Transcript

QFF Practitioner Workshop 1

00:00:02.740 --> 00:00:10.990
Jenny McFadden: Woohoo! This is very exciting! First one of the very first Quantum Freedom Formula professional training, practitioner training.

2
00:00:11.530 --> 00:00:18.540
Jenny McFadden: Thank you so much for being here, I am, like, super excited and so glad it's you guys. You ladies, sorry.

3
00:00:18.780 --> 00:00:32.750
Jenny McFadden: And, so what I'd like to do is start with just, so I know all of you, but I would like you to introduce yourselves, so that you know each other a little bit. So, would you mind, just say who you are.

4
00:00:32.870 --> 00:00:36.379
Jenny McFadden: Maybe what your background is, or,

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00:00:36.650 --> 00:00:39.290
Jenny McFadden: And what drew you to say yes to this?

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00:00:40.110 --> 00:00:42.619
Jenny McFadden: And one thing I would like to know isâ€¦

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00:00:43.080 --> 00:00:47.600
Jenny McFadden: If there's a question you had for me now, what would it be? If you have one.

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00:00:48.360 --> 00:00:54.160
Jenny McFadden: About formula, about something you don't know about, because remember, I'm trying to look for the things to help you as well.

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00:00:54.420 --> 00:01:01.029
Jenny McFadden: Because you're the first lot that will help me understand where I'm not filling in the blanks, or where the questions are. Alright, soâ€¦

10
00:01:01.180 --> 00:01:02.569
Jenny McFadden: Who'd like to jump in?

11
00:01:05.910 --> 00:01:06.710
Jenny McFadden: Thanks, Deb.

12
00:01:06.880 --> 00:01:12.110

debby: So I'm Debbie, and I live in Sydney, in Randwick, andâ€¦

13
00:01:12.220 --> 00:01:21.050
debby: I, had aâ€¦ yeah, I mean, my backgroundâ€¦ I mean, I'm in early childhood, but I've always,

14
00:01:21.300 --> 00:01:25.960
debby: Seemed to love everything that is kind of of this, you know.

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00:01:26.120 --> 00:01:31.930
debby: Orientation, but not really realized it until about 2018, when

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00:01:32.380 --> 00:01:43.269
debby: I met, Jenny's friend Judy, and we have just been on an amazing journey of self-exploration, andâ€¦

17
00:01:43.420 --> 00:02:03.169
debby: I just want to scream this kind of stuff from the mountaintops, but I've learned that that's not the way it works, soâ€¦ so I just try and, enjoy it myself, and then I find it to be something that it's justâ€¦ people want to know about, andâ€¦

18
00:02:03.170 --> 00:02:06.390
debby: I'm just in a really great place whereâ€¦

19
00:02:07.020 --> 00:02:23.399
debby: I like sharing this information with others, and look, youâ€¦ you know, I didn't even know that this was a thing, this existed, and then I had a go at myself, and I liked it, and I thought if I could learn it properly, then I could help others.

20
00:02:23.470 --> 00:02:29.109
debby: And that's my background, I suppose. That's the way I'm here. I haven't thought of a questionâ€¦

21
00:02:29.960 --> 00:02:33.770
debby: But I'm sure it'll come to me,

22
00:02:34.820 --> 00:02:35.510
Jenny McFadden: Beautiful.

23
00:02:35.820 --> 00:02:37.719
Jenny McFadden: Thanks, Dave. Fantastic.

24
00:02:38.790 --> 00:02:40.000
Jenny McFadden: Thank you so much.

25
00:02:44.730 --> 00:02:45.280
Jenny McFadden: I was ready.

26
00:02:45.280 --> 00:02:46.410
Kristen Howarth - Women Unleashed: Next.

27
00:02:46.410 --> 00:02:47.290
Jenny McFadden: Thanks, Grissom.

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00:02:47.290 --> 00:03:04.279
Kristen Howarth - Women Unleashed: No worries. So I'm Kristen, I'm in the Blue Mountains, just out of Sydney. I've known Jen for many years. We actually had a bit of a joke with some paperwork that I found, while clearing out the office that was, yeah, decades ago.

29
00:03:04.280 --> 00:03:17.029
Kristen Howarth - Women Unleashed: So, why am I here? Oh, well, first of all, I work with energy already, so I'm a kinesiologist and a Reiki grandmaster, so, and remedial massage, so it's sort of just another feather in the cap, I guess, going that little bit deeper.

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00:03:17.140 --> 00:03:24.560
Kristen Howarth - Women Unleashed: I've sort of, yeah, I've done a couple myself, and found it really powerful. Looking atâ€¦

31
00:03:24.560 --> 00:03:44.069
Kristen Howarth - Women Unleashed: being, like, from a client perspective, driven base versus me doing all the work, because I know when, obviously, we use that in a, session anyway, when it isâ€¦ the awareness comes from the client, it's much more powerful. So, yeah, so I sort of thought, well, you know,

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00:03:44.410 --> 00:04:00.759
Kristen Howarth - Women Unleashed: I do feel that every time we up-level with our training, it's a self-thing as well, and it wasâ€¦ I was feeling like it was time to do some work on myself, so I thought, well, it's a win-win, because we'll gain, yeah, by doing, we'll gain as well.

33
00:04:00.960 --> 00:04:03.560
Kristen Howarth - Women Unleashed: My question would be.

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00:04:04.360 --> 00:04:19.780
Kristen Howarth - Women Unleashed: what do we call this? Because obviously, like, we, you know, those of us that are already practicing have, you know, certain, I guess, labels. Not that I tend to use a lot of them, but just in discussion with potential clients, how do we approachâ€¦

35
00:04:20.329 --> 00:04:27.450
Kristen Howarth - Women Unleashed: that? Like, what's theâ€¦ what's the model that we're using, or, you know, the, the wording around theâ€¦

36
00:04:27.560 --> 00:04:35.120
Kristen Howarth - Women Unleashed: Training and, yeah, how to sort of present it to, to potential clients or people, friends, whatever that we're working with.

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00:04:35.500 --> 00:04:36.440
Jenny McFadden: Word question.

38
00:04:37.330 --> 00:04:39.950
Jenny McFadden: Off the top of my head, I just call it quantum healing.

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00:04:40.270 --> 00:04:42.919
Kristen Howarth - Women Unleashed: Cool. And that's sort of what I was going to condense it to.

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00:04:42.920 --> 00:04:47.040
Jenny McFadden: It kind of fits what people sort of know a bit. They still go, what is it?

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00:04:47.250 --> 00:04:47.770
Jenny McFadden: How can it?

42
00:04:47.770 --> 00:04:48.130
Kristen Howarth - Women Unleashed: Yeah.

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00:04:48.240 --> 00:04:49.910
Jenny McFadden: You know, anyway, we'll go into that more.

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00:04:50.230 --> 00:04:51.960
Jenny McFadden: Great question. Thanks.

45
00:04:52.130 --> 00:04:52.850
Kristen Howarth - Women Unleashed: No worries.

46
00:04:54.470 --> 00:04:55.930
Jenny McFadden: Welcome, Sora!

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00:04:55.930 --> 00:04:56.580
Kristen Howarth - Women Unleashed: Mmm.

48
00:04:56.580 --> 00:04:57.570
Sorcha Fraser-Swatton: Hi, sorry I'm lying.

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00:04:57.570 --> 00:05:05.329
Jenny McFadden: But just the, but just, find out you just introducing yourself, and a bit about what your background is, andâ€¦

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00:05:05.750 --> 00:05:11.519
Jenny McFadden: what, what drew you to this, and if you've got any questions for me up front, that's helpful. That's for me, alright.

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00:05:11.680 --> 00:05:13.739
Jenny McFadden: Laura, you were gonnaâ€¦ Yep.

52
00:05:13.740 --> 00:05:19.590
LAURA: Okay, yep. I'm Laura Hammock. I, live in the U.S, in Denver, Colorado.

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00:05:19.920 --> 00:05:28.330
LAURA: And I met Jennyâ€¦ on, megan had herâ€¦ attendâ€¦

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00:05:28.500 --> 00:05:32.469
LAURA: One of her monthlies, and we did it, and it was amazing.

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00:05:32.850 --> 00:05:34.949
LAURA: Iâ€¦

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00:05:35.760 --> 00:05:47.780
LAURA: started with human design, and now I do emotion code, body code, and belief code, and I actually think the quantum freedom formula is really helpful.

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00:05:47.880 --> 00:05:51.159
LAURA: I find when I'm working with clients, if they get stuck.

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00:05:51.820 --> 00:06:00.379
LAURA: And the same issue comes up over and over and over again, that this is a really nice, process to use with them, because

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00:06:00.650 --> 00:06:07.280
LAURA: As you know, so often we're, like, dealing with things that aren't necessarily just

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00:06:07.380 --> 00:06:11.470
LAURA: Within ourselves, so it could be ancestral or something like that.

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00:06:11.620 --> 00:06:21.069
LAURA: So, it's been really helpful in helping break up that pattern that people have. Not just myself, but some of my clients. So, I'm excited!

62
00:06:21.070 --> 00:06:21.770
Jenny McFadden: Yeah!

63
00:06:21.770 --> 00:06:24.599
LAURA: Yeah, it fits in really nice with what I already do.

64
00:06:25.080 --> 00:06:25.990
Jenny McFadden: Yeah, love that.

65
00:06:26.700 --> 00:06:27.740
Jenny McFadden: Got a question?

66
00:06:28.190 --> 00:06:29.729
Jenny McFadden: On your mind, at the moment?

67
00:06:30.600 --> 00:06:31.350
Sorcha Fraser-Swatton: Nope.

68
00:06:31.350 --> 00:06:31.890
Jenny McFadden: Nope.

69
00:06:32.340 --> 00:06:33.500
Jenny McFadden: Thanks, Laura!

70
00:06:34.080 --> 00:06:35.639
LAURA: Thank you. Thanks.

71
00:06:35.640 --> 00:06:36.530
Jenny McFadden: Bet, debby?

72
00:06:37.400 --> 00:06:38.629
Jenny McFadden: Who wants to jump in?

73
00:06:41.410 --> 00:06:44.170
Jenny McFadden: Sorca, Renee, Deb's already had a chance toâ€¦

74
00:06:44.820 --> 00:06:46.600
Renee: Hello, I'm Renee.

75
00:06:49.260 --> 00:06:55.210
Renee: Soâ€¦ So, yeah, I've been doing energy work since about 2017.

76
00:06:55.550 --> 00:07:01.919
Renee: But I'm actually a HR consultant, and I have my own business doing that.

77
00:07:02.350 --> 00:07:15.329
Renee: But I deal with a lot of stressful work, what are they? Business owners and leaders, so I find that I end up doing this kind of work, and I've now created another

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00:07:16.000 --> 00:07:26.389
Renee: side business, it's called the Wellbeing Advantage, and it's to help business owners and leaders deal with stress and be sustainable in their leadership.

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00:07:26.790 --> 00:07:33.439
Renee: So, that's my front end, but I use these kind of tools to help them get through.

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00:07:34.460 --> 00:07:42.160
Renee: they're stressful. Like, it's usually life impacts work, or work impacts life, soâ€¦ Yeah, if we can useâ€¦

81
00:07:42.830 --> 00:07:47.699
Renee: These kind of tools to help them be less stressed and perform better.

82
00:07:50.600 --> 00:07:53.419
Jenny McFadden: What was it about this particular one that, like, sort ofâ€¦

83
00:07:53.970 --> 00:07:56.649
Jenny McFadden: About the quantum field in front of me that made you say yes.

84
00:07:58.090 --> 00:08:10.939
Renee: Well, we did that workshop, and it is along the lines of what I already do, it's just got more of a structured format to follow, and I love a qualification, soâ€¦

85
00:08:12.560 --> 00:08:13.060
Jenny McFadden: Especially around.

86
00:08:13.060 --> 00:08:17.190

Renee: Back to my long list. I'm a bit of a certificate junkie, soâ€¦

87
00:08:19.140 --> 00:08:21.970
Jenny McFadden: And you've got a kinesiology background as well, yeah?

88
00:08:22.270 --> 00:08:26.079
Renee: Yeah, so I did Touch for Health with Carly Spooner.

89
00:08:26.340 --> 00:08:34.179
Renee: And we institute, so yeah, I've got that, yeah. I just love all things esoteric andâ€¦ yeah.

90
00:08:34.470 --> 00:08:35.470
Jenny McFadden: Individual applies.

91
00:08:37.029 --> 00:08:39.429
Jenny McFadden: Do you have a question for me that's useful?

92
00:08:39.890 --> 00:08:41.420
Jenny McFadden: May? Or not? Not yet.

93
00:08:41.669 --> 00:08:43.669
Renee: Not yet, no.

94
00:08:43.669 --> 00:08:44.369
Jenny McFadden: Okay.

95
00:08:45.559 --> 00:08:47.249
Renee: I'm sure it'll come later.

96
00:08:48.130 --> 00:08:49.230
Jenny McFadden: Thank you!

97
00:08:49.370 --> 00:08:50.620
Jenny McFadden: Great to have you here.

98
00:08:51.410 --> 00:08:53.049
Renee: Thanks for having me.

99
00:08:53.050 --> 00:08:55.240
Jenny McFadden: Thanks. Thanks, Renee.

100
00:08:59.880 --> 00:09:11.620

Sorcha Fraser-Swatton: Hi, I'm Sorca, rattled today. I met Jennyâ€¦ 13 years ago?

101
00:09:12.250 --> 00:09:13.280
Sorcha Fraser-Swatton: Maybe longer?

102
00:09:13.800 --> 00:09:15.220
Sorcha Fraser-Swatton: Long while ago, anyway.

103
00:09:15.220 --> 00:09:16.510
Jenny McFadden: That time is Christian, right?

104
00:09:17.540 --> 00:09:20.930
Sorcha Fraser-Swatton: Christian, yeah, at a kinesiology course.

105
00:09:21.870 --> 00:09:27.909
Sorcha Fraser-Swatton: Andâ€¦ we've done all sorts of things since then.

106
00:09:28.670 --> 00:09:29.350
Jenny McFadden: we have.

107
00:09:29.810 --> 00:09:30.530
Sorcha Fraser-Swatton: We have.

108
00:09:30.830 --> 00:09:38.500
Sorcha Fraser-Swatton: And the kinesiology course led me to another kinesiology course, which led me to a homeopathic course, so I'm now a homeopath.

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00:09:38.650 --> 00:09:42.059
Sorcha Fraser-Swatton: I'm also a homeopath specialising in animals.

110
00:09:42.890 --> 00:09:48.469
Sorcha Fraser-Swatton: And I am hoping to work out a way, and I haven't yet had time to do it, of

111
00:09:48.980 --> 00:09:54.269
Sorcha Fraser-Swatton: Getting this to be able to tap into the animal in order to better

112
00:09:55.620 --> 00:09:57.949
Sorcha Fraser-Swatton: Prescribe whatever it is they need.

113
00:09:59.200 --> 00:10:01.660
Sorcha Fraser-Swatton: Soâ€¦

114
00:10:01.930 --> 00:10:10.549
Sorcha Fraser-Swatton: It's a bit of a weird way of coming around to it, but yeah, I suspect I'll be using it more for animals, but, you know, I teachâ€¦ treat people as well, soâ€¦

115
00:10:11.310 --> 00:10:12.909
Sorcha Fraser-Swatton: I think it's great.

116
00:10:13.010 --> 00:10:13.580
Sorcha Fraser-Swatton: Andâ€¦

117
00:10:13.580 --> 00:10:18.079
Jenny McFadden: Certainly an application I wouldn'tâ€¦ That's somethingâ€¦ I'm excited to see where it goes.

118
00:10:18.670 --> 00:10:27.269
Sorcha Fraser-Swatton: Yeah, so am I. I just need to have a brain space to actually do it. So maybe my question is, how do I get the brain space to do it?

119
00:10:27.590 --> 00:10:31.440
Jenny McFadden: Well, maybe, you know, it is something you couldâ€¦

120
00:10:32.310 --> 00:10:35.130
Jenny McFadden: During the 6 sessions, 6 workshops.

121
00:10:35.280 --> 00:10:43.080
Jenny McFadden: You could work on an animal as the example here, which is why you, like, use this time as an opportunity to try it yourself.

122
00:10:43.870 --> 00:10:47.460
Jenny McFadden: If there's an animal at the time that you could work with.

123
00:10:47.640 --> 00:10:49.760
Jenny McFadden: And, and, and tell us what happens.

124
00:10:49.860 --> 00:10:56.310
Jenny McFadden: what comes through, because I think we all might be interested in another way of using it, if it, you know, if it can help.

125
00:10:56.490 --> 00:11:01.229
Jenny McFadden: So, but certainly that would be using it with someone else by distance.

126
00:11:01.960 --> 00:11:02.660
Sorcha Fraser-Swatton: Yes.

127
00:11:02.900 --> 00:11:06.630
Jenny McFadden: And doing it for them if they couldn't, like a child, orâ€¦

128
00:11:06.760 --> 00:11:12.049
Jenny McFadden: Right, so there areâ€¦ it's possible for us to use that in a different way, too, just, you know, you couldâ€¦

129
00:11:12.200 --> 00:11:14.240
Jenny McFadden: Help us see how it works.

130
00:11:14.690 --> 00:11:19.509
Sorcha Fraser-Swatton: Yeah, well, most of my work is by distance anyway. Yeah, yeah.

131
00:11:20.240 --> 00:11:21.270
Sorcha Fraser-Swatton: Don't tell meâ€¦

132
00:11:21.270 --> 00:11:22.210
Jenny McFadden: Yep.

133
00:11:22.210 --> 00:11:23.270
Sorcha Fraser-Swatton: the phone, sorry.

134
00:11:23.340 --> 00:11:41.710
Jenny McFadden: And certainly, like, we all do this by distance with each other, it's just that we've got the feedback. You'd be in a situation where you don't really have the feedback, can't ask questions, or reallyâ€¦ you're working with aâ€¦ maybe a physical condition and looking for the physical thing to change, which is a different sort of way ofâ€¦ a different outcome, a different way of working, soâ€¦

135
00:11:42.270 --> 00:11:44.910
Jenny McFadden: Yeah, it'd be interesting to, I don't see why not.

136
00:11:45.610 --> 00:11:46.290
Sorcha Fraser-Swatton: Okay.

137
00:11:46.290 --> 00:11:49.210
Jenny McFadden: Right? It's just that you wouldn't get the proof

138
00:11:49.470 --> 00:11:55.159

Jenny McFadden: for some period of time, unless something changed physically that you could measure, soâ€¦ Anyway, we'll see what happens.

139
00:11:55.520 --> 00:11:56.440
Jenny McFadden: Thank you!

140
00:11:57.690 --> 00:11:59.650
Jenny McFadden: Okay, soâ€¦

141
00:11:59.980 --> 00:12:17.089
Jenny McFadden: Let's get started. So, I, was just saying earlier, I'll try toâ€¦ we've got our two hours, I'll try toâ€¦ I want to say hi, Megan, by the way. Sorry you couldn't make it today. There will be a replay. I have got an area I've set up, for us that has all replays and PDFs and whatever.

142
00:12:17.150 --> 00:12:21.969
Jenny McFadden: I managed to stuff up my website while I was doing it, but anyway.

143
00:12:22.580 --> 00:12:32.760
Jenny McFadden: these things happen. Anyway, soâ€¦ I'll have thatâ€¦ I've got that ready, and I will send you a link to that, so the replays will be available for every session.

144
00:12:33.590 --> 00:12:41.299
Jenny McFadden: Some housekeeping things areâ€¦ I don't mind if you have your camera off, if you want to go make tea or something and go about, just do whatever you need to do.

145
00:12:41.650 --> 00:12:50.179
Jenny McFadden: Make sure you've got some water, make sure you've got pen and paper, and we'll, you know, be working both professionally and personally, so something that you want to,

146
00:12:50.310 --> 00:12:58.499
Jenny McFadden: use this for personally, I would like you to have a personal outcome, and sometimes we may have to, because of the timing, if I'm trying to teach a certain section.

147
00:12:58.540 --> 00:13:12.679
Jenny McFadden: each workshop. The timing might be a little bit out. We might have to shorten the middle, or shorten the end, or cut the feedback. We'll just see how we go with timing. So I apologize if it goes a little bit, but that's part of me trying to figure out how best toâ€¦

148
00:13:12.760 --> 00:13:15.459
Jenny McFadden: Both teach things and have the,

149
00:13:15.800 --> 00:13:22.830
Jenny McFadden: process as well. One thing I would like to do is Have you be,

150
00:13:23.540 --> 00:13:34.079
Jenny McFadden: so I can give a demonstration of each area, because I know that you'reâ€¦ most of you are very experienced, like, you're experienced with this, but I want to,

151
00:13:34.140 --> 00:13:47.379
Jenny McFadden: be able to cover everybody. So, if I repeat something you already know, apologies, but I would like to do some demonstrations. So, for example, today, or each workshop, I might ask someone, could you be the person thatâ€¦ today we're going to focus on

152
00:13:47.670 --> 00:13:56.729
Jenny McFadden: getting the, the intraâ€¦ the, before picture, how to do that, and what are some questions that you can ask. You're probably really familiar, but I just want to give you someâ€¦

153
00:13:56.730 --> 00:14:08.290
Jenny McFadden: practical, sort of finer point tips if you don't have that. So, someone could be the, demo for me, so that I can show how to use those questions, and have it be real.

