

## **How To Listen To Your Body and Understand What It Is Saying**

### Class One

Hi, this is Stacey Mayo and this is How to Listen To Your Body and Understand What It is Saying, Class One. And welcome everyone.

I'm really, really excited about teaching this class. I'm very passionate about having people really understand what your body is telling you so that your body can heal itself. This can benefit you in so many ways. Number one, obviously it can have you be healthier physically and emotionally. Number two, it can save you lots of money in future doctor bills, emergency room calls, etc., for you and your family. When you start to learn to listen to the whispers of what your body says before it turns into bricks, and if it turns into bricks, you learn what it is saying then. But learn what it's telling you can save you from surgery, from chronic disease and even help you see how you can turn around chronic disease. So whether your ailments are small or large, you were drawn here for a reason today, and know that you're in the perfect place at the perfect time. All right.

Now, I'm going to make this announcement before we go on, which is that rather than this class being every other week, it will be held every week at the same time on Thursdays, except for May 10. We will skip that week. I want everybody to mark that on your calendar and to be here live as much as you can.

You were sent an email which has a website on it and that is our private website for this class. There are several classes listed and you go to our class on How To Listen To Your Body and you will use your first initial and your last name as your log-in, and the word *sentelligent* as your password. You can go to this class and you will be able to get the recordings, you'll be able to download the book on "What Are Your Guides Telling You", which has at least 75 symptoms and some of the underlying causes. You will also be able to ask me questions about symptoms, and you will also be able to connect with each other and support each other. So, that is there for you.

That email was sent today so everyone should have gotten it. If --

*Participant: It was from Steve Lewis.*

It was from Steve Lewis, correct, so you can look in your emails from Steve Lewis, from S. Lewis, and it should be there. If you don't have it, email me

later and let me know, but check your inbox and check your spam filter. It went out to everyone who was signed up for this class.

Okay. Now, today we are going to talk about how to listen to your body and we're going to talk about certain symptoms. Now, you may have some of these symptoms and you may not, and we'll use live examples from people in the class when it makes sense to do so. I have certain symptoms listed for each class and certain topics listed for each class and if we have time, we can always cover other ailments that weren't listed in the topics. I'm here to serve and customize this for you so it really works for you and you get what you want. My suggestion is that you think about what is the intention that you want from this class. What is the intention that you want from the whole program. Then also set an intention of what you want to learn each class. And listen as if you were going to teach someone else.

Now, this class does not certify you to become a medical intuitive. It is not that in-depth training, although it is great complimentary training to it. And some of you may use this as a stepping stone and decide at a future point to become trained as a medical intuitive. And I would be happy to talk to those of you who are interested in that at a future time.

In this program, so just think about, just for a moment, I want you all to be quiet for a moment and write down your intention, what you want to get out of this program.

Today's class is about learning to understand language and how you can listen to language and better understand what your body is telling you. And we have specific ailments that we are going to talk about today: knee and joint problems; the word *sore*, so anywhere that you are sore, or have a sore; inflammation or swelling; and kidney issues. With those things in mind, write down an intention of what you would like to get from the class today. We all have had some of those things happen at some point in our life. A sore something or an inflamed or swollen something for sure.

So now with intentions set, we will start to go forward.

Now, in this class, you receive a certain amount of clearings from me, some of you have already received some, some haven't. The first eleven receive a complimentary analysis of your supplements and your nutrition. So if you would like that done, email me with the current supplements and medications, that you are taking, and I will analyze that for you. At any point during this six-week program. And if you don't know if you were one of the first eleven or not, email me and I'll let you know that as well.

One more thing I want to say is that in this program, I will release some things for you. I am not teaching my release technique, the Advance Cash Grid, as part of this class. I did just teach it to a group of people yesterday. Some of you were there, and it was great and exciting to empower people with learning how to use the Cash Grid, which is my crystalline healing grid which is advanced and really incredible at this point in terms of its ability to heal a lot quickly and gently. So I will put it out there that those, some of you who haven't learned it, may be interested in learning it. And if so, you can let me know and I'll let you know when there will be another Cash Grid class to learn how to use the release technique.

