

TAG on the Galactic Landscape

Class. # 3

So welcome, class three of tag on the galactic landscape. So welcome. Tonight I'm coming to you from Tulsa, Oklahoma. So you see, I'm in a different room. So I'm at Jennifer's house. Jennifer's got my phone and she's kind of snuggled in bed, so she'll be joining us in whatever way she can. That's how we roll here. But I, I'm always so glad to see the faces when they come in. I love playing with you guys. So let's just take a deep breath, settle into your seat or wherever it is that you're comfortable, and make sure that your physical body, if it needs to stretch or stand up before you sit down, just so it also knows that it's holding you and it doesn't.

Have to be on alert, doesn't have to move you around. The body itself can be held in that energy of divine, good, healing, wellness. While we gather, we always gather on the ground of sacred sovereignty, cocooned in the sixfold field of safety, protection, guidance, and more connected to our spiritual teams, which we each have our guidance configuration.

Those that are on the other side.

Who see broader, are here holding you as we hold each other. This platform is moved into the 6th world, which is beyond the earth energies, which can be pretty chaotic. We do our work above those frequencies by intention. Just let yourself feel into that field. Does it have a color? Do you get a sense of a tea? And if so, what is the emotion this field is bringing to you? What is the feeling that you are giving to the field? We work in receptivity. We are here to receive. We are here to give. Let your next breath move that energy from way beyond your bodysuit down the midline of your body, awakening your power centers and chakras, moving that energy right down through your feet, down into earth, saying to Gaia, hey, mom, I'm here and I'm here to build uniquely. Thank you for holding. Thank you for holding me. And then your roots go even deeper down

into the mycelium of the wisdom of women throughout all time. The wisdom of women throughout all time. Where there is information, from experiences, from situations, from growth, from gifts, and that energy is also available and flowing to you.

And when you're ready, embracing all of that which is unseen, we call it imagination, we call it other world, we call it inner space. Bringing that into this circle, your presence in this moment. And we are amongst a amazing, unlimited, intelligent being because you are present. When you're ready, just open your eyes and be back here with those who've gathered.

So we're just going to go around and put ourselves in the circle. Just name where you are. Okay. You are in the circle because you're choosing to be in the circle. So muting and unmuting. And we'll do it by tag. I'll start and I'll tag someone. And so, and so right along. So, Sharon, Raji Maynard here from Tulsa, Oklahoma. Really glad to be with you today. Julie, passing to you.

I'm Julie Mason from Salt Lake City, Utah. And I'll pass to Teresa.

I'm Teresa, and I am on Woodby.

Island in Washington state. And I will pass to Sharon Alexander.

Thank you.

I'm Sharon Alexander from Boulder, Colorado. I'll pass to Deborah.

Sanford, North Carolina. And I will call on Andrea. Hello there. It's Andrea from San Francisco calling in. And let's see who. I can't really see right now, so could somebody tag somebody for me?

I'm going to tag Jennifer.

Ok, great.

I'm Jennifer Maynard, on my cell and I am here in Tulsa, Oklahoma.

Arleigh's traveling New Zealand 01:00 a.m. New Zealand time. So she won't be here for at least two weeks. So we're holding her. Janelle may be coming in and I haven't heard not, and the same with Pat. So here we are. So I'm just going to do a quick review of where we are at this point. We are here because all of you have things in your life that you want to add, change, delete, heal. There's an issue you have that's important to you, an outcome you want that's important to you. And so you are here to say, what is it that tag can bring to the table? Tag being the system that I have created from all of the information given to me, from the ancient ones. That includes the history of ourselves, our souls in our journey through galactic worlds, even before we got onto the planet Earth and why we are on the planet Earth. So it brings a picture, a landscape way beyond what most personal growth coaching programs bring to you. So you've set your goal. That goal we will call your north star. You are in a boat on this ocean we call Earth, air, water, fire, and it is moving.

And I don't know about you, but in my early life, I figured my boat was moving because God was moving it where he wanted it to be. And if it didn't go there, too bad. I just had to make do because I wasn't taught that I could participate in that goal. You are the captain of that ship. And your north star says, this is where I want to end up. So through that journey, in the next two months, three months, really, for the rest of your life, every time you set a north star and you claim who you are as the captain of that ship, when things get rocky, and they will, you can always bring yourself back to my reality. Statement is, my presence is. And there's your north star. This is a total program of designing your inner self, reclaiming your inner personality, self expression. You are not at the whim of some ego. Ego is a manifestation of unknown unconscious patterns. Then we haven't known what to do with it except put it over to the side intag. We know exactly what to do

with it. We know what to do with those things that come up that we might call shadow parts.

