

HOW TO LISTEN TO YOUR BODY – CLASS 4
With Stacey Mayo

Stacey: Hi, this is Stacey Mayo and this is *How to Listen to Your Body*. This is class number four. As always, I am excited to be here with you today. I'm listening to my body. I have the remains of a cold so I'm sipping some tea with honey and lemon in it. Cold is releasing old childhood stuff and present time stuff. So I'm just releasing away today.

Last time we talked about using a pendulum to self-test. We talked about questions to ask yourself and ask others, how to really partner with your body and your higher self and with other practitioners, and we talked about ailments related to different parts of the body and what they meant.

First I want to check in and see if there are any leftover questions from last time. Okay, well I'm going to continue.

For today's class, we're going to be talking about when it's appropriate to release core issues and when not, when to use supplements and how to eventually get off supplements and medications, how to avoid surgery, and why that's a good idea. And then the parts of the body that we're going to be talking about today are the heart, blood pressure, blood clots, varicose veins, anything related to the heart and blood really is game today.

One of the things we'll be doing is tapping in to see at what percentage our heart is operating efficiently. You may be curious about that for yourself. The heart is a great deal about heart ache. And we have many heart aches over our lifetime and many unresolved that we bring with us when we're born. You may be curious about the condition of your heart, about your blood pressure. You may have blood pressure issues or know someone who does, or know someone who's had heart issues, heart murmurs, arrhythmias, blood clots. And then a really interesting one we're going to be talking about today – not as serious but also the body is talking to us when we have varicose veins. You are going to find that fascinating.

Who has or knows of somebody with heart related, blood related issues, blood clots, arrhythmias, heart murmurs, blood pressure issues, or varicose veins that would like me to connect in for you today?

Archanna Hi Stacey, Archanna here. As I mentioned to you before, I have varicose veins.

Stacey Okay, Archanna has varicose veins. So does Laura.

Jamie Hi this is Jamie. I also have varicose veins, too.

Stacey Okay, Jamie.

Mary Carol Me, too. Mary Carol, with varicose veins.

Stacey Okay, Mary Carol.

Participant Ask if there is anybody who doesn't.

Suzie Suzie does not.

Stacey Good for you, Suzie! Who else says they don't?

Lilliana Lilliana.

Stacey Good, Lilliana.

Lilliana My daughter is really having a hard time with high blood pressure.

Stacey Okay, Lilliana, your daughter has a hard time with blood pressure. We can look at that.

Laura My dad and brother both have blood clots.

Laura Laura's dad and brother have blood clots. We'll look at that.

Barb Barb has varicose veins, left side and I'm worried about my husband's blood pressure. His doctor keeps messing with medicine and that's my issue, to figure out how to help him out.

Stacey Okay. And BB?

BB I have a right branch bundle block, which is known as an RBBB.

Stacey Right branch bundle block. We will tap in about that. That will be interesting. Anybody else? I'm going to go ahead and put it on lecture mode for now and we'll come back and look at some of these things.

First, before we go into the different ailments, let's look at the topic about avoiding surgery. Except in times of accidents and emergency, and emergencies can often be avoided by keeping your body healthy and listening to everything it is trying to tell you. Even accidents are not accidents, they are wake up calls. And if we're listening carefully we're less accident prone as well. When we have minor accidents it's really about listening to what those mean.

I don't think we've listed accidents as something to discuss on this class, but it is an interesting topic. Barb, I've looked at that for you before.

You want to listen to the moans, the groans, the aches and the pains and do your best to understand what your body is saying at that time before the moans and the groans get louder or show up in other ways. Work with someone to release those beliefs that have been suppressed and are keeping your body from healing itself or you can learn something like the Cash Grid, my Crystalline Healing Grid, and release them yourself. As you all know, I am all about empowerment.

Surgery is best used in times of emergency. Energy work is not best used as the sole thing in terms of emergency. Energy work can be used in conjunction with surgery to relax the body, to give it healing energy and those kinds of things. But because it takes so long for the body to heal itself in cases of emergency, surgery is often necessary. It would be great if it wasn't, if we all got so good at listening to our bodies that it never got to that point. But we were not taught to do that. If you've had surgery, certainly don't beat yourself up. Just know that this is an opportunity to learn as well as you can how to avoid it. Because if you have surgery and mend something or have something cut out, then you have not healed the emotional issues connected with that ailment. Those issues will show up again in your body or in your life until they are healed.