Let's talk about understanding the language that your body speaks. Okay. Now, again, understanding this can save you money and turn your life around, and also help your family a great deal. So everything, I really want you to get that everything is related. That when your body speaks to you, it is telling you something is squashed down in the cells of your body, keeping your body from healing itself but it's also always related to some other aspect of your life; be it career, be it relationships, be it inner peace, be it family. Those are the main areas. So when we clear up something physically, we're also able to move forward easier in at least one of those areas in our life. So in learning to understand your body, you not only heal physically, but you are able to have more of what you want in your life, in your relationships, in your career, in your finances, in your spirit. In all of it. And you'll start to understand that more and more as we go through this program.

Let's start by looking at some of the things, and I just want to ask, does anyone have any, who's on the class today, any of the symptoms that we're going to talk about today?

*Susie: I may have some inflammation behind my eyes.*

Stacey: Okay, Susie. I'll make a note of that. Anybody else?

*Ann: Intermittently inflammation. Not sure if I'm having it right now or not.*

Stacey: Okay. Inflammation where, Ann?

*Ann: You know, I think in the hips more.*

Stacey: Okay. All right. Anyone else have any of this going on?

*Mary Carol: I have a kidney issue and then some knee pain, joint pain.*

Stacey: Knee pain, joint pain and kidney. Okay.

*Mary Carol: Yeah, kidneys.*

Stacey: Okay. All right. So let's start there.

So the first thing is knee and joint pain, Mary Carol.

*Mary Carol: Okay.*

Stacey: All right. So knees, okay, think about your knee. Your knee helps your leg bend.

*Mary Carol: Yes.*

Stacey: The knees are actually about flexibility and moving forward in some way. Okay.

*Mary Carol: That makes sense.*

Stacey: All right. So both knees or one knee?

*Mary Carol: Both of them.*

Stacey: Both knees. And what is it? Are they swollen; are they tight; what is it with your knees?

*Mary Carol: They're just sore when I get up and sit down, that's kind of how. And some days are worse than others. It's just a little bit of a pain that let's me know it's there. They don't appear to be swollen.*

Stacey: Okay. So now, everybody listen to those words. "Sore when she gets up and sits down." So this is great. This is about listening to language. So her knees are sore. When we are sore, that typically means we are angry about something. We are sore about something. Okay. So with Mary Carol, her knees are sore when she gets up and when she sits down. So if we think about anger being sore, angry about having to get up and go and angry about having to stop. Okay. So angry when you get up; angry when you sit down. Not always.

*Mary Carol: Right.*

Stacey: So if we looked at that, there's anger about how fast or your ability to get going, and then you can only go so long and you have to stop.

*Mary Carol: That's interesting.*

Stacey: Does that resonate?

*Mary Carol: Yes. It does. And as you are speaking, I keep hearing the word "visibility".*

Stacey: Okay.

*Mary Carol: - And then, it's almost as if I've been, because I've sort of been living in two worlds. I've been playing attorney on one side and I've been doing all this other metaphysical, medical, you know, intuitive work on the other side. So it's like I always have to stop and do one thing and stop and do another instead of just doing what I want to do.*

Stacey: Ah. Okay.

*Mary Carol: Yeah.*

Stacey: You got it?

*Mary Carol: So a legal---yes, legal work pays the bills but it's not where my heart is. My heart's in the energy work.*

Stacey: Ah, so you can only go so far and then you have to go do this stuff you don't want to do, to pay the bills.

*Mary Carol: Yes, that's exactly right. Yes.*

Stacey: Okay, perfect.

*Mary Carol: Yes.*

Stacey: Okay. So do you see what we did? We looked at the sore and what it means and then Mary Carol was able to relate it to her own life and what's going on in her life.

*Mary Carol: And here all this time I thought it was because there's 80 pounds on my physical frame that shouldn't be there.*

Stacey: But you said the word "visibility" and your weight is protecting you from being visible. So it's all related.

*Mary Carol: Yes.*

Stacey: Okay.