So you have a north star. You have claimed a presence of who you are, and we have created on the band, and some of them, you are using band. What I found for myself, I'll just say what I found for myself is it reminds me today, did I reclaim, have I strengthened my north star? It isn't necessarily a place where you have to say anything other than done, because it's a reminder for you that your inner work is what you need to strengthen. And you do that by using the different processes to anchor and deepen and expand what you learn in class and the changes that you claim in class. So we've learned reality statements. Reality shift, brain balance, vagus nerve release. Right? We've learned, are you of my light? And we went through the discretion process with Pat, which you could all go along with in your own issue. What are you feeling? Feel it as if you're the balloon. Breathe out of it, label it, et cetera. And that's where we are at this point. So tag what I found as people started coming to me. These were people who wanted to move their life forward and be self accountable.

They wanted to take responsibility for what was going on, but they didn't have enough tools to do it. So I often said to them, you're like a train that wants to go 200 miles an hour down the track to get where you want to get. And they'd say, that's me. And I said, but what happens when you're going 200 miles an hour down the track? You're going to hit your walls faster than usual. And they said, that's me. When I first started in 1980, 919, 90, we were going slow. So going 200 miles an hour is normal today. Have you noticed how speeded up things are 200 miles an hour is like normal. And so if you're in this space where you want to keep your life moving forward with the speed that you're being pushed through, then tag is a really perfect model to add to whatever you have going on. So what we're going to give you two things before I get into our model that we're going to practice with. What I discovered as I ask questions, and one of the values of having your own spiritual guide system team is that you can ask questions.

So instead of saying, I don't know why my liver hurts, I will go to read Louise Hayes' book. That's a great book, but it's not your liver. You see, how do you ask questions? Why is this happening to me? What is the message? For me? That's the value of having your own relationship with what I'll call spirit. So, as I was putting together a mentoring program for couples who wanted to start their family or add babies to their family, I went, okay, that would be a great mentoring program. Because then Mama could look at all of her issues around motherhood. Dad could look at all of his issues around fatherhood. They could each look at their issues about relationships. So they could do a lot of their own cleanup work. As they also said, what are we willing and ready to offer the child? So there's already. Here's cleaning, here's what we want to offer the child, and here's our commitment to each other and to this child that's coming into our home. So it was a whole program? Well, I had to ask lots of questions, and one of the questions I asked was about souls coming into this lifetime.

Do we make plans? And what kind of plans do we make? And indeed we do. We make birth plans. I didn't come to Tulsa without two suitcases that were both a little bit too know. Without having got all my circles in other people's hands so they could continue. I did a lot of prep to get to Tulsa. Do you think that you, as an intelligent being, came to this planet haphazardly and just landed? No, and I was assured that that was not true. We make birth plans. So there's two processes when I'm teaching the tag to do session work. So this is kind of a review for most of you, which is fine. And Andy. So in that birth plan, there are lots of things that we bring in. And for one of the things we bring in is we each choose to bring in what I call negative patterns, negative karma. Now, it might have been, if you believe in reincarnation there were. Some would be yours, some would be your family's patterns, some would be female psyche patterns, some would be humanity. You put together a package of negative patterns by choice. And so let's say that you brought in, in your birth plan, 900 pounds, because we need numbers to understand energy, 900 pounds of negative karma.

We intended that by age, 190 percent of those patterns would be blessed away, prayed away, so you would never have to live them. They'd be gone in behalf of you and your family. So the 11th hour protocol is what everybody after age one uses, and it's a protocol you just activate. Hey, tag healers, activate the 11th hour protocol in behalf of myself. Activate the 11th hour protocol in behalf of my husband, my children, whomever. Those patterns are marked for removal just by request. And you don't have to know tag to do that. So there are some situations, and I knew this early on, there were some situations that all I had to do is ask that healing take place, and some of the patterns would just be gone. And now I understand why they were marked. And some patterns, the patterns that are there by intention for you to rub up against, are not marked. You have to walk with them, you have to make choices around them. They are intentionally left in place for you. But eleven or protocol can be activated by just asking that it be done. So another reminder about that, the other thing that I think is important at this stage is you are in the process.

All of you are in the process of setting and have set a north star, an outcome, something you want to achieve, something you want to change. And that means you want to keep living for a while. And yet, in our life plans, especially us that are older, we put in exit dates and methods of exiting so we could leave the body. We had become so trapped in body suit, that wasn't how it was originally, but we had become so trapped in the body that we just didn't move in and out effortlessly. So we didn't want to get stuck here and be here forever. We knew it was tough. So each of us, at a soul level decided, I think if by age 70, I think that's about as far as I can go with what I'm bringing in to accomplish. So at age 70, right around there, I want to be able to leave the body, which means the body's going to die. And we put in a method. Accident, disease, usually accident or disease. Sometimes sleeping it out, sleeping through. I call it twinkling. But mostly we have a method and we have a date.

