Jenny McFadden: Okay, welcome, we're up to Session 3 of the, practitioner training.

Jenny McFadden: Good to see ya! And…

Jenny McFadden: Hello to everyone, if you're watching the replay.

Jenny McFadden: Now, what I wanted to do today is just run through a couple of the things… I sent you out notes. Now, can I just say up front.

Jenny McFadden: When I send you notes and stuff, and it's kind of like, you can say this, and you can say this, it's basically, well, you can, if you want.

Jenny McFadden: Not you have to, you know? Stuff that I'm providing is like, well, if it's helpful, use it. Well, here's the way you could start. If you haven't got the words, or here's a way you could say it, and then after a while, you have your own, you know what I mean? So, I'm just giving you extra stuff, which you can use, or not, that I know works.

Jenny McFadden: So, and that brings up some of the things I want to talk about today, which is the wording around some things, and why it's worded that way, or… because most of it I didn't make up. Most of it I was shown, this is the way you need to do it. I was like, okay. So that's the way I've been doing it. That doesn't mean that, like we did last week.

Jenny McFadden: At the end, when we, just cleared whatever was there, and it cleared anyway, right?

Jenny McFadden: So, it's interesting, like, their energy transformed, even though you hadn't actually, you know, you hadn't thought that you'd put your attention on it, but actually you had.

Jenny McFadden: So, anyway, just, there's some interesting things that can happen. So, first of all.

Jenny McFadden: I apologize if I, turn off my sound and go blow my nose.

Jenny McFadden: Or cough, going through a transition, obviously. So, yeah, I apologize in advance for that, hopefully it'll be alright. Now, feedback from you. Anyone have a… did either of you had a go at, working with someone, do something on yourself?

Jenny McFadden: Had that go.

Jenny McFadden: Whatever.

Kristen Howarth - Women Unleashed: Yeah, personally, I haven't, just because of grandbaby… I was grandbabysitting, and now I'm obviously a noosa. Such a hard life. But yeah, so, but just reading… I was just reading over the notes, and sort of…

Kristen Howarth - Women Unleashed: You know, connecting in that way, on the plane, actually, and yeah, there was just sort of…

Kristen Howarth - Women Unleashed: It just felt like it was…

Kristen Howarth - Women Unleashed: Sort of sinking in, and the process, like, the sequences and stuff.

Kristen Howarth - Women Unleashed: We're sort of,

Kristen Howarth - Women Unleashed: not that I was testing myself, but it was like, oh yeah, what do I do next, and stuff, and yeah, so I think that's good. And I've got a couple of sessions booked in, next week, I think, with some clients, so… We'll… yeah, so…

Jenny McFadden: That's for sure.

Jenny McFadden: Yep. And, yeah, great. Thank you, that's really good. Okay, no, I get it, like, you get time if you don't do as much as you can, or whatever you can. Awesome.

Jenny McFadden: How about you, Dave?

debby: Yeah, I actually, my kids have been staying with, their father, which is a very new thing in my household, so,

debby: I wanted to practice on Dean, and the day after we spoke, and her… they all left, and…

debby: I was like, thanks, universe! But, I did practice on… My friend, impromptu.

debby: Okay. He is… such a super special, incredible, like, already highly attuned, individual. And…

debby: it… it… I kept asking him, can I practice on you? Can I practice on you? Because he knows I'm doing this course. And he's like, yeah, yeah, of course, anytime. Like, yeah, let's do it. But then, when we actually…

debby: we didn't create an actual time, but then when I was with him, I said, oh, something came up where we could probably… I said, I asked him, would you like me to do this with you? And he's like, yeah, yeah, let's do it.

debby: And so…

debby: we didn't… I… it was a great start for me, because I didn't have anything prepared. Like, I wish I had… you know the notes you sent last night? I wish I had that in front of me, because I would have felt more confident.

debby: But because he's so incredible and already so open, to everything energetic, he… he just took off with it. Like, he… he just went in a space where he knew where he needed to go, but I was there just prompting him, like.

Jenny McFadden: That's right.

debby: And I didn't even know… I didn't even have all… like, I was furiously trying to look on my phone, trying to do the diligent thing by, okay, what's the… what's the things? And then I realized, okay, look, just… the universe knows, like, you know, divine knows.