This is often why you will see people who have surgery who feel better for a while and then maybe they need a second surgery or have some other critical condition show up in their life. It's because they didn't ever get at the emotional root of it, it's still there.

Of course when we release things energetically, more layers sometimes show up as you all know. How much of that continues to show up depends on the depth of the inner conflict. I am getting more and more information about getting at the core of things so that the self-sabotage layers, self-sabotaging itself is less and less likely to happen.

Let's look at surgery for a minute. Let's look at heart surgery and heart transplants. People who have heart transplants sometimes report not feeling quite like themselves afterwards. That is because the cells of the new heart have characteristics of the person they received the heart from. What I'm getting is that they do not taking on the new person's issues. I'm asking for a clear channel. That is 100 percent correct. They do not take on the person who had the heart's issues. And they still have their own issues even though their heart is gone. Their own issues aren't resolved and they're not taking on the new person's issues, but their traits are in their cells.

Our issues are in our aura. Our traits are in ourselves. This is a big misnomer. Present day issues lie in the energy field just outside the skin. Genetic issues lie about two inches outside the body. Those issues that we came into this life with lie about two and a half feet outside the body, towards the edge of our aura or energy field, which is three feet up, down and all around.

When we release old beliefs and replace them with new beliefs or with white light, it creates new grooves in the brain, which causes us to think and act differently. When you cut out a body part or a blockage, you're not cutting out the issue because the issue is contained in the energy field around the body; the emotional body is outside the body.

This is interesting information. I'm going to open it up for just a minute and see if there are questions about that, because that was a mouthful I just said. Any questions about that?

Lilliana Stacey, this is Lilliana. I need clarification. You said that our issues are in our aura?

Stacey Yes.

Lilliana Okay, and what else did you say after that?

Stacey Our traits are in ourselves, in our body. But our emotional beliefs are in our emotional body, which is our energy field outside our body.

Lilliana Okay, thank you.

Stacey You're welcome. Any other questions before I put it on lecture mode?

Mary Carol This is Mary Carol. Will you go back over, you said it makes a new groove inside and I missed that part, could you just repeat that for me?

Stacey Yes, when you release an old belief and replace it with a new belief or with white light and ask God/Spirit to replace it with the appropriate belief, it creates a new neural pathway in your brain with the new belief. And so you're behavior is going to follow that new neural pathway.

Mary Carol And then in addition to that, it removes whatever energy that is in our field as well with white light, is that correct?

Stacey Yes, it removes that energy that was, that emotional energy that was in your energy field, in your aura, correct.

Mary Carol Okay. That makes sense to me. Thank you.

Stacey You're welcome.

Now, the question is when is it time to release something energetically? They're only a couple of conditions that need to be in place for you to release something energetically. One is that you must be ready and willing to let it go. We can't force someone to be ready. You have to be ready and want it. Number two, I'm going to speak to the Cash Grid, because that's the healing method that I use. If you are using the advanced Cash Grid, as of this time which is May 2012, then you can release up to six issues, layers, beliefs, blocks, however you want to refer to them, every seven days.

Now this is faster than it was before. This is as much as the body and soul can process at this time. And I'm getting that this will continue to speed up as we evolve. In due time, we will be able to process more. It is important to tap in to what the body and soul can handle at one time. Because if we do too much, the body cannot process it and it will tax the body and cause our systems to work overtime and hurt our systems, our organs. This can weaken us and cause even more symptoms.

The reason that this will get faster is the energy on the earth is speeding up and lightening up and as it lightens, we can release more of the energy at one time. Because the energy will be lighter, we can release more without taxing our symptoms, taxing our body.

It's important to be able to use your pendulums and your muscle testing and your intuition to tap into to know how much the body can handle at one time. It will change over time. It is different for each person. For instance, with me because I've had a cold, my body is already releasing a lot, so I was not able to use the grid at the time that I would have to release more things that I'm ready to let go of because my body is already processing. It's letting go of old stuff via my cold so I have to pay attention to what's going on with my body at the time and not just depend on a formula as well.

I'm going to keep going and you can save your questions. Because it does take a while for the body to mend itself, if we heal energetically by releasing the emotional beliefs, then the body can heal itself; it's no longer blocked from healing.