And when you know that everybody has one you can say to yourself, do I really want an unconscious exit date and an unconscious method of leaving the body?

Well, I didn't. So I said, no, I'm going to eliminate my exit date. My exit date was like six or seven years ago, I think removing my exit date and I'm removing the method by which I had thought I would have would leave me and I'm going to be no exit date and the method of leaving will be twinkle, go to sleep, wake up somewhere else and you can do that. But when you do that, you then get to write your whole new what is it you want then? Now, from this time of saying no.

Exit date.

Then what's the rest of your life going to be like? It's kind of like calling an end to what you had intended by choice. So then it'll be important for you to write. My connections are to individuals who are respectfully, what connections do you have? What gifts do you want to keep moving on? What gifts do you want to bring to your family members? It's like you're writing your story, truly writing your story based on what you've experienced, what you know about yourself, what you want to bring in and continue, and what you don't want to continue, just leave it out of your plan. So those are the two things to add of the review that we're doing right now. So you've got reality statement, reality shift, brain balance, vagus nerve. Are you of my light discretion, 11th.

Hour and the ability to totally redo.

Your whole life plan and take away the exit plan and the method of exiting. Now you have a link to the tag processes that I showed you last week. So you can always go to there and learn a little bit more. And we'll be applying some of them, but not all of them, but those are just kind of what you have. Also, remember when you hit a trigger, which means you're knocked off of your north star, you don't feel like wise, you don't feel joyful, you feel doubtful. You're knocked off your north star, meaning you're out of good mind. What do you do as soon as you're ready to make a difference? Because sometimes we just wallow in it for a while, but you don't have to. As soon as you're ready to make a difference, then what do you do? You notice it. Tag and transform. Are you of my light? Claim

your north star and use tools to get you back on track. And you can do that within an hour or you can let it go for three days, however you want. This is all about strengthening, changing you inside out. This is an inside job that will show you how outside.

Now, before we go any further, we're going to take a break. So any questions at this point over those tools?

Sharon, I have a question on that disk creation. I did it a couple of times, and I felt very panicky pulling that negative energy into.

Uh huh.

And I immediately just thought, I gotta get this out of here. And started blowing, or.

Was. Here's how I would coach you through it. I would say to you, Julie, okay, you're the balloon. Breathe it in. We've been taught, don't feel it, don't let it in. That'll be worse. That's what we've been taught. So here you are, and you're going to breathe it in. And the panic hits. That's when you would say to the panic field, are you of my light? And you would ask three times, because panic, it may be an aspect of yourself that is panicky, because it hasn't ever known it could be safe. It might be something you will use then in another disk creation or with another tool, or it may be something that is not of your light, trying to keep you small, you see? So here you're doing the process, and I'm telling you to breathe in the shadow stuff, right? Breathe in the shadow stuff. And you start to do that, and it's like, oh, my gosh, stop. I hear the panic. Panic. Are you of my light? Are you of my light? Are you of my light? And do what you need to do with the panic. And if it is of your light, then you could say, this is how I would do it.

I would say, panic. I hear you. I'm going to give you the next turn. So I'm going to have you stand off to the side, going to make a note that you're next, and panic.

You be off to the side, and then see if you couldn't continue with what you were doing, finish that. Until there's that, you let go and unplug, and it's all calmer. Then you could say, now, panic. It's your turn. Let panic come in and do the same thing. That's how I would do it. And if it isn't of your light, then, of course, you turn that over to the PTO team and have them clear it out. Okay. By the way, we're going to take a break, but after a few more questions, I see that it's getting kind of dark here. I'm hoping for the last 20 minutes. If there's anything that's up that we need to laser coach on, like I did with Pat. So if something that you would like to have a laser coach and take and go through with some process, you don't even need to know the process. You can say, this is what I'm dealing with.

We'll do that at the last part of the course. Okay. Today, Sharon.

Sharon. I struggle with crafting the reality statement, okay. Because I could put in lots and lots and lots of words or I don't really know, or permission to fully believe in myself, whatever. And I was wondering, when I watched the recording of the first session, you clearly articulated something, and I was wondering, do you have that written down and could you share that? That would serve as a really great.

In the first class.

The first class.

I'll check it out. I won't do it right now, but I'll make a note of it. Also, remember, when you're crafting a reality statement, you are setting a goal that up until now has not happened. Belief. But you cannot build a house if you don't do the blueprint. You are literally putting in a blueprint for something that doesn't exist that might be way beyond your wildest dreams. That's one thing. Secondly, I've been keeping a list of reality statements for myself and many others, and so I will add that to the resource page so that you can go in, because there might be something in there that goes, that's mine.