*Mary Carol: That's right.*

Stacey: ---and we're going to get into weight later on in the class. And I know many of you will be interested in that. So for you, if you were to rate the soreness on a scale of one to ten, what would you give it, Mary Carol?

*Mary Carol: Today I would probably give it about a four.*

Stacey: Okay.

*Mary Carol: That's today.*

Stacey: Yeah.

*Mary Carol: I did all....I had two clients this morning on the medical intuitive side. I never did any legal work.*

Stacey: So there's this real conflict for you going on. Like you want to get on with it,

*Mary Carol: Yes.*

Stacey: and you can't.

*Mary Carol: Yes!*

Stacey: - and you're sore about it, right? And so, -

*Mary Carol: Obviously, I am.*

Stacey: Yeah. So there's some letting go to do and so part of what there is for you to do, truly, is accept you are in a transitional place.

*Mary Carol: Okay.*

Stacey: Let it be okay that you are where you are. Allow yourself to be flexible, okay, and be with how good it is that you do have an income coming in from this other place while you transition to your heart's work.

*Mary Carol: So I have to give myself permission and stop getting angry with myself.*

Stacey: Yes.

*Mary Carol: Surrender to it. Surrender to the place I'm actually sitting in.*

Stacey: Yes.

*Mary Carol: And be grateful for it, and then also know that it's temporary and stop being angry with myself.*

Stacey: Yes. Be grateful for the income that you have and that you can do it.

*Mary Carol: Okay.*

Stacey: Okay? How does that feel?

*Mary Carol: That feels pretty good.*

Stacey: Okay.

*Mary Carol: I heard you say that before, I guess I hadn't quite been listening because I heard you say that before that you have to be grateful for transitional phase and -*

Stacey: Yeah.

*Mary Carol: - being supported on one level.*

Stacey: Yeah. So many times we want to see where we want to go and we want to zoom, and we can't for whatever reason.

*Mary Carol: Okay.*

Stacey: Our soul's not ready or whatever. It's like we've got to trust it's all perfect.

*Mary Carol: Yes. And there's a lot of knowledge in the process. Yes.*

Stacey: And there's a lot a knowledge in the process. Good. Thank you.

*Mary Carol: Thank you, and now I need the water.*

Stacey: Okay. Good. Good. See, sometimes we can just be with it and let go. Okay.

*Mary Carol: Yeah. Surrender to it, yes.*

Stacey: Sometimes it's deeper and as I look at that, I'm getting that, I believe you can just do with that, and it's going to help that soreness because it's not tremendous. And as I look deeper, "is there a deeper issue to release there?" There is.

*Mary Carol: Oh. Okay.*

Stacey: There is a deeper issue to release there related to her knee? "That is correct." And so I'm going to look for you..... So for you, I'm going to look at it and I'm going to ask for a clear channel for Mary Carol. "And what there is to release, is it present life or did she come in with it?" It is something that you came into this lifetime with, actually. "It is the belief that you cannot make a great living at your higher purpose...I'm asking for a clear channel, is that correct? Yes. You cannot make a great living as a medical intuitive or doing your life's work, which also has you sore." So that is one that needs to be released, Mary Carol.

*Mary Carol: Okay.*

Stacey: Okay. Because you can and it's, you know, it's at an energetic level. You know. The acceptance place is a good stop-gap measure but...and your knees could actually get better just from accepting where you are but this issue will continue to show up for you in different ways. Does that make sense?

*Mary Carol: Absolutely. Now let's, let's get to the core of it and release it. This is one that you and I've been working on for several months now.*

Stacey: Right. Right. Okay. All right. Now, Mary Carol, were you in the Cash Grid class?

*Mary Carol: I was.*

Stacey: Okay. Good. All right. Now, so knees are about flexibility and moving forward. So see how we just combined two things? We combined sore and knees. Okay. I'm going to stay there for a minute. So, you could be sore in another part of your body and it mean something else. Sore muscles might mean you are sore about having to muscle through something. Listen to the words. Sore throat. Sore about something that you don't feel you can speak about so your throat is sore. This applies to animals too. Sore spot on an animal. Look at where it is. You have to look at where that animal is sore about something. Might be that animal stuff or it might be they took on your stuff. Either way, it can be released. It's the same for animals as it is for us. Okay.