It can be good to take supplements or eat certain foods or even be on certain medications to help the body mend more quickly. But once the body is mended then the correlating supplements, medications, etc, can be reduced or perhaps not taken any more, depending on what else is going on in your body. That's why it's important to keep on checking in, because as you release things energetically, your body will start to mend and the foods and supplements, medications you're taking will need to change. If you are considering going off a medication, or it's been suggested that you reduce or let go of a medication, then it's always good to check in with your doctor before going off or reducing anything that's been prescribed. You have to make that choice of how you do that for yourself.

Let's now move on to today's body parts and body ailments. Let's talk about the heart. When the heart is not operating efficiently, there can be many contributors such as restricted arteries, blood clots, high blood pressure, and more. My heart is currently operating at 99 percent. I have released a lot of old heart ache beliefs and heart ache issues over time.

I also healed my heart some with a love and peace bracelet that I created that I will be selling. It is a bracelet that is infused with love and peace. I put it against my heart a number of times and it actually love heals. Love healed my heart from 90 percent up to 99 percent. However, I didn't heal that remaining one layer that is still in my energy field that needs to be released that has to deal with heart ache. So my heart is good but I still have that one unhealed issue to go back and get. That's just something to be aware of. Luckily I don't have blood clots or restricted arteries, or high blood pressure or anything else related to the heart.

I want to talk about blood clots next and Laura's brother and dad have blood clots. When we have blood clots, it can block the flow of blood to the heart or the brain. Today we're mostly focused on the heart. Think about the language. Blood is clotted. In olden language that would mean we don't have a strong lot in life. In present day terms, it means we do not have a strong will to live and are blocking off the flow of life.

Now I don't want anyone to panic about that. Our will to live goes up and down during our lifetime. Usually it's not a big concern about when it does start affecting the body or when someone gets seriously suicidal. When we are blocking off the flow to our heart, we cannot stand the thought of being hurt one more time. At that point, our heart might be operating at somewhere around 50 percent. When our heart is operating at 50 percent, I'm getting there would be for someone around 10 layers of heartache to be healed.

I want to open it up to Laura.

Laura Interesting. My brother I know has suffered from bouts of depression occasionally. I don't think he ever got professional help for it; he just kind of went on with his life as best he could. I think his blood clot issues are pretty much under control. Dads are more recent. Interesting.

Stacey A lot of times what they will do is do something to thin the blood.

Laura Yes, that's what they did with both my dad and my brother, they put them on Coumadin I think it is and then there's a lot of monitoring and Dad had a horrific nose bleed and you've got all the side effects.

Stacey Yes, and those side effects are saying something else. Let's look at your dad for a minute, Laura. Your dad is most recent. Tell me more.

Laura He and Mom were both in the hospital at the same time over Christmas. He had blood clots in...one was in his leg and they found another one when he was in the hospital and I don't remember where that one was. And then Mom was also in the hospital, she had pneumonia, it was just awful. I'm 2500 miles away and the more I talk to my family the thought they need to get out of there because it was getting worse. They keep finding more stuff. Both my parents are pretty healthy now. I think I'm going to see them next month. I think we're all traveling to Texas at the end of June.

Stacey Slow down, let's focus. You're dad had a blood clot in his leg.

Laura Yes, it started with one in his leg and then they found another one when he was in the hospital.

Stacey You don't remember where that one was?

Laura No, I don't. It might be in an email somewhere that I could find.

Stacey What's your dad's first name?

Laura Bruno.

Stacey Bruno. I'm asking for a clear channel about Bruno and the blood clot in his leg was related to moving forward for sure. And it was related to moving forward in matters of...which leg was it, do you know?

Laura That I do not know. I don't think anybody ever told me.

Stacey I'm getting it was moving forward in matters to relationships.

Laura That could very well be true because a different brother, not the one that had the blood clot, but he and his wife live with my parents and there's strained relationships around that.

Stacey So, blocked up about how to have those relationships be okay and go forward with those relationships rather than cutting each other off.

Laura And Dad's just shut down.

Stacey You see?

Laura When we talk about it, he won't acknowledge there's even a problem.

Stacey It's tough. It's tough when it's your dad and he hasn't learned how to communicate and all those kinds of things. So his was in the leg. It's still related to heart matters though, you see? It's related to relationships. I'm getting your dad's heart is operating at 70 percent. That's not heart attack level. It is not strong. It is moderate. The blood thinner...they probably thinned his blood to help with the clots...nonetheless his heart has been broken a lot and he's a tough old guy, probably doesn't have a clue how to show that.