154
00:14:08.320 --> 00:14:21.490
Jenny McFadden: Because when it's real, it oftenâ€¦ you can see where a client or a person we areâ€¦ our brain is going to other things, whereas what I'm trying to do as the holder of the space is get a particularâ€¦ the before picture clear.

155
00:14:21.710 --> 00:14:24.339
Jenny McFadden: So, that would be really good.

156
00:14:24.710 --> 00:14:27.300
Jenny McFadden: Andâ€¦

157
00:14:27.720 --> 00:14:39.089
Jenny McFadden: So I'm hoping that you'll get a personal shift, as well as some professional, sort of, understanding of the pieces of when someone's asking you questions, you feel confident that, you know.

158
00:14:39.670 --> 00:14:45.309
Jenny McFadden: how to answer that. Like, even the one you just raised, Kristen, which is, like, how do we even talk about it? Like, what do we call it?

159
00:14:45.440 --> 00:14:54.360
Jenny McFadden: You know, just practical things. And my suggestion to you is in between workshops, if you get a chance to practice.

160
00:14:54.510 --> 00:14:56.919
Jenny McFadden: With someone else? On yourself?

161
00:14:57.160 --> 00:15:06.059
Jenny McFadden: With each other, if you want someone to, you know, try it out with, so that you actually can see what does happen in practice, especially if you're not genuinely,

162
00:15:06.240 --> 00:15:15.489
Jenny McFadden: Working with people one-to-one, and you want to, then it's a good way to find out, in a non-threatening way, what happens when

163
00:15:15.710 --> 00:15:27.400
Jenny McFadden: Because I have to say, as you know, when you work with someone else, it's different when you do it with yourself, when you work with someone else. Often it doesn't go as planned, you know, you think it's going to be straightforward, but thenâ€¦

164
00:15:27.460 --> 00:15:41.130
Jenny McFadden: someone's in stress, or whatever, and their brain's doing things, and you're trying to get some information from them, and sometimes it's not as easy as it looks. So, that's what we're going to do today, is we're going to do a bit more around gathering the before picture.

165
00:15:41.380 --> 00:15:48.049
Jenny McFadden: I'm going to look at the two new levels in the frequency chart, andâ€¦ feel free to ask questions as we go along.

166
00:15:50.400 --> 00:15:54.610
Jenny McFadden: I'm just making sure I cover the things I want you to know.

167
00:15:55.070 --> 00:16:10.960
Jenny McFadden: But Iâ€¦ Iâ€¦ essentially, I just want you to feel really confident that this fits in with whatever you do, that you feel confident that you know all the pieces, that if it goes somewhere else, that you know what to do with that. If something else happens afterward, you know, we can talk to each other about

168
00:16:11.090 --> 00:16:17.820
Jenny McFadden: What you've experienced with other people, and what, happened, so that, for example, sometimes, it's really rare.

169
00:16:18.010 --> 00:16:23.589
Jenny McFadden: But sometimes, after a session, something else will come up that the person didn't expect.

170
00:16:24.660 --> 00:16:27.209
Jenny McFadden: Someone here already knows that.

171
00:16:29.260 --> 00:16:35.770
Jenny McFadden: Becauseâ€¦ so it's like, it doesn't happen often, but it's a really good example, and I'll probably ask Kristen to talk about that.

172
00:16:35.890 --> 00:16:43.089
Jenny McFadden: Just because it's really good for us as practitioners to know Because sometimes unexpected things happen.

173
00:16:43.530 --> 00:16:45.500
Jenny McFadden: Any other questions before we start?

174
00:16:47.000 --> 00:16:50.480
Jenny McFadden: Alright, you got something to work on for yourself today, personally?

175
00:16:50.800 --> 00:16:59.930
Jenny McFadden: that you want to do, so this is where you get to do whatever you like, alright? Whatever you want to work on, something that's bothering you, something where you feel stuck, something you're resisting, something that's not happening.

176
00:17:00.030 --> 00:17:04.549
Jenny McFadden: Or whatever it is you want, alright? Got something in mind?

177
00:17:04.819 --> 00:17:06.290
Jenny McFadden: So you get to choose.

178
00:17:09.260 --> 00:17:10.260
Jenny McFadden: Yeah.

179
00:17:10.670 --> 00:17:16.609
Jenny McFadden: I've given you, the Workshop 1 PDF, and in that, there isâ€¦

180
00:17:17.230 --> 00:17:23.780

Jenny McFadden: An outline of the whole process, so that if you're working with someone, you've got a brief fix, and you've got one pa- on one page each step.

181
00:17:24.069 --> 00:17:26.819
Jenny McFadden: I've given you a picture of the frequencies.

182
00:17:26.970 --> 00:17:46.239
Jenny McFadden: So that the one that we normally use, so that you can use that with someone, you know exactly what it is, you can just refer to it. And I've given you some, little bit of detail on getting the before picture and asking questions, how to ask those questions, and it's actually a really small piece of a much bigger

183
00:17:46.780 --> 00:17:49.640
Jenny McFadden: thing that I used to teach for many, many years.

184
00:17:49.830 --> 00:17:53.010
Jenny McFadden: And essentially everything that I'm working from.

185
00:17:54.150 --> 00:17:58.190
Jenny McFadden: And this is, for you as practitioners, isâ€¦

186
00:17:58.710 --> 00:18:01.730
Jenny McFadden: The fundamental belief that the outside world

187
00:18:02.490 --> 00:18:12.769
Jenny McFadden: does not control us. The outside world, people and events do not make us feel or do anything. And the language around this is really important.

188
00:18:13.030 --> 00:18:15.090
Jenny McFadden: Becauseâ€¦

189
00:18:16.420 --> 00:18:22.689
Jenny McFadden: We still live in a world where you turn on the news and the first questions the newscaster asks is, how does that make you feel?

190
00:18:23.220 --> 00:18:42.469
Jenny McFadden: make you feel. That's the first question they ask. It's our language. We still live in a world where people askâ€¦ their clients feel as if the world, the things that are outside are controlling how they feel, that people are making them do things or feel things, and that's a really, really important point.

191
00:18:42.660 --> 00:18:46.260
Jenny McFadden: To, in ourselves, come to the understanding that

192
00:18:46.580 --> 00:18:57.719
Jenny McFadden: It isn't that. It's just weâ€¦ information from the outside world. We take it in, it comes through our filters, our perception, and that's where it gets translated into how we respond.

193
00:18:58.170 --> 00:19:05.170
Jenny McFadden: And it feels like we react instantly, But actually, that's not true.

194
00:19:05.880 --> 00:19:10.770
Jenny McFadden: So, at the conscious level, I'm talking, at the conscious level.

195
00:19:10.920 --> 00:19:18.169
Jenny McFadden: When we take information, it's about our perception and howâ€¦ what we do with that information. So we have a chance to change how we respond.

196
00:19:18.300 --> 00:19:22.429
Jenny McFadden: At the unconscious level, There are things that are working.

197
00:19:22.580 --> 00:19:27.729
Jenny McFadden: That are in our field, not outside of us, but within our own field, that are triggering

198
00:19:28.000 --> 00:19:32.750
Jenny McFadden: Things at the unconscious level, Why? Why do we have this system?

199
00:19:32.930 --> 00:19:49.439
Jenny McFadden: Why do we have this, this, you know, storage of every single thing that we've ever experienced? Our life, every other life, everything from every ancestor, as you know, other worldsâ€¦ why is it still there? And we've got to say, the reason it's there is to keep us safe.

200
00:19:50.380 --> 00:19:53.900
Jenny McFadden: To keep us alive, To, protect us.

201
00:19:55.480 --> 00:19:56.590
Jenny McFadden: However.

202
00:19:56.710 --> 00:20:04.529

Jenny McFadden: that part of it, and what weâ€¦ I would say what we nowâ€¦ Garbumate would say are theâ€¦ are traumas, and this is a really bigâ€¦

203
00:20:04.940 --> 00:20:09.670
Jenny McFadden: Thing that, you know, is really big right now. The wholeâ€¦

204
00:20:10.240 --> 00:20:20.040
Jenny McFadden: idea of what trauma is, or isn't, and he talks about it as big T's and little t's. So the big T's are the things that we know

205
00:20:20.510 --> 00:20:32.229
Jenny McFadden: have impacted us. We know thatâ€¦ that parent divorce. We know that thatâ€¦ whatever thatâ€¦ those really big things that happen in our lives, it's really clear to us, we remember them, and often we've worked on them

206
00:20:32.670 --> 00:20:34.539
Jenny McFadden: Before, many times.

207
00:20:35.380 --> 00:20:47.940
Jenny McFadden: Often, what comes up in the quantum freedom formula, sometimes it's those things, initially, but as we go along, it's very much often about the small t's. What we're looking for in ourselves.

208
00:20:48.450 --> 00:20:53.750
Jenny McFadden: That our intuition can help pinpoint, that we don't realize is What is connected?

209
00:20:54.250 --> 00:21:02.040
Jenny McFadden: to this thing I'm experiencing? What are these small t's that I have no idea are actually what is triggering my nervous system to react here?

210
00:21:02.300 --> 00:21:16.350
Jenny McFadden: Without me realizing. My brain makes up a reason for why I think it's happening, but actually, as you know, we discover that there areâ€¦ it can pinpoint these exact things, you know, thatâ€¦ for me, it wasâ€¦ one of them was myâ€¦ one time,

211
00:21:16.900 --> 00:21:26.140
Jenny McFadden: I answered the door when I was about 14, and this guy was a really tall guy, a threatening guy, was there. I had a dog, and the dog was like, don't, because he didn't like men.

212
00:21:26.850 --> 00:21:28.839
Jenny McFadden: And I remember that.

213
00:21:29.190 --> 00:21:37.190
Jenny McFadden: And it was linked toâ€¦ I can't remember what it was linked to, but that memory came up, and I thought, how has that got anything to do withâ€¦ but obviously it was to do withâ€¦ I didn't feel safe.

214
00:21:37.500 --> 00:21:44.990
Jenny McFadden: I didn't feel safe with men, I didn'tâ€¦ like, I felt there were someâ€¦ these small things are still impacting us today.

215
00:21:45.180 --> 00:21:50.650
Jenny McFadden: And, that's what the Quantum Freedom Formula does.

216
00:21:50.880 --> 00:21:57.070
Jenny McFadden: Is pinpoint the exact ones that we, our clients, don't recognize are actually attached.

217
00:21:57.440 --> 00:22:07.990
Jenny McFadden: And, with our development and the expansion of our consciousness, and our awareness that our intuition, the power of it and what we can do with it is increasing.

218
00:22:08.500 --> 00:22:11.030
Jenny McFadden: That's what this is forâ€¦ this formula is for.

219
00:22:11.890 --> 00:22:13.490
Jenny McFadden: It is so thatâ€¦

220
00:22:13.700 --> 00:22:20.430
Jenny McFadden: We can recognize how powerful we are, how much we know, and it's like the bale isâ€¦

221
00:22:21.330 --> 00:22:31.369
Jenny McFadden: thinning. You know they talk about that? It's like our ability to know, to tune in, to find these things, and increasing our,

222
00:22:31.560 --> 00:22:34.430
Jenny McFadden: Confidence and trust in this is so important.

223
00:22:34.870 --> 00:22:41.099
Jenny McFadden: that we know everyone can do it, and it doesn't matter, really, who comes to you. Very often, I find most people come to me

224
00:22:41.310 --> 00:22:47.620

Jenny McFadden: already trust their intuition to some degree. Although most of them say they don't, but once we start, they realize they do.

225
00:22:47.870 --> 00:22:53.770
Jenny McFadden: Soâ€¦ but even people who haven't had this experienceâ€¦ I was working with a psychotherapist.

226
00:22:54.240 --> 00:22:56.760
Jenny McFadden: A couple of days ago, someone who's never met me before.

227
00:22:56.930 --> 00:23:01.209
Jenny McFadden: And she was like, oh my god, like, the experience that she had was nuts.

228
00:23:01.560 --> 00:23:03.339
Jenny McFadden: Like, she's like, wow.

229
00:23:03.700 --> 00:23:06.490
Jenny McFadden: Soâ€¦ youâ€¦

230
00:23:06.840 --> 00:23:20.169
Jenny McFadden: are the ones to help bring this to the world, help people recognise. And you've got to hold this space. You've got to hold the space that says that they feel confident with you, and you feel confident that no matter what happens.

231
00:23:21.760 --> 00:23:31.059
Jenny McFadden: you can handle it. No matter whatâ€¦ where a person goes with it, or what memory comes up, or what thing comes up that theyâ€¦ they don'tâ€¦ theyâ€¦ or you.

232
00:23:31.240 --> 00:23:47.270
Jenny McFadden: This is why it's important for you to keep doing this. You go, well, what on earth has that got to do with anything? And what is that about? And what questions to ask in that respect, too? So it's all about you being, I want you to be confident in all the aspects of this. So you go, yeah, someone shows up, or someone asks you, and you go, oh yeah, I can do that, no problem.

233
00:23:47.380 --> 00:23:50.150
Jenny McFadden: And it links in with whatever else you already know.

234
00:23:52.130 --> 00:23:54.380
Jenny McFadden: Okay, that's where I'm up to.

235
00:23:54.540 --> 00:23:57.460
Jenny McFadden: That's what we're on today. So, let's get started.

236
00:24:00.010 --> 00:24:04.330
Jenny McFadden: I needâ€¦ Demo person, please.

237
00:24:04.960 --> 00:24:08.779
Jenny McFadden: Can youâ€¦ someone who put up their hand so I can ask you, what's the issue?

238
00:24:09.100 --> 00:24:14.379
Jenny McFadden: And then I'm just gonna demonstrate, okay, how you ask the questions, alright? Just so thatâ€¦

239
00:24:14.580 --> 00:24:20.600
Jenny McFadden: You can see, because I know you can do it with yourself, but it's different with yourself than it is with someone else. Okay, Sorca, alright.

240
00:24:20.780 --> 00:24:24.189
Jenny McFadden: So, what's going on? What's the thing that you're working with today?

241
00:24:25.020 --> 00:24:27.060
Sorcha Fraser-Swatton: High blood sugar.

242
00:24:28.650 --> 00:24:30.240
Sorcha Fraser-Swatton: Which is just not dropping.

243
00:24:30.810 --> 00:24:32.640
Jenny McFadden: Okay, so you want to start with something physical.

244
00:24:34.420 --> 00:24:35.449
Jenny McFadden: And,

245
00:24:35.450 --> 00:24:37.210
Sorcha Fraser-Swatton: Yeah, it's easy to measure.

246
00:24:38.540 --> 00:24:39.489
Sorcha Fraser-Swatton: Like, if thisâ€¦

247
00:24:39.490 --> 00:24:40.019
Jenny McFadden: How long is that?

248
00:24:40.020 --> 00:24:41.460
Sorcha Fraser-Swatton: I can measure the change.

249
00:24:41.690 --> 00:24:43.030
Jenny McFadden: How long's it been up?

250
00:24:44.350 --> 00:24:47.060
Sorcha Fraser-Swatton: 8-8 months?

251
00:24:48.640 --> 00:24:52.580
Sorcha Fraser-Swatton: At least. And we're talking, we're talking up around 17.

252
00:24:54.900 --> 00:24:56.539
Jenny McFadden: 17, okay, that's high.

253
00:24:56.540 --> 00:24:58.240
Sorcha Fraser-Swatton: Yup.

254
00:24:58.240 --> 00:25:00.840
Jenny McFadden: But, yes, that's not good, we needâ€¦ you need to get that.

255
00:25:00.840 --> 00:25:02.569
Sorcha Fraser-Swatton: It's not good. Okay.

256
00:25:03.420 --> 00:25:06.430
Sorcha Fraser-Swatton: And I've also noticed my fingernails have changed.

257
00:25:07.900 --> 00:25:08.440
Sorcha Fraser-Swatton: So thenâ€¦

258
00:25:08.440 --> 00:25:09.920
Jenny McFadden: Probably something to do with it.

259
00:25:10.200 --> 00:25:17.740
Sorcha Fraser-Swatton: I would say so. In the brief research, I have since I noticed the change. Don't know how long that's been going on.

260
00:25:18.510 --> 00:25:19.230
Sorcha Fraser-Swatton: See ya.

261
00:25:19.560 --> 00:25:23.390
Jenny McFadden: So I'm gonna do hereâ€¦ Something with you.

262
00:25:23.740 --> 00:25:28.979

Jenny McFadden: This isn't what I would usually do. This is obviously coming up for a reason, so this is what I would do in this instance.

263
00:25:29.420 --> 00:25:35.000
Jenny McFadden: When someone starts with something physical, I actually go to kinesiology.

264
00:25:36.510 --> 00:25:43.160
Jenny McFadden: Alright, because I actually want to find straight away where's the starting point, because the starting point that I want is the feelings and thoughts.

265
00:25:45.420 --> 00:26:02.020
Jenny McFadden: Because we know every failing and thought hasâ€¦ affects the physical. You can't separate them out, the physiological and the feelings, the thoughts, whatever, all part of the one, alright? So I'm going to start with this and find out where is Sorcha's energy saying it needsâ€¦ it wants to go to begin the process of

266
00:26:02.940 --> 00:26:09.009
Jenny McFadden: finding out what's connected to this that might help it come down. Alright. So, and I'm gonnaâ€¦ if you don't know how to do this.

267
00:26:09.440 --> 00:26:20.369
Jenny McFadden: It's really simple. We can actually do this as a separate workshop, I'm going to show you how. So I'm actually going to do it by distance. I have got here a Chinese medicine chart of the five elements. Fire, earth, metal, water, wood.

268
00:26:20.740 --> 00:26:23.330
Jenny McFadden: Alright, and within each of them is an emotion.

269
00:26:24.250 --> 00:26:26.180
Jenny McFadden: So this is how I shortcut.

270
00:26:26.610 --> 00:26:29.439
Jenny McFadden: whenâ€¦ when someone starts with something, I go, okay, I'm notâ€¦

271
00:26:29.570 --> 00:26:38.920
Jenny McFadden: I don't know where this needs to go, but to make it quicker, so I'm going to go Central Fire Earth, Stomach spleen. Oh, well, that's not a surprise. Okay.

272
00:26:39.270 --> 00:26:42.779
Jenny McFadden: 1 to 5, 5 to 10, 5, 6, 7, 8, 9.

273
00:26:44.680 --> 00:26:45.970
Jenny McFadden: Togetherness.

274
00:26:47.270 --> 00:26:48.240
Jenny McFadden: Or not.

275
00:26:48.880 --> 00:26:53.330
Sorcha Fraser-Swatton: Or not Yep, exactly.

276
00:26:55.520 --> 00:26:56.740
Jenny McFadden: You relate to that?

277
00:26:57.450 --> 00:26:58.340
Sorcha Fraser-Swatton: Oh, yes.

278
00:26:59.530 --> 00:27:00.560
Jenny McFadden: Rakuten?

279
00:27:01.680 --> 00:27:02.310
Sorcha Fraser-Swatton: Sure.

280
00:27:03.130 --> 00:27:05.609
Jenny McFadden: You didn't know this was gonna go where it was gonna go, did you?

281
00:27:05.780 --> 00:27:06.890
Jenny McFadden: You're inside spicy.

282
00:27:06.890 --> 00:27:10.959
Sorcha Fraser-Swatton: Oh, I had an inkling that that's possibly where it would go.

283
00:27:11.260 --> 00:27:15.680
Sorcha Fraser-Swatton: I'm currently going through a divorce.

284
00:27:17.500 --> 00:27:18.830
Sorcha Fraser-Swatton: We've been marriedâ€¦

285
00:27:19.630 --> 00:27:25.759
Sorcha Fraser-Swatton: We are still currently married, so next month it'll be 41 years. Known for each other for 45.

286
00:27:26.460 --> 00:27:31.920
Sorcha Fraser-Swatton: There were various indications.

287
00:27:32.620 --> 00:27:37.070
Sorcha Fraser-Swatton: then I justâ€¦ Don't know if I chose to ignore them, but tried to work through.

288
00:27:38.340 --> 00:27:47.570
Sorcha Fraser-Swatton: And thenâ€¦ the December 23, heâ€¦ he's currently in Scotland.

289
00:27:48.990 --> 00:27:53.859
Sorcha Fraser-Swatton: And I had to leave Scotlandâ€¦ in a nutshell, I had to leave Scotland in 21.

290
00:27:54.200 --> 00:27:59.039
Sorcha Fraser-Swatton: COVID, because I didn't have enough money to fund the visa, my ongoing visa.

291
00:27:59.460 --> 00:28:02.269
Sorcha Fraser-Swatton: And so I couldn't stay.

292
00:28:04.320 --> 00:28:12.010
Sorcha Fraser-Swatton: although he said, oh yeah, I'll do everything I can to get you back, or to doâ€¦ there was just nothing. He justâ€¦ he just didn't. So, effectivelyâ€¦

293
00:28:12.210 --> 00:28:17.089
Sorcha Fraser-Swatton: Been separated sinceâ€¦ fully separated since February 21.

294
00:28:17.580 --> 00:28:23.119
Sorcha Fraser-Swatton: but they've just been subtle, very subtle signs along the way of

295
00:28:23.860 --> 00:28:33.169
Sorcha Fraser-Swatton: Pulling the rug out from under, criticizing everything, Anywayâ€¦ Come to Decemberâ€¦

296
00:28:33.290 --> 00:28:40.620
Sorcha Fraser-Swatton: 23, he came back for the birth of our first grandchild and told me within minutes of having walked in the door that he was leaving me.