So joints. Let's think about joints for a moment. Everything is related to where it is. So a joint problem is related to where the joint is. So let's think about shoulder joint. The shoulder joint is the connection between the shoulder and the arm. Now, if the joint is rubbing when you move your shoulder, it rubs...think about it like rubbing the wrong way. So if the joint is rubbing the wrong way and if you move your arm, it rubs, then something about you being rubbed the wrong way. Let's say, when you lift your arm. Well, that would mean rubbed the wrong way about going to new heights, or reaching for something, likely reaching for something. See, rubbed the wrong way about reaching for something, there's something that is bothering you about it that keeps you from fully reaching for it and going for it. So it depends on what the joint pain is. Let's look at a joint between your thigh and your hip. Let's say that joint is tight. Then you look at the words tight and hip and leg. Hip and leg are about moving forward so you're tight about moving forward in some direction which means you are probably scared of moving forward so your body has tightened up.

Similarly, the connection could be loose instead of tight. In which case it could mean that you are unable to connect between where you are and where you are going. There's not a connection. You haven't connected all the dots.

Questions about what I've said so far? Is this making sense, you guys?

*Group: Yes. Yes, it is. Yep.*

Stacey: Okay. So it's always about putting the pieces together. You know? Where is the pain? And then, what is the description of the pain. And putting those two pieces together gives you a great deal of information. Now note, I know you guys are taking notes, there will also be transcripts of this class in addition to the recording. I know there's a lot of information here.

*Mary Carol: Good.*

Stacey: The transcripts should be ready, I'm asking them to be ready...class on Thursday and be ready by Monday so we're going to try that out and see if we can get that kind of turnaround for you guys.

*Participant: Great.*

Stacey: Okay. So know that you are going to get....there is only so much you can take in in this class, but you will have the recording and you will have the transcript. Okay. Questions so far?

Okay. Let's look at inflammation.

Inflammation. Think about that word. Inflammation. Inflamed. Anger. Much of disease is anger. But just knowing that isn't enough. Inflammation, swelling, is anger. Now we're going to look at...I think it was Barb who said she had some inflammation and Ann. So we'll look at those in a moment. But let's just look at it in general.

Swollen feet. Angry about not taking a stand about something you feel strongly about. Feet are about taking a stand. If they're swollen, then there's anger about a stand you have taken or about a stand that you have not taken.

If your legs are swollen, and legs are about going forward. Typically angry with self about not going forward, or angry about something that is keeping you from going forward. Generally it's us that keeps us from going forward, although we may misdirect the anger.

You could look at every part of your body.

Swollen fingers - Angry about something you are holding on to. We use our fingers to hold on to things.

Swollen hand - Angry about something you think you have the right to have handed to you. Look at the language.

I could go on here to every single toe would mean something different. And I laugh at this one. If you look at your middle toe, I think about that as the really angry toe. If you think about what you use your middle finger for on your hand sometimes, if you are angry with someone. You know, like, screw you. Well, it's kind of the same as that middle toe is for you. Okay. It's that same thing only it's...it has different meaning than the hand does. So the middle toe is about being angry at those who have hurt you. If you think it about it like that. Screw you. Angry at you for hurting me. Okay.

The first toe, the big toe, is an anger issue with dad. The second toe is an anger issue at mom, if it's swollen. Isn't that interesting? So these little things mean a lot. And these are things, little things, that we don't even think about. Like, oh, yeah, I just ignore it, or whatever. But it is our body telling us there is something we haven't dealt with.

Now, let's go ahead and look at Barb who said...you said you believe there is inflammation behind your eyes, is that right, Barb?

*Susie: It's Susie.*

Stacey: Susie, I'm sorry.

*Susie: Yes. I feel inflammation behind my eyes.*

Stacey: Can you speak up, Susie.