Jenny McFadden: Correct.

debby: what are the… what are the topics from 1 to 11, you know? Yep. Under Jenny's, Quantum Freedom Formula, technique. Yep. And…

debby: it came up with… I don't even have it in front of me, because it was on a scrap piece of paper at his house. So, it was like, I remember it was physical, it was family, and it was, what was the other one? Epigenetic.

Jenny McFadden: Yep.

debby: And so, when I asked him, What's coming up for you?

debby: He goes, I know exactly what it is, but he didn't want to delve into it with me. He didn't want to talk, and that's what I wanted to ask you.

Jenny McFadden: Yep.

debby: he didn't want to talk about it, but he… it's like he just knew, yep, I know exactly what it is. I said, do you know how old you were?

debby: I just guided him along the question. He's like, yep, I know.

debby: And then it went on a tangent somewhere else, and…

debby: he felt like somebody had come in, and really that he had been afraid to speak to for a long time, like a… something from another space and time, and so…

debby: he had, all of a sudden, like, he… there was just so much lightness to him, and peace around him, and then later on, he texted me going, I… I feel so much peace and joy, like, I feel really,

debby: yeah, he said, I don't… his exact word is, I feel really peaceful, and this sense of calmness around all those topics now. But it wasn't… it wasn't the…

debby: It, like, we didn't go through all the motions, we didn't do the technique exactly the same, but for him, it seemed to have…

debby: opened up what it needed to. Sorry, my dogs are talking to the neighbor's dogs.

debby: Yeah, so… so that's how my experience was, and… but I… it was probably the confidence. Marty, shoosh! It was probably the confidence that I needed.

Jenny McFadden: Yep.

debby: he was kind of, like, the one I probably didn't want to start with,

Kristen Howarth - Women Unleashed: That's funny.

Jenny McFadden: end up… yeah.

debby: Yeah, but he… but I'm very comfortable around him, so wherever…

Jenny McFadden: Yep.

debby: that's what I love about the technique, is that… and I'm glad you said that you don't have to follow word for word, even though I don't want to veer off the formula,

debby: But for him, it seemed to have unlocked whatever needed to be unlocked, and… And…

Jenny McFadden: He's happy? Great.

debby: Yeah, and he was having…

Jenny McFadden: Correct. Yeah.

debby: I just think, oh, sometimes your intention is just so, so powerful, and his intention was there, and my intention was there, and, you know, like, it's not really hard and fast sometimes.

debby: how it needs to be, you just have to go with it, and if it feels good, it feels God, you know? Like, I just feel…

Jenny McFadden: Yep.

Jenny McFadden: Yep.

debby: That, that's what…

Jenny McFadden: Interesting how it turned out that he was the one they did the first one with, and you didn't have any notes.

debby: I didn't have any notes, I didn't have anything, and I was trying to be still in the present and in the moment without.

Jenny McFadden: Perfect.

debby: Without trying to grab everything,

Jenny McFadden: Perfect.

debby: But my goal this week, coming, is to have your notes, and to actually

debby: follow the whole thing step by step, because I really want… I felt it personally, how it works, so I do want to share that with others.

Jenny McFadden: I think that's a great experience, Deb, and I… What I think is that…

Jenny McFadden: You brought that experience to you, so that you could realize you can do this

Jenny McFadden: Right? And when you've got someone very experienced sitting in front of you who's really confident, often they can go in a different direction.

debby: Yeah, yeah, and like, I… I just had to nurture the space so that, you know, because it's not really anything I'm doing, it's just all happening.

Jenny McFadden: That's true, that's true. Like, your presence is… and your, you being actually in the space, and, hey, Laura! And, like.

Jenny McFadden: Our presence with the person is really important.

Jenny McFadden: Right, we're actually holding that space with them.

Jenny McFadden: Alright, and and doing it with them, in a way.

Jenny McFadden: If, like, that's my view. That's how I feel about it. That's why, even when we do the, the heart work, and then we wait till we yawn or whatever, I actually say, I'll do it with… I'm doing it with you. And I do.

Jenny McFadden: So…

Jenny McFadden: For me, that's part of the process, so I love that. I find there are… like, everybody's… everyone that you work with is going to be different. You're going to find that some people… you'll get the opposite as well.

Jenny McFadden: Where someone will go, and how do you do that? And what, what, like, and what's the next step? And did I do that right? And, you know, like, so you'll get a whole range of different people. The thing that you're looking for is, can they notice the difference? And the point of, hey, Renee!