297
00:28:40.960 --> 00:28:44.739
Sorcha Fraser-Swatton: No discussion, no question, no nothing, justâ€¦ that was it.

298

00:28:48.410 --> 00:28:53.770
Sorcha Fraser-Swatton: So, we had toâ€¦ Live in the same house for the next 6 weeks, which was interesting.

299
00:28:54.030 --> 00:29:00.810
Sorcha Fraser-Swatton: And then heâ€¦ Went back to Scotland, stayed there for another couple of years, came backâ€¦

300
00:29:03.070 --> 00:29:05.389
Sorcha Fraser-Swatton: Last year? November last year?

301
00:29:05.990 --> 00:29:08.329
Sorcha Fraser-Swatton: And visited all the kids, told them.

302
00:29:08.470 --> 00:29:17.739
Sorcha Fraser-Swatton: He had a new girlfriend, but left telling me until the last minute before he leftâ€¦ before I left to go back to Scotland to pack up my life in Scotland.

303
00:29:19.540 --> 00:29:20.160
Jenny McFadden: Oh.

304
00:29:21.870 --> 00:29:23.519
Jenny McFadden: So, can I ask youâ€¦

305
00:29:23.760 --> 00:29:24.410
Sorcha Fraser-Swatton: Yes.

306
00:29:26.020 --> 00:29:31.539
Jenny McFadden: When the word togetherness comes up, or not, like, because that's the whole idea of, like, marriages.

307
00:29:31.540 --> 00:29:32.100
Sorcha Fraser-Swatton: Yeah.

308
00:29:32.690 --> 00:29:36.269
Jenny McFadden: It's about relationships, about being together, you've lost something, too, right?

309
00:29:36.430 --> 00:29:39.929
Jenny McFadden: Yeah. How do you feel?

310
00:29:40.850 --> 00:29:46.500
Jenny McFadden: What's theâ€¦ what'sâ€¦ tell me the, sort of, what itâ€¦ what comes up straight away? Like, what are the emotions that youâ€¦

311
00:29:46.500 --> 00:29:49.040
Sorcha Fraser-Swatton: The first word that comes in is broken.

312
00:29:49.400 --> 00:29:50.060
Jenny McFadden: Broken.

313
00:29:50.840 --> 00:29:52.170
Sorcha Fraser-Swatton: Andâ€¦

314
00:29:52.330 --> 00:29:53.159
Jenny McFadden: We tried.

315
00:29:54.770 --> 00:29:55.520
Jenny McFadden: Yep.

316
00:29:58.250 --> 00:30:00.180
Jenny McFadden: Is thereâ€¦ is it angry, too?

317
00:30:01.560 --> 00:30:03.529
Sorcha Fraser-Swatton: I think I'm too numb to be angry.

318
00:30:05.210 --> 00:30:07.540
Jenny McFadden: And underneathâ€¦ what's underneath the numbness?

319
00:30:08.180 --> 00:30:11.569
Jenny McFadden: If you sort ofâ€¦ Look underneath.

320
00:30:23.440 --> 00:30:30.080
Sorcha Fraser-Swatton: a senseâ€¦ A sense of stupidity, that, you know, how I was hooked in for so long.

321
00:30:30.260 --> 00:30:32.319
Sorcha Fraser-Swatton: Even though I could see things.

322
00:30:34.090 --> 00:30:36.719
Sorcha Fraser-Swatton: weren't working. I stuck with it.

323
00:30:36.940 --> 00:30:44.400
Sorcha Fraser-Swatton: And tried to make it work. I worked on me, I, you know, I was always, always thought it was my fault.

324
00:30:44.850 --> 00:30:48.489
Sorcha Fraser-Swatton: That things weren't working out?

325
00:30:50.060 --> 00:30:50.570
Sorcha Fraser-Swatton: Huh.

326
00:30:51.530 --> 00:30:58.569
Jenny McFadden: So is thatâ€¦ do youâ€¦ That sort of sense of, feeling stupid, is thatâ€¦ You're angry at yourself?

327
00:30:58.700 --> 00:31:00.980
Jenny McFadden: Still? Is that what I'm hearing?

328
00:31:00.980 --> 00:31:01.940
Sorcha Fraser-Swatton: Yeah, probably.

329
00:31:02.920 --> 00:31:03.660
Sorcha Fraser-Swatton: Probably.

330
00:31:05.480 --> 00:31:06.570
Jenny McFadden: Are you angry at him?

331
00:31:08.290 --> 00:31:09.490
Sorcha Fraser-Swatton: Furious at him.

332
00:31:13.140 --> 00:31:18.349
Jenny McFadden: I'm not, I'm notâ€¦ I get it, right? Yeah. I'm just wondering, like, just to clarify.

333
00:31:18.350 --> 00:31:23.240
Sorcha Fraser-Swatton: Yeah, mostly furiousâ€¦ furious at myself for not listening I meanâ€¦

334
00:31:23.830 --> 00:31:30.850
Sorcha Fraser-Swatton: Other people said things like, you know, he's a coward and he's gutless, andâ€¦ He's got no backbone.

335
00:31:31.300 --> 00:31:35.590
Sorcha Fraser-Swatton: And that was very early on.

336
00:31:36.960 --> 00:31:42.159
Sorcha Fraser-Swatton: And I thinkâ€¦ My reasoning at the timeâ€¦ this is gonna sound really stupidâ€¦

337
00:31:42.920 --> 00:31:46.579
Sorcha Fraser-Swatton: For staying with him wasâ€¦ He didn't hit me.

338

00:31:50.250 --> 00:31:51.830
Jenny McFadden: Obviously, that's important to you, right?

339
00:31:52.900 --> 00:31:56.440
Sorcha Fraser-Swatton: You either had several previous relationships who had.

340
00:31:58.060 --> 00:32:00.260
Jenny McFadden: Exactly. So, makes sense to me.

341
00:32:00.820 --> 00:32:01.340
Sorcha Fraser-Swatton: Yeah.

342
00:32:01.340 --> 00:32:03.710
Jenny McFadden: Oh, I don't think that makes total sense to me.

343
00:32:03.990 --> 00:32:06.340
Jenny McFadden: Okay, so I just want to ask you, becauseâ€¦

344
00:32:07.390 --> 00:32:13.690
Jenny McFadden: I want to get a bit of a snapshot here. Yep, just gonna ask you again, like, Soâ€¦ Nowâ€¦

345
00:32:14.590 --> 00:32:23.579
Jenny McFadden: I kind of want now, like, you said that you were atâ€¦ sort of angry at yourself if I didn't listen when other people told me things about him.

346
00:32:24.230 --> 00:32:31.719
Jenny McFadden: Is that still present now? Is that a now thought? Like, when you have that feeling ofâ€¦ Feeling betrayed.

347
00:32:32.030 --> 00:32:39.479
Jenny McFadden: Do you stillâ€¦ are you still thinking, well, I should have listened to other people? Is that one of your thoughts? And when you're feeling betrayed, what's the thoughtâ€¦ what'sâ€¦ what are you telling yourself?

348
00:32:44.910 --> 00:32:45.590
Jenny McFadden: that's current.

349
00:32:48.250 --> 00:32:52.250
Jenny McFadden: Or is that the strongest feeling now, still? Now that you've sort ofâ€¦

350
00:32:53.690 --> 00:32:56.330

Jenny McFadden: Named a few, which is the strongest?

351
00:32:57.730 --> 00:33:00.940
Sorcha Fraser-Swatton: I think the potâ€¦ But trade is the strongest.

352
00:33:00.940 --> 00:33:01.720
Jenny McFadden: Hmm.

353
00:33:01.720 --> 00:33:06.850
Sorcha Fraser-Swatton: In that he couldn't be honest.

354
00:33:07.690 --> 00:33:10.700
Sorcha Fraser-Swatton: Initially, when he came back last year.

355
00:33:10.930 --> 00:33:16.580
Sorcha Fraser-Swatton: It turns out the new girlfriend is an old school friend, so I've known of her, she was at our wedding.

356
00:33:16.810 --> 00:33:17.330
Jenny McFadden: Oh.

357
00:33:17.850 --> 00:33:19.090
Sorcha Fraser-Swatton: It's a wisely why, isn't it?

358
00:33:19.210 --> 00:33:27.239
Sorcha Fraser-Swatton: But also, if he'd been honest earlier, then I might be in a completely different place by now.

359
00:33:28.020 --> 00:33:28.640
Jenny McFadden: Yeah.

360
00:33:29.380 --> 00:33:32.220
Jenny McFadden: Yeah, so that's a what-if, that's if it hadâ€¦ if it had.

361
00:33:32.220 --> 00:33:32.870
Sorcha Fraser-Swatton: Yeah, yeah, yeah.

362
00:33:33.000 --> 00:33:34.330
Sorcha Fraser-Swatton: Yeah. Soâ€¦

363
00:33:34.540 --> 00:33:40.679
Jenny McFadden: What I'm interested in now is how you work. I'm interested in you, right now, because this is important.

364

00:33:41.030 --> 00:33:42.770
Jenny McFadden: And it's important to your blood sugar.

365
00:33:42.930 --> 00:33:45.119
Jenny McFadden: So, if I said.

366
00:33:47.480 --> 00:33:54.939
Jenny McFadden: So you're feeling betrayed, and you're thinkingâ€¦ something starts with you, like, I can't, I should've, I, you know, what if?

367
00:34:01.100 --> 00:34:05.170
Sorcha Fraser-Swatton: I'm losing yourâ€¦ Sound.

368
00:34:07.220 --> 00:34:11.660
Jenny McFadden: Or, like, oh, no, well, it wasn't believe. It's like, I can't, or I could. Anyone else hear me?

369
00:34:12.280 --> 00:34:13.000
Jenny McFadden: Okay.

370
00:34:13.150 --> 00:34:15.500
Jenny McFadden: Soâ€¦ You still hearing me?

371
00:34:15.500 --> 00:34:16.580
Sorcha Fraser-Swatton: Yeah, it's back now.

372
00:34:16.980 --> 00:34:17.719
Jenny McFadden: Okay, good.

373
00:34:18.350 --> 00:34:20.100
Jenny McFadden: So, if I said.

374
00:34:21.000 --> 00:34:30.010
Jenny McFadden: I want to, sort ofâ€¦ I want to get your words, and I want to get it in a way that you can come back to later and go, yeah, and see if it's different. So, when you're feeling betrayed.

375
00:34:30.219 --> 00:34:32.480
Jenny McFadden: And if the sentence starts with, like.

376
00:34:32.610 --> 00:34:38.560
Jenny McFadden: you know, I can't, or I should, orâ€¦ What's theâ€¦

377
00:34:40.730 --> 00:34:44.880

Jenny McFadden: You know, or, what'sâ€¦ what comes to you?

378
00:34:48.000 --> 00:34:51.710
Jenny McFadden: aboutâ€¦ What's the thought that's connected to feeling betrayed?

379
00:34:54.800 --> 00:34:56.389
Jenny McFadden: He shouldn't have done that.

380
00:34:56.610 --> 00:34:58.229
Jenny McFadden: I should have known.

381
00:34:59.210 --> 00:35:01.820
Jenny McFadden: You know that kind of thingy, which you kind of said, right?

382
00:35:02.770 --> 00:35:03.300
Sorcha Fraser-Swatton: Yep.

383
00:35:19.660 --> 00:35:20.720
Sorcha Fraser-Swatton: Iâ€¦

384
00:35:26.280 --> 00:35:29.350
Sorcha Fraser-Swatton: wish I could have beenâ€¦ What he wanted.

385
00:35:30.080 --> 00:35:31.320
Sorcha Fraser-Swatton: Is what's coming up.

386
00:35:31.770 --> 00:35:32.330
Jenny McFadden: Yeah.

387
00:35:33.180 --> 00:35:36.770
Jenny McFadden: I wish I could'veâ€¦ I could have beenâ€¦ what he wanted?

388
00:35:36.880 --> 00:35:37.560
Jenny McFadden: Yep.

389
00:35:38.920 --> 00:35:39.889
Jenny McFadden: What else?

390
00:35:44.620 --> 00:35:47.289
Jenny McFadden: I'm angry because he should have told me.

391
00:35:52.840 --> 00:35:59.149

Sorcha Fraser-Swatton: Youâ€¦ I'm angry about when he told me.

392
00:36:02.850 --> 00:36:03.580
Sorcha Fraser-Swatton: And counting.

393
00:36:03.580 --> 00:36:05.760
Jenny McFadden: Because he should have told me earlier.

394
00:36:06.410 --> 00:36:07.860
Sorcha Fraser-Swatton: You should have told me earlier.

395
00:36:07.860 --> 00:36:08.500
Jenny McFadden: Yeah.

396
00:36:08.950 --> 00:36:11.210
Sorcha Fraser-Swatton: It had been going on forâ€¦

397
00:36:11.870 --> 00:36:13.870
Sorcha Fraser-Swatton: Five months before he got back.

398
00:36:14.680 --> 00:36:15.310
Jenny McFadden: Yeah.

399
00:36:15.840 --> 00:36:23.669
Sorcha Fraser-Swatton: Andâ€¦ to leave it until the night before I left to go to Scotland.

400
00:36:24.160 --> 00:36:24.720
Jenny McFadden: Yeah.

401
00:36:26.090 --> 00:36:26.740
Sorcha Fraser-Swatton: Yeah.

402
00:36:26.740 --> 00:36:28.240
Jenny McFadden: It was a bit gutless, wasn't it, really?

403
00:36:28.540 --> 00:36:29.170
Sorcha Fraser-Swatton: to be honest.

404
00:36:30.050 --> 00:36:32.979
Sorcha Fraser-Swatton: I know I was gonna say something else.

405
00:36:33.430 --> 00:36:34.170
Sorcha Fraser-Swatton: Let's gone.

406
00:36:35.830 --> 00:36:42.689
Jenny McFadden: Okay, so I'm just gonnaâ€¦ sorry if I sort of go over it a little bit, but I want to get the things that are important to you.

407
00:36:43.260 --> 00:36:43.799
Sorcha Fraser-Swatton: I put itâ€¦

408
00:36:43.800 --> 00:36:47.430
Jenny McFadden: Soâ€¦ And you're angry at yourself.

409
00:36:47.670 --> 00:36:53.549
Jenny McFadden: You're angry at him because he should have toldâ€¦ he should have told me earlier. I'm angry at myself becauseâ€¦

410
00:36:56.390 --> 00:36:57.280
Jenny McFadden: I should'veâ€¦

411
00:36:57.870 --> 00:37:02.990
Sorcha Fraser-Swatton: I should have had more confidence in myself and listened to what I knew I should have done.

412
00:37:08.210 --> 00:37:10.010
Sorcha Fraser-Swatton: And I can see Kristen nodding.

413
00:37:11.340 --> 00:37:12.050
Jenny McFadden: Yeah.

414
00:37:14.380 --> 00:37:15.060
Jenny McFadden: Okay, so I'm gonnaâ€¦

415
00:37:15.060 --> 00:37:15.820
Sorcha Fraser-Swatton: with this.

416
00:37:17.100 --> 00:37:20.300
Jenny McFadden: Is anger and betrayal the same thing, or are they different?

417
00:37:23.340 --> 00:37:25.340
Sorcha Fraser-Swatton: I'm angry at being betrayed.

418
00:37:25.590 --> 00:37:26.360
Jenny McFadden: Yes.

419

00:37:29.520 --> 00:37:32.450
Sorcha Fraser-Swatton: So, no, I don't think they are the same thing, I think.

420
00:37:32.450 --> 00:37:33.140
Jenny McFadden: Okay.

421
00:37:33.430 --> 00:37:39.100
Sorcha Fraser-Swatton: The anger isâ€¦ isâ€¦ Probably sitting under everything.

422
00:37:39.450 --> 00:37:41.580
Sorcha Fraser-Swatton: It has just been squashed, because I justâ€¦

423
00:37:41.920 --> 00:37:44.350
Jenny McFadden: Yeah. I think their forms, they're bothâ€¦

424
00:37:44.850 --> 00:37:46.439
Jenny McFadden: The trail is a form ofâ€¦

425
00:37:47.170 --> 00:37:52.260
Jenny McFadden: Yeah. Underneath it is anger, isn't it? Yeah. Which is completely understandable.

426
00:37:52.970 --> 00:37:58.880
Jenny McFadden: And so what we're looking for here is to sort of, like, go, okay, so what ifâ€¦ thisâ€¦

427
00:37:59.100 --> 00:38:03.780
Jenny McFadden: Energy's still going around, it's still a bit trapped, and it's driving up your blood sugar.

428
00:38:05.100 --> 00:38:05.690
Jenny McFadden: Huh?

429
00:38:05.690 --> 00:38:06.050
Sorcha Fraser-Swatton: Yep.

430
00:38:06.050 --> 00:38:10.080
Jenny McFadden: And what if we can help your spleen calm down, if we can find a placeâ€¦ you find some peace?

431
00:38:10.390 --> 00:38:13.290
Jenny McFadden: Bit by bit, you know, maybe all at once, who knows?

432

00:38:13.480 --> 00:38:18.990
Jenny McFadden: So, I'm just gonna ask you, how strong is the anger out of 10? If I said it was angerâ€¦

433
00:38:26.940 --> 00:38:32.049
Sorcha Fraser-Swatton: Like I said, I feelâ€¦ fairly numb. I mean, if I was going toâ€¦

434
00:38:32.050 --> 00:38:32.680
Jenny McFadden: Okay.

435
00:38:32.920 --> 00:38:37.929
Sorcha Fraser-Swatton: Like, that if, if Iâ€¦ if Iâ€¦ Let myself feel anything.

436
00:38:38.290 --> 00:38:39.250
Sorcha Fraser-Swatton: will explode.

437
00:38:39.480 --> 00:38:40.590
Jenny McFadden: Yes, I get it.

438
00:38:41.190 --> 00:38:41.960
Jenny McFadden: I understand.

439
00:38:41.960 --> 00:38:42.290
Sorcha Fraser-Swatton: you know.

440
00:38:42.290 --> 00:38:43.869
Jenny McFadden: Because it's underneath the numbness.

441
00:38:44.570 --> 00:38:46.759
Sorcha Fraser-Swatton: Yeah, in order to keep functioning.

442
00:38:47.240 --> 00:38:53.429
Sorcha Fraser-Swatton: I sit on it. So, at the moment, I'd say it's only a 3 or 4, but I suspect it's actually around a 10.

443
00:38:53.650 --> 00:38:55.680
Sorcha Fraser-Swatton: Okay. Alright.

444
00:38:55.790 --> 00:38:57.280
Jenny McFadden: What about the betrayal, then?

445
00:38:57.410 --> 00:39:02.610

Jenny McFadden: It's okay to feel betrayed, or it's more safe to feel betrayed. How strong is that out of 10?

446
00:39:05.780 --> 00:39:07.960
Sorcha Fraser-Swatton: I suppose it's more safe to be betrayed.

447
00:39:08.930 --> 00:39:12.550
Sorcha Fraser-Swatton: Hmmâ€¦ 9?

448
00:39:13.430 --> 00:39:14.620
Jenny McFadden: Okay, great.

449
00:39:15.100 --> 00:39:19.760
Jenny McFadden: And I'm just gonnaâ€¦ I'm just gonna read you back a couple of things that you said, and you tell me how strong those thoughts are.

450
00:39:20.740 --> 00:39:23.269
Jenny McFadden: I wish I could have been what he wanted.

451
00:39:26.110 --> 00:39:26.880
Sorcha Fraser-Swatton: 7?

452
00:39:28.550 --> 00:39:31.610
Jenny McFadden: he should have told me earlier.

453
00:39:32.550 --> 00:39:33.220
Sorcha Fraser-Swatton: Team.

454
00:39:34.860 --> 00:39:37.130
Jenny McFadden: I should have had more confidence in myself.

455
00:39:42.710 --> 00:39:43.630
Sorcha Fraser-Swatton: None.

456
00:39:44.610 --> 00:39:45.560
Jenny McFadden: Okay, well done.

457
00:39:47.390 --> 00:39:48.510
Jenny McFadden: I think we've got enoughâ€¦

458
00:39:49.040 --> 00:39:55.599
Jenny McFadden: I'm not trying to fix it here, we just wantâ€¦ I want you to have something that you can gauge. We want to see if it canâ€¦ if it can drop down a bit, or a lot.

459
00:39:56.030 --> 00:40:05.879
Jenny McFadden: So that, whatever else, if it's anger that needs to come next, so that it's safe for that to work with that, then maybe we do. We'll just see where that goes today, yeah?

460
00:40:06.240 --> 00:40:09.080
Jenny McFadden: Thank you. Thank you for being the demo and sharing that with us.

461
00:40:10.370 --> 00:40:10.820
Sorcha Fraser-Swatton: Thank you.

462
00:40:10.820 --> 00:40:11.780
Jenny McFadden: very present.

463
00:40:11.890 --> 00:40:16.890
Jenny McFadden: Soâ€¦ Okay, I'm just gonna switch toâ€¦ Practitioner mode?

464
00:40:17.110 --> 00:40:25.509
Jenny McFadden: out ofâ€¦ You know, soâ€¦ So that, I think, isâ€¦ howâ€¦ When's, you know.

