

## **HOW TO LISTEN TO YOUR BODY – CLASS 5**

Stacey: Hi, this is Stacey Mayo and this is *How to Listen to Your Body* class number five. Last week we talked about when to release core issues energetically, when to use supplements, how to eventually get off supplements and medications, how to avoid surgery and why that is a good idea. And we talked about various ailments related different organs and parts of the body.

In a minute, I will check in to see if we have any questions remaining from last week. I also want to announce that the Medical Intuitive Training teaches a lot of skills that aren't learned in the *How to Listen to Your Body* Class. A couple of people who are in the Medical Intuitive Class chose to go into the *How to Listen to Your Body* Class and they got a discount for being in this class as well. I know that they are really glad that they did it.

I want to offer the same thing. There's going to be another Medical Intuitive Training Class starting soon. Those of you who are enthralled with this information and would like to learn better how to intuit information about what is underneath and causing people's ailments physically while helping them move forward in their life, career and relationship and release those blockages as well as become a Medical Intuitive. I'm offering those of you who took this class a \$100 discount off the Medical Intuitive Training. You can take it off the first payment if you pay six months payments or you can if you choose to pay in full, take it off the full price. I wanted to let you know that this discount is available to you as a result of being in this class.

You can get more information on the Medical Intuitive Certification Program at my website, <http://www.sentelligent.com/> and go under Programs and look at Medical Intuitive Training. If you are interested in this, and want to have a conversation about it, you can raise your hand here or you can send me an email and let me know. Again, the next class starts soon. I know one of you has already raised your hand and jumped on it for the training, so I thought I would make that discount available to others of you as well.

I'm going to see if there are any questions leftover from last week. Any questions?

Lilliana Stacey, this is Lilliana. Really quick, the Career Intuitive, when is it starting?

Stacey It is going to start the end of June, Lilliana. We don't have the exact date yet, I'm getting information from everybody as to the times and dates that work best.

Lilliana The end of June, okay I will give you a call.

Stacey Other questions? Then we're going to move on. Today we're going to talk about when happens when you release blockages energetically, about the difference in various release techniques and we're going to talk about the thyroid, the adrenal glands, hormones and the bladder. I had feet written down today, but we've really discussed feet before. It didn't really go very well with this grouping, so we'll let feet go since we did talk about it when we talked about legs.

I want to check in as always and see who thinks they might have issues related to thyroid, adrenal glands, hormones or bladder and we can address your particular ailments today on the call.

Sharon Sharon has some bladder issues.

Stacey Sharon, bladder, and who else?

Laura Laura.

Stacey Sharon and Laura. Okay.

Jamie Stacey, this is Jamie. I have thyroid problems and hormone problems.

Mary Carol This is Mary Carol. I second what Jamie just said. I've got the thyroid and adrenals. Even though my adrenals are doing much better now.

Stacey So you have thyroid and adrenals what about hormones, Mary Carol?

Mary Carol I am assuming the rest of those are okay. It's my thyroid and adrenals that I kind of go back and forth with. I'm going to say yes.

Brenda This is Brenda and I believe its thyroid and hormones.

Stacey Okay, Brenda.

Archanna This is Archanna. I just have a question here. So what I'm seeing is, I've had a lot of issues with my throat in the past and it has gone from sore throat to bronchitis and what not and come back. I would be open to figuring out if my thyroid or something around there needs to be fixed but I'm not exactly sure at this time.

Stacey I am getting thyroid for you, Archanna.

Lilliana Stacey, this is Lilliana. I have a thyroid problem, too. And hormones.

Stacey Okay, Lilliana. The gang's all here. All joined together. None of this is uncommon.

Laura I'm wondering if I have hormone issues, I don't know for sure, but as moody as I get sometimes...

Stacey I think it's a good bet, Laura. I'm getting that's true, yes.

Laura That was kind of intuitive. I bet I have that.

Stacey There you go. Good you guys.

Archanna It feels like a club thyroid, at the overall level.

Stacey Yes, a lot of these things often come at the same time. It's not uncommon, which is why they were grouped together. I don't know how feet got in there with that, but we'll focus on the rest of them today.

Barb Stacey, this is Barb and I have bladder and am interested in hormone information.

BB This is BB, thyroid, adrenals, probably hormones, I don't know for sure.

Stacey I'm getting all three, yes.

BB And maybe even bladder.