Laura No, he doesn't.

Stacey Which is typical. But he's not at heart attack level. Heart attack level is about 40 percent is what I'm getting.

Laura Considering my parents ages and everything they've, you know the whole life history stuff, they're doing pretty well. They're both almost 85 now.

Stacey I'm asking is that about average for that age?. Average would be about 75, so it's not that far off. Thanks, Laura.

Laura Thank you.

Stacey You're welcome. It's tough when it's our family and the best thing we can do for our family members like that is just love them. Just love them where they are. Send them love and love them. Love does heal.

Let's talk about restricted arteries and then I want to go BB's issue. Restricted arteries are not as intense as blood clots but have a similar meaning. When arteries are restricted the blood can only flow a narrower percentage than normal. Perhaps 50 percent of the blood is getting through that needs to get to our heart. This is a sign that we feel restricted in our ability to love. We likely do not feel capable of loving ourselves fully or others. It's too painful to give love to others as we can get hurt.

Those are things that are related to restricted arteries. They do things like go in and put in vents or stints to open up the arteries so that the blood can flow normally. Again, that does help, however it doesn't heal the emotional issues so there can be a continued inner struggle with that and with relationship with self and with others.

I wanted to open it up to BB because I think that one is fascinating. BB, say more about this right branch bundle block.

BB I can't say too much more because all I can tell you is that it shows up on EKGs and treadmill tests and things like that. I think it's, I don't know for some reason I want to say it's a deadening of part of the heart but I don't know if that's true or not.

Stacey Did you say a deadening?

BB Yes. I'm just guessing because that's what I get concerned about. I personally think it's a leftover karmic thing.

Stacey Yes, I agree. And I'm looking at it. I'm quite fascinated with it, BB because you're name is BB and in the initials for this are RBBB. I'm just looking at that and going well, that's interesting in itself. And there's a blockage. Now I'm asking for a clear channel do I have one for BB? Yes you do. Your heart is operating at 90 percent. Which is pretty good. Doesn't look serious from that extent. The right branch bundle block, there's the blockage-- is that the one layer that needs to be healed for her heart? It is. So there's one layer that needs to be healed. It is a blockage. I look at the word branch. And I'm getting about branching out to connecting with a bundle. Now when I hear bundle I think of child. It's with your inner child. I'm getting it's with your inner child.

BB Okay.

Stacey It's a present life issue with your inner child who has not felt embraced and wants to play more and wants to be connected with...and there is such a thing as inner child work. But in this case, if I look at what the actual belief is, I'm getting the belief is it's not okay to play in a childlike manner. I must be mature. Does that resonate, BB?

BB I can make it resonate.

Stacey We don't want you to make it resonate. I'm not sure if it's quite on the mark.

BB The thing that throws me is that it's not okay to play in a childlike way, I must be mature. I can stop with it's not okay to play and I have to be responsible.

Stacey That resonates with you, it's not okay to play I have to be responsible?

BB Yes.

Stacey That feels more on target for you?

BB Yes that feels more on target than it's not okay to play in a childlike way.

Stacey The childlike way is kind of like; well there is something there for you though. There is something there about allowing yourself to be more childlike actually, to get that you can be more childlike and still be responsible. Like they are not exact opposites. It is not about being irresponsible but it is about playing without having to worry about how it looks. Does that make sense?

BB A little bit. I was thinking that when I think of childlike I think of innocence

Stacey It is about bringing innocence back in, for sure.

BB People think of me as having very innocent like energy.

Stacey You think of yourself that way?

BB I don't. But I had the reference made even this last weekend in a workshop. The energy that I bring through is quality of innocence.

Stacey Looks like more of that is wanting to come out, is what I'm getting. That would be one, you learned the grid, that would be on to put in the grid for yourself, okay?

BB Okay.

Stacey Great. Thank you.

BB Can I ask you another question? You talked about restricted arteries and it reminded me that I recently diagnosed with a restriction in the artery to my optical nerve.

Stacey Restriction in the artery to your optical nerve. Which means the blood is not flowing fully to your optical nerve which is in some related to your willingness to see something.

BB When you were talking about that I kind of got the impression it was my lack of confidence in my ability to see not the physical necessarily but the "gift of sight."

Stacey The clairvoyant sight?