That'd be great.

A lot in there.

I'm wondering, should it be really succinct? Maybe I start broad, but then narrow it. Does it need to be easy to repeat the same way? And all of those things, all of.

Those things are kind of up to you. What I have been doing in Tad for myself is I usually do an outcome that's kind of broad. That's all about how do I feel and how am I interacting? It's very broad. Usually broad. What I'm finding lately with this class, I've been feeling to do more really specific, like how am I doing this particular course as a leader, as a teacher. So as a teacher, what am I bringing? So it can be either way, in affirmations, it has to be very succinct, very sharp, because they're trying to burrow up from the first dimension of word to the fifth dimension, where that's where the hard drive is. And I guarantee some issues are so intensely packed that an affirmation will never get plugged in. So it's very sharp, very succinct. But with the reality shift, we get it plugged in with the help of our team. So we're not burrowing up through the garbage, we're just plugging it in and then clearing the garbage out. So it can be either way. Great, thank you. And I'll make a note to put that on. Thanks, Sharon. Anything else?

Anyone else have a question or feedback?

Feedback is helpful too.

I could question.

I don't remember that. Could you remind me what the 11th hour protocol is about?

Yeah. The 11th hour protocol is in your birth plan. You intentionally put in patterns, negative patterns, to bring into this life. Because in a physical body is where we can declare changes. Your bodies, we declare changes physical body. So we bring in, let's say, 900 pounds of negative karma, yours, family, female, human, who, a whole bunch of stuff. Let's say you brought in 900 pounds. 90% of those patterns are marked to be blessed away by the time you're one. So you should never have had to manifest them. That didn't happen. So after one years old, everyone isn't in the 11th hour. We're past the time it should have happened. 11th hour protocol is the declarations and the teams to clear the marked patterns of negativity. What has grown from those patterns then has no roots and no seeds, but they still have to be kind of brushed away. Okay. Are gone.

So you can just basically call in that request with the guides and stuff?

Yeah, absolutely.

Okay, protocol you.

Okay?

Thank you.

Anything else? Okay, so what we're going to do, we're going to take a five minute break because I want to cover some stuff. Is five enough for you guys to stretch and maybe let the dogs out and stuff? And so that means at twelve after the hour, we'll be back. And until then, I'm going to turn off video and turn on mute and we'll see it in about twelve, let's say 13 after. Okay, bye.

TAG on the Galactic Landscape

Class #3. part 2

You.

It's pretty common, not commonly known. Now that generational trauma exists, that what happened to grandparents, great grandparents, parents, kind of gets passed on either through patterns, through stories, energetically. That generational trauma is, I'll say, proven. I didn't prove it, but I've seen it, and it is in place. So here you are, February 2024, and you are ready to build your life, expand your life, change your life. There's something in your life that you want to make different. Like I said, energy moving through a physical bodysuit is changed by the constructs of energy. Stories, songs, that is within the bodysuit.

The soul, et cetera.

So, energy from the divine, that place that we say all there is is love. It's been moving through physical bodies and souls impacted here, and that energy changes into discordant harmonies. Abuse, violence, war, disease, and the law of energy does not give energy the right to correct itself, to take it back to wholeness. That's the job of the soul in a physical body. We're in this physical body so that we can understand that we move energy through us. And by the stories we hold, conscious or unconscious, the songs we sing, conscious or unconscious, the energy then moves out to match those harmonics. So it may make sense to say, okay, there's a whole bunch of uncleaned up energy fields from not just your family, my family, all families. Like, they've left a mess in the bedroom. The house is like a hoarder's house. And those energies, some of them genetic, belong to the family to be cleaned up. And if they don't get cleaned up, they just get acted out again and gets pickier. So I saw a posting that said it this way, pain demands to be felt. And somewhere along the line, a child will be born with such a commitment.

To feel the pain.

The way I have seen it is this. You and I made contracts to allow that. I'll just call it trauma pain, dominator pain to play out in our life. Some of us made the contract to play out the role of abuser, for example. But it has to have a victim. So somebody else is playing out the role of victim, somebody else is playing out the role of a warlord, and somebody else then has to be the one that's being killed. Why is that? So some of those other star souls can say, oh, there's the pain. It does exist, and it's not of our light, and so we will eliminate it. So there are contracts that have been made in your family for some patterns that you have either seen or are feeling the results of because somebody has to be able to feel or let the pain work in their life so that it can be seen and changed, eliminated, you see? So I want you to think what, maybe through the week or even right now, what is an issue that's up for you?