465
00:40:25.930 --> 00:40:30.429
Jenny McFadden: Gives you an idea of how toâ€¦ Continue to ask the questions.

466
00:40:31.020 --> 00:40:39.319
Jenny McFadden: It looks easy to ask, but, you know, we're all dealing withâ€¦ there's so much information and stuff, sometimes we have to be able to sort through it and find the things that we're looking for.

467
00:40:39.780 --> 00:40:43.740
Jenny McFadden: Alright, so I think we've gotâ€¦ I think we've got the things we can work with. Sorca, do you reckon we've got theâ€¦

468
00:40:44.370 --> 00:40:46.330
Jenny McFadden: Sort of the bare bones there.

469
00:40:47.550 --> 00:40:48.429
Jenny McFadden: Okay, great.

470
00:40:48.990 --> 00:40:56.529

Jenny McFadden: Alright, so I want you now to do the same thing for yourself. I want you to write down, how are you feeling about the thing that

471
00:40:57.860 --> 00:41:00.930
Jenny McFadden: you areâ€¦ You came with?

472
00:41:02.920 --> 00:41:07.420
Jenny McFadden: And I want you to ask yourself the same questions. When I'm feeling this, what am I telling myself?

473
00:41:09.120 --> 00:41:11.940
Jenny McFadden: So it's about you. What are you saying to yourself?

474
00:41:15.620 --> 00:41:20.179
Jenny McFadden: I should, I can't. And you'll findâ€¦ I'll just put up the question,

475
00:41:20.370 --> 00:41:24.649
Jenny McFadden: I'll just put up this sheet. Have you gotâ€¦ have you all got the sheet with the questions on it?

476
00:41:24.910 --> 00:41:28.979
Jenny McFadden: Yeah, yeah, yes, yes, okay, you don't really need it. Okay, great.

477
00:43:31.180 --> 00:43:35.919
Jenny McFadden: For those of you who don't have it, how many of you would find this kinesiology chart useful?

478
00:43:37.410 --> 00:43:40.689
Jenny McFadden: Okay, I'll put it in the resources. I'll take it because of it, or I'll find one.

479
00:43:41.450 --> 00:43:42.940
Jenny McFadden: And put it in the resources.

480
00:45:16.040 --> 00:45:18.220
Jenny McFadden: Alright, hand up if you need more time.

481
00:45:18.770 --> 00:45:20.209
Jenny McFadden: I know I'm pushing you a little bit.

482
00:45:21.180 --> 00:45:26.210

Jenny McFadden: Let's put your hand up if you need more time, or Renee, send a message, or whatever, come on screen and tell me if you need more time.

483
00:45:26.770 --> 00:45:31.060
Jenny McFadden: Just gonna push it along, alright? You okay to keep going?

484
00:45:32.480 --> 00:45:36.600
Jenny McFadden: Yep, yep, okay, great. Alright, so now we're going to do our tuning in.

485
00:45:37.290 --> 00:45:40.319
Jenny McFadden: We're gonna find out what, we're gonna lookâ€¦ oh, wait.

486
00:45:40.430 --> 00:45:41.290
Jenny McFadden: Yes.

487
00:45:42.640 --> 00:45:56.009
Jenny McFadden: Now we're going to have a look at the frequency levels. Let's tune in first, and then I'm going to have a look at the frequency levels, and we'll see if you get 10, or number 10, or 11, and then I'll show it to them, show you to them, show it to you.

488
00:45:56.300 --> 00:45:57.180
Jenny McFadden: Arash.

489
00:45:57.370 --> 00:45:58.960
Jenny McFadden: Okay, let's tune in.

490
00:45:59.380 --> 00:46:01.690
Jenny McFadden: If you've got your own method, feel free to use it.

491
00:46:01.930 --> 00:46:04.050
Jenny McFadden: I'll use, the one Iâ€¦

492
00:46:04.560 --> 00:46:10.140
Jenny McFadden: I'll just, set you up with the one I normally use. So take a breath, and do a nice long out-breath.

493
00:46:19.730 --> 00:46:24.769
Jenny McFadden: Bring your awareness to the top of your head, imagine it opening it like a big funnel to the universe.

494
00:46:25.180 --> 00:46:27.620
Jenny McFadden: Breathe in the energy of the universe.

495
00:46:27.870 --> 00:46:29.139
Jenny McFadden: into your body.

496
00:46:29.820 --> 00:46:35.759
Jenny McFadden: Big shaft of light comes into your body, down through your body, send it right down to the center of the Earth.

497
00:46:36.510 --> 00:46:42.390
Jenny McFadden: The center of the earth, as you breathe in, breathe in that color, and the grounding energy up through your body.

498
00:46:42.770 --> 00:46:44.869
Jenny McFadden: And upâ€¦ send it up into the skies.

499
00:46:47.350 --> 00:46:51.759
Jenny McFadden: When you're ready, Repeat that, breathe in the energy of the heavens.

500
00:46:54.440 --> 00:46:58.319
Jenny McFadden: Through your body, breathe it out, down into the earth, right to the center.

501
00:47:00.230 --> 00:47:04.450
Jenny McFadden: Again, breathing grounding earth energy up through your feet.

502
00:47:05.120 --> 00:47:06.240
Jenny McFadden: Three body.

503
00:47:07.120 --> 00:47:08.300
Jenny McFadden: Breathing it out.

504
00:47:08.640 --> 00:47:10.140
Jenny McFadden: Into the cosmos.

505
00:47:12.720 --> 00:47:19.530
Jenny McFadden: When you're ready, breathe in heaven and earth at the same time, down through the top of your head, up through your feet, into your heart.

506
00:47:19.740 --> 00:47:26.929
Jenny McFadden: As you breathe out, let it circulate in your body, your heart, and inâ€¦ In the area around you.

507

00:47:28.430 --> 00:47:30.740
Jenny McFadden: Again, breathe in heaven and earth.

508
00:47:32.050 --> 00:47:37.190
Jenny McFadden: So you become the conduit And you are connected and grounded at the same time.

509
00:47:37.420 --> 00:47:40.520
Jenny McFadden: As you breathe out, circulate it in the space around you.

510
00:47:40.730 --> 00:47:41.919
Jenny McFadden: And within you.

511
00:47:44.590 --> 00:47:47.529
Jenny McFadden: And then, bring your awareness to your heart.

512
00:47:48.680 --> 00:47:53.410
Jenny McFadden: I'm gonna do quickly todayâ€¦ In your mind, or out loud.

513
00:47:54.210 --> 00:48:02.779
Jenny McFadden: I am now, say these words, I am now connected and grounded Empowered and enlightened.

514
00:48:04.950 --> 00:48:06.770
Jenny McFadden: In full faith and trust.

515
00:48:08.890 --> 00:48:10.449
Jenny McFadden: I'm attached to the result.

516
00:48:13.060 --> 00:48:14.730
Jenny McFadden: Open and curious.

517
00:48:16.310 --> 00:48:19.190
Jenny McFadden: Thank you, thank you, thank you.

518
00:48:19.440 --> 00:48:20.890
Jenny McFadden: Then take another breath.

519
00:48:26.440 --> 00:48:30.150
Jenny McFadden: And now notice who your divine connection is today.

520
00:48:31.430 --> 00:48:39.860
Jenny McFadden: whether it beâ€¦ God, the universe, nature, energy, the zero-point field, or someone in particular?

521
00:48:52.370 --> 00:48:54.850
Jenny McFadden: And then asking your guides.

522
00:48:55.730 --> 00:49:04.390
Jenny McFadden: Of the 11 frequency levels, How many are involved inâ€¦ that would be beneficial for you?

523
00:49:04.740 --> 00:49:11.440
Jenny McFadden: to pinpoint, For the issue that you have on hand today.

524
00:49:12.650 --> 00:49:16.459
Jenny McFadden: So, between 1 and 11, how many, first of all?

525
00:49:18.200 --> 00:49:19.559
Jenny McFadden: You just get a number?

526
00:49:22.180 --> 00:49:24.479
Jenny McFadden: And then, write down the numbers.

527
00:49:25.150 --> 00:49:31.299
Jenny McFadden: So if you've got 5, write down the 5 numbers between 1 and 11, That you got.

528
00:49:38.450 --> 00:49:48.739
Jenny McFadden: And today we'll probablyâ€¦ I don't know how many we'll have time to do, maybe 3? Depends how long each one takes you. So, I'll sort of set some time, and then we can see.

529
00:49:49.440 --> 00:49:51.709
Jenny McFadden: Now, I'm going to show youâ€¦

530
00:49:54.960 --> 00:50:02.859
Jenny McFadden: just briefly, because I know you've probably already got the chart there, but I want to keep itâ€¦ I want to have it on screen so, later if someone's watching and they haven't got it.

531
00:50:03.630 --> 00:50:04.840
Jenny McFadden: I know what it is.

532
00:50:19.580 --> 00:50:23.749
Jenny McFadden: Okay, so we've got our frequency levels, and the two new ones we've gotâ€¦

533
00:50:25.230 --> 00:50:28.060
Jenny McFadden: That this isâ€¦ you are theâ€¦

534
00:50:28.330 --> 00:50:35.800
Jenny McFadden: Pioneers of these two that your, feedback on these over the next you know.

535
00:50:36.000 --> 00:50:38.380
Jenny McFadden: Period of time that we're working together.

536
00:50:38.950 --> 00:50:43.169
Jenny McFadden: Whatever you get, I'm really interested in. So you know about the first nine?

537
00:50:43.530 --> 00:50:47.649
Jenny McFadden: If you've got any questions about any of those, ask me today.

538
00:50:48.220 --> 00:50:53.909
Jenny McFadden: Number 10 is stem cell. So I have been working with this a little bit.

539
00:50:54.240 --> 00:50:56.380
Jenny McFadden: And so far.

540
00:50:56.600 --> 00:51:04.380
Jenny McFadden: there are two ways that this has been working. The main one isâ€¦ so as we know, stem cells areâ€¦

541
00:51:05.470 --> 00:51:16.070
Jenny McFadden: I was told they're, like, origin cells. That's the word I was given, like, original. Like, the word original comes from it. They're actually origin cells, and we know that at the physical level.

542
00:51:16.510 --> 00:51:19.559
Jenny McFadden: A stem cell has no programming.

543
00:51:20.000 --> 00:51:26.889
Jenny McFadden: Until the DNA of the cell tells it what type of cell it's going to become.

544
00:51:27.440 --> 00:51:37.920
Jenny McFadden: So it's going to become a skin cell, or a cartilage cell, or an eye cell, or a whatever, like, there's so manyâ€¦ I don't know how manyâ€¦ I don't know how many there must be of different types of cells.

545
00:51:38.140 --> 00:51:40.639
Jenny McFadden: Do we need to know that? No.

546
00:51:41.080 --> 00:51:42.879
Jenny McFadden: However, it's very interesting.

547
00:51:43.080 --> 00:51:46.259
Jenny McFadden: And so what I was shown is that when this comes up.

548
00:51:46.740 --> 00:51:50.820
Jenny McFadden: Guidance is showing us that there's been a change to someone's

549
00:51:51.730 --> 00:51:54.759
Jenny McFadden: The stem cells are not working the way they should.

550
00:51:55.910 --> 00:52:01.639
Jenny McFadden: Alright, so that we know that stem cells, after a while, They,

551
00:52:01.940 --> 00:52:10.289
Jenny McFadden: start to get cloudy, they start to getâ€¦ they age, and then they startâ€¦ they stop working properly. And one of the things that affects aging

552
00:52:10.590 --> 00:52:16.049
Jenny McFadden: I'm getting science-y here, but it's so that you understand that, actually, what's affecting it is

553
00:52:16.580 --> 00:52:19.870
Jenny McFadden: Epigenetics, which is what we look at in number 6.

554
00:52:20.410 --> 00:52:25.990
Jenny McFadden: But it's specific to the stem cell. So we know nowâ€¦ thatâ€¦

555
00:52:26.480 --> 00:52:31.650
Jenny McFadden: As people have, experiences and things that are stored in their field.

556
00:52:31.890 --> 00:52:36.230
Jenny McFadden: They're stored physically as well, and they start to change

557
00:52:36.390 --> 00:52:38.460
Jenny McFadden: The programming in a stem cell.

558

00:52:38.590 --> 00:52:45.710
Jenny McFadden: The cell can't read anymore. The DNA, like, it can't read the DNA properly.

559
00:52:46.220 --> 00:52:48.130
Jenny McFadden: And so this number 10

560
00:52:48.620 --> 00:52:54.160
Jenny McFadden: is that's what it's asking us to do. It's asking us to ask guidance, what is

561
00:52:55.400 --> 00:53:00.250
Jenny McFadden: The epigenetic experience, so it's going to be something from someone else.

562
00:53:00.590 --> 00:53:07.289
Jenny McFadden: that is affecting what's going on at the stem cell level. I have asked, why is this separate from number 6?

563
00:53:07.930 --> 00:53:14.879
Jenny McFadden: And I don't know, it's just that it's something specific to stem cells, so I'm interested in what's going to happen for you if you get number 10?

564
00:53:15.710 --> 00:53:17.510
Jenny McFadden: And what information that you get?

565
00:53:18.050 --> 00:53:37.189
Jenny McFadden: I've also seen stem cell come up when we think of ourselves as a stem cell, ourselves as a whole, which is another interesting wayâ€¦ I don't know why that's different, butâ€¦ and I don't know if that's actually really going to be part of it, or if it's just the previous thing that I was talking about. So I'm interested in

566
00:53:37.310 --> 00:53:44.099
Jenny McFadden: You, as intuitives, noticing what happens if you get number 10, and you go to guidance and say, alright, what's this about?

567
00:53:45.260 --> 00:53:47.060
Jenny McFadden: I'm assuming you're gonna getâ€¦

568
00:53:47.620 --> 00:53:53.909
Jenny McFadden: An epigenetic experience, so it's somethingâ€¦ an experience that's come from someone else in your family line.

569
00:53:54.290 --> 00:53:55.520
Jenny McFadden: Somewhere?

570
00:53:55.840 --> 00:53:58.389
Jenny McFadden: That is powerfully changed.

571
00:53:58.970 --> 00:54:01.040
Jenny McFadden: A particular type of stem cell.

572
00:54:02.620 --> 00:54:06.440
Jenny McFadden: And we don't have to know, it would be interesting to know, we could ask.

573
00:54:07.000 --> 00:54:12.069
Jenny McFadden: But then it sort of gets in the head, right? I find that interesting still, I have to say. But anywayâ€¦

574
00:54:12.720 --> 00:54:15.260
Jenny McFadden: I'm interested in your, feedback on that.

575
00:54:15.450 --> 00:54:18.210
Jenny McFadden: And number 11, soil separation.

576
00:54:18.830 --> 00:54:28.859
Jenny McFadden: This has come up with two different people. Megan's not here, but I'll ask her to talk about it at one stage, because this is why this has come up. And it came up for me with someone else that I was working with.

577
00:54:29.310 --> 00:54:32.029
Jenny McFadden: last year, before I knew it was part of this.

578
00:54:32.500 --> 00:54:38.740
Jenny McFadden: Soul separation is talking about when someone has had an experience, like, one of the things that's triggering them

579
00:54:39.240 --> 00:54:48.200
Jenny McFadden: Is, you know, we talk aboutâ€¦ well, we don't talk about it, but the concept that We are one.

580
00:54:48.580 --> 00:54:50.170
Jenny McFadden: We're all part of the one energy.

581
00:54:50.310 --> 00:54:51.360
Jenny McFadden: We're old.

582
00:54:51.610 --> 00:54:59.680

Jenny McFadden: like, expressions of the divine. It's like, we are the divine expressing itself and having experiences of itself.

583
00:55:01.300 --> 00:55:03.160
Jenny McFadden: In billions of ways.

584
00:55:04.320 --> 00:55:08.500
Jenny McFadden: Andâ€¦ For that to happen, at some point.

585
00:55:08.740 --> 00:55:13.019
Jenny McFadden: Our awareness of being one became individual.

586
00:55:14.340 --> 00:55:17.750
Jenny McFadden: And there's a point at which our energy

587
00:55:17.920 --> 00:55:23.300
Jenny McFadden: Is separated enough that we believe ourselves to be separate.

588
00:55:23.850 --> 00:55:28.200
Jenny McFadden: That we perceive ourselves as separate beings, so that we can have this experience.

589
00:55:28.350 --> 00:55:31.400
Jenny McFadden: Otherwise, we'd be all trying to go back to where we came from, because it's so good.

590
00:55:31.600 --> 00:55:37.720
Jenny McFadden: So we have this experience of, like, I'm a separateâ€¦ and in that separation, something happens.

591
00:55:38.790 --> 00:55:51.499
Jenny McFadden: And so, that is something that Megan had an experience of and wondered what is going on. I also have worked with someone else who I've known for a long time who says, my soul is doing something different

592
00:55:52.400 --> 00:55:53.549
Jenny McFadden: than what I want.

593
00:55:53.800 --> 00:55:57.449
Jenny McFadden: And I feel like we're different. We're working in different ways.

594
00:55:58.120 --> 00:56:03.099
Jenny McFadden: Where that my soul's doing something different, And this was the thing.

595
00:56:03.700 --> 00:56:11.280
Jenny McFadden: This was last year sometime, I didn't realize it was part of this, but it came to me to do a session in the group that I was working with thatâ€¦

596
00:56:11.480 --> 00:56:19.449
Jenny McFadden: It was like, you need to do it where you're actually going in and realizing when you become what you perceive as separate.

597
00:56:19.570 --> 00:56:26.300
Jenny McFadden: Sometimes that process, something goes a bitâ€¦ a littleâ€¦ Weird, soâ€¦ so,

598
00:56:26.680 --> 00:56:32.119
Jenny McFadden: Megan said, I hope she doesn't mind me sharing this, Megan, but she'll explain it further, is, like.

599
00:56:32.500 --> 00:56:39.740
Jenny McFadden: She felt like she was, like, considering it, and then all of a sudden she was sucked into it before she realized, and then she was somewhere else.

600
00:56:39.930 --> 00:56:48.029
Jenny McFadden: She actually had a memory of that. So I'm going to say that probably this is not gonna come up unless it's someone who's willing and able andâ€¦

601
00:56:48.190 --> 00:56:52.340
Jenny McFadden: canâ€¦ Except that this is something that could happen.

602
00:56:52.620 --> 00:57:00.890
Jenny McFadden: But evenâ€¦ even then, it'sâ€¦ it's something we just bring up, and we go, okay, this is what's coming up, and we work with it. Alright, so I'm gonna give you that. This isâ€¦

603
00:57:01.550 --> 00:57:06.850
Jenny McFadden: Youâ€¦ Working with this. I'm just gonna stop this.

604
00:57:07.570 --> 00:57:09.040
Jenny McFadden: And,

605
00:57:12.460 --> 00:57:14.209
Jenny McFadden: Any questions on either of those?

606
00:57:15.510 --> 00:57:16.750

Jenny McFadden: Interesting,

607
00:57:18.240 --> 00:57:30.609
Jenny McFadden: Alright, so it'd be cool, it'd beâ€¦ so remember, be curious, just go, okay, this is interesting, it's a game, right? Stay in that space, because it's like, it's much easier for the information to come through. Did anyone get 10 or 11?

608
00:57:32.220 --> 00:57:35.180
Jenny McFadden: Oh, of course you did.

609
00:57:35.180 --> 00:57:38.499
LAURA: I got both 10â€¦ I got both 10 and 11.

610
00:57:38.500 --> 00:57:39.300
Jenny McFadden: Perfect.

611
00:57:39.450 --> 00:57:45.770
Jenny McFadden: Perfect. That's what I want. I want to know exactly what happens. Alright. Soâ€¦ Let me look at Tom.

612
00:57:46.140 --> 00:57:52.310
Jenny McFadden: We've got an hour. That's plenty of time. So, what I want you to do is, I'm gonna give you, like.

613
00:57:54.310 --> 00:57:57.659
Jenny McFadden: 10 minutes to start with. We can extend it to 15.

614
00:57:57.900 --> 00:58:00.110
Jenny McFadden: To do as many as you can in that time.

615
00:58:00.800 --> 00:58:10.400
Jenny McFadden: If you've got 10 or 11, like, I'm tempted to ask you to do it out loud, but I don't wantâ€¦ I don't want you toâ€¦ I'd rather you just be in your own space and not be interrupted.

616
00:58:10.820 --> 00:58:14.349
Jenny McFadden: Unless someone wants to do it out loud, and you feel like you could do that

617
00:58:14.730 --> 00:58:16.209
Jenny McFadden: And let me ask questions.

618
00:58:16.970 --> 00:58:19.780
Jenny McFadden: Otherwiseâ€¦ You wanna do a tip?

619
00:58:22.630 --> 00:58:24.210
LAURA: I mean, I'm fine to do it.

620
00:58:24.210 --> 00:58:28.089
debby: Yeah, I don't mind either, but it's completely up to the group and you.

621
00:58:28.400 --> 00:58:30.910
Jenny McFadden: Okay, well,

622
00:58:31.900 --> 00:58:38.790
Jenny McFadden: Well, we'll start with you, Deb, because you put yourâ€¦ and then Laura might come back to you as well, because maybe we're doingâ€¦ because you've got 11, have you, Deb?