*Susie: Inflammation around my eyes. It feels like it's behind them.*

Stacey: Okay. All right. So let's look at that. Inflammation behind your eyes. So eyes are for seeing. So behind your eyes, or around your eyes, or both. Which is it, Susie?

*Susie: It feels behind and around.*

Stacey: Behind and around. So let's look at those words. Behind. When I think of behind, I think of two things. I think of past and I think of hiding.

*Susie: Okay. That fits.*

Stacey: Okay. Which? Both or one?

*Susie: I'd say both.*

Stacey: Okay. Say how that fits.

*Susie: The past would probably be releasing some more of my past and the hiding is something your and I've been working on for two or three months.*

Stacey: Okay.

Susie: So...

Stacey: Yeah. So if we connect it with the eyes, okay, there's something that....there's anger and there's something about seeing your past. Like not wanting to see your past. Not wanting to have that past occur again. And have to hide out because of unresolved issues involving something you saw in your past. What comes up when I say that?

*Susie: I think it's just...feels like, eww, I don't know. I think it's abuse. Some kind of abuse issues.*

Stacey: Okay. See where she went? I didn't have to know it all. It just brings up something for you. Okay.

*Susie: Me seeing stuff that I didn't want to see.*

Stacey: Yeah. This life time or not, Susie?

*Susie: I think it's in this life time, childhood is what I feel.*

Stacey: Okay. Yes. So there's still unresolved anger. Some things that you probably blocked out, don't want to see. And you also came into life, into this life, with it as well. Okay.

*Susie: To heal it?*

Stacey: Yeah. .

*Susie: Yeah.*

Stacey: All right. So there is...have you done release and forgiveness work?

*Susie: I have.*

Stacey: Have you forgiven yourself?

*Susie: Somewhat.*

Stacey: So there's more forgiveness work to do with yourself there. Like there's anger at yourself for allowing it to happen, which we know logically is not correct, that you dealt with it in the best way you could. But emotionally there is a lack of connection there and you need to forgive yourself for...you were young and it happened.

And, we've all been around the block. I just want to say this with no blame whatsoever. We've all been around the block a number of times and so, you know, there's been times when we've hurt other people and there are times when we've been hurt. None of us are saints. Okay.

*Susie: Okay.*

*Participant: Are you sure about that? Are you sure?*

Stacey: I'm sure.

*Participant: Sometimes I think we are. We're getting there.*

Stacey: We're working on it, aren't we?

*Participant: I don't think we would be here if we were.*

Stacey: There you go. There you go.

So it's about releasing and forgiving ourselves and the others knowing that we have not been saintly in our actions toward others at some point in our history. Be it now or prior to coming in at birth for those of you who believe in that. So it's time to resolve that and release and forgive yourself and release and forgive those who hurt you, would be a good thing.

I see that there are three layers here, if we want to go deeper. So Susie's already made the connection. She knows what it is and she knows what she needs to work on. Okay. And so if we were to look deeper, I would say there are three layers here that need to be healed relating to abuse. And when these three layers are healed, it will heal the inflammation in your

eyes and actually, Susie, your kidneys are only 88%. It will also heal your kidneys. And we'll talk about kidneys in a little bit.

Okay. So you all need to keep track of how many free releases you get with me in this program and let me know as I bring up things for you in this program when you would like me to release them for you. And you can do that via the forum. Okay. Good.

So Ann, you said you had inflammation in your hips, is that right?

*Ann: Well, you know, I don't know now that we're getting into all the languages, I probably didn't. Probably what I would say is, I would get soreness in the left hip and leg. And I guess I sense some of that is due to inflammation. I've been told before that when I'm not totally eating wheat free that that inflames me.*

Stacey: When you are not totally what?

*Ann: When I am not wheat free.*

Stacey: When you are not wheat free?

*Ann: Yeah. That sometimes wheat, I've been told before, causes inflammation for me. But where I will feel more of aches and pains will be in the left hip and leg. And I also know, I might as well throw it out there as we're talking about this, that the other time my left leg, or hip, will hurt is if I get constipated.*

Stacey: Okay. There is so much there.