It might be a thought.

Nobody listens to me. I'll never get it done.

Life isn't fair. I'm just going to give you a minute.

As soon as you get something that pops into your mind that.

You know, pain around, just raise your hand. Thanks, Andrea. And you might write it down. Just might be something that keeps popping up. Might be an illness because there are some illnesses that grandmother had and then auntie had and my gosh, now I have it. What makes our family vulnerable to that type of illness? For example, you could take this feeling and you could take it through a disk creation.

And that would be very simple and it would pull a lot of the cords from you and let you get on with next. But generational trauma says there are so.

Many others involved in my family. Some I know, some I don't know that in this moment I can pull it for everyone. Just a different tool, you see.

Now remember I told you about my friend who's learning to play the musical instrument? She finally got a professional instrument and now she's back in school and she thought she was practicing, but she's got a new instrument and so she's pulling it apart and now she gets to practice. That's what we're going to do with this process. It's called the seven generation back in time, at least seven generations to be healed. And I'm going to take you through the process. I want you to not write. I want you to be present and let it work on you when it is on the website. This particular process, I will mark where it is so that if you want.

To use the process, you can do it again and again.

This is the first part of probably three.

This is.

We're doing the first part. Okay. So you got your issue or your pain or your mind.

Okay? So just close your eyes. And here you are in this sacred circle, cocooned, safely working on the six platform. Six world platform. We're within the cosmic composting system, meaning every bit of energy that gets disturbed is automatically vacuumed into a place it needs to be, doesn't float around. So we are in this beautiful, wonderful space. I call it often divine good field for healing. Sitting within the cosmic composting system with teams who know exactly what to do with healing, it's been brought to your attention through pain, maybe through the words of that pain. Something's not healthy in your life.

So I want you to just let.

Yourself hear what the story is. It might be you're not worth anything. You'll never get it done. And how does that feel? Just let yourself feel it. Don't have to go into it big time. What is the story? What are the words? How does it feel? Acknowledge that it's there. And then I want you to just kind of turn behind you in your imagination. You're going to turn and say to your ancestors, who else has lived this story? Who else has felt this pain? Come and join me and let that space open up as big as it needs to be. For all of those who have that same or similar pain, let them come. Who else has lived that story, felt that pain? This is a safe place. You say to them, this is a safe place. You can let that pain be known. You don't have to hide it, repress it. You can let it be known. You see, the more that come, the more healing teams are there to hold them. Take a moment, and if they might need to say to you their story, their word, just let it be spoken into the field.

And when you feel complete with their presence and their speaking, just raise your hand, acknowledge that painting, and you say to them, we're going to freeze frame the pain. You don't have to stay in the pain. Move it over to the side. But we're not going to ignore it either. When you get a sense that all of those who have had similar are in that room, they know they can be heard. No one is discounting them, changing them. We hear your pain and I am going to speak to them. I hear your pain and I want you to know there was never anything wrong with you. These situations, these painful stories, these were never because you did something wrong. The truth is, you took on a magnificent contract to let the pain be shown through your life in order, order for someone, somewhere to find the answer, to release it for the entire family. For the entire family. You did magnificent work. And it's taken us this long on this planet, working with the limits and the contamination and the cultures. It has taken us this long to find the way out for you and your family.

And so we are here, your ancestor or your descendants here in this room, me with them, and we are here to say your contracts, to carry this story until it could be heard and eliminated. Those contracts are fulfilled and forgiven. And we have your spiritual team and angels here to unplug and remove those contractual

cords from every part of your energy systems contracts. Acknowledged, fulfilled, released. We bring in the Sophia collective. Sophia has held the authority voice for souls in female bodies from the beginning of time. She has never let go of that authority voice, no matter how much harm she was encountering, just like you. So she is here with her sisters, and she is saying to every one of you, is her hand on your third eye, her other hand on your solar plexus, on everyone in this group that says, activate, activate the power centers, including the solar plexus at the belly button. That wisdom center that says, I can tell the difference between energy that makes me expand and joyful, and energy that crushes and constricts me. I can feel the difference. Always have been able to. But now I have my authority to say, PTO, remove such energies.