Stacey Yes, also correct.

Sharon This is Sharon. I've had the cold, sore throat go to bronchitis also. I've had that happen.

Stacey Sharon I'm getting definitely thyroid and adrenals for you. You made it to the right class, Sharon. This is going to be very helpful for you I'm glad you were able to be here live today.

Jamie Stacey, this is Jamie. I know that I have thyroid problems and probably adrenal also. But I don't make any female hormones in my body. I'm just at the point where I don't know if I should take them because the doctor wants me to or not.

Stacey We'll talk about that.

Jamie I don't really have any symptoms of menopause, I'm way past that.

Stacey Jamie not making any estrogen, that's correct, you're not. We'll definitely look at that. How old are you Jamie?

Jamie Almost 61.

Stacey We'll take a look. You guys should know, I've experienced pretty much all these things myself, so I can relate to many of your situations. We'll talk generally and then we'll drill down to specifics.

First we want to talk about what happens when you release things energetically. We talked about it some last time. We'll go into a little more depth this time. When we release things energetically, we release the energetic matter in the emotional body, which is three feet around your body, above it and below it. The emotional body contains the matter, the energy, that causes you to attract that which you want and that which you don't want, also known as the Law of Attraction. People energetically sense what is in our energy field.

Our emotions are not stored in our energy field but come through our body and get triggered by what is in our energy field, which gets triggered by outside circumstances. You can't see the matter that is in your energy field, it is invisible to the naked eye for the most part. You can think about it, this is not new information, but we are explaining it differently.

Einstein talked about the theory of relativity and that all things are energy,  $E=MC^2$ . Everything is energy and everything is connected to each other through energy. The matter in our energy field is connected to energy, which connects to our body and the cells in our body. As we go out in the world we connect with others, with other energy fields, with other auras on most days, unless we are totally isolated. We sense the matter that is in their energy field without knowing it. It has us respond a certain way to the people, what they do and say, and to the situation. You don't have to be in person or connect with someone's aura or energy field in order to sense what is in their energy field, because we all have the sixth sense which is called Intuition. Intuitively we know when we are drawn to someone and we are repelled by them. This has to do with that is in their energy field and what is in our energy field and how the two mix or don't mix.

It is not uncommon that as we evolve, we may not be drawn to certain people that we were drawn to before as they may not have evolved at the same pace or in the same way that we have. So there is less energetic attraction. And this is normal. It's really normal for those of us who are on a personal development path and continue to grow and evolve. Perhaps those who we grew up with or family members have not done the kind of work that we have done. Nonetheless, it does not have to put a distance between us as we continue to grow and evolve we learn more and more about how we are all one and the same.

When we release what is in our emotional body or our energy field, the energy work such as the Cash Grid, it affects the cells of our body as everything is connected. Think of it as a blockage that has been removed and transformed then allows you to go forward in a particular way that you were feeling stopped from previously.

Additionally, the physical body will be able to heal itself as a result of the release of certain energy matter and transformation of it. The body does take a while to heal itself. The emotional beliefs are transformed quicker and so there is quicker emotional relief than there is physical release. But we try to supplement that with good foods to help the body heal faster.

I keep asking for the body to heal faster than it does and so far haven't gotten very far with that asking but I'm getting that it will happen at some point in the future, that the body will be able to heal faster as the world continues to evolve. I look forward to that day.

I'm getting that it will be another month, I'm asking for a clear channel about how long that will take, and I'm getting another month or six weeks the body will start to be able to heal faster due to the lightening up of energy on the planet and the speeding up of the evolution of mankind. So that's interesting. I had not gotten that specific timing before. I'm getting that it will be about a ten percent quickening in the body's ability to heal. This class is dated May 31<sup>st</sup>, so we're looking at about mid-July that your body will be able to start healing sooner according to the information that I'm getting at this date. I'm getting that that is 100% accurate.

Now as we have stated before, there are differences in energetic techniques to transform the matter in our energy field related to beliefs that we hold. Some of you are familiar with EFT or Emotional Freedom Technique. This is the first energy technique I ever learned many, many years ago. EFT is a great technique and it releases and transforms present day beliefs and fears and that is all done in the traditional way that EFT is taught. It's great for present day fears and anxieties in particular. It can be used if known how to, to clear things further into the energy field, but it is not well known on how to do that.