623
00:58:39.710 --> 00:58:41.940
debby: I got 10 only, and then.

624
00:58:41.940 --> 00:58:46.949
Jenny McFadden: So you only gotâ€¦ you got 10, alright. So whatâ€¦ sorry, yeah, 10. So 10 is,

625
00:58:46.950 --> 00:58:47.650
Sorcha Fraser-Swatton: 11.

626
00:58:48.430 --> 00:58:51.670
Jenny McFadden: Yeah, right. Okay, so maybe we'll do both, and just see.

627
00:58:51.960 --> 00:59:01.099
Jenny McFadden: If you want to do your own while you're working with it, go ahead, but I would like to just, if it's okay, just as demo, I'm just curious, and we'll just see what happens.

628
00:59:01.100 --> 00:59:02.000
debby: You may both.

629
00:59:02.000 --> 00:59:10.360
Jenny McFadden: Yeah, I know, alright. So just realize there's no right or wrong answer. I don't know either, and I'll just ask questions, and we'll just see where it goes and what comes up.

630
00:59:11.130 --> 00:59:12.000
debby: Okay, Sean.

631
00:59:12.000 --> 00:59:22.119

Jenny McFadden: Alright, great. Okay, so, let's close our eyes, just go back in, connect with your, guidance, take aâ€¦ oh, first of all, just check you're 100% tuned in, yes or no?

632
00:59:22.460 --> 00:59:23.900
Jenny McFadden: If no, have a drink.

633
00:59:27.480 --> 00:59:28.000
debby: Okay.

634
00:59:28.800 --> 00:59:29.689
Jenny McFadden: Alright, bye.

635
00:59:31.090 --> 00:59:38.050
Jenny McFadden: Okay, Deb, soâ€¦ Because your eyes just bring yourself, like, you're in yourâ€¦ Spies uninterrupted by anything.

636
00:59:38.650 --> 00:59:40.169
Jenny McFadden: And who are you working with today?

637
00:59:41.100 --> 00:59:41.960
debby: Oneness.

638
00:59:42.500 --> 00:59:43.490
Jenny McFadden: Oneness, right.

639
00:59:44.280 --> 00:59:46.000
Jenny McFadden: So, can you ask oneness?

640
00:59:46.990 --> 00:59:51.930
Jenny McFadden: In relation toâ€¦ we're workingâ€¦ I mean, one just knows what it is we're doing, soâ€¦

641
00:59:52.740 --> 01:00:01.580
Jenny McFadden: It's the intelligence of the universe there. Just ask Onenessâ€¦ How old was I?

642
01:00:08.300 --> 01:00:08.920
debby: Whoa.

643
01:00:10.110 --> 01:00:10.650
Jenny McFadden: Right.

644
01:00:11.570 --> 01:00:15.340
Jenny McFadden: And then asking oneness, What's the experience?

645
01:00:16.560 --> 01:00:19.000
Jenny McFadden: What's the memory? To see how it comes to you?

646
01:00:41.360 --> 01:00:45.620
debby: I see father and financial, that's the two words I see.

647
01:00:46.340 --> 01:00:48.470
Jenny McFadden: Alright, so you're the words farther and Financial.

648
01:00:49.450 --> 01:00:50.320
Jenny McFadden: Okay, right.

649
01:00:53.060 --> 01:00:56.150
Jenny McFadden: When you sit with it longer, and you sit with those words.

650
01:00:56.860 --> 01:00:58.650
Jenny McFadden: Has something else come to you, likeâ€¦

651
01:00:58.840 --> 01:00:59.580
debby: Right.

652
01:00:59.580 --> 01:01:00.639
Jenny McFadden: in motion.

653
01:01:01.890 --> 01:01:04.280
Jenny McFadden: Any other, you know, insight?

654
01:01:04.390 --> 01:01:10.230
Jenny McFadden: Just notice what comes next, because sometimes it's a sort of a daisy chain, and then the next bit comes, just see if anything else comes.

655
01:01:19.770 --> 01:01:22.239
debby: Don't worry, my dogs, they're just nuts.

656
01:01:22.410 --> 01:01:23.649
Jenny McFadden: That's alright.

657
01:01:27.380 --> 01:01:29.470
debby: Let's say the word dopamine.

658
01:01:36.600 --> 01:01:37.630

Jenny McFadden: Keep going!

659
01:01:40.560 --> 01:01:46.090
Jenny McFadden: You can receive any information you want. If you want, you can ask, can you get the docs for me? Like, what are you trying to tell me?

660
01:02:19.050 --> 01:02:22.190
debby: Sorry, I didn't realize they were going to be so noisy.

661
01:02:22.390 --> 01:02:35.190
debby: I'm just getting this ideaâ€¦ I'm getting, like, this feeling that it's all to do withâ€¦ Likeâ€¦ It's likeâ€¦

662
01:02:35.940 --> 01:02:46.069
debby: it's like my stemâ€¦ stemâ€¦ something to do with stem cells, dopamine, and that it just, like, plummeted. Something plummeted.

663
01:02:46.250 --> 01:02:47.149
Jenny McFadden: Okay, great.

664
01:02:50.410 --> 01:02:53.130
Jenny McFadden: And, what did you start with, Deb?

665
01:02:53.770 --> 01:02:58.099
Jenny McFadden: What's yourâ€¦ focus for today. The issue with them.

666
01:02:58.430 --> 01:03:03.910
debby: My focus was, like, in terms of what I was working on, right?

667
01:03:03.910 --> 01:03:04.620
Jenny McFadden: Yeah.

668
01:03:04.620 --> 01:03:07.529
debby: Why has business slowed down?

669
01:03:07.960 --> 01:03:08.940
debby: Andâ€¦

670
01:03:09.630 --> 01:03:18.750
debby: That's soâ€¦ that's so funny, just hit me. Why has business slowed down with new clients, and it's stopped dramatically? Like, dramatically?

671
01:03:18.930 --> 01:03:26.670

debby: When I've allâ€¦ it's never been thatâ€¦ that way, ever. And we haven't reallyâ€¦

672
01:03:27.190 --> 01:03:40.749
debby: If anything, we've gotten stronger and better and more conscientious, and everything onâ€¦ on that level has been incredible. The team, everything is wonderful, and then all of a sudden, it's justâ€¦

673
01:03:41.330 --> 01:03:45.309
debby: And I know it's me. I know it's me. I know it's me blocking it.

674
01:03:46.950 --> 01:03:50.319
Jenny McFadden: Okay, and how you've been feeling about that is whatâ€¦

675
01:03:51.220 --> 01:04:01.919
debby: Well, I've allâ€¦ I've been consciously trying to keep my vibration high, I've been trying to do everything, because I know that that's part and parcel with success.

676
01:04:01.920 --> 01:04:02.450
Jenny McFadden: Yep.

677
01:04:04.850 --> 01:04:06.900
Jenny McFadden: And part of you is worried?

678
01:04:07.060 --> 01:04:07.590
Jenny McFadden: Sure.

679
01:04:07.890 --> 01:04:20.939
debby: Yes, yes, yes, all of my feelings were, I'm worried that I'm gonna look like a failure, I'm worried that I can't make ends meet financially, I'm worried people will judge me, I'm worried that I'm,

680
01:04:21.120 --> 01:04:28.540
debby: that there's not going to be enough children in the area anymore. They're the things that I've talked to myself about.

681
01:04:29.160 --> 01:04:38.979
debby: And I'm parting also that I can make money on my own since my divorce, since my separation. But Iâ€¦ I'm not saying that out loud.

682
01:04:38.980 --> 01:04:40.060
Jenny McFadden: I get it.

683
01:04:40.060 --> 01:04:43.619
debby: opposite things out loud, but really when I went inward.

684
01:04:43.800 --> 01:04:46.809
debby: Yeah. That's the real talk that's going on.

685
01:04:46.910 --> 01:04:51.040
Jenny McFadden: That's what's underneath, yeah, I get it. And I think that's reallyâ€¦ we all do that, right?

686
01:04:51.470 --> 01:04:55.609
Jenny McFadden: That's how it works. Soâ€¦ so someâ€¦ so what we're doing here is going, okay.

687
01:04:56.090 --> 01:05:09.530
Jenny McFadden: you're being, guided to see that this is not justâ€¦ that another part of what's going on at another level isâ€¦ it sounds to me like, well, I'm connecting the dotsâ€¦ look, wait, I'm gonna ask you. You just said you connected the dots, what did you notice?

688
01:05:12.170 --> 01:05:29.119
debby: Well, the wordâ€¦ I don't use the word plummeted, ever, and theâ€¦ when thatâ€¦ when that word came intoâ€¦ Yes. â€¦when you showed me that word, that's howâ€¦ exactly how I feel about my business. My businessâ€¦ it's like it's plummeting for no reason.

689
01:05:29.230 --> 01:05:32.309
debby: And,

690
01:05:32.730 --> 01:05:47.789
debby: And I got taken straight back to that time where I completely forgot that my dad would have been going through some really heavy financial stuff then, because when I was 6, we declared bankruptcy.

691
01:05:48.220 --> 01:05:52.640
Jenny McFadden: Oh, gosh, that, like, gives me the chills, right? That's spot on.

692
01:05:53.180 --> 01:05:53.710
debby: That's really interesting.

693
01:05:53.710 --> 01:05:54.180
Jenny McFadden: jeez.

694
01:05:54.180 --> 01:05:58.370
debby: We really had to move to another country for a year, because we wereâ€¦

695

01:05:58.830 --> 01:06:02.140
debby: Like, oh, you have to sell everything, you know, soâ€¦

696
01:06:02.330 --> 01:06:03.600
Jenny McFadden: Yep, okay.

697
01:06:04.270 --> 01:06:05.200
Jenny McFadden: I get it.

698
01:06:05.400 --> 01:06:05.940
Jenny McFadden: Alright.

699
01:06:06.050 --> 01:06:06.580
debby: Yeah.

700
01:06:06.580 --> 01:06:08.160
Jenny McFadden: I think that's pretty clear to me.

701
01:06:08.160 --> 01:06:09.880
debby: It's pretty clear to me, too.

702
01:06:09.880 --> 01:06:12.210
Jenny McFadden: Okay, great. That's all we need to know.

703
01:06:12.610 --> 01:06:13.350
debby: Oh, wow.

704
01:06:13.350 --> 01:06:26.430
Jenny McFadden: It's reallyâ€¦ I know, it is, right? And so there's this sense of, like, what it may be even from separation as well, and then having to stand on your two feet, and then, like, which you already are, right? But then there's thisâ€¦ some fear comes up.

705
01:06:27.040 --> 01:06:27.390
debby: It's likeâ€¦

706
01:06:27.390 --> 01:06:28.140
Jenny McFadden: Completely unconscious.

707
01:06:28.140 --> 01:06:29.980
debby: has triggeredâ€¦

708
01:06:29.980 --> 01:06:32.450
Jenny McFadden: Yes. Correct. Yes.

709
01:06:32.450 --> 01:06:34.880
debby: I've never felt like this before.

710
01:06:34.880 --> 01:06:36.380
Jenny McFadden: No, I get it.

711
01:06:36.670 --> 01:06:46.170
Jenny McFadden: And so, what you're seeing here is one of the things that, having not been in this situation, is an unconscious thing that's happened, like, from your dad.

712
01:06:47.090 --> 01:06:49.569
Jenny McFadden: About, you know, the fearâ€¦ the fear of this.

713
01:06:49.700 --> 01:06:51.729
Jenny McFadden: And the difficulty around it.

714
01:06:52.120 --> 01:06:57.500
Jenny McFadden: Right? And so, there's a part of your system that's going, bing, bing, bing, this looks like the same thing, you know, like, whatever.

715
01:06:57.900 --> 01:07:02.389
Jenny McFadden: shifting your energy, so let's just do something with that. Thanks, Deb.

716
01:07:03.260 --> 01:07:04.380
debby: Okay, thank you.

717
01:07:04.380 --> 01:07:12.700
Jenny McFadden: Yeah, good job. Thank you for sharing that, that's really helpful. Shows me thatâ€¦

718
01:07:13.330 --> 01:07:14.740
Jenny McFadden: It works the same way.

719
01:07:16.190 --> 01:07:17.869
Jenny McFadden: Works the same way, that's good.

720
01:07:19.560 --> 01:07:26.419
Jenny McFadden: Alright, so what we'll doâ€¦ what I'll do now is I'll ask Lauraâ€¦ to do Level 11.

721
01:07:26.610 --> 01:07:30.179

Jenny McFadden: And then we'll do the rest, and then we'll do the clearing. If you want.

722
01:07:30.500 --> 01:07:32.689
Jenny McFadden: You can go at your own speed.

723
01:07:33.410 --> 01:07:44.980
Jenny McFadden: if you're listening, or you're, you know, working with your own, you can be doing it at the same time. You don't have to wait for me to continue the process, if you know what I'm saying. Like, if you want to keep working.

724
01:07:45.560 --> 01:07:48.300
Jenny McFadden: While you're listening, feel free to do that.

725
01:07:48.900 --> 01:07:50.070
Jenny McFadden: Thanks, Deb!

726
01:07:51.190 --> 01:07:51.560
debby: Thank you.

727
01:07:51.560 --> 01:07:52.260
Jenny McFadden: Good job.

728
01:07:53.480 --> 01:07:54.010
Jenny McFadden: Good job.

729
01:07:54.010 --> 01:07:54.800
debby: Thank you.

730
01:07:55.740 --> 01:07:59.490
Jenny McFadden: Laura, so let's look at level 11, yes?

731
01:08:01.050 --> 01:08:04.599
LAURA: Well, I just have to comment, because I was listening to Debâ€¦

732
01:08:05.350 --> 01:08:10.799
LAURA: But I was also jotting things down, and it was just ironic, because

733
01:08:12.590 --> 01:08:16.660
LAURA: the age that Iâ€¦ the number I wrote for age was 6.

734
01:08:18.200 --> 01:08:23.050
LAURA: And, the words were aloneness, fear, and disconnected.

735
01:08:23.640 --> 01:08:27.200
LAURA: Anyway, it was justâ€¦

736
01:08:28.180 --> 01:08:30.049
Jenny McFadden: For, for level, 10?

737
01:08:30.850 --> 01:08:39.180
LAURA: Well, now, well, it was funny. I thought it was for 10, but then I drew the arrow to 11, soâ€¦ I don't know, let's go and see what happens.

738
01:08:39.189 --> 01:08:44.249
Jenny McFadden: See if I get the same thing. Alright, let's do it. Alright, so, who are you working with today?

739
01:08:46.010 --> 01:08:46.899
LAURA: God.

740
01:08:47.120 --> 01:08:48.329
Jenny McFadden: Go ahead. Okay, great.

741
01:08:48.970 --> 01:08:50.620
Jenny McFadden: So, just asking God.

742
01:08:50.810 --> 01:08:57.880
Jenny McFadden: We're working at the soul separation, so this is not an age. This is a completely different experience.

743
01:08:58.200 --> 01:08:58.939
LAURA: Okay.

744
01:09:04.229 --> 01:09:09.249
Jenny McFadden: So, just asking God toâ€¦ Take you to that moment.

745
01:09:09.520 --> 01:09:10.840
Jenny McFadden: of separation.

746
01:09:13.540 --> 01:09:21.020
Jenny McFadden: And to noticeâ€¦ what the experienceâ€¦ That's been saved.

747
01:09:24.710 --> 01:09:25.640
Jenny McFadden: was.

748

01:09:32.189 --> 01:09:43.249
LAURA: So, I amâ€¦ It's not this lifetime.

749
01:09:43.850 --> 01:09:44.270
Jenny McFadden: Huh?

750
01:09:44.270 --> 01:09:47.190
LAURA: But I, am all alone.

751
01:09:47.479 --> 01:09:53.939
LAURA: Andâ€¦ Menâ€¦ men have taken my children from me.

752
01:09:54.790 --> 01:09:58.399
LAURA: because they said I was an unfit mother.

753
01:09:58.870 --> 01:10:00.640
LAURA: Because I was unwed.

754
01:10:00.770 --> 01:10:02.689
LAURA: And so I'm just standing there.

755
01:10:02.890 --> 01:10:08.840
LAURA: Sad, and alone, and separated, andâ€¦ Devastated.

756
01:10:21.240 --> 01:10:22.860
Jenny McFadden: I want to ask a question.

757
01:10:23.500 --> 01:10:24.160
LAURA: Okay.

758
01:10:24.530 --> 01:10:28.610
Jenny McFadden: Is Scott showing you this? Couldn't you ask Scott? Is Scott showing you this?

759
01:10:29.280 --> 01:10:33.210
Jenny McFadden: Experience that happened In another life.

760
01:10:34.310 --> 01:10:38.339
Jenny McFadden: Because it mirrors the experience that you had when you left.

761
01:10:38.840 --> 01:10:39.610
Jenny McFadden: God.

762

01:10:42.340 --> 01:10:47.830
Jenny McFadden: That you wereâ€¦ separatedâ€¦ Sad.

763
01:10:48.810 --> 01:10:53.250
Jenny McFadden: You felt alone. Did you have anyâ€¦ is that similar, orâ€¦ Yes. Just wondering.

764
01:10:53.250 --> 01:10:55.609
LAURA: Yes, it's similar. Yes, it is similar.

765
01:10:56.100 --> 01:10:56.770
Jenny McFadden: Okay.

766
01:10:58.860 --> 01:11:03.080
Jenny McFadden: And then that energy has carried on into lives here.

767
01:11:03.860 --> 01:11:04.520
LAURA: Yes.

768
01:11:04.950 --> 01:11:05.590
Jenny McFadden: Right.

769
01:11:06.870 --> 01:11:08.649
Jenny McFadden: I get the chills. Get spot on.

770
01:11:09.470 --> 01:11:14.500
Jenny McFadden: Soâ€¦ Is there anything else you need to notice about that?

771
01:11:20.700 --> 01:11:28.090
LAURA: I mean, there's just a really heaviness, like, literally sitting on my body.

772
01:11:35.410 --> 01:11:41.719
LAURA: It's, it's funny, it, the words that are coming into my head is, like.

773
01:11:44.040 --> 01:11:46.209
LAURA: that I'm not where I'm supposed to be.

774
01:11:46.800 --> 01:11:55.810
LAURA: But on the other hand, I am where I'm supposed to be, so it's very confusing, but I think it's just thatâ€¦ well, it is confusing, because it's that separation fromâ€¦

775

01:11:56.190 --> 01:11:57.030
LAURA: source.

776
01:11:57.310 --> 01:11:58.040
Jenny McFadden: Yep.

777
01:11:59.590 --> 01:12:04.719
LAURA: And not feelingâ€¦

778
01:12:08.780 --> 01:12:11.889
LAURA: It's not even feeling out a body, it's like feeling likeâ€¦

779
01:12:13.630 --> 01:12:18.660
LAURA: feeling like I'm a duck or something aroundâ€¦ a bunch ofâ€¦

780
01:12:19.260 --> 01:12:25.910
LAURA: bears or something, you know? It's like, I just am, like, the odd duck out all the time, and it'sâ€¦

781
01:12:27.250 --> 01:12:27.680
Jenny McFadden: Yep.

782
01:12:27.680 --> 01:12:28.330
LAURA: Ugh.

783
01:12:28.450 --> 01:12:29.360
LAURA: Yuck.

784
01:12:29.750 --> 01:12:30.510
Jenny McFadden: Okay.

785
01:12:31.690 --> 01:12:36.429
Jenny McFadden: Whatâ€¦ what did you start with today? What was the starting point? What's theâ€¦

786
01:12:37.920 --> 01:12:43.179
LAURA: Well, the starting pointâ€¦ So I work in the legal field.

787
01:12:43.430 --> 01:12:49.289
LAURA: And I'm a supervisor at work, and the amount of stress that I deal with at work is justâ€¦

788
01:12:50.600 --> 01:12:55.680
LAURA: Unmanageable, and so my words were irritated and frustrated, and they were pretty high.

789
01:12:56.500 --> 01:13:05.010
LAURA: And I just don't think work needs to be thisâ€¦ Exhausting.

790
01:13:05.120 --> 01:13:07.020
LAURA: And this much friction.

791
01:13:10.330 --> 01:13:12.449
LAURA: And, like, a war zone, you know?

792
01:13:14.140 --> 01:13:14.710
Jenny McFadden: Yep.

793
01:13:18.080 --> 01:13:24.239
Jenny McFadden: And, this sense ofâ€¦

794
01:13:24.810 --> 01:13:29.540
Jenny McFadden: not fitting in, like, feeling like you're the odd one out. Is that something you feel at work?

795
01:13:30.980 --> 01:13:38.689
LAURA: Sometimes, yeah. I mean, I definitely am kind ofâ€¦ Very vocal, and

796
01:13:39.500 --> 01:13:44.530
LAURA: I kind of work in a paramilitary organization.

797
01:13:46.160 --> 01:13:54.359
LAURA: And I don't always follow the chain of command, and soâ€¦ I don't want to say I get in trouble a lot, but I just am always kind ofâ€¦

798
01:13:54.790 --> 01:13:56.889
LAURA: Rocking the boat.

799
01:13:57.130 --> 01:14:00.490
LAURA: And soâ€¦ I aggravate people.

800
01:14:01.220 --> 01:14:04.540
LAURA: It's hard for me to just go with the flow.