So every ancestor back in time contracts removed. Sophia initiated, that they can now say, put their staff, which is in the left hand, into the ground. This is my family. This is my family. It is a family based on all that is good and beneficial. Right hand, sword into the sky. It is not fight. It is connection. Clear connection to above. Remove all energies, agendas and forms that are destructive to my family. Now. And notice what happens in your field. Notice the shift and the changes. What changes in your generational life. Feel it. Is there a beginning, joy? Is there a beginning, strength? Is there a beginning, clarity. What is it now? We say to our tag team, our PTO collective, when we say, move this entire group of beings into the field of divine good. Into celebration light. Into celebration light. Their energies moved into that field of divine good. Any residue that seems to be impossible to think, it would be gone. That energy is gone. As that inner field strengthens, doors open. Possibilities come that were never possible before. Because of the lockdown, because of the family trauma, we've moved them into that field of divine good that will dissolve what seems impossible on that inner plane in order to open doors that were not even seen before.

I'm just going to propose a reality shift. Because you, in this consciousness of a physical bodysuit, you're the one who is calling the energy to a new form. So my family lives in energy of respect, of kindness, of encouragement, laughter and joy

in being together. Move my consciousness and the consciousness of everyone to whom I am connected in love, into that declared reality. Move us into that energy reality, that song, that harmony. And we ask the tag healing group and the PTO removal group to tag and transform and deep six any energies that are, that has or that would keep it from us. Activate the healing and the parasitic Removal. Now, the fifth dimension is an energy field like the hard drive. That's where your programs are held. So we're going to ask your design team, the causal team to defrag to clean out your fifth dimension. Just imagine, like, you're the computer and now they're cleaning out that dimension where the programs are held. Defrag it. Clear out some memories available. New space. Defrag, the fifth and design team, the causal team. Create the software program for the highest expression of my declaration for myself and my family and all I'm connected to in love.

The highest expression as a software program, download the codes to my first dimension so Mother Earth knows I am walking here differently. Download the codes to the first dimension and then anchor the program itself into the fifth into the hard drive. And reboot. Reboot my energetic systems with that new program. It is now chosen, designed, cleared, activated, downloaded. And so it is. So what does it feel like? What's the laughter happening? What are the smiles of respect? The encouragement for your new plans. New doors opening for resolving and building beginning in your family. Because that's what you want. Your children, your grandchildren and forward in time. And then when you're ready I want you to put yourself into the cook's hookup so you can begin changing the neurological patterns for your brain. And this bodysuit. This bodysuit is a vehicle. It's now got to go to the.

Mechanic and get itself up to date.

So your family is in a new field of respect, of laughter, of wisdom of growth, of encouragement, of resolution. Tongue at the roof of your mouth roll your eyes clockwise twelve times. That's the right hemisphere. Twelve times the left

hemisphere. Then when you're ready, we'll just put our hands and we'll do us do that simple.

Vagus nerve release.

Because the nervous system. We want all of that old stuff out of the nervous system, too. Put your hand on the top of your head. Tip your head to one side and eyes up the other direction until you feel like a sigh. And again the other side of your head and eyes up until another release of sigh. The value of taking on an assignment. The value of taking on an assignment is that the shift you've just made, you just made it. It's new.

So taking and making an assignment to yourself I don't care what it is. It might be to do a reality shift in behalf of your family. And the statement and what we just did might be doing that every day.

Is it worth it to you to make this inner so strong that nothing shakes it. That's why we have band as an option. Okay. We're just going there and say, done.

When I first suggested it, I wasn't sure if I would like it or not. I'm finding for me, it's really helpful, but find something that you've just claimed. A huge shift. A huge shift for you and your family. What do you want to take on as a daily assignment or every other.

Day assignment to yourself to strengthen that inner picture? That's up to you. Okay.

So I'm going to take just about two minutes a break, and then I'm going to come back and either answer questions about what we just did or if there's something that is up for any of you, that you would want to be coached through it. So you will do a laser coaching on some of the. And it doesn't matter. One process, I will

just choose, but I'm going to give you two minutes to kind of think about it and then we'll come back and finish up this class.

Okay. Be back in two.

Okay. One thing you could do is use that process and just try it on a couple more times this week on something because it's new, probably for most of you.

Let's see what happens.

Okay, so we have about 15 minutes. So I'm going to open up the my your mics. If you have questions, you have feedback, or if there's someone who has an issue or something, you would like to be the guinea pig, we'll do a laser coaching on that, like we did.

With Pat last week.

So floor is yours.

What's up, Deborah, quick question on that last process. Since I was doing a family history of a certain disease. But can you use it not just on Blood family, but family by marriage?

Yes.

And just do whatever on that?

Yes. For example, if I were going to do something on my husband's family, I would work with my children through his family.

You see?

So it's like in tag. What do we say? In tag? Those of us who see it have the obligation. Not really, but we have the responsibility to do something about it.

His children are not mine. I know biologically, but I can still do that.