Chiropractic, physical therapy and acupuncture are techniques that clear and transform present day beliefs and what is called miasms which are generational or inherited beliefs. There is another technique called Reunion, which heals all the way through those beliefs that we came into this life with. Then there is Theta Healing and Cash Grid healing. Both of these healing methods heal all the way through present day issues, intuitive issues, those that we came into this life with when we were born that are unresolved as well as what is known as parallel life. I'm not going to go into a lot of depth about parallel life today, but basically it means that it heals attachments to your energy that extend outside your energy field and are connected to someone else's energy field, oftentimes family members, loved ones, spouses, people that we have deep, long-rooted connections with.

When we clear these attachments, it improves our relationships with those people to whom we

have attachments without having to know who they are. The impact of this is about two percent improvement for each issue that you clear using something such as Theta Healing or the Cash Grid. It doesn't seem like much, but over time with each thing that you clear, it does add up.

It's particularly important when you look at kidney, which is not really our discussion for today, but it is relevant for this conversation. Beliefs related to the kidney are family beliefs that affect your relationships with family. So when you transform those beliefs with something like the Cash Grid, which clears attachments as well, you'll notice a greater improvement in your relationships. You will notice improvement in your relationships when you heal all your kidney layers by about 50% with your family is correct. And if you do it with Cash Grid or Theta Healing, those will heal at 65%. So it does become more significant when you heal a number of beliefs.

I know there are a lot of other energetic techniques out there that I am not aware of that may also do this; they may also extend to attachments which are known as parallel lives. At this time, these are the only two that we will discuss. If there are questions about other energetic techniques that you are wondering about, you can bring those questions and I can tap in and get information for you about it.

So that was just a large amount of information and in a moment we're going to talk about the thyroid. I want to first see if there are any questions about what I just said. Okay, if any questions come up later I can answer them.

That brings us back to the conversation about language. Thyroid, you can almost look at that word and get tired out of thyroid. When your thyroid is not operating efficiently, you are generally tired a lot more and don't have the energy to do the things you want or need to do. There are many beliefs associated with the thyroid when it is not functioning properly. These include things such as having to work hard, life being a struggle, lack of ability to juggle more than one or two things at a time. Those are all related to the thyroid and there are more. When these beliefs are transformed, we are typically able to work and live and get things done more efficiently because our beliefs about the way life is are different and so our behaviors change accordingly.

The thyroid and adrenal glands have different functions although I have noticed it is common for them to be operating at the same efficiency percentage in people. The adrenals sit on top of the kidneys and they are responsible for the production of cortisol and other hormones that affect our response to stress. So if your adrenals are not operating efficiently, you're likely to feel sluggish and not able to deal and cope with stress as well as you might otherwise. Cortisol levels are an important measure of how well your body can handle stress and they can increase and decrease throughout the day depending on what is going on.

We often look at thyroid and adrenals together even though they have different functions. We're going to look at those first. There were many on the call that had thyroid and adrenal related things going on. I'm looking and gosh almost all of you did. BB, let's look at you. Are you with me, BB?

BB I'm here.

Stacey Let's see, BB. I'm getting that your thyroid is operating at 78%; your adrenals are also at 78%. You asked about your hormones, your hormones are balanced at 80%. I'll just go ahead and check in because you asked about bladder, and your bladder is operating at 80%. They're all

really close. Let's focus on thyroid and adrenals. Your cortisol level is 102%. In other words, you're having to produce more cortisol to deal with the stress in your life. Your cortisol levels are high.

We all have stress; it's about how we deal with it. How we deal with it has to do with our belief system. For you, BB, I'm getting there are a total of five layers related to your adrenals and your thyroids. Five layers related to adrenals and thyroid. Some of them overlap. If we were to just look at one for BB, I'm getting one of the more important ones is I cannot do everything I came to do without wearing myself out. Have we discussed that one before, BB?

BB We've come pretty close to discussing it.

Stacey I thought we had, it sounded really familiar. That one is released. There are five more. What comes up to you BB, about this?

BB We've worked on this one, too is the fact that I have so much to do and I have to get it all done.

Stacey Yes. And so the belief is something about hard and having to take a lot of time. Things have to take a lot of time to be done correctly. Does that resonate?

BB Yes, it does.

Stacey Not a belief you really want to hold on to, is it?

BB No. Especially these days.

