot about, we've got crystal broadcaster, deeper relationships, deep roots. All of this is about domestic violence.

We're not going to cover this in class, but these are projects coming out of tag root. What's an integrated model? What is guardian Circle and what's the 7th generation? And I see Janelle raised her hand. Janelle, would you have a question?

Yeah, I do have a question. I'm just wondering, Sharon, are you going to go over the tag healing and all of the aspects of doing a tag fairing and a healing in this course?

Yeah. Okay, we'll go over that again. Okay, cool.

Yeah, thank you.

And then the virtual circles that are online of you're not alone. If you need a blessing circle, a guardian circle, and daily, so there's resources available as we go forward. And I want you to know these are available to you from this moment on, even if you want to try them on before we talk about it in class. Totally fine. And all of that is on the website. Okay. So we are in a process. You personally in the world, that's majorly. Let's transform. So during the next eight weeks, because of the very nature of life, pluto this course, this energy itself, will be bringing to you situations that feel good, that feel not good. We'll be learning things that will help all of those situations. You don't have to come every time with a happy face. That's what I really want to emphasize today, too. You don't have to say, oh, I can't be in class tonight because I'm too tired. You may be tired. Come to class, put yourself in bed with your blankie, be present and just listen and let the words come through. If you feel like you can participate fully, great.

If you feel like you can participate partially, great. But come because it's designed to help you move through whatever's going to be coming up for you to get to where you want to go. And part of that, yes, Janelle, is the tag process. I want to share a story of a friend. So I have this friend. And in her retirement, she had time on her hands. She purchased a musical instrument for a grandchild, and she learned that the instrument was not being played. And a memory surfaced for her, a time when, as a child, she had wanted to play that instrument. Why not now? Time was available, so she asked grandchild to send her the instrument, and he did. Fortunately, she'd learned to play the piano in her youth, so she had the musical foundation, and she began learning to play, and it was a saxophone using YouTube videos. She began learning from YouTube videos, and all went well until she realized that she could be developing bad habits. And she did want to do it right. So she needed a teacher. Teacher secured. In fact, an over the top teacher. Professional musician was the teacher, and lessons began learning on her own.

She had progressed to page 32 of the first book. The teacher took her back to page eleven. That was humbling. Time and time again, she was challenged to accept her limitations instead of pushing through, go back and work through the limitations. Unfortunately, her teacher expressed constant encouragement and praise for her progress. And day by day, my friend practiced, and her gratitude for the instrument and the excitement about learning a new thing grew until her teacher suggested she was ready for a higher quality instrument. But she took herself to the music store to explore the possibility. And what she discovered was that although she loved her saxophone, was having a great time learning to play, its quality did not come close to a more professional and higher priced one. Gulping at the possibility, overcoming the inner doubt, she bit the bullet, pulled out her credit card, and walked out of the shop with an upgraded professional instrument. Now, the rest of the story. She's at her next lesson, the new instrument in hand. Thrilled with the quality of the sound, the ease in playing and how she's learning. And that is when her teacher says, now you are ready to practice.

But I practice every day. Smiles from her teacher and she said, you have in sight reading the written notes. Now you can begin working toward a higher level of mastery. Go slower, take apart the music, learn, feel, experience more. And I asked her, what have you discovered? She said, she was right. There is a depth to the music I could never have known was there on my beginner's version or my simplistic practice. Now you are all back to beginner's mind by know you're ready for more. You've done a lot, you've learned a lot. And now Pluto's here, your spiritual teachers are here and you have this pile on your table that says, this isn't working well, this isn't working well. So you're ready for more. And that's what we're here to do is to apply, not necessarily how to apply the tag. In doing sessions you can, you can certainly go that direction. But we are here to help each other apply these tools to what is going on in our life. To learn by applying being in a mindset where things have been easy for us. I've been in a mindset of I don't do anything wrong and so I have to practice before I try it on.

And if I don't practice, I can't try it on. That doesn't work. You stay in the box. You know, we are getting ready to say, hey, yeah, I do know this and I am ready for more. And that doesn't mean that there's something wrong with me. It means I am ready for more. You're being called. So we're going to use the issue, your situations, your dreams in this course to help with what is coming up. Okay. So the only tools we practiced today was are you of the light, which is a pretty easy one. Pto deep six, another easy one. I'm going to use, Pat, if you don't mind, Pat, about what came up for you. And we're going to demonstrate the discretion process. Is that okay, Pat? And as I'm taking her through the discretion process, you can use whatever issue is up for you. So we're going to use her. This is called laser coaching and we all learn how to apply it to ourself. Okay. So, Pat, you can unmute yourself. Okay. And you're going to take a deep breath and just get yourself into that place where that person really ticked you off and you were ready to fight.

And tell me when you're there. What was the word he said or the thought he gave you for the feeling?

Okay, you want me to say it out loud?

That part out loud.

He said, no, we can't do that. It's our policy. This and we sent you all the information and so forth. It's our policy. Almost nothing rings my chimes more than someone saying it's our policy. Which means what we think is more important than you. That's the bottom line.