Jenny McFadden: The point of doing the beginning part, where you do the thoughts and feelings, is so that someone will have evidence, because mostly, unless it's someone who's really tuned into their energy and knows exactly how they feel and whatever, and what's different, most of us often, like.

Jenny McFadden: When it comes to that part, that… we often don't know.

Jenny McFadden: Like, we might feel different, but we don't know exactly what's changed.

debby: Yes.

Jenny McFadden: And can't measure it. So that's… it's just a way of measuring.

Jenny McFadden: That's all.

debby: Yes, and I agree, and he's what… his issue was that he was stuck. He felt… he kept… the… we were having dinner together, and the conversation kept coming around… around…

debby: He… he has these ideas, he puts them all into motion, he gets them all done, and then he's stuck, and then he feels like a fizzle in the energy, and that he can't birth it into the world.

Jenny McFadden: What?

debby: And then we… we… that's why we started talking about this, because we've come up with the theme, and we feel stuck, so it was great.

Jenny McFadden: Yeah, perfect.

Jenny McFadden: Well, let's see how… ask him… so that your job now is to follow up with him, and ask him.

Jenny McFadden: In a couple of weeks. So what's happened as a result? Like, sometimes it's like, oh my god, I've just done this, and this has happened, or other times it might be, yeah, now this has come up.

Jenny McFadden: It's like, remove one, the next one. Sometimes, you know, it's a process.

debby: Yeah.

Jenny McFadden: It'd be interesting to see.

Jenny McFadden: Good job!

Jenny McFadden: Very exciting.

debby: Yeah. Hold on.

Jenny McFadden: Hi, Renee! Hi, Laura!

LAURA: Hello, hello!

Jenny McFadden: Good to see ya! We're just, I'm just asking for feedback on anything you might have done with the process yourself, or someone else, or any questions that you've got at the moment.

Renee: I just wondered, am I… I didn't actually do the last workshop. Do you need to… is it, like, progressive?

Jenny McFadden: Not really, no.

Renee: Because I was like, I mean…

Jenny McFadden: Yeah, you'll be fine, that's fine.

Renee: Okay.

Jenny McFadden: That's fine.

Jenny McFadden: Not at all.

Jenny McFadden: Have you had a chance to do it? Have you had a chance to use it on yourself or with anyone else yet?

Renee: No.

Jenny McFadden: Okay, no, that's alright. If you can, it's good, because then you get to know where the problems are.

Jenny McFadden: Or where it's like, I don't get that bit, or, you know, like, someone asked me that, and I don't know how that… how to answer that.

Jenny McFadden: How about you, Laura?

Renee: I've actually got someone this afternoon I'm practicing on.

Jenny McFadden: Perfect!

Jenny McFadden: Alright, well this… today'll be good.

LAURA: So I… this has just been, like, magic for me.

LAURA: I had another client that I've been working with for a long time, and we went in and we did

LAURA: well, it's funny, I always ask, like, do we need to do a motion code, body code, or belief code? And so we went to Belief Code, and we got that portion of the work done, and actually, they, like.

LAURA: They dovetail so nicely, because a lot.

Jenny McFadden: Yep.

LAURA: What we're doing is.

LAURA: this is what I don't want anymore. And it's the same as, like, these are the limiting beliefs I don't want in my life anymore. And so, we identified those, and then, again, I, like, once I do that, then I go and, like, do we need to do a motion code? Do we need to do…

LAURA: body code, and I got no both times, so then I asked, do I need to do the quantum freedom formula, and we did. And this is the client that I worked on a while back that we used it for. The one I talked about last week, where her dad was her, higher… higher self, or higher…

LAURA: higher guidance.

Jenny McFadden: Guide, yeah, whatever.

LAURA: It was just… Kind of went disastrous.

LAURA: This time, And it was funny, because she had a hard time, like, grasping who her… her higher…

LAURA: self or spirit was. Energy… higher…

LAURA: Like, where she gets her downloads from. And so it took her a minute to, like, figure out what that was, and it was Spirit, and oh my god, it…

LAURA: It just clicked, clicked, clicked, and…

LAURA: it was so good. She had, like, the biggest release, and just cried her eyes out, and I think this was, like…

LAURA: The thing that we needed to get over that hurdle, because the same thing has been just coming up and up and up and up for

LAURA: Literally a couple of years.