Stacey Right. So that's a good one for you and it is related to thyroid, that things have to take a lot of time to be done correctly. Now you took the advanced Cash Grid class, right?

BB I did.

Stacey So you can release the whole root ball of all five without even having to know what they are, when you are able to release again which I'm getting is today. You can actually do that for yourself today.

BB Okay.

Stacey Now, here's what there is to know. Again, as of this time, it takes 10 days for the emotional beliefs to transform. It takes the thyroid and adrenal as of this time, given where you are, it will take two months and three weeks for your adrenals and thyroid to heal. Getting more B12 through foods will help your energy level a great deal.

BB I am taking a B12 supplement.

Stacey Good. So that's fine. I was taking a B12 supplement of 1000 micrograms, and I found that eating foods with B12 seemed to give me more energy than taking the supplement for whatever reason. I'm not sure why, but that was my experience, has been my experience. So you may want to look what foods with B12 you are drawn to eat. I'm getting that would help you more, to eat foods that are high in B12. Have we talked about what foods those are, BB?

BB If we have, I don't recollect.

Stacey Are you a vegetarian?

BB No.

Stacey Foods that are very high in B12 are oysters, high quality beef, lentils, kiwi fruit, salmon. Foods that are medium in B12 are shrimp, scallops and clams are high. Avocado is high. You can also look on the internet and look up foods that are high in B12 and see what else you see that you are drawn to. But eating a food that is high in B12 every day will give you more energy than 1000 microgram supplement will. The food gets assimilated better than the supplement does. So give that a shot BB, okay?

BB Okay thank you.

Stacey You're very welcome. Now for the rest of you, it's very similar. I can just look at the group. Jamie, you're thyroid is operating at 78%; your adrenals are at 78%. It's five layers for you as well. Laura, you're adrenals are at 78, you're thyroid is at 78.

Sharon, you're adrenals are at 50 and your thyroid is at 50. Sharon I want to bring you online for a moment. Sharon has Fibromyalgia. You suffer from a lot of fatigue, correct?

Sharon Yes.

Stacey So a big part of the reason is due to your thyroid and adrenals. It's not 100% of it, but it is a big part. Yours are only operating at 50% each, which means there's a total of 8 layers to heal your adrenals and thyroid, Sharon. I don't think we've done any work for you so far in this class, have we? You emailed me about that, right?

Sharon No.

Stacey You get four released for free, so after this class at some point in the next day or two, I will release four of the eight for you and email you when that is done. This will help you energy. It will increase your energy by about 20% over the next month and 30% over the next six weeks. That is all it will increase your energy, so there's more work to do but it'll be a good start. Same for you about eating the same kinds of foods I told, BB. That will help you a lot as well.

Fibromyalgia is a chronic illness, which is a combination of symptoms. Another place to look is immune system. Your immune system, Sharon is operating at 50% as well. I'm getting there are six layers for the immune system, of the four we're going to release, two of those will help your immune system. Those are two very important things for people with Fibromyalgia. Probably the most important are thyroid, adrenals and immune system. And then depending on your other symptoms, there will be others but those I'm getting will be the most helpful in terms of your energy and your ability to stay healthy and not pick up other diseases. Okay, Sharon?

Sharon That sounds great.

Stacey I'm so glad you're here today. I just want to check in. Archanna said thyroid. Your thyroid is at 88. Your adrenals are at 88. So Archanna there are two layers. A total of three layers between your thyroid and your adrenals. Mary Carol, you're at thyroid 88, adrenal 100. Good girl! You've been doing your work. You've got only one more layer for your thyroid, Mary Carol. Brenda, you're thyroid is at 78, your adrenals are at 78, five layers total for the two for you.

Barb, you're thyroid is at 88, your adrenals are at 88, three layers total for you. Lilliana, you're adrenals are at 78, thyroid 78, five layers for you. I think we got everybody. If not, I'll come back later and catch you guys.

Let's go on to the next topic before we run out of time. Hormones. When we speak of hormones right now, we're referring to estrogen, progesterone and testosterone. There are other hormones but these are the ones we're really referring to when we talk about hormones being out of balance. Hormones get out of balance off and on during a person's life. They are out of balance when you're younger and perhaps you get your period and you have cramps. Your hormones are out of balance. Or you have particularly heavy periods or two periods or missed periods. Those are all times when your hormones are out of balance.