BB Yes, thank you. The ability to hear, see...intuitive.

Stacey So the optical nerve, it's nervousness about being able to see beyond the physical.

BB Yes, there is truth with that.

Stacey

I'm getting there is one layer to clear there. Great question, it's always interesting. Thank you, BB.

Let's talk about blood pressure. When you have high blood pressure you feel a lot of pressure to perform but may not have the desire to do so. People with high blood pressure may be under or over performers, depending on how much they push themselves to do something, they either don't want to do or have inner conflict about doing. Often times the pressure to perform and move along your higher path is subconscious. People who don't know what their path is may have high blood pressure like a pressure, subconscious pressure to know their path and to move into it. This is the body's way of telling them to wake up.

This is true for about 30 percent of the people with high blood pressure. There are definitely other causes of high blood pressure as well. It can be pressure about achieving, about relationships or about most anything. Inner conflict about that internal pressure. It is generally internal pressure. It can be external pressure as well but when it's within us, in our bloodstream, it's internal pressure.

Let's talk about low blood pressure. People who have slightly low blood pressure also feel pressure to perform but don't normally mind that pressure as they have a strong desire to perform. I have consistently low blood pressure, just slightly low. And I have a strong desire to perform. It's not at a serious level. People who have moderately low blood pressure want to perform but don't believe they can. It's an inner conflict within themselves that needs to be released. Those who have very low blood pressure cannot see themselves achieving much at all, even though they really want to. So there are a number of layers to be released for that.

I'm going to keep going and then we're going to come back at the end and look with people. I want to go ahead and talk about varicose veins. I also want to say something else about blood pressure. It is something that can change a lot. I'll use my mom as an example. She was on medicine for high blood pressure and she had two serious accidents where she fell down. They ran all these tests and couldn't figure out what was wrong with her. Then they determined that her blood pressure medicine was too high and that was causing her to pass out. You really have to monitor blood pressure medications and especially when you're doing energetic release work, the pressure may change and again then the medication amount needed will change.

Let's talk about varicose veins, that's a popular topic and then we'll come back and look at blood pressure for some of you guys. Varicose veins occur more frequently as we age, although they don't have to. These veins are considered unsightly and they can be dark or they can even bulge. Each means something different.

When veins are dark and show through the skin a lot, this is a sign that your blood is making its presence known to show you something. The blood is not actually darker in that area, it's just more visible in that area; is what I'm getting. It just appears darker.

So if you have varicose veins in your ankle that are just showing as darker veins, you can see them through your skin, it is showing you that there is too much blood there and the blood cannot flow to where it needs to go, which would be through to your feet, if you had varicose veins in your ankle. In that instance it might mean you're stopped or slow about taking a stand about something that you feel strongly about. When you release emotional blocks related to varicose veins, it will take about two to four months, depending on the depth of the situation, for those dark veins to disappear.

When the veins bulge in an area, it means you are bulging or over-flooded with too much blood in an area of the body. This is a deeper issue and there is more constriction keeping the blood from flowing. There are typically more layers to release when it is bulging. It is become a bigger issue and is bulging to let you know there is a lot there.

Butcher's Broom is a supplement that is often suggested and it does help with varicose veins. It would take about the same amount of time I'm getting, to heal the varicose veins with Butcher's Broom as it would to release the layers, however you would still have the issues and it would show in some other way, often times in your body.

Now let's see, Barb had a question about blood pressure. So Barb, it's your husband?

Barb It is.

Stacey And what is his first name?

Barb Bob.

Stacey Bob. And he has high blood pressure?

Barb He has been diagnosed with high pressure within the last 24 months.

Stacey Okay, and is he on medication?

Barb He is.

Stacey And you want to know how to heal it so he doesn't have to be on the medication, is that right?

Barb Yes.

Stacey I'm going to ask for a clear channel for Bob and see what his blood pressure issue is about, what the pressure is about for Bob. Do I have a clear channel? Yes, you do. It is pressure to perform at higher and higher levels in his work so that he can make more money and support his family. He wants to do it and he doesn't want to do it because he is worn out. His adrenals are operating at 70 percent, he's exhausted. So there's his conflict. He's tired and yet he feels like he needs to perform and make more money for his family. His adrenals need to be healed. He needs to learn how to work more efficiently. He has a belief that he has to work very hard, as is very common. There are five layers related to his adrenals, to heal his adrenals. That will help a great deal. He needs the energy. He has the desire to make more but he doesn't have the energy. Is that making sense, Barb?