Jenny McFadden: Wow.

LAURA: And it was… it was so magical, and I mean, it's hard work, because you have to, like, face things that kind of suck, but

LAURA: Once she could start seeing the dots connecting.

LAURA: then it, like, freed it in her… wherever it was stuck in her. So, anyway, I am just, like, loving this so much. Fantastic.

Jenny McFadden: Thank you, and what do you… what are you,

Jenny McFadden: Is there anything you want to share about, like, that's an amazing story, like, so good when it just flows, and… like, both, both stories.

Jenny McFadden: Is there anything… what do you think is the strength in this that's helpful? That doesn't…

LAURA: Well, I just want to say for myself, like, because we do the work on ourselves each time we meet, and

LAURA: So I have… Friends that are more spiritual.

LAURA: And even for me, just, like, doing the work every time we meet,

LAURA: There has been a significant shift in me Especially…

LAURA: I've noticed the most significant shift for me in the last two weeks. It's like.

LAURA: everything is just, like, clicking for me, and so I don't…

LAURA: I probably need to go back to my notes to see what I pinpointed the last time, and, like, what I was able to clear, because whatever that was has been… has been a block for me for a long time, and so…

LAURA: Yeah, I just feel like things are…

LAURA: like, I'm focusing more on the positive, and things are just kind of going more smoothly for me, and not get so many hang-ups, and the things that are…

LAURA: You know, the life little hiccups, they're not running my life anymore.

Jenny McFadden: Fantastic.

LAURA: able to, like, turn those things, like, oh, that was a hiccup, that kind of sucked, but it's not, like, consuming me and, like, sucking all my energy anymore, so it's.

Jenny McFadden: Right.

LAURA: I can't explain, like, where the clearing is in my mind, body, or soul.

LAURA: But… whatever it was has moved out, and I just, like, feel… and I actually had my own…

LAURA: you know, we all have to have our own, like, healers, and I had a session with my healer this week, and she's like.

LAURA: the shift from when I started working with her 2 years ago to now, she's like.

LAURA: Like, you're moving at… like, epic speed.

Jenny McFadden: Quanta?

LAURA: Yeah, and so… but you don't really realize when you're doing the work, and so it's just nice to, like, feel freer and…

LAURA: And the other thing I just gotta say, too, is just for us, with our clients, you only have to be one step ahead of them.

LAURA: So what we're learning tonight is just, like.

LAURA: putting us one step in front of our clients, and then we can use it on our clients, and then in two weeks, when we learn more, then we're one more step ahead, and then we can use it. So, it's just like following the breadcrumbs, and following the breadcrumbs with their story, and, like, asking that next

LAURA: question to, like, get them to the next level. Like, what age, and what happened, and how did that make you feel, and…

LAURA: And then when they're getting their, like, divine… intervention about

LAURA: Why are you bringing this to me right now?

LAURA: like, I just keep asking them to, like… because for me so far, both of my clients that I… well, I've worked with several clients with this now, but the last two I've worked with where I'm, like, inter… intermingling the two practices,

LAURA: They just start, like, downloading whatever…

LAURA: spirit is telling them about these different fractals, and, or patterns, I guess, and

LAURA: and then they kind of hit, like, a stopping point, and then I'll say something like.

LAURA: ask if there's anything else, and then they'll be like, no, that feels complete. And then we'll move to, like, okay, let's move to number two, and let's look at that. So, I don't know, it feels really natural. It feels like… it feels like something I've done before, not in this lifetime, but maybe

LAURA: other lifetimes, so… I love it, love it, love it, so thank you.

Jenny McFadden: Yeah, I'm so pleased that you do, and so pleased about your personal, changes, because that's what I think we're doing here as well, is we're working on ourselves.

Jenny McFadden: Not just for, you know, like, the more that we work on ourselves first, and it's a way for us to find out

Jenny McFadden: does this really work? Do I really believe in it? Yeah. And can I test my follow-up results? Because that's what I want to do now. Those of you… I think there's only two of you

who were here last week… last time, I mean, have a look if you've got them, and see what you wrote down, and just see if it's the same. Like, you've got to have the proof, too.

Jenny McFadden: For yourself, to know that, yeah, this… or if it… or if it… if it does go back up, what is the next step then? Because that… sometimes, not that often, like, I know it happened with Renee.