During your life you may find no sex drive or low sex drive or it hurts to have sex. Or you are over-sexed and you have extremely high sex drive. These are all signs that the hormones are out of balance and they show up in different ways. We tend to medicate them. Like when you're younger and have cramps you take Advil or Tylenol or aspirin. Or you have a heavy period and get on the birth control pill, like that's the answer to the question. But it's not dealing with the deep-seated emotional issues.

When our hormones are out of balance, it is typically a belief related to sexual issues. I'm getting that's true 99.99% of the time. They may be sexual issues you are aware of, it could be subconscious, could be ones you came into this lifetime with. Those of you whose hormones are out of balance, know that there sexual issues to heal.

So let's see who we want to work with for this one. I think Laura. Laura, let's see your hormones are 50% imbalanced. This is a big piece of information for you. Definitely affecting that up and down emotional roller coaster you are on. I'm getting there are eight layers related to your hormones. They are all related to sex. Because you know the advanced root ball method, you don't have to know what they are. And you can release up to six at a time if your body is ready. I'm getting your body is ready, that you could take a root ball of six and release them and that would bring your hormones into balance significantly.

Now it does take a while for the hormones to balance themselves out. And I wanted to talk to Jamie about this one, too. For hormones that are 50% out of balance, after you've released all eight layers, it will take six months for your hormones to get themselves back in balance naturally without taking estrogen or any bio-identical hormones or other types of estrogen or progesterone supplements.

It is suggested highly that during this time you have two leafy greens per day or a green drink like a powdered green drink or a green shake made of leafy greens and one portion of leafy greens. This will help your mood tremendously while your hormones are balancing themselves. You could also get black cohosh as a supplement in the meantime, and I'm getting 30 drops of black cohosh in juice twice a day for you, Laura, will help significantly while your hormones are balancing out. This will help with your mood swings tremendously.

Laura They've been out of balance so long, I don't know any other.

Stacey That's exactly right. Let's quickly go to Jamie. Jamie, you said you're not making estrogen anymore, which is correct. Your hormones are 80% out of balance. There are 12 layers which would require two sessions. I know you said you want to learn the Cash Grid. It would require two sessions to release those.



Same thing as Laura, green drink once a day, leafy greens...it would be great to even do leafy greens twice a day and a green drink once a day. Black cohosh, I'm getting 50 drops twice a day of black cohosh would help you significantly until you can get these layers released and even after until your hormones get in balance. It will take eight months once they are released for your hormones to balance out. So those two things will help tremendously, Jamie.

I'm getting that to take estrogen, something like a Vagifem supplement would not help significantly. Would it help more than the black cohosh? It would not. So black cohosh is something that is available at Whole Foods as an herbal tincture. Did I say 50 drops twice a day? It's a lot. But you could do that without having to mess with something such as Vagifem which is something I was on for a while and got myself off it this way. You would have to go to a doctor for a prescription. Black cohosh has no negative side effects. Vagifems are minor. So it is an option for you. If you wanted to go to a gynecologist and get Vagifem it would help moderately. Black cohosh will help significantly at this dosage. There is only so much they are allowed to prescribe of Vagifem. I'm getting you would actually get more relief by taking 50 drops twice a day at this time. That's a lot. Use your discretion and see what feels right for you, Jamie, okay?

Jamie            Okay. Thank you.

Stacey            You're very welcome. Let's keep moving. Bladder. The bladder is different sizes in different people, depending about your frame and body size. But the amount of waste your body holds is not actually dependant on its size. It is dependent on the strength of your bladder. Even if you are small you are likely to take in less liquid than if you are large. So that is why.

If you have to go to the bathroom more frequently than others, it is a sign that your bladder is not strong. It is not uncommon for the bladder to get weaker as we age, but it doesn't have to be that way.

The issues related to the bladder have to do with anger. Think about peeing out anger. You're releasing anger. If you go to the bathroom frequently it's a sign that you are willing to express anger easily and frequently. Whereas if you don't go very often, you have a tendency to hold your anger in. Either way there are things to release. If your bladder is strong and you hold anger in than the anger issues are hidden deep inside but likely affect different parts of your body such as your liver and gall bladder.

About 70-80% of women experience bladder leakage at some point in their life. This can be equated to being too emotional. Women who are very emotional are considered weak by some in our society. It is also common to have hormone imbalance at the same time as bladder issues. Again, we talked about hormones affecting our emotions, but when we have a weak bladder it also is a sign of our emotional stability.