Yeah, but it's the same thing. We're here, all of us, pretty much in human bodies, all humanity made the choice to come on this mission to clear up the mess. Our commitment was to be whole. We've already made that choice to be whole, but we've also made the contract. So we would also play the role of the messy. So if somebody sees us in the messy and says, oh, they're not good enough. They have to wait. No, they're playing the messy so those of us who aren't stuck in it can clear it up for them. Those who work with, and I'm speaking tag, if you're working with somebody directly and they're participating with you, their change is going to happen very quickly. Days, weeks, those that you're working like in that field, in the six with the imagination and their teams, their teams will apply it and they might stretch out the time it takes for the healing to occur. So instead of it being two weeks, it might be six months before that person goes, what do you think? I ought to get a counselor, you see, but if you don't do the work, the heaviness keeps them locked in and they'll never ask for a counselor or read a book.

Teresa, kind of piggybacking off of Deborah's question, when you had said work through the children for that side of something, are you talking about getting permission from the children or are you just talking about in your imagination?

In your imagination, because at a soul level, those children already have given permission. They're here. If we're a star soul, which we are, we're not at home anymore. We're down here. We made the choice to leave home to experience only good. That's the choice they made. Now we got in this mess, and now we need to get out of the mess. And some are playing roles of the messy, but they've never given up their initial choice to experience aspects of their home of good. So you work with them in imagination.

And then the other question I have is, can you expand it to any type of group that you are invested in? So if you are in a club or if you are in any other kind of community, can you do that same kind of thing? Or does there have to be this kind of some family connection? Or could it be any group that you are invested or care about the well being of that group?

Because truly we're all family. All of us, anyway. Looks like we aren't.

But we aren't.

Here comes Pat. She's late. Yeah. If you see it, and if you have a tool to make a difference, you can make a difference because you turn it over in tag, you turn it over to their higher self and their healing team. You're not going to force anything, but you give permission. And the only way their team can act is if they have permission from somebody in a physical body. And if a person is so dense and so much in pain, they can't even think about giving permission.

You can.

Hi, Pat. Did you know we're almost finished? I'm so sorry. That's okay. I just wanted you to know I'm just fielding questions. Okay. Anything else?

Thank you.

Thanks, Teresa. Sharon, you recorded it, right? I did, Pat? You bet. So does anyone have a situation in their know your situation that you would say, well, I don't know for sure how to do x and you'd be the guinea pig like Pat was? Pat was the guinea pig.

And we did a discretion.

Do any of you have anything like that? Andrea, you're muted.

There you go, babe.

Sorry about that. It's hard to know how to unmute on the phone. Can you guys hear me now?

We can.

Okay. Well, I wouldn't say I don't know how I could walk through it myself, but I'm happy to be a guinea pig if that would be of service, because I have a hot thing that I'm feeling better about it already. So what do you think?

Yeah, go for it. Unless there's somebody any. Okay, go for it.

Yes. So my reality statement, because I'm kind of pivoting in business. Side hustle. Side business, la la la, is I'm making all the money I could ever want doing things I love. And I've had some experience with that, and it's amazing. And then I've had a contrasting experience that really just triggered that I feel worthless and not valuable, and I'm never going to get ahead with a friend that wanted to kind of underpay me for some really hard work, even though she and her partner make good money. It definitely triggered a lot of, like, I'm worthless and I'm never going to figure this out. And just feeling stopped and stuck and just bringing up all the feelings from childhood on of just not getting my needs met and feeling like my needs were a burden and I can't even take care of them as a grown up.

Got it?

Yeah, pretty hot.

Okay, so stay with me, Andrea. Whenever we make a bend, a shift, whether we're shifting direction or shifting elevation, things are going to come up that have to

be addressed in order to free ourselves. You get this stuff. So, Andrea, I want you to just be there still, and.

We're going to name that field. It'll never happen. For whatever reason and never happen. If you have a better words, you can.

Now we're going to do a crystal child. It's similar to a soul integration, but.

It'S a little shorter.

So let's say something remember I said, if you're pain in your liver and you go and get Louise Hayes book, it's not your answer. So here's Andrea. Got some good stuff going job wise, and then a banger, so you'll never get it.

So, Andrea, I want you to ask that field.

With all the different voices.

I'll never get it. When you feel connected to them, I.

Want that field, that energy, to say, through you, so you just let it flow through you like you're writing the.

Book, it's going to say, through you, I am here.

I want to speak to that field.

When you're there, say, through Andrea, I am here.

Okay.

Does it okay mean you are here?

Yes, I am here. I'm here.

So, Andrea has felt you. Do you have a name you'd like me to call you?

I just got shitter. That's what I got.

Shitter is what we will call you.

Shitter.

Where do you exist in Andrea's field? Body or otherwise?

Head down into the heart.