801
01:14:05.210 --> 01:14:09.430
LAURA: Like, when I see that things aren't right, I feelâ€¦

802
01:14:11.290 --> 01:14:13.639

LAURA: I feel like I have to make things right.

803
01:14:13.640 --> 01:14:14.340
Jenny McFadden: Yeah.

804
01:14:14.800 --> 01:14:17.980
LAURA: That things have to be fair and just, and when they're not.

805
01:14:18.960 --> 01:14:19.480
Jenny McFadden: Stand up for it.

806
01:14:19.480 --> 01:14:23.159
LAURA: I just can't put duct tape over my mouth and let it be.

807
01:14:23.160 --> 01:14:24.489
Jenny McFadden: Oh, that's an interesting word.

808
01:14:25.330 --> 01:14:25.800
LAURA: Yeah.

809
01:14:25.800 --> 01:14:27.440
Jenny McFadden: With the duck, with the duct tape.

810
01:14:28.080 --> 01:14:29.600
LAURA: Oh yeah, that is funny.

811
01:14:29.600 --> 01:14:36.109
Jenny McFadden: do you feel like you're not where you're supposed to be?

812
01:14:41.390 --> 01:14:43.029
LAURA: I mean, kind of always.

813
01:14:43.330 --> 01:14:45.760
LAURA: This whole life has kind of felt likeâ€¦

814
01:14:47.060 --> 01:14:49.880
LAURA: I'mâ€¦ I don't belongâ€¦ like, I'mâ€¦

815
01:14:52.810 --> 01:14:56.170
LAURA: yeah, like, I'm not where I'm supposed to be. True.

816
01:14:57.140 --> 01:15:01.380
Jenny McFadden: And do you feel if you left where you were, thatâ€¦

817
01:15:02.920 --> 01:15:06.090
Jenny McFadden: That would be too separating, orâ€¦

818
01:15:07.630 --> 01:15:10.480
LAURA: Well, the thing is, I've left so many times.

819
01:15:11.010 --> 01:15:11.530
Jenny McFadden: Mmm.

820
01:15:11.530 --> 01:15:19.079
LAURA: this doesn't feel right, so I'm leaving, and then I go and find something else, and then this doesn't feel right, and I leave, and then this doesn't feel right, and I leave, and this doesn't feel right.

821
01:15:19.660 --> 01:15:22.350
LAURA: And soâ€¦ I don't think it'sâ€¦

822
01:15:23.010 --> 01:15:23.900
Jenny McFadden: I see.

823
01:15:24.370 --> 01:15:25.260
LAURA: Yeah.

824
01:15:25.260 --> 01:15:27.519
Jenny McFadden: So it's not so muchâ€¦ so what you're looking.

825
01:15:27.520 --> 01:15:27.910
LAURA: notâ€¦

826
01:15:27.910 --> 01:15:28.520
Jenny McFadden: Cool.

827
01:15:28.940 --> 01:15:29.399
LAURA: What do you believe?

828
01:15:29.400 --> 01:15:32.430
Jenny McFadden: looking for is that sense of, like, I belong.

829
01:15:32.610 --> 01:15:33.330
Jenny McFadden: Here.

830
01:15:34.890 --> 01:15:36.380
LAURA: Yes, likeâ€¦

831
01:15:36.380 --> 01:15:38.569
Jenny McFadden: This is the right fit for me.

832
01:15:39.170 --> 01:15:39.840
LAURA: Yes.

833
01:15:39.840 --> 01:15:40.870
Jenny McFadden: But actually, you've never foundâ€¦

834
01:15:40.870 --> 01:15:43.489
LAURA: This is my tribe, these are my people, like.

835
01:15:43.490 --> 01:15:44.030
Jenny McFadden: Yup.

836
01:15:44.330 --> 01:15:45.550
LAURA: They get me.

837
01:15:45.920 --> 01:15:46.490
Jenny McFadden: Yep.

838
01:15:47.110 --> 01:15:47.820
Jenny McFadden: Yep.

839
01:15:48.030 --> 01:15:50.949
Jenny McFadden: You're looking for the ducks. You found them, in one way.

840
01:15:51.230 --> 01:15:52.550
Jenny McFadden: True.

841
01:15:52.550 --> 01:15:54.680
LAURA: Yup, thank you.

842
01:15:54.680 --> 01:16:01.609
Jenny McFadden: But your lie, it's really interesting that you said that, that your whole life, you've sort of felt this, and this is the reason why.

843
01:16:03.590 --> 01:16:05.040
Jenny McFadden: The reason why is becauseâ€¦

844
01:16:05.040 --> 01:16:06.070
LAURA: Soul separation?

845
01:16:06.070 --> 01:16:06.770
Jenny McFadden: Yes!

846
01:16:07.610 --> 01:16:09.080
LAURA: Being just, like, notâ€¦

847
01:16:09.080 --> 01:16:10.140
Jenny McFadden: Yes, you've carriedâ€¦

848
01:16:10.140 --> 01:16:11.820
LAURA: Leaving God and coming here.

849
01:16:11.820 --> 01:16:16.000
Jenny McFadden: But this experience is now something that isâ€¦

850
01:16:16.250 --> 01:16:18.590
Jenny McFadden: You know, this sense ofâ€¦

851
01:16:19.320 --> 01:16:29.609
Jenny McFadden: I'm confused at feeling separated. You know, you don'tâ€¦ you're continually looking for what youâ€¦ youâ€¦ the experienceâ€¦ you're looking for the way that you can feel.

852
01:16:30.180 --> 01:16:35.969
Jenny McFadden: Belonging, and that you can feel that you fit in, and that you can feel like you're, you know, with the tribe.

853
01:16:36.380 --> 01:16:40.170
Jenny McFadden: Right? But actually, it's never been with the tribe, it's always been in here.

854
01:16:40.410 --> 01:16:41.750
Jenny McFadden: It's been in your field.

855
01:16:42.780 --> 01:16:48.020
Jenny McFadden: Because you've got something driving you that's, signing.

856
01:16:48.430 --> 01:16:56.370
Jenny McFadden: You need to fit in, you need to feel like you're constantly looking for that, because what theâ€¦ the pattern that you've had is the one about feeling sad and separated, devastated.

857
01:16:56.490 --> 01:16:59.719
Jenny McFadden: I'm not where I'm meant to be, feeling, you know,

858
01:17:01.020 --> 01:17:05.930
Jenny McFadden: being the odd one out. And that's what drives whatâ€¦ Even thoughâ€¦

859
01:17:07.390 --> 01:17:11.629
Jenny McFadden: It's not actually something that's useful to you anymore.

860
01:17:13.050 --> 01:17:13.760
LAURA: True.

861
01:17:13.760 --> 01:17:18.690
Jenny McFadden: So, there's about, you know, You know, for me, the story here would be about

862
01:17:19.100 --> 01:17:22.540
Jenny McFadden: I'm looking that you can feel whole.

863
01:17:23.580 --> 01:17:27.810
Jenny McFadden: That you can feel you belong in yourself, no matter where you are.

864
01:17:29.760 --> 01:17:31.520
Jenny McFadden: Do you know what I mean? That you can feelâ€¦

865
01:17:31.990 --> 01:17:37.780
Jenny McFadden: They're not looking for the other piece that you're separated from, that actually, within you.

866
01:17:38.180 --> 01:17:39.119
LAURA: Feel settled.

867
01:17:39.120 --> 01:17:46.250
Jenny McFadden: peaceful andâ€¦ That's the piece that I thinkâ€¦ This is showing you.

868
01:17:47.290 --> 01:17:50.569
LAURA: That is very true, and it's interesting because

869
01:17:50.770 --> 01:17:58.090
LAURA: I have a good life. I have a wonderful husband, I have a beautiful house, I have a good job, I have wonderful children.

870
01:17:58.210 --> 01:18:02.820
LAURA: And there's always this peace That's missing.

871
01:18:03.390 --> 01:18:07.810
LAURA: Or perceived missing, you know? Like, it's just, like, lack of contentment.

872
01:18:08.010 --> 01:18:08.400
Jenny McFadden: Yep.

873
01:18:08.400 --> 01:18:10.460
LAURA: For no, like, for no good reason.

874
01:18:10.650 --> 01:18:14.139
Jenny McFadden: Yeah, I get it. So this is kind of where it's pointing to.

875
01:18:14.420 --> 01:18:16.939
Jenny McFadden: Well, it's one of, or it's maybe THE thing.

876
01:18:17.820 --> 01:18:22.709
Jenny McFadden: thatâ€¦ You've been looking for, completely unconsciously.

877
01:18:25.230 --> 01:18:27.170
Jenny McFadden: To sort of, like, find your way home.

878
01:18:32.690 --> 01:18:33.630
LAURA: Yup.

879
01:18:34.790 --> 01:18:38.180
Jenny McFadden: And so if you don't have that, maybe that's what you'll startâ€¦

880
01:18:38.290 --> 01:18:41.230
Jenny McFadden: It'll probably be fairly unfamiliar to you.

881
01:18:42.540 --> 01:18:43.490
Jenny McFadden: Right?

882
01:18:43.750 --> 01:18:45.410
Jenny McFadden: But it'd be interesting to see.

883
01:18:46.320 --> 01:18:46.870
LAURA: Yeah.

884
01:18:48.200 --> 01:18:53.030

Jenny McFadden: And you might make different decisions from it, or you might not, orâ€¦ but anywayâ€¦

885
01:18:53.580 --> 01:18:58.029
Jenny McFadden: Thank you, because that is a brilliant, brilliant example ofâ€¦

886
01:18:58.590 --> 01:19:01.639
Jenny McFadden: Helping me understand soul separation in a different way.

887
01:19:03.150 --> 01:19:03.910
LAURA: Thank you.

888
01:19:03.910 --> 01:19:04.680
Jenny McFadden: Mmm.

889
01:19:05.150 --> 01:19:08.050
Jenny McFadden: Okay, fantastic. Alright.

890
01:19:09.820 --> 01:19:15.160
Jenny McFadden: I'm gonna let you now go ahead and do some of your otherâ€¦ how many of you have already done them all?

891
01:19:15.990 --> 01:19:20.640
Jenny McFadden: Have you done them all already? Like, try to get at least 3 done. You've done yours, Renee, or have you got a question?

892
01:19:21.110 --> 01:19:22.350
Jenny McFadden: You've done them already?

893
01:19:23.440 --> 01:19:25.090
Jenny McFadden: Okay, great. Alright.

894
01:19:25.740 --> 01:19:29.499
Jenny McFadden: Yeah, go ahead, you wanna say something?

895
01:19:33.150 --> 01:19:36.009
Renee: Sorry, I forgot I was on mute.

896
01:19:37.350 --> 01:19:39.319
Jenny McFadden: How are you going with it?

897
01:19:40.090 --> 01:19:42.969
Renee: Yeah, good. Yes, I got through them all.

898
01:19:43.910 --> 01:19:50.950
Jenny McFadden: Alright, what about if I give you anotherâ€¦ who's got, likeâ€¦ if you've got 3 to do, how long do you think you need? You tell me.

899
01:19:56.620 --> 01:19:58.190
Jenny McFadden: 5 minutes, says Laura.

900
01:19:59.600 --> 01:20:01.930
Renee: Do you mean go through the levels andâ€¦

901
01:20:01.930 --> 01:20:06.270
Jenny McFadden: Yeah, no, go through, say, say you said, when you asked guidance, you had 5 things.

902
01:20:06.640 --> 01:20:07.130
Renee: Hmm.

903
01:20:07.130 --> 01:20:08.689
Jenny McFadden: And you've got 1, 2, 3, 4, 5.

904
01:20:10.420 --> 01:20:20.500
Jenny McFadden: if you've gotâ€¦ if you're quick with this, if you're really quick, you could probably get all five. Like, go through and ask, what's theâ€¦ I often start with, how old was I, depending on what level it is.

905
01:20:21.650 --> 01:20:27.360
Jenny McFadden: Right? Some levels, it's not about your age, because, for example, the DNA one, that's about who

906
01:20:27.660 --> 01:20:31.879
Jenny McFadden: Who in my, ancestral line, am Iâ€¦

907
01:20:32.180 --> 01:20:34.849
Jenny McFadden: Is there a pattern that's been handed down to me?

908
01:20:35.500 --> 01:20:36.810
Jenny McFadden: Epigenetically.

909
01:20:38.940 --> 01:20:41.700
Renee: Yeah, mine was a soul level thing, soâ€¦

910
01:20:41.700 --> 01:20:44.670
Jenny McFadden: I saw you got theâ€¦ are you gotâ€¦ What, number 11?

911
01:20:45.250 --> 01:20:47.800
Renee: I got 5, 9, 8, and 10.

912
01:20:48.430 --> 01:20:51.589
Jenny McFadden: Oh yeah, right, okay. So you've got one of the stem cell ones.

913
01:20:52.300 --> 01:20:52.950
Renee: Yeah.

914
01:20:53.250 --> 01:20:54.670
Jenny McFadden: Iran, okay.

915
01:20:54.880 --> 01:20:59.050
Jenny McFadden: Soâ€¦ so if you've already done them all, beenâ€¦

916
01:20:59.350 --> 01:21:08.960
Jenny McFadden: what I want everyone else to do is have some time to just go through and get them. And I might come back to you in a minute and ask you about number 10, if that's alright? And what you got. Yeah?

917
01:21:09.090 --> 01:21:10.169
Renee: Pretty cool, yeah.

918
01:21:10.170 --> 01:21:14.870
Jenny McFadden: Okay, great. I'll just give them, everyone else, 5 minutes, and then we'll see how we go.

919
01:26:59.820 --> 01:27:01.250
Jenny McFadden: Okay, how you going?

920
01:27:01.680 --> 01:27:02.530
Jenny McFadden: Finished?

921
01:27:02.630 --> 01:27:04.049
Jenny McFadden: Anyone need more time?

922
01:27:10.550 --> 01:27:12.230
Jenny McFadden: Sounds like you're okay, yeah?

923
01:27:12.350 --> 01:27:13.140
Jenny McFadden: Alright.

924

01:27:13.620 --> 01:27:15.260
Jenny McFadden: Renee, you there?

925
01:27:17.160 --> 01:27:18.040
Jenny McFadden: Yeah.

926
01:27:18.180 --> 01:27:23.019
Jenny McFadden: Do you mind, sharing with me, with us, What happened at Level?

927
01:27:23.840 --> 01:27:26.949
Jenny McFadden: 11. No, 10.

928
01:27:27.150 --> 01:27:28.090
Renee: The tin.

929
01:27:28.410 --> 01:27:30.500
Renee: Soâ€¦

930
01:27:32.080 --> 01:27:42.500
Renee: Yeah, so that was, like, the origin. So myâ€¦ my issue, which is the same as what we were talking about before in the last workshop.

931
01:27:42.940 --> 01:27:43.320
Jenny McFadden: Yep.

932
01:27:43.320 --> 01:27:52.959
Renee: Increasing my prices, andâ€¦ I have an issue with accumulating money. I seem to spend everything I own.

933
01:27:53.720 --> 01:27:57.850
Renee: Justâ€¦ not intentionally, it just always works out that way.

934
01:27:57.990 --> 01:27:58.540
Jenny McFadden: Whoa.

935
01:27:58.540 --> 01:28:06.050
Renee: Andâ€¦ So yeah, I'm like, I want to remove all the blocks, whatever is blocking me there.

936
01:28:06.560 --> 01:28:11.279
Renee: And so it came out at aâ€¦ It was a soul-level thing.

937
01:28:11.890 --> 01:28:23.620

Renee: And thatâ€¦ fromâ€¦ So, basically, I have fears around it, whichâ€¦ I've already uncovered Butâ€¦

938
01:28:24.330 --> 01:28:27.209
Renee: I just need to level up, like, I'mâ€¦

939
01:28:28.990 --> 01:28:33.389
Renee: I alreadyâ€¦ I have this weird thing, I already feel like I'm wealthy.

940
01:28:33.560 --> 01:28:37.459
Renee: But my bank balance doesn't reflect.

941
01:28:38.140 --> 01:28:41.550
Jenny McFadden: Wellâ€¦ Apparently got your broth is a good start.

942
01:28:42.160 --> 01:28:52.010
Renee: So when it got to the stem cell origin, it was like I am wealthy, and I was born wealthy, and my soul is rich.

943
01:28:52.530 --> 01:28:55.490
Renee: And I come from this opulent.

944
01:28:55.900 --> 01:29:00.789
Renee: Something background full of luxury on a soul level?

945
01:29:01.190 --> 01:29:06.580
Renee: Yep. Which isâ€¦ But my human self hasn't caught up yet.

946
01:29:06.780 --> 01:29:07.300
Renee: But Iâ€¦

947
01:29:07.300 --> 01:29:07.860
Jenny McFadden: No!

948
01:29:07.860 --> 01:29:14.809
Renee: It's time, and everything's ready, I've just got to trust

949
01:29:15.210 --> 01:29:19.969
Renee: and build my team, because I'm trying to do it all by myself at the moment.

950
01:29:20.270 --> 01:29:25.560
Renee: And I'm scared to hire someone, because I'm worried about the commitment of the wages.

951
01:29:26.060 --> 01:29:35.090
Renee: And things like that. And it's like, I've just gotta do it. Because once I do that, everything else will grow and evolve.

952
01:29:35.230 --> 01:29:37.600
Renee: Yep. Together, telling meâ€¦

953
01:29:38.180 --> 01:29:46.930
Renee: Yeah, I've got myâ€¦ my next level is creating a happy, harmonious team. Like, I've got to create that team.

954
01:29:47.310 --> 01:29:49.750
Renee: So that I can get to the next level.

955
01:29:51.380 --> 01:29:53.599
Renee: Yeah, and I've gotta go big.

956
01:29:55.790 --> 01:29:56.620
Renee: Yeah.

957
01:29:57.370 --> 01:30:03.190
Renee: Because it's already there, it'sâ€¦ my soul is already there, but I'mâ€¦ my meâ€¦ Which is cool!

958
01:30:03.190 --> 01:30:05.669
Jenny McFadden: Yeah, that's where you've got to come from, right? So thenâ€¦

959
01:30:05.670 --> 01:30:06.270
Renee: Beautiful.

960
01:30:06.270 --> 01:30:12.720
Jenny McFadden: Is there, I'm curious, was there anythingâ€¦ so that was, like, the message. Was there any,

961
01:30:15.190 --> 01:30:18.689
Jenny McFadden: Was there anything the stem cells being affected by?

962
01:30:18.800 --> 01:30:21.720
Jenny McFadden: that comes through to the physical? Was there anything else?

963
01:30:22.710 --> 01:30:23.860
Jenny McFadden: I'm just curious, because I don't know.

964
01:30:24.360 --> 01:30:25.349
Renee: If you know what I mean.

965
01:30:25.350 --> 01:30:25.940
Jenny McFadden: Right?

966
01:30:26.910 --> 01:30:32.409
Jenny McFadden: Any other memory or thing that's affecting how the stem cell is operating, because the stem cell's got the program.

967
01:30:32.940 --> 01:30:36.419
Jenny McFadden: It's got the I Am Wealthy program running, you know?

968
01:30:37.760 --> 01:30:39.110
Jenny McFadden: So I'm wonderingâ€¦

969
01:30:41.350 --> 01:30:45.460
Jenny McFadden: So there wasn't anything elseâ€¦ there wasn't anything else in the way, is what I'mâ€¦ what I'm wondering.

970
01:30:45.920 --> 01:30:50.540
Jenny McFadden: You know, like any other memory, or any other thing that doesn't belong to you, or,

971
01:30:50.820 --> 01:30:54.529
Renee: It was like, face the fear. There's a fear around it.

972
01:30:59.940 --> 01:31:08.190
Renee: Yeah, it's a fear of letting people down, but that's one thing I never do. I'll sacrifice myself before I let anyone down.

973
01:31:08.190 --> 01:31:10.819
Jenny McFadden: Right, and therein isâ€¦ that's where it is.

974
01:31:11.460 --> 01:31:11.940
Jenny McFadden: That's sweet.

975
01:31:12.310 --> 01:31:15.319
Jenny McFadden: The fearâ€¦ that'sâ€¦ the fear piece is the bit that isâ€¦

976
01:31:15.830 --> 01:31:20.419
Jenny McFadden: Where you operate from all the time, that it's likeâ€¦ so you overâ€¦ you keepâ€¦

977
01:31:21.720 --> 01:31:22.120
Renee: See it.

978
01:31:22.120 --> 01:31:25.350
Jenny McFadden: Okay? Expressing that in some way. Not by notâ€¦

979
01:31:26.220 --> 01:31:31.189
Jenny McFadden: The fear of letting people down drives the behaviour in a certain way. Soâ€¦

980
01:31:31.740 --> 01:31:32.920
Jenny McFadden: Let me just sit with that.

981
01:31:37.690 --> 01:31:45.569
Jenny McFadden: Did your other levels, the ones that you got, did any of those come up with anything that was to do with letting people down? Any memories around

982
01:31:46.310 --> 01:31:47.519
Jenny McFadden: That kind of thing.

983
01:31:52.160 --> 01:32:00.019
Renee: Yeah, it was kind of around my parents and how they both have different money stories. Like, my dadâ€¦

984
01:32:00.710 --> 01:32:05.359
Renee: Had earned lots of money, and spent lots of money, and now has nothing.