*Ann: I know. Sorry about.*

Stacey: That's okay. So let's just look at that and then we'll go on to kidneys and then we'll start to close for today. But, it's okay. So sore. So anger. Sore about something. Hip and leg is about moving forward. Left side is about moving forward on a spiritual path in some way.

*Ann: Oh!*

Stacey: Oh. Okay. All right. And it is sore, inflamed when you eat wheat which does bring it up for you. And Ann, your yeast is only 76% in balance. Okay. And a lot of time when we have inflammation, our yeast is out of balance, which means we have fungus, which is all anger. We've all heard

enough about anger today. Okay. And so, you know, there is anger, you can look at it. There is anger -

*Ann: Yeah.*

Stacey: - about moving forward on your spiritual path.

*Ann: Uh-huh.*

Stacey: Okay.

*Ann: Yep.*

Stacey: All right. Which is causing you to be out of balance, okay.

*Ann: Un-huh.*

Stacey: And when you heal these issues, you will be more tolerant of wheat, although, you know, it's getting to where it's not great for people to eat wheat -

*Ann: Right.*

Stacey: - but you will be able to eat more wheat after you have healed some of these deeper issues.

*Ann: Okay.*

Stacey: I'm getting there are 3 layers here for you, Ann, about anger related to your spiritual path that are keeping you from going forward on it. Okay.

*Ann: That's great.*

Stacey: So guys, are you connecting the dots more and more? Each time you'll get a little bit more information. You got about the left. But keep hearing about legs and moving forward, and hips being related to it. And it can happen at any time through our life when part of us is ready to go forward and part of us isn't. And as we continue to evolve fears come up. Okay. So our purpose evolves as we evolve and we evolve as our purpose evolves. It's all together. All right. And so when it's time for us to go to the next level, we might have leg symptoms again because of the next level

that's been brought up for us to heal so we can go forward. So I want you guys to understand that.

*Participant: You just go deeper, actually, to more healing.*

Stacey: Yes. Was there another question or comment?

*Participant: I got it. I got it when you rephrased it. Thank you.*

Stacey: Okay. All right. Good. Great.

So let's look at kidneys because that has come up today. And kidney issues are, think about the word again. Kidney. Kid -

*Participant: Mmmmm.*

Stacey: Kids, family. Okay. Kidney issues are family issues. Okay. So a couple of you already, we've come up with there's kidney issues. Family issues. Who doesn't have them, right? Okay. But they're suppressed. They haven't been fully dealt with and fully released. Okay. There are some telltale signs of whether you have kidney issues. For example, you may not be able to hold your urine very long. You may have to go to the bathroom often, if you have kidney issues. That's when it's also related to bladder issues. Okay. But think about it. Here we go again. Okay. What you're excreting when you go to the bathroom, in your pee, especially if it's hot, which could be more of....something else going on in your system, could be anger. So when we are having to go to the bathroom a lot, think about it as we are releasing anger, we are peeing anger. Okay. Anger that, sometimes people can hold it for a long time, like you are holding on to it. Sometimes we are -

*Participant: We're pissed off.*

Stacey: - do you see what I'm saying? Okay. So it can show up different ways for different people.

So let's look at someone who has kidney issues here and if I tap in I can get that of the people on this call live, none of you have your kidneys operating at 100%.. Nobody.

*Participant: Okay.*

Stacey: So it shouldn't be too big of a surprise. Some of you better than others. Okay. So anybody want to, who hasn't spoken yet, what any help at looking at kidney issues?

*Lilliana: I would like to look into the kidneys.*

Stacey: Okay, great. So let's see, Lilliana, your kidneys are operating at 78%. So, of course, the ideal is 100%. So who in your family do you feel like you have unresolved issues with, Lilliana?

*Lilliana: A few people. Sister.*

Stacey: Okay.

*Lilliana: My sister being the main one, I think.*

Stacey: Okay. Yes. Your sister is the main one. So let's start there. So the relationship with your sister is a deep one, and a lot of unresolved issues, blame, a lot of blame is what I'm getting. What does that mean to you?