And what is the job you're doing in her life? You've been given a job to do.

What is it?

Protect her from being vulnerable. Protect.

How do you do that?

It's something like hiding her light, in a way. It's like making. Yeah, like not making her visible.

And when you hide her light, make her invisible or cause her to do.

That, what does she miss?

What does she miss?

A more fulfilled, fully expressed life. Connection. Love and connection. And greater thriving and experiencing of this life.

Are you doing that work alone, or.

Do you have a team?

And are you the spokesperson for the team?

Yeah.

So shitty.

I'm going to ask you three times.

Just because it's protocol, not because I don't trust you.

Okay.

Are you of the light?

No, I don't think so.

Are you of the light?

No.

Are you of the light?

No.

Thank you for being honest with me. You understand that this isn't your home? So, Andrea, we're going to call in the PTO collective. It's extensive. Team, PTO. This entire configuration, it's like an octopus with tentacles. Many, many places. I want you to identify all of those energies, contain them and neutralize them. Unplug them from Andrea's field. That's not where they belong. They're not allowed. Unless, Andrea, you want them there, do.

No.

No, they cannot stay. So, PTO want you to unplug, gather up all that energy and take it back to its originator, the source home of its originator, back into the Gallup, and in that home of origination. I'm going to ask Laniakea, which has the authority to give us permission, and you'll give me the answer. Andrea. So I'm going to ask Laniake, do we have the authority to move this energy into extinction? Do we have the authority to do that? Yes or.

Yes? Yes.

And is all of the energy of this configuration secured, yes or no?

Yes.

Then Lania, Kmpt. This is to be unplugged and moved into extinction protocol, to be transformed back to its dust light. Andrea, I want you to take a deep breath. And is there an aspect within Andrea's field that knows how and has the job to guide her to a fully expressed and expanded life? Is there an aspect ready to do that? If so, speak through Andrea. Say, I am here.

Yeah, I'm here.

And do you have a name that we could call you?

I'm just getting Raphael.

And Raphael, do you have a team in place and a plan in place that you could give Andrea guidance step by step as she moves into a more fully expressed life?

Yes.

So you have a team and a plan and are you and that team of the light?

Yes.

Are you of the light?

Yes.

Are you of the light?

Yes.

So, Andrea, I'm just going to let you just take a minute in your imagination, show gratitude for Raphael's there for you. And you can now begin building a relationship there with that team.

I would suggest you do a reality.

Statement too, to say Raphael and expanded.

Team is here for me, whatever. Now take it into a cleansing of it with a reality statement. The shift brain balance.

Et.

You'll then when we make those kind of changes in energy, energy is that inner world is the beginning place of everything. To be able to change energy deeply enough, broadly enough, strongly enough, is power. And then you walk with it for a day or two or three or a week, and you see what changes.

And what's still there and what changes and still there, you see? And then you become a master of energy laws and your life continues to build as you design. Thank you for doing that.

Thank you. I really appreciate that. Yeah, that was good. I think you might have to mute me because my phone's acting weird.

I will mute you.

Two things. I found a birthday card to send a friend of mine who's taken tag and it says, how did it go? It's when you don't like the way your life is going, it's time to change the like. Well, that's tag in a nutshell.

I like that.

That is good question. Before you worked with Andrea, I was working with who in my field knew about the pain in my back?

Yeah.

And I got this one who was not of my light and unplugged and did all this stuff and all. But then I was there and he was still there. And I'm like, how come you're here? Because you need to know this. He's like, it doesn't matter if you get rid of me, it's still going to keep going because you made a contract to be the last one to be healed. So we will find. So do I need to do Rhianne on the contract?

Yes, absolutely. Then you say, who in your field knows about the contract?

Okay.

And it can be not of the light, but then eventually you'll want to get those and get them out of the way. And the contract eliminated.

Yeah.

You keep going deeper and that's why it's valuable to be able to ask questions and to listen. And if it's like, wow, I don't understand, you're okay. Tell me more about that and then you can go after the deeper stuff. Perfect.

Deborah, I have not ever found that.

Before because I was surprised when I went back in to say, is anybody else? And he was there. And I'm like, I thought we just sent you on your way. It's like, yeah, but you have to hear. So I'm like, ok, thank.

Yeah, yeah, thanks.

Ok, anything else before we close? Oh, good. Love you guys. And realize we're going to do seven generation for the next two weeks. There's other pieces to it that we will continue with it. So, like I said, I'll mark where.

On the recording that particular process starts so that if you want to try.

It on at different times, well, that.

Would be one agreement you could make to yourself.

Okay. Until next week. I love seeing your faces.

Thank you very much. Thank you. Have a wonderful week, everyone.