Barb A lot of sense. It makes sense with the things that have happened in the last five years. And also he's at a job that has a cap.

Stacey Dealing with the adrenals first makes most sense to me. Thanks, Barb.

Barb Thank you.

Stacey You're welcome. I know Lilliana you had a question about your daughter. We'll come back to you. Let's look at some varicose veins. Let's see, I think Archanna you were the first one that said you had varicose veins. Archanna are you there?

Archanna Yes, I am.

Stacey Okay, where do you have varicose veins?

Archanna Based on a diagnosis that was done about five plus years ago, they're in both of my legs. The right one is a little ahead or more ahead than the left one. When this diagnosis was done, like a said, five plus years ago, they said, "Oh we'll have to strip one of those veins out." I said stop there because I was wondering if they took one out, it might show up in another one and there's going to be no end to this. So that's when I figured there has to be a better way to deal with this. I never went back for the surgery. But it's been there.

Stacey Good for you for seeing that. The veins go all the way down your leg, the back of your legs, where are they?

Archanna I think it's, said it's the venous insufficiency or whatever it's caused it's in more the hip joint where the valve is weaker and I see it all the way in the inner leg on my right and going down right to the ankle and on the left I also have some spider veins on my left thigh and at the back, too. So it's kind of all over in a way, but more on the inner leg.

Stacey On the inner side of the legs, all the way down on both legs. Did you say venous insufficiency, is that what you said?

Archanna That's what they told me. I am sorry but I did not pay much attention to it, the medical terms, for whatever reason. I was like, I'm not going to let them do to one of them and it shows up somewhere else. What happens to my legs, you know?

Stacey That's fine. No need to apologize. You intuitively knew not to do it. And so let's take a look at that for you. There's a lot. There are long veins that are showing on both inner thighs of your legs. Legs are about going forward. Inner legs, so it is something to do with inner work with yourself. I'm asking for a clear channel for Archanna, do I have one? Yes, you do. It feels like a big stretch for you to move forward in relationships as well as on your higher path. You are all alone in this world and cannot do this by yourself. So I'm getting that there are three layers to release. One is the belief that you are all alone and that is a big one that keeps you from moving forward in your life.

You mentioned, spider webs, spider veins. I think about crawling. There's a belief that I have to move at a snail's pace or I have to move at a snail's pace for if I move too fast I will be crucified. That's not exactly right. I have to move at a snail's pace. It is not safe to move faster is what I'm getting. So that's the second layer. You can see, the spider web, I'm wonder why I got snail's pace for spider web, actually. It's not a spider web; it's a spider vein, which looks like a web. Is a snail's pace correct? It is correct. The web is like there is like a web of woes. There is a victim mentality. Poor me. So I am a victim is another piece that need to be released. So there is, "I am a victim. I am alone. And I have to move forward at a snail's pace, it's not safe to move forward faster" are three related to your veins and that is all I am getting at this time.

Archanna Wow.

Stacey Those are big.

Archanna Yes, they are big and I can relate to each one of them.

Stacey Good, Archanna.

Archanna I can also see how the timing, when this started and how this relates to what was happening in my life and how each of these pieces have come in, I can draw that picture totally.

Stacey Good. Thanks for being open for hearing it and for intuitively knowing it didn't make sense to keep stripping out your veins.

Archanna You are right exactly. In fact, I must say that as of late, I do feel much better about it. I know there is something even deeper. But at the surface, I do definitely feel much better even with those areas itself, I do feel much better recently than I have felt in a long time.

Stacey Good. Well you are looking at each piece one at a time and you're doing a good job, Archanna. I don't remember, I think you put in your name for wanting to learn the Cash Grid, is that right?

Archanna Yes. Definitely.

Stacey Okay, good.

I'm going to open up to more questions, but we are out of time so as usual I will stay after to answer questions for those of you who are here live.

Next week we're going to talking about what actually happens when you release blocks energetically and the difference and various release techniques and we're going to be talking about the thyroid and adrenal glands, hormones, our feet and our bladder. Lots of good stuff coming up next week. Be sure to join in, same time, same station.

If you weren't able to be here live feel free to submit your questions on the forum and I'll do my best to answer them in these classes. If you have more questions, stay on live otherwise I look forward to speaking with you all next week.