*Lilliana: Blame?*

Stacey: Uh-huh. Who is blaming who?

*Lilliana: I think it's mutual.*

Stacey: Okay. So you blame each other?

*Lilliana: Yes. Yes.*

Stacey: Okay. So, you know, we can logically know that's not where there is to go, but still do it. And it's very deep, like the blame game that you guys had going, oh, I want to say almost since the beginning of time. Okay. And there is...it's more than release and forgiveness. I believe you've done some of that with me. There is four layers with your sister that need to be healed. Okay. Four layers with your sister. And it's a lot about blame, and angst, and the word ridicule is coming up. Does that resonate?

*Lilliana: Yes.*

Stacey: Yeah. And so your body is wanting to let go of it, but can't. Your kidneys aren't operating efficiently. Your body can't let go efficiently. And

the best way to heal your kidneys is to let go of this blame game. Okay. Is that making sense?

*Lilliana: Yes.*

Stacey: And so when it's cleared from your energy field, then your sister will respond differently to you. We can't do it for your sister. We can do it for you.

*Lilliana: Right. That was the question that I was going to ask. If I already have let go and -*

Stacey: No, you have done some of that. It is deeper. So there are four layers there and there are five layers total to heal your kidney and four of them are with your sister.

*Lilliana: Yes.*

Stacey: And the other one is with your mother.

*Lilliana: Yes.*

Stacey: Okay.

*Lilliana: Yes.*

Stacey: All right. So isn't that interesting, you guys.

*Participants: Yes.*

Stacey: So, you know, you, we intuitively know....she intuitively knew. My sister. That's who it is. So when you look and get that you have kidney issues, you can look at your family and you know, where are there the biggest rifts still with you in your family. And a lot of times for those of you who have had abuse within your family that will show up in your kidneys as well. So think about that. And that can be verbal abuse or emotional, physical or sexual.

*Participant: Is there something, when you say to forgive, that we can do daily besides pray for it be released, and do your work, like Cash Grid....*

Stacey: Well, yeah, the Cash Grid. You can say this statement in terms of the forgiveness "I release and forgive myself for all the ways I've harmed

"state name" and myself and I release and forgive "first name" for all the ways they've harmed me."

*Participant: Okay.*

Stacey: Okay. So that's a starting place. And it is just that. . Usually it is deeper and often times family issues are from point of origin. We came in with them. And we came in with these same people to heal. And so that's where the Cash Grid comes in.

*Participant: Okay.*

Stacey: Okay. Good. Wow. Well, this time went really, really, really quickly. Next time we are going to learn to understand what supplements and food are needed by your body to heal. There is a handout on the website, the private website, on how to muscle test. I recommend downloading that if you don't know how to do it. Because, even if you are intuitive, sometimes, and for ourselves, it helps to muscle test. It is easier to be intuitive for others than for ourselves. We will talk about muscle testing and we will also talk about depression and back problems and vertebrae next time.

So that's what's going on with class two and foods and supplements. Another chock full class.

So before we end today, I want to...and know that, again, if you have questions directly for me, you can post them on the forum. If you want me to use some of your free clearings, let me know that on the forum. And you can also connect with each other on the forum and support each other in looking at what's going on with each other if you so desire.

I would like a couple people to say, what are you taking away from today?

Laura, what are you going to take away today?

*Laura: Oh, I was just sort of taking it all in. There's just a lot of information that I think is going to be helpful and I'm just trying to absorb it. So -*

Stacey: What did you see -

*Laura: - I'm feeling pretty comfortable about what I've learned so far though.*

Stacey: Good. What do you see for yourself?

*Laura: Well, the intention I set was to get some insights about how to more effectively drop the weight, so, -*

Stacey: Okay. So everything is related. So know that, okay?

*Laura: Yeah.*

Stacey: Right. So I know you want to drop the weight and weight is something we are going to be talking about later in the class. But know that, like for example, your kidneys aren't operating efficiently and -

*Laura: Yeah.*

Stacey: - and is that affecting your weight? It is to a degree.