985
01:32:05.550 --> 01:32:14.980
Renee: And my mum never earned a lot, but saved and saved and saved, and now she's turned out the rich one, but she's a bit of a tight arse, soâ€¦

986
01:32:14.980 --> 01:32:17.469
Jenny McFadden: So you've gotâ€¦ you've had both stories running.

987
01:32:18.010 --> 01:32:21.129
Renee: And I don't want to be either of them. I want to beâ€¦

988
01:32:21.130 --> 01:32:21.770
Jenny McFadden: Damn.

989
01:32:22.290 --> 01:32:23.190
Jenny McFadden: Okay.

990
01:32:23.930 --> 01:32:24.900
Jenny McFadden: Right.

991
01:32:26.960 --> 01:32:27.840
Jenny McFadden: Okay?

992
01:32:27.990 --> 01:32:34.119
Jenny McFadden: So what I'm gonna be interested inâ€¦ let's go with, likeâ€¦ that's really interesting, thanks. I'm gonna,

993
01:32:34.440 --> 01:32:36.729
Jenny McFadden: See what happens after this, right?

994
01:32:37.590 --> 01:32:43.590
Jenny McFadden: And see whether next time, or in between, if you get a chance to do another session for yourself in between.

995
01:32:44.290 --> 01:32:46.900
Jenny McFadden: Whether the stem cell one comes up again.

996
01:32:48.270 --> 01:32:52.670
Jenny McFadden: Because, you know, sometimes things are in layers, and what you get is the thing that you need for now.

997
01:32:53.740 --> 01:32:54.850
Renee: Hmmâ€¦

998
01:32:54.850 --> 01:32:55.600
Jenny McFadden: Right.

999
01:32:56.650 --> 01:33:05.459
Jenny McFadden: you know, we all know the LAUR story, but for me, it's a journey, you know? It's likeâ€¦ and your awareness consciousness will only allow you toâ€¦

1000
01:33:06.720 --> 01:33:14.670
Jenny McFadden: We'll only give you so much that you physically can handle, because, you know, when youâ€¦ it shifts, your physical has to shift with it.

1001
01:33:15.090 --> 01:33:15.920
Jenny McFadden: as well.

1002
01:33:15.920 --> 01:33:16.610

Renee: Yeah.

1003
01:33:16.610 --> 01:33:19.650
Jenny McFadden: So, let's just see. Okay, that's really interesting.

1004
01:33:20.950 --> 01:33:21.789
Jenny McFadden: So I'm wonderingâ€¦

1005
01:33:21.790 --> 01:33:22.180
Renee: If that'sâ€¦

1006
01:33:22.180 --> 01:33:29.730
Jenny McFadden: Come up so that you can see, actually, it's working at a stem cell level, but all the other things are contributing to why it's notâ€¦

1007
01:33:30.720 --> 01:33:48.460
Renee: I think it's my physical self can't handle it. Like, I literally have had people be really generous to me lately, like, it was my birthday, and I couldn'tâ€¦ I, like, I've, like, had a meltdown the last week just about how nice people have been, and, like, generous.

1008
01:33:48.820 --> 01:33:51.880
Renee: And I can't handle it. I just don't know howâ€¦

1009
01:33:51.880 --> 01:33:56.409
Jenny McFadden: Can't youâ€¦ what can't you handle? Which bit of it is theâ€¦ has the charge?

1010
01:33:56.410 --> 01:34:01.820
Renee: can't repay them. Like, they reâ€¦ Iâ€¦ I don't know how to repay.

1011
01:34:02.450 --> 01:34:04.420
Jenny McFadden: You think, you think because you think you need to.

1012
01:34:04.940 --> 01:34:05.970
Renee: Yeah.

1013
01:34:06.450 --> 01:34:07.270
Renee: Yeah.

1014
01:34:07.690 --> 01:34:15.540
Renee: And they're like, we just love you, and we want to look after you, and you deserve it, and I'm just like, feel really uncomfortable with it.

1015

01:34:15.930 --> 01:34:16.800
Jenny McFadden: Okay.

1016
01:34:17.450 --> 01:34:17.990
Renee: Hmm.

1017
01:34:18.300 --> 01:34:21.290
Jenny McFadden: It's really interesting, isn't it? So you've got all the pieces.

1018
01:34:22.050 --> 01:34:22.660
Renee: Yeah.

1019
01:34:22.660 --> 01:34:24.550
Jenny McFadden: We just need to figure out whatâ€¦

1020
01:34:24.720 --> 01:34:27.230
Jenny McFadden: the old things that are going, no, I can't.

1021
01:34:27.230 --> 01:34:27.720
Renee: like, okay.

1022
01:34:27.720 --> 01:34:28.569
Jenny McFadden: That's not safe.

1023
01:34:29.090 --> 01:34:39.810
Renee: allowing myself to receive without consequences, because I think in the past, when I've been given things, it comes at a price, or later, so it'll be thrown back at me, orâ€¦

1024
01:34:39.810 --> 01:34:44.739
Jenny McFadden: Yeah, okay, great. So thatâ€¦ so that's what you're working on here. It sounds like it's a big picture.

1025
01:34:45.350 --> 01:34:46.210
Renee: Yeah.

1026
01:34:46.210 --> 01:34:50.549
Jenny McFadden: Okay, great. So really, I'm, you know, excited to see where you go with this.

1027
01:34:51.820 --> 01:34:52.520
Jenny McFadden: Right?

1028
01:34:52.910 --> 01:34:54.270

Renee: Me too.

1029
01:34:54.270 --> 01:34:58.760
Jenny McFadden: Yeah, yeah, because, like, it's reallyâ€¦ it seems like a really simple thing to just get more people.

1030
01:34:58.960 --> 01:35:01.080
Jenny McFadden: But it's much more complicated than it looks.

1031
01:35:01.470 --> 01:35:02.520
Renee: Yeah.

1032
01:35:03.390 --> 01:35:04.020
Renee: Sweet.

1033
01:35:04.020 --> 01:35:05.389
Jenny McFadden: Thank you.

1034
01:35:05.970 --> 01:35:06.640
Renee: Thank you.

1035
01:35:06.750 --> 01:35:15.779
Jenny McFadden: Alright, so, anyone else want to share anything just before we move on? So we're just going to do the clear. We've got about 20 minutes-ish left, a bit more than 20 minutes. Anyone got a question?

1036
01:35:17.640 --> 01:35:18.550
Jenny McFadden: Okay, great.

1037
01:35:18.760 --> 01:35:19.550
Jenny McFadden: Nothing?

1038
01:35:19.730 --> 01:35:25.099
Jenny McFadden: Or ask me at the end if anything comes up. Alright, so we're going to do the clickâ€¦ we're going to do the transformation process.

1039
01:35:25.590 --> 01:35:31.149
Jenny McFadden: So you know what to do. There's two pieces to this. One is, specifically ask your guidance.

1040
01:35:31.540 --> 01:35:43.170
Jenny McFadden: Something along the lines ofâ€¦ I probably should make this clear, but I'm sort of general about it, because it's not about the words, it's about the intent. And it's about the intentâ€¦ the asking piece is the really important bit.

1041
01:35:43.510 --> 01:35:45.059
Jenny McFadden: It's the request.

1042
01:35:45.520 --> 01:35:50.020
Jenny McFadden: So you're notâ€¦ so, because guidance, you know, spirit, those in spirit.

1043
01:35:50.380 --> 01:35:53.099
Jenny McFadden: Can't interfere in your life or do things unless you ask them.

1044
01:35:53.930 --> 01:35:55.000
Jenny McFadden: That's the point.

1045
01:35:55.250 --> 01:35:59.490
Jenny McFadden: So you ask, and you let go. You say, could you please, whoever you're working with.

1046
01:36:00.220 --> 01:36:18.489
Jenny McFadden: however you want to ask it, could you please transform? That's the word. It's not fix, it's not delete, it's not change, it's not heal, it's transform. It's just energy. Can you please transform this energy for me into something else beautiful for me? Across all space and time, if you want to add it, across allâ€¦ however you want to say it.

1047
01:36:18.940 --> 01:36:19.750
Jenny McFadden: Right.

1048
01:36:19.930 --> 01:36:22.129
Jenny McFadden: McFadden's knows what you're asking.

1049
01:36:22.480 --> 01:36:29.069
Jenny McFadden: Could you please transform these patterns, these energies for me, into something else beautiful for me?

1050
01:36:30.270 --> 01:36:33.500
Jenny McFadden: Crosswall space and time, If you want to add that.

1051
01:36:33.900 --> 01:36:36.279
Jenny McFadden: Thank you, thank you, thank you.

1052
01:36:37.010 --> 01:36:39.210
Jenny McFadden: Give it to them, and let go.

1053

01:36:41.340 --> 01:36:42.180
Jenny McFadden: That's it.

1054
01:36:46.520 --> 01:36:47.660
Jenny McFadden: And thenâ€¦

1055
01:36:50.910 --> 01:36:53.850
Jenny McFadden: Laura's already joined the clearing. I like that.

1056
01:36:56.190 --> 01:36:59.699
Jenny McFadden: then we're gonna do Move Into the Heart.

1057
01:37:02.240 --> 01:37:10.880
Jenny McFadden: And if it's really simple, The heart process isâ€¦ what you're doing is activating Your heart energy.

1058
01:37:11.090 --> 01:37:13.290
Jenny McFadden: Your spiritual heart energy.

1059
01:37:15.210 --> 01:37:18.359
Jenny McFadden: So that meansâ€¦ Breathe into your heart.

1060
01:37:18.790 --> 01:37:22.180
Jenny McFadden: Focus your awareness there, let go of everything else.

1061
01:37:25.630 --> 01:37:26.460
Jenny McFadden: Andâ€¦

1062
01:37:27.370 --> 01:37:34.319
Jenny McFadden: There's many ways that you can do this. One way I do it is I say, think about someone you feel that you love.

1063
01:37:34.760 --> 01:37:36.739
Jenny McFadden: That you feel grateful for in your life.

1064
01:37:37.100 --> 01:37:40.890
Jenny McFadden: Could be a child, a partner, an animal.

1065
01:37:42.580 --> 01:37:50.070
Jenny McFadden: Because it helps us activate the feelings of love and gratitude. It helps open Relax.

1066
01:37:50.400 --> 01:37:53.990
Jenny McFadden: expand your heart energy. You don't have to do anything

1067
01:37:54.410 --> 01:37:55.959
Jenny McFadden: It just does it by itself.

1068
01:37:57.710 --> 01:38:01.490
Jenny McFadden: Activate the love and gratitude you feel, the appreciation.

1069
01:38:02.620 --> 01:38:04.950
Jenny McFadden: And breathe into it, keep breathing.

1070
01:38:08.300 --> 01:38:09.579
Jenny McFadden: If you wantâ€¦

1071
01:38:09.870 --> 01:38:14.069
Jenny McFadden: You can say, thank you, thank you, thank you, that is another way of activating the energy.

1072
01:38:15.360 --> 01:38:17.530
Jenny McFadden: And let the energy expand.

1073
01:38:19.300 --> 01:38:24.289
Jenny McFadden: And the point that I want to make here is expand big enough that you feel like you're sitting in it.

1074
01:38:24.800 --> 01:38:27.180
Jenny McFadden: Maybe you're in a room looking out.

1075
01:38:28.280 --> 01:38:33.279
Jenny McFadden: Maybe you're just really in this space, and you feel comfortable, grounded, solid.

1076
01:38:34.480 --> 01:38:37.350
Jenny McFadden: At the same time as light and free.

1077
01:38:38.210 --> 01:38:39.300
Jenny McFadden: and peaceful.

1078
01:38:43.400 --> 01:38:46.670
Jenny McFadden: And what's really important here is you be the observer.

1079
01:38:47.740 --> 01:38:54.510
Jenny McFadden: You don't do anything, you just notice what your guidance is doing with those frequencies.

1080

01:38:54.680 --> 01:39:00.180
Jenny McFadden: Important words here areâ€¦ Observeâ€¦ And noticeâ€¦

1081
01:39:04.010 --> 01:39:08.220
Jenny McFadden: And stay in that space, and enjoy it in that peace.

1082
01:39:09.370 --> 01:39:13.590
Jenny McFadden: Notice what's happening. Stay there until you feel

1083
01:39:14.020 --> 01:39:17.909
Jenny McFadden: Well, you'll notice that you are the yawn, could be several times.

1084
01:39:18.530 --> 01:39:21.949
Jenny McFadden: You might sigh, you might cryâ€¦

1085
01:39:22.650 --> 01:39:26.500
Jenny McFadden: You let the energy run, and just stay there until you feel like.

1086
01:39:26.900 --> 01:39:30.189
Jenny McFadden: Okay, that's complete. I'm just gonna let you do that.

1087
01:42:11.130 --> 01:42:16.190
Jenny McFadden: And then I want you to go ahead, just keep going with what you're doing, I want you to go ahead and doâ€¦

1088
01:42:16.660 --> 01:42:19.180
Jenny McFadden: The last one of the few last steps, which isâ€¦

1089
01:42:20.160 --> 01:42:22.609
Jenny McFadden: Have a drink, bring yourself into the moment.

1090
01:42:23.290 --> 01:42:26.200
Jenny McFadden: And now I want you to reprogram your field.

1091
01:42:27.650 --> 01:42:29.319
Jenny McFadden: Via your frequency.

1092
01:42:30.020 --> 01:42:37.280
Jenny McFadden: And that means really feeling and being the person it is that you want to be when Wheneverâ€¦

1093
01:42:38.420 --> 01:42:40.930
Jenny McFadden: You're having the experience you want to be having.

1094
01:42:41.090 --> 01:42:45.409
Jenny McFadden: Or doing the thing you want to be doing, or receiving the thing you want to be receiving.

1095
01:42:45.820 --> 01:42:47.060
Jenny McFadden: Whatever it is.

1096
01:42:47.250 --> 01:42:51.440
Jenny McFadden: Now you've got more access to the freedomâ€¦

1097
01:42:51.720 --> 01:42:56.660
Jenny McFadden: To be that person, without thoseâ€¦ All patents.

1098
01:42:57.820 --> 01:43:02.620
Jenny McFadden: So I want you to go into a visualization, or however you do it.

1099
01:43:03.290 --> 01:43:09.950
Jenny McFadden: Feelings, thoughts, you are that person. Close your eyes and be that person. Pretend.

1100
01:43:11.140 --> 01:43:15.970
Jenny McFadden: And really be that person that's already experiencing it now.

1101
01:43:17.990 --> 01:43:26.590
Jenny McFadden: In color, In your body, not looking on, inside your body, looking out, withâ€¦

1102
01:43:26.830 --> 01:43:33.060
Jenny McFadden: looking around, I have this now, wow, how's it feel? I am this person, I am experiencing

1103
01:43:33.520 --> 01:43:34.839
Jenny McFadden: What it's like.

1104
01:43:36.230 --> 01:43:40.110
Jenny McFadden: to already be this and have it. So it's about your beingness.

1105
01:43:42.190 --> 01:43:47.220
Jenny McFadden: And really turn it Mute around, look around.

1106
01:43:49.210 --> 01:43:52.240

Jenny McFadden: In other words, tell the field, this is who I am.

1107
01:43:52.510 --> 01:43:53.250
Jenny McFadden: Now.

1108
01:44:54.080 --> 01:44:55.370
Jenny McFadden: And now go back.

1109
01:44:55.890 --> 01:44:57.070
Jenny McFadden: and rewrite.

1110
01:44:57.860 --> 01:45:01.290
Jenny McFadden: Take your ownâ€¦ take your own time with this, whatever youâ€¦ wherever you're up to.

1111
01:45:01.390 --> 01:45:04.099
Jenny McFadden: Go ahead, go back to the start, and re-rate.

1112
01:45:04.600 --> 01:45:05.830
Jenny McFadden: Where you are now.

1113
01:45:07.260 --> 01:45:12.559
Jenny McFadden: And thenâ€¦ Ask for one practical next step.

1114
01:45:13.130 --> 01:45:16.009
Jenny McFadden: What's the one thing guidance is saying for you?

1115
01:45:16.250 --> 01:45:22.790
Jenny McFadden: It might be something you need to do to ground this into your physical, it might be something that you actually need to do.

1116
01:45:23.710 --> 01:45:26.109
Jenny McFadden: That is the next step on the path, or whatever it is.

1117
01:45:26.650 --> 01:45:30.539
Jenny McFadden: Something you know, you know exactly what to do and how often.

1118
01:45:30.990 --> 01:45:32.080
Jenny McFadden: One thing.

1119
01:47:35.680 --> 01:47:39.170
Jenny McFadden: Look, I just sent you on Messenger the, things I wrote down about

1120
01:47:39.360 --> 01:47:42.989
Jenny McFadden: Yourâ€¦ the, statements and howâ€¦

1121
01:47:44.240 --> 01:47:47.150
Jenny McFadden: And the ratings. Just sent you a pic of what I'd written down.

1122
01:47:51.520 --> 01:47:53.530
Jenny McFadden: Alright. How'd you go with that?

1123
01:47:55.060 --> 01:47:59.960
Jenny McFadden: We've got some time for some feedback or any questions. We've got, like, about 10 minutes left.

1124
01:48:00.950 --> 01:48:02.150
Jenny McFadden: Soâ€¦

1125
01:48:05.860 --> 01:48:08.069
Jenny McFadden: Time for sharing! I'm lying there on you.

1126
01:48:08.270 --> 01:48:09.200
Jenny McFadden: What happened?

1127
01:48:09.950 --> 01:48:11.390
Jenny McFadden: Renee, how'd it go?

1128
01:48:15.600 --> 01:48:22.309
Renee: on the heart activation, I wrote down, I'm safe to have wealth, and it was like, no, I'm not.

1129
01:48:22.650 --> 01:48:24.359
Renee: Just flat out, no, you're not.

1130
01:48:24.880 --> 01:48:25.550
Jenny McFadden: Okay.

1131
01:48:25.750 --> 01:48:29.919
Renee: And that just comes up because of my ex-husband and child support.

1132
01:48:30.050 --> 01:48:33.040
Renee: Which is the reality. That's the reality.

1133
01:48:34.020 --> 01:48:36.480
Renee: And then I came up withâ€¦

1134
01:48:36.960 --> 01:48:43.340
Renee: I'm safe to start building wealth, and I feel like that's moreâ€¦ I canâ€¦

1135
01:48:43.520 --> 01:48:49.860
Renee: I feel I can be that, but it's still not really safe to beâ€¦ Damn.

1136
01:48:50.060 --> 01:48:58.770
Jenny McFadden: Soâ€¦ so when you started at the beginning, you wrote down, it's notâ€¦ so you wrote down, it's safe to, rather than, I don't feel safe to.

1137
01:48:59.370 --> 01:49:00.160
Renee: Yeah.

1138
01:49:00.770 --> 01:49:03.629
Jenny McFadden: Okay, so this is a finer point.

1139
01:49:05.210 --> 01:49:06.150
Jenny McFadden: Okay.

1140
01:49:07.440 --> 01:49:09.360
Jenny McFadden: Interesting way of doing it.

1141
01:49:14.670 --> 01:49:15.340
Jenny McFadden: Hmm.

1142
01:49:16.220 --> 01:49:22.680
Renee: I feel soâ€¦ subconsciously, I'm not allowing myself, because I really fundamentally don't feel safe.

1143
01:49:22.680 --> 01:49:23.460
Jenny McFadden: Yes.

1144
01:49:24.110 --> 01:49:29.710
Jenny McFadden: Okay, and so the one that dropped the most, or the one that increased the most, you were doing it the other way around, yeah?

1145
01:49:30.160 --> 01:49:37.119
Renee: Yeah, yeah, I had to change it from I am safe to Iâ€¦ I'm safe to start building.

1146
01:49:37.120 --> 01:49:37.980

Jenny McFadden: Okay, great.

1147
01:49:38.180 --> 01:49:39.279
Jenny McFadden: And that went up.

1148
01:49:39.910 --> 01:49:42.239
Renee: Yeah, that was, like, a 9 out of 10.

1149
01:49:42.770 --> 01:49:43.840
Jenny McFadden: Okay, fantastic!

1150
01:49:43.840 --> 01:49:44.910
Renee: That'd be great for us.

1151
01:49:44.910 --> 01:49:46.789
Jenny McFadden: You're on the way. You're on the way.

1152
01:49:47.630 --> 01:49:48.650
Jenny McFadden: That's brilliant.

1153
01:49:49.060 --> 01:49:51.159
Jenny McFadden: And the one that didn't go up wasâ€¦

1154
01:49:52.420 --> 01:50:08.619
Renee: Well, it was just the prices thing, but it all comes together, soâ€¦ because I wrote down it was about removing blocks, increasing my prices, and accumulating wealth, but it's justâ€¦ it kind of all just brought together with that, I'm safe to start building.

1155
01:50:08.650 --> 01:50:10.820
Jenny McFadden: So that's really the crux of it.

1156
01:50:10.820 --> 01:50:11.660
Renee: Yeah.

1157
01:50:11.660 --> 01:50:12.290
Jenny McFadden: Yeah, well done.

1158
01:50:12.920 --> 01:50:14.609
Renee: I clarified all that.

1159
01:50:14.610 --> 01:50:17.020
Jenny McFadden: Yeah, it's not about the story, it's not about the people.

1160
01:50:18.150 --> 01:50:19.540
Jenny McFadden: It's not about the hiring.