Let's just check in with someone who we haven't checked in with about bladder. Barb, we haven't talked to you today. Barb, let's take a look. I'm getting that your bladder is operating at 50%. It's definitely presenting you with challenges. There is a tendency not to talk about our bladder issues because we have a great deal of shame about them. And I have been there myself.

For you, I'm getting there are eight layers related to your bladder. Even with the release of those eight layers, it is important for you to do the Kegel Exercise. For those of you that don't know what the Kegel Exercise is, you can look it up online on how to do the Kegel. Doing the

Kegel can reduce the healing time by as much as 50%. You need to do the Kegel four to five times every day to strengthen the muscles in your bladder along with releasing the issues which are causing the leakage, which is often the case when our bladder is weak or the need to go to the bathroom often - Depending on how weak the bladder and the ureters are.

At 50% it will take your bladder 12 months to be as strong as you would like it to be. If you do the Kegel every day and release those eight layers, it could take six-to-seven months. Also, drinking cranberry juice it would be good for you to drink 32 ounces of cranberry juice a day. Cranberry juice is very good for the bladder. When the bladder is this weak, it holds bacteria in it, and can be the cause of frequent urinary tract infections. So cranberry juice, and it doesn't have to be the pure cranberry juice, it can be regular cranberry juice you find in the store that doesn't have added sugar, which has other fruits besides cranberry in it, a blend. It cleanses the bladder so the bladder can be stronger.

For you Barb, because your bladder is at 50% strength, I'm getting no more than 50 ounces of liquid a day at this point, 32 of which should be cranberry juice.

Barb Do dried cranberries have any different affect than the juice?

Stacey Good question. Yes, dried cranberries help. When your yeast is in balance dried cranberries are fine for you. There are also cranberry supplements that you can take that are 100% cranberry in a pill, in a capsule, but you need to drink eight ounces of water with it so I would just as soon drink the cranberry juice personally.

Barb Yes, I like cranberry juice.

Stacey I'm glad we got to Barb. I know you have your own ways of doing healing work and I'm getting they will release through past lives so hopefully that will be enough information for you.

Barb I appreciate the information. Just a quick question. I always associated this with after childbirth being the second one more than the others it just seemed like it was getting worse. I've always had a weak bladder to vaginal wall is very weak. Is this still the same thing or is that an entirely different topic?

Stacey You said a couple things. You've always had a weak bladder you said, right?

Barb Not until I had children.

Stacey I'm asking if childbearing had an effect on your bladder. I'm getting it did not but childbearing can have an effect on your ovaries and I'm getting that your ovaries are in need of help as well. I think that's what you're picking up on. And there are four layers related to your ovaries that came from childbearing. You still have all your ovaries?

Barb Yes, I do.

Stacey I'm getting this is actually extremely important for you. There are four layers related to your ovaries and it feels more important that the bladder so I would go there first. And those are related to childbearing.

Barb Okay. Second born? You feeling that it happened with the second born?

Stacey I'm checking in -Does it have to do with the second-born? Are all four layers are related to the second-born? Three of the four layers are related to your second-born. The other is related to your first born.

Barb While I have your time for a moment, what is my overall hormone levels?

Stacey Your hormones are in balance 50%.

Barb Thank you, Stacey.

Stacey You're welcome. These are such important things. I'm so glad you were here today, Barb. Because these are essential for your well-being, your emotional and physical well-being; you're relationship with your kids, your health, your ability to function well in life. I'm feeling myself getting emotional about it because it was such important information for you. So I'm really glad that we were able to address that for you today.

Barb Thank you.

Stacey You're welcome. All right. So we're going to wrap up today and I will stay after to answer questions. We're a few minutes after the hour. A few of you had to go. Next time will be our last class. We're going to cover the subject of excessive weight, the nose, the liver, headaches and migraines. We weren't able to cover every organ or body ailment in a six session program, but you can bring questions about anything and everything to the last class. If you can't be here live, you can submit them on the forum and I can bring them to the class.

Also, just a reminder that if you're interested in the Medical Intuitive Training to build on your knowledge here, I encourage you to take a look at that training program. I think many of you would be fabulous Medical intuitives and you can get \$100 off. Contact me and I'll have a conversation with you about that and look at any fears or blocks that you might have about being able to do that kind of work.

Thanks so much for being here and I'll see you next week.