*Laura: Yeah.*

Stacey: So know that everything overlaps. Laura, your kidneys are also operating at 78%, okay.

*Laura: Okay.*

Stacey: So there is five layers of family stuff for you and of those, two will help with weight. So just be with that for the time being. And if you have a question about that, you can post it on the forum. So know you came to get information about weight, and part of it is related to kidney. Okay.

*Laura: Okay. Yeah. That's one of the things I'm getting is that it's all related. And it's not going to be all one thing.*

Stacey: No, it's not. For any of us. For any of us.

*Laura: If it were, I would have figured it out by now.*

Stacey: Exactly. Exactly. Barb Burns, what are you going to take away today:

*Barb: I take, mostly, just everything....how everything is just so related. Stacey, I know by people who are in this class together, when you are speaking to them, you are really speaking to all of us as a collective. And*

*although maybe some of these instances didn't hit home with me personally today, they do hit with my family.*

Stacey: Ah.

*Barb: Some members of my family. And like Laura and the question of weight, the last thing that I wrote down on a piece of paper is why do we want to "wait" - w.a.i.t.*

Stacey: Oh! That's so great. Good for you for making that connection. Why do you want to wait, for what? Why do you want to wait toward going higher, forward on your path, is what is coming up for me for you, Barb Burns. Okay.

*Barb: Yes.*

Stacey: Yeah. See. Great. You intuited something for yourself. And it's great to see, to look at your family and see where you see things for them and for others. Even if you didn't have the symptoms today. Barb, I get your kidneys are 92% so, not bad at all. And I'm getting, you know you can look there and see that there's one layer and who in your family do you still need to heal with. Okay?

*Barb: Yeah.*

Stacey: Okay. So, awesome, awesome group. And we all came together for many reasons. And it is to know that while you may not have every symptom, to be open to learning about how to look at the language. Just like we didn't talk about weight today, but Barb already picked up something in the language for herself for weight/wait. So I encourage you to do that. You can share your ah-ha's on the forum as well, with each other, and with me as you get them. Okay. And let this learning be...know that it is a process and I encourage you in between classes to be in curiosity mode. To be curious about what your body is telling you. And to make notes about what you notice. So really listen to your body. Don't over-analyze but be curious. How does that feel as an assignment?

*Participants: Good. Good. Good.*

Stacey: Okay. Okay.

*Mary Carol: Stacey, this is Mary Carol, can I make a comment?*

Stacey: Yes, sure.

*Mary Jo: I think some of us on the call today were on the Cash Grid call yesterday.*

Stacey: Yes.

*Mary Carol: And I would just like to say to those who haven't taken the class, the Cash Grid. If you haven't, it compliments what she is doing here and I think it kind of opens up the whole clearing and releasing aspect of it. So I would encourage those who haven't done it, to investigate it. To please take the class because I think it would be beneficial to you with this class as well.*

Stacey: It will be. It absolutely will be. I do not have another class posted, but let me know, via the forum, if you are interested in the class, and when we have enough interested I will hold another class. I will be releasing some things for some of you in this class, but you can see there's many layers and so it will, you know, you can either have a session with me, once you are beyond the number of layers in this class, or you can learn to release it yourself. And I'm all for empowering you if you want to learn to do it yourself. Also to know that.....I want to stop for one more minute and say something. You know, we're going to do this class every week and you will get information, but your body can only process so much at one time. And that is one of the things that I taught in the Cash Grid classes, how not to over process your body and try to heal it all at one time, or you'll end up with more problems. Okay. So take in the information and do the healing, get help with the healing if you need help with the healing in ways that are going to work for your body. And if you have questions about whether you are ready for more, you can ask me and I will let you know as well. Make sense?

*Participants: Yes. Yep.*

Stacey: Okay. All right. You guys are 100% awesome. Am sending you lots of love and we will talk next week same time.

*Participants: Okay. Great. Thank you. Thank you.*

Stacey: Alright. Take care. Bye-bye.

*Participants: Bye.*