1161
01:50:19.870 --> 01:50:20.400
Jenny McFadden: It's aboutâ€¦

1162
01:50:20.400 --> 01:50:23.490
Renee: Yeah. Safe to do that, yeah.

1163
01:50:23.580 --> 01:50:25.329
Jenny McFadden: Yep. Okay, great.

1164
01:50:26.960 --> 01:50:30.729
Jenny McFadden: Alright, it sort of seems like you're bringing your physical and your soul together.

1165
01:50:31.520 --> 01:50:32.420
Renee: Yeah.

1166
01:50:33.340 --> 01:50:34.450
Jenny McFadden: Step by step.

1167
01:50:34.560 --> 01:50:36.010
Jenny McFadden: Your soul knows you're safe.

1168
01:50:38.050 --> 01:50:42.360
Jenny McFadden: The other part doesn't. The old stuff, the epigenetics or whatever isâ€¦ Naught.

1169
01:50:42.920 --> 01:50:45.180
Jenny McFadden: Okay, that's really good! You're on your way.

1170
01:50:45.430 --> 01:50:48.300
Jenny McFadden: I'll be interested to see how that translates for what

1171
01:50:48.510 --> 01:50:51.460
Jenny McFadden: Shows up next, or what you feel you can do.

1172
01:50:52.370 --> 01:50:53.030
Renee: Hmm.

1173
01:50:53.030 --> 01:50:53.890
Jenny McFadden: Keeps updated.

1174
01:50:54.560 --> 01:50:55.270
Renee: Okay.

1175
01:50:55.270 --> 01:50:56.220
Jenny McFadden: Thank you!

1176
01:50:56.420 --> 01:50:57.390
Renee: Thank you.

1177
01:50:58.650 --> 01:51:04.269
Jenny McFadden: Who wants to go next? Somethingâ€¦ tell us what happened, give us an update.

1178
01:51:05.050 --> 01:51:08.420
debby: Jenny, I have to go in about 1 minute, so I'll just quicklyâ€¦

1179
01:51:08.420 --> 01:51:09.160
Jenny McFadden: step.

1180
01:51:09.160 --> 01:51:18.930
debby: an update. So all mine dropped from 8s, 9s, 8, 7, 8 out of 10.

1181
01:51:19.370 --> 01:51:29.240
debby: all to zero except one. One was at 1. And then I askedâ€¦ I asked myâ€¦ I asked Oneness what I need to do.

1182
01:51:29.350 --> 01:51:36.029
debby: And I was justâ€¦ got guided to, say thank you out loud, and smile.

1183
01:51:36.200 --> 01:51:36.630
Jenny McFadden: Yep.

1184
01:51:36.630 --> 01:51:38.040
debby: An event to zero.

1185
01:51:38.380 --> 01:51:39.070
Jenny McFadden: Brilliant!

1186
01:51:39.370 --> 01:51:40.380
debby: So that was good.

1187
01:51:40.380 --> 01:51:41.040
Jenny McFadden: Hold on.

1188
01:51:41.040 --> 01:51:43.590
debby: And that was, I'm going to look like a failure.

1189
01:51:43.820 --> 01:51:46.889
debby: That was the only one that was a bitâ€¦

1190
01:51:47.240 --> 01:51:51.900
Jenny McFadden: Thanks, dude. Brilliant. Thank you! Good job! Alright!

1191
01:51:51.900 --> 01:51:52.469
debby: Sorry, I.

1192
01:51:52.470 --> 01:51:54.330
Jenny McFadden: later. No, no, good to see you.

1193
01:51:54.870 --> 01:51:56.900
debby: Bye, everyone! That was great.

1194
01:51:57.770 --> 01:51:58.939
Jenny McFadden: Good one. Thanks, Tim.

1195
01:52:01.010 --> 01:52:04.460
Jenny McFadden: Laura, Kristen, Sorcha?

1196
01:52:05.310 --> 01:52:08.479
LAURA: Mine went way down, too, and

1197
01:52:10.210 --> 01:52:12.990
LAURA: Well, I just have the two,

1198
01:52:13.580 --> 01:52:19.090
LAURA: Irritation went from 8 to 0. Frustrated, 8 to 1.

1199
01:52:19.930 --> 01:52:28.219
LAURA: And it was interesting, because I just visualized, like, walking inâ€¦ To work, and justâ€¦

1200
01:52:28.860 --> 01:52:37.809
LAURA: Having it beâ€¦ A more friendly place, and just feelingâ€¦ Not feeling guarded, not feelingâ€¦

1201
01:52:38.800 --> 01:52:42.249
LAURA: I don't know, it was just that there was a definitely a switch.

1202
01:52:42.930 --> 01:52:45.650
LAURA: But there also was this awareness that

1203
01:52:46.030 --> 01:52:51.109
LAURA: As much as I want to belong, I alsoâ€¦

1204
01:52:52.480 --> 01:53:00.900
LAURA: Like, when I see things that aren't wrong, Feel an obligation toâ€¦ To voice those, and soâ€¦

1205
01:53:01.480 --> 01:53:05.930
LAURA: Having those two things live in harmony areâ€¦ is an interestingâ€¦

1206
01:53:05.930 --> 01:53:06.320
Jenny McFadden: Yes, sir.

1207
01:53:06.320 --> 01:53:07.240
LAURA: dilemma.

1208
01:53:07.240 --> 01:53:07.930
Jenny McFadden: Yes.

1209
01:53:08.330 --> 01:53:12.660
Jenny McFadden: And that might come, and that might be the continuation of the story. We'll see what happens.

1210
01:53:12.660 --> 01:53:13.020
LAURA: It's beenâ€¦

1211
01:53:13.020 --> 01:53:16.730
Jenny McFadden: It is finding that, and in a way, that's finding who you are.

1212
01:53:17.020 --> 01:53:18.619
Jenny McFadden: As both of those things?

1213
01:53:19.000 --> 01:53:23.269
Jenny McFadden: Yeah. Which is a newâ€¦ Thing to sort of figure out.

1214
01:53:24.550 --> 01:53:29.780
LAURA: No, it's true. That I can sit in both, maybe not at the exact same time, butâ€¦

1215
01:53:30.250 --> 01:53:35.030
LAURA: that both are true to me, and I don't have to pick one or the other. Yeah.

1216
01:53:35.030 --> 01:53:36.989
Jenny McFadden: And there's nothing wrong with being an advocate.

1217
01:53:37.650 --> 01:53:43.269
LAURA: Yeah, soâ€¦ it was very enlightening, this session, for sure.

1218
01:53:43.850 --> 01:53:44.950
Jenny McFadden: Fantastic!

1219
01:53:45.380 --> 01:53:46.090
LAURA: Thank you.

1220
01:53:46.090 --> 01:53:46.870
Jenny McFadden: Q.

1221
01:53:52.260 --> 01:53:56.840
Jenny McFadden: Kristen, we haven't heard from you, haven't heardâ€¦ how about you tell us? I hear the story?

1222
01:53:58.500 --> 01:54:03.230
Kristen Howarth - Women Unleashed: If I can find the unmute button, maybe? I just couldn't bring it back to the screen.

1223
01:54:03.660 --> 01:54:06.979
Kristen Howarth - Women Unleashed: So Iâ€¦ funny enough, I gotâ€¦

1224
01:54:06.980 --> 01:54:25.669
Kristen Howarth - Women Unleashed: like, I was sort of listening to what was being said and stuff, and I went, I can't do this process in a group. Been there, done that. It's all too noisy, so I just sort of sat with that and just went, alright, because I gotâ€¦ this is on, 11 as well, so it was sole separation.

1225
01:54:25.670 --> 01:54:26.360
Jenny McFadden: Oh.

1226
01:54:26.360 --> 01:54:37.989
Kristen Howarth - Women Unleashed: The componentâ€¦ the other component with that was family, but, it wasn't my stuff. But it was to do with weight and hormones and feeling stuck and heavy.

1227

01:54:38.280 --> 01:54:42.940
Kristen Howarth - Women Unleashed: andâ€¦ likeâ€¦

1228
01:54:43.710 --> 01:55:01.200
Kristen Howarth - Women Unleashed: and consciously, it sounds stupid, but, like, now that I'm 50, I had another friend that was a healer, that was only 52, that passed away, a week ago. There's been a few other, like, really young people in town, sort of die car accidents or whatever, so it's sort of most likeâ€¦

1229
01:55:01.580 --> 01:55:06.819
Kristen Howarth - Women Unleashed: I'm old, it's done, I'mâ€¦ I'm, like, it's too late, like, you knowâ€¦

1230
01:55:07.000 --> 01:55:15.979
Kristen Howarth - Women Unleashed: everyone'sâ€¦ yeah, we haven't really got that long, and I'm sort of on that, sort of feeling stuck, it's too late to change. Soâ€¦

1231
01:55:16.600 --> 01:55:28.950
Kristen Howarth - Women Unleashed: So, the family stuff I got wasn'tâ€¦ it wasn't my stuff, but it was holding on, and it was sticky, and it's sort of, like, I've gotâ€¦ people have got the braâ€¦ the brakes are on, but they're not my brakes.

1232
01:55:29.000 --> 01:55:41.780
Kristen Howarth - Women Unleashed: And then the sole separation one, I literally had this sort of picture of, like, you know, the toys you can get, and even just the suctions, like, onto glass, they're like aâ€¦ it's like a fish, or it's aâ€¦

1233
01:55:41.850 --> 01:55:45.919
Kristen Howarth - Women Unleashed: You know, dog food bowl, or whatever, it's that sort of, you know,

1234
01:55:46.360 --> 01:55:55.179
Kristen Howarth - Women Unleashed: theâ€¦ you can get the hooks and stuff. So it's that sort ofâ€¦ yeah, I had this sort of vision of, like, aâ€¦ I don't know, some sort of fish or something that wasâ€¦

1235
01:55:57.840 --> 01:56:04.949
Kristen Howarth - Women Unleashed: sucked onto, and that I was sort ofâ€¦ it was being pulled, but it wasn't releasing. Oh, yeah.

1236
01:56:05.360 --> 01:56:10.560
Kristen Howarth - Women Unleashed: So, yeah, so when I was sort of sitting there, and that was when I was sort of saying, oh, well.

1237

01:56:11.200 --> 01:56:17.390
Kristen Howarth - Women Unleashed: I don'tâ€¦ I went down that path of, yeah, I don't do this process in a group,

1238
01:56:18.500 --> 01:56:25.210
Kristen Howarth - Women Unleashed: very well, given last time. So then it was sort of, like, Almost that ability toâ€¦

1239
01:56:25.300 --> 01:56:43.399
Kristen Howarth - Women Unleashed: I don't need to look at it, so I'm not gonna do it today. I'll do it later, when it's quiet, you know, but tomorrow never comes, which sort of is in that cycle as well. You know, so then I just, yeah, sat with it and went, okay, well, what's below the noise if I was just,

1240
01:56:43.660 --> 01:56:47.570
Kristen Howarth - Women Unleashed: to do that, and basically, the question that came up was, what if I let go?

1241
01:56:48.230 --> 01:56:48.710
Jenny McFadden: Yep.

1242
01:56:48.710 --> 01:56:56.529
Kristen Howarth - Women Unleashed: And then, yeah, it was release, light, freedom.

1243
01:56:56.940 --> 01:57:06.479
Kristen Howarth - Women Unleashed: like, lightness rather than sunshine light. But yeah, that sort of floating, and changing dimensions wasâ€¦

1244
01:57:06.890 --> 01:57:08.660
Kristen Howarth - Women Unleashed: where I floated to.

1245
01:57:09.170 --> 01:57:11.010
Kristen Howarth - Women Unleashed: Sameâ€¦ And how did it.

1246
01:57:11.010 --> 01:57:12.770
Jenny McFadden: go at the end.

1247
01:57:12.980 --> 01:57:15.109
Jenny McFadden: Sorry if I have to rush you, I just want.

1248
01:57:15.110 --> 01:57:21.719
Kristen Howarth - Women Unleashed: No, no, it's right, feeling stuck and trapped went from 8 to 2, it's too late to change went from 7 to 1.

1249

01:57:21.860 --> 01:57:26.010
Kristen Howarth - Women Unleashed: And it's dailyâ€¦ daily walking is the action.

1250
01:57:26.190 --> 01:57:28.430
Kristen Howarth - Women Unleashed: Which I'm sure the dogs will be happy about, too.

1251
01:57:28.430 --> 01:57:32.509
Jenny McFadden: I love that about the letting go, like, that was totally the piece, wasn't it?

1252
01:57:32.510 --> 01:57:33.300
Kristen Howarth - Women Unleashed: Hmm.

1253
01:57:34.350 --> 01:57:37.159
Kristen Howarth - Women Unleashed: So, anyway, we shall see how thatâ€¦

1254
01:57:37.460 --> 01:57:41.499
Jenny McFadden: Yeah, well, I might be interested to see how you know, like, share how that feels next time.

1255
01:57:41.500 --> 01:57:42.180
Kristen Howarth - Women Unleashed: Yeah.

1256
01:57:42.960 --> 01:57:43.660
Kristen Howarth - Women Unleashed: Yep.

1257
01:57:44.440 --> 01:57:45.270
Jenny McFadden: Thank you!

1258
01:57:45.270 --> 01:57:46.130
Kristen Howarth - Women Unleashed: Thank you.

1259
01:57:47.280 --> 01:57:49.800
Jenny McFadden: Sorca, how did it go after?

1260
01:57:50.350 --> 01:57:51.600
Sorcha Fraser-Swatton: Got time for mine?

1261
01:57:52.630 --> 01:57:56.589
Sorcha Fraser-Swatton: Okay, soâ€¦ so I also had an 11.

1262
01:57:57.380 --> 01:57:57.700
Jenny McFadden: Oh.

1263
01:57:57.700 --> 01:57:58.370
Sorcha Fraser-Swatton: moved it.

1264
01:57:58.970 --> 01:57:59.620
Jenny McFadden: Right.

1265
01:58:00.070 --> 01:58:08.500
Sorcha Fraser-Swatton: And I felt like I was at the beginning of everything, and the starsâ€¦ Split.

1266
01:58:09.080 --> 01:58:12.410
Sorcha Fraser-Swatton: So there's this enormous bang, and everything's shattered.

1267
01:58:12.510 --> 01:58:18.770
Sorcha Fraser-Swatton: And I've spentâ€¦ However many thousands of years trying to get all that back together.

1268
01:58:19.010 --> 01:58:21.890
Sorcha Fraser-Swatton: The feelings were broken.

1269
01:58:22.390 --> 01:58:24.639
Sorcha Fraser-Swatton: Shards of glass and spiky.

1270
01:58:30.870 --> 01:58:39.080
Sorcha Fraser-Swatton: Disconnected from whereâ€¦ I amâ€¦ In the heart.

1271
01:58:39.240 --> 01:58:44.430
Sorcha Fraser-Swatton: So, where I'm living, is not where my heart is.

1272
01:58:45.400 --> 01:58:46.390
Jenny McFadden: Yeah.

1273
01:58:46.390 --> 01:58:54.079
Sorcha Fraser-Swatton: Separation fromâ€¦ I've written loud, but I have no idea what thatâ€¦ means, anyway.

1274
01:58:55.120 --> 01:58:58.010
Sorcha Fraser-Swatton: And always looking to be somewhere else.

1275
01:58:58.590 --> 01:59:01.109
Sorcha Fraser-Swatton: Which I kind of think isâ€¦ isâ€¦

1276

01:59:01.230 --> 01:59:06.949
Sorcha Fraser-Swatton: part of, you know, at the Trentâ€¦ at the moment, I'm doing 3 completely separate jobs.

1277
01:59:07.340 --> 01:59:11.090
Sorcha Fraser-Swatton: So it's like, I haven't settled with one particularâ€¦

1278
01:59:11.660 --> 01:59:15.709
Sorcha Fraser-Swatton: Thing. I also had an epigenetics one.

1279
01:59:15.980 --> 01:59:22.280
Sorcha Fraser-Swatton: Which is passed down Sixth generation back as a witch, tortured, burntâ€¦

1280
01:59:22.700 --> 01:59:30.340
Sorcha Fraser-Swatton: fear of speaking out. Now, this sort of ties everything together. Parallel world, So I've been livingâ€¦

1281
01:59:31.840 --> 01:59:36.449
Sorcha Fraser-Swatton: Outside, as someone else, completely disconnected toâ€¦

1282
01:59:36.610 --> 01:59:40.580
Sorcha Fraser-Swatton: who I really am, because that's the only way I felt safe.

1283
01:59:41.030 --> 01:59:44.760
Sorcha Fraser-Swatton: And then it wasâ€¦

1284
01:59:44.930 --> 01:59:53.560
Sorcha Fraser-Swatton: Then the last one was the number 2, the etheric layer, and when I asked which one, it was number 5, which is the throat chakra.

1285
01:59:53.910 --> 02:00:00.680
Sorcha Fraser-Swatton: blueprint, unable to speak the inner truth, and I went, That seems to haveâ€¦

1286
02:00:01.520 --> 02:00:01.850
Jenny McFadden: That's it.

1287
02:00:01.850 --> 02:00:08.980
Sorcha Fraser-Swatton: altogether. So it wentâ€¦ the anger went from a 10 to a 5, the betrayal went from 9 to a 4.

1288

02:00:09.240 --> 02:00:10.220
Sorcha Fraser-Swatton: Excellent.

1289
02:00:10.580 --> 02:00:14.870
Sorcha Fraser-Swatton: And my next step is to go and have a picnic lunch in the bush by the creek.

1290
02:00:16.160 --> 02:00:16.750
Jenny McFadden: Awesome.

1291
02:00:17.940 --> 02:00:20.529
Jenny McFadden: Wow, I think that'sâ€¦ that's brilliant.

1292
02:00:20.790 --> 02:00:21.440
Jenny McFadden: Excellent.

1293
02:00:21.440 --> 02:00:22.420
Sorcha Fraser-Swatton: connections.

1294
02:00:23.370 --> 02:00:24.670
Jenny McFadden: Okay, fantastic.

1295
02:00:25.020 --> 02:00:29.150
Jenny McFadden: Sounds likeâ€¦ it sounds like there's some more to do, or it may keep dropping by itself.

1296
02:00:29.310 --> 02:00:34.810
Jenny McFadden: And that's what we'll do next time. One of the things I always ask, with people isâ€¦

1297
02:00:34.930 --> 02:00:46.870
Jenny McFadden: the reason why I like to have a follow-up with someone is so I can ask them about the same things they did before, because, you know, like, that experience that you have when something realizes, but you don't realize it's changed?

1298
02:00:47.050 --> 02:00:56.180
Jenny McFadden: you just forget, because there's no signal saying, oh, that's out of balance anymore. It's like, there's flat, it's flat, flat line. There is no signal. So,

1299
02:00:56.620 --> 02:01:10.909
Jenny McFadden: interesting, well, I might even justâ€¦ I'll write down, bring with you what you did this workshop to next workshop, so you can do that process and remind yourself, okay, I'm checking in, has this gone up, gone down?

1300
02:01:11.070 --> 02:01:15.030
Jenny McFadden: what's next? You know, that kind of thing, like, have the experience of doing that yourself.

1301
02:01:16.090 --> 02:01:19.279
Jenny McFadden: Awesome. Alright, so in between, see if you can,

1302
02:01:24.650 --> 02:01:26.209
Kristen Howarth - Women Unleashed: I lost your sound again.

1303
02:01:26.210 --> 02:01:27.809
Jenny McFadden: with someone else's anyone?

1304
02:01:28.000 --> 02:01:28.760
Jenny McFadden: birth.

1305
02:01:29.850 --> 02:01:31.829
Jenny McFadden: It's working on my end. Is it working?

1306
02:01:32.060 --> 02:01:33.179
Kristen Howarth - Women Unleashed: It is now.

1307
02:01:33.420 --> 02:01:35.479
Jenny McFadden: Ugh, that's strange. Okay.

1308
02:01:36.000 --> 02:01:42.380
Jenny McFadden: Do a practice in between if you can. Does anyone here want someone to practice with? With each other? Orâ€¦

1309
02:01:42.810 --> 02:01:45.170
Jenny McFadden: You just do it on yourself or with someone?

1310
02:01:45.390 --> 02:01:49.640
Jenny McFadden: So that you can ask me questions.

1311
02:01:51.050 --> 02:01:59.679
Jenny McFadden: Right? So you can haveâ€¦ do a follow-up, but also, where are the questions? Where's the things you go, oh, how do I do that again? Or, what's that mean again?

1312
02:01:59.820 --> 02:02:04.730
Jenny McFadden: Any of those sort of things, or anything that's helpful. Alright, thank you so much!

1313

02:02:04.920 --> 02:02:05.780
Kristen Howarth - Women Unleashed: Awesome. Bye.

1314
02:02:05.780 --> 02:02:06.190
Jenny McFadden: to learn.

1315
02:02:06.580 --> 02:02:07.130
Jenny McFadden: Bucho!

1316
02:02:07.130 --> 02:02:08.000
Kristen Howarth - Women Unleashed: Thank you.

1317
02:02:08.690 --> 02:02:09.260
Renee: See ya.

1318
02:02:09.260 --> 02:02:09.770
Kristen Howarth - Women Unleashed: Bye.

1319
02:02:09.770 --> 02:02:10.590
Jenny McFadden: Bye!

1320
02:02:10.590 --> 02:02:11.290
Sorcha Fraser-Swatton: Bye.