Yes, that's what I get too. Okay, so close your eyes and I want you to let yourself feel. What does it feel like when somebody says it's our policy? Which means you don't matter. It's our policy. Let yourself feel what comes up for you. You are going to be a helium balloon. It's our policy. And let that energy be the helium that goes into you as the balloon and it expands within you till you're stretched almost to your limits. Breathe it in. It's our policy. Very discounting. Who cares? You. And tell me when your body balloon is full enough of the feeling it.

I feel it everywhere in my body. I just feel like I'm like a helium bloom ready to pop.

Perfect. Take a breath and I want you to in your mind imagination create a label. And on that label write the words. And it might be the words, might be. It's our policy. Whatever words, just write it in your imagination on the label. Then reach out and put the label on that feeling good. We're going to do a step I should have done before. But now you can reverse your breath and breathe the energy. So it's out of you and the balloon is in front of you. Breathe the energy and it's in front of you. The field is in front of you. Tell me when all of the energy is out of you and it is in front of you as a field, like a balloon. Okay. Now it's where you're going to take the label. Whatever the most powerful words are, write it on the label. It is our policy. Period. Put it on the label and on the balloon. On the field. When it's on that field, everywhere on that balloon. Now take a breath. Make sure it's all out of you. You feel great. But the balloon showing you what those words bring, right?

That's the experience you have with those kinds of words. Now my question to you and to yourself, you'd ask yourself the question, do I need or want more of those feelings? Yes or no? Do you need or want more of those feelings?

I heard a voice on the inside say, no.

Then what I want you to do your choice, your life. If you want those experiences, then you could have it for sure. Notice where there are cords coming from your body to the balloon and disconnect. Don't cut them. Just either straighten out the hook or unscrew the screw. Take all of the cords running from your body to that field and just disconnect each cord one at a time, and each cord will just go slip right back into the field. As you disconnect, tell me when they're all gone. Do whatever you need to do. Okay. Take a breath using either sound. Tapping. Just snap your fingers, tap on your body. Brush it off. Just back to light. Back to light out of you.

That's it.

That's all.

Like the whole balloon with all the labels and everything just floating away.

Now how do you feel?

Lighter.

Now that's a discretion process. And when you're in the lighter space now, you can say, and my experience in working in my business career, I have win win people. That's where you would bring the new in, right? You see, sometimes when you do one layer of discretion, there is another one right below it. That's why you ask, how are you feeling? Well, I'm a little dark somewhere. Then you let that feeling tell you and show up and do the same thing. It's a valuable tool to have when you're one of those tools out of good mind. Deep six. Hey. Yeah, get that off. But sometimes there's a feeling that needs to be addressed. Okay, so here what you're going to do this next week is pay attention to what's coming up in your life, staying clear for writing. What's the new that you want on? We're going to start learning some processes, specific processes, next week, but I wanted to, first of all, let you know that this is exactly what should be going on at this time. Not everyone's feeling it a lot are. That's exactly why this course is here, to help us get through it in good manner together and learning, and also kind of an overview of what you'll have available to you as support.

So is there any questions, anything anybody wants to say before we close our class today? Just pop up.

I have a question about the discretion that you just gave an example on.

Yes.

So at the end. So, okay, so Pat was like, I feel lighter. I see the balloon flying away. Is that just it, or is there something that needs to be done to seal it in?

All you have to do is the energy has shifted and changed, and we know it shifted and changed because how she felt, it shifted and changed. She feels neutral. She feels lighter. And then I said at that point, that is when instead of struggling to use a reality shift to get something, pushing the other out, then she doesn't need to do that struggle. Now. She can reclaim, even reclaim. I am a presence of quality business. You see, the discretion is a tool that will remove that energy, and then you can bring in what it is you want to have in that energy place, and a reality shift will do that.

Okay. Can you use this for trauma?

Yes. It might not be deeply enough, but it certainly can begin. Absolutely.

Okay, great.

There will be some trauma stuff, too, but absolutely, yeah. Okay.

Thank you.

Thank you, Janelle. Anything else anybody wants to say or questions to ask?

Okay.

I'll just say, thank you, Sharon.

Appreciate being part of the you loves Andrew next week and let me know. Like I said, if you can't make it, some of you have mentioned that, but if you can't make it, just let me know. Because it's a practice of integrity and that we want to keep our circle of presence, of integrity and compassion and connection and all of that good stuff. Okay.

And I appreciate that reminder of the different ways that we can show up and that with the understanding that life happens. So I do appreciate that you took time to kind of talk about that. So thank you.

The other thing I want to mention, too, I mentioned before I'm reading this book, Harry Potter, to my ten year old grandson, and I've told him it was totally okay for him. While I'm reading that to him by way of Zoom, that he can sit with his art or his legos. He can using his hands in any way wants to. And the same is true for you. Sometimes it's important for some of us to be using our hands. We don't have to sit silently. Don't think would be helpful is to bring food. You can bring snacks. And I'm sorry I didn't take a good break this time. Remind me if you need a break, because I like to take a break, which gives you time if you need a few snacks, but bring water always. Okay, everyone.

Thank you.

Thank you, Sharon, as always, for Jennifer.

Love you, Jennifer. Jennifer, definitely.

Blessings.

Bye bye bye, band.