Jenny McFadden: Like, it can be disappeared, and then you go back to it, and you go, oh, and that… when that happens… when that happens, when I… when someone… I go, okay, great, that's a clue.

Jenny McFadden: Because that helps me understand there's something else about that that we need to work with.

Jenny McFadden: that statement, which was a 0, if it's now 5 again, that tells me there's more. So that's really… I find it really helpful. It doesn't happen very often, I have to say.

Jenny McFadden: But it's useful when it does.

LAURA: Yeah.

Jenny McFadden: And, yeah, so, yeah, thank you, thanks.

Jenny McFadden: Laura, that's really helpful.

Jenny McFadden: Did anyone, work with Level 10 or 11?

Jenny McFadden: Have any feedback on that?

Jenny McFadden: No, okay. Alright.

Jenny McFadden: Has anyone got a question?

Jenny McFadden: Or even something, if I can't answer it now, I can make a video on it.

Jenny McFadden: Anything you go, I'm not sure about this, or…

debby: Excellent.

Jenny McFadden: learn that more.

debby: Yeah, what if the person… That you're working with doesn't want to talk.

debby: They just go, They just, like, that's what I experienced.

Jenny McFadden: Yeah.

debby: They didn't want to… they didn't want to talk about it, they just… so it was difficult for me to…

debby: delve further, like, I'd say, I didn't ask that many questions, to be honest, because it seemed like it was a very personal thing that he was tapping into, and so…

debby: Maybe it was just because it was, like, an impromptu thing. We didn't sit down and say, like, we're gonna do this, we're gonna do that.

Jenny McFadden: Yeah, might be.

debby: I think that's… but what if you do get somebody who doesn't really feel like Do I just…

Jenny McFadden: Then I don't push it.

debby: We don't push it, yeah.

Jenny McFadden: If someone… like, I'll usually say up front, like, if it's a session, I would have already said up front, look, I'm going to ask you some things, and some memories, or some things you'll know, some things will not be yours, you won't have any idea, and explain the stuff about, you know, you feel like you're just making it up. Even if… even if it's someone that is really experienced.

debby: Yes.

Jenny McFadden: I'll still say that to them, because I want to explain where I'm coming from, and that, you can just tell me whatever you think I need to know.

Jenny McFadden: That's the phrase, the exact phrase I use. Just tell me whatever you think I need to know.

Jenny McFadden: Pride?

Jenny McFadden: Because if someone… like, you know, it's not… it's not… it's happened to me as well, and it will happen to you. But, you know, people have experienced abuse of different sorts. Like, I'm talking at the extreme, right? But all different things that people don't want to talk about.

Jenny McFadden: And I go, okay, just… and if they say, I don't want to say… I don't want to talk about it all, I'll go, okay, then could you just check with your guide that you've got everything you need to know?

Jenny McFadden: Alright, is there anything else that you need to know? You don't have to tell me, but just check with your guidance. Is that everything?

Jenny McFadden: Is that complete?

Jenny McFadden: Right? And then I just trust them.

Jenny McFadden: That's what… that's how I handle it. And then I go to the next one, and if they… and if they say the same thing, I'll say, like, so… so is this… I might ask, specifically, like.

Jenny McFadden: Oh, do you not just want to talk about it at all, or is this because these are, private memories?

Jenny McFadden: I just need to understand, that's all. So I don't ask you if you don't want to.

Jenny McFadden: Because, to be honest, the instruction I got from… when this came through to me was.

Jenny McFadden: The person needs to put their awareness, their consciousness on it.

Jenny McFadden: So whatever it is, if they put their consciousness on it, it's open.

Jenny McFadden: Even if they don't talk about it.

Jenny McFadden: Alright, because we don't really have to know.

Jenny McFadden: But it sometimes really… it sometimes facilitates. He already knew, he could already go connect the dots.

Jenny McFadden: Someone else will go, I don't know, I'm just remembering when I was 3 and I was in the kitchen.

Jenny McFadden: Right? And they're kind of going, why am I remembering that?

Jenny McFadden: But that's when your job comes in. It's like, okay, great.

debby: Yeah.

Jenny McFadden: Now, let me ask you a couple of things. Let's stand outside yourself. Can you…

Jenny McFadden: How is she feeling, you remember? Use third person.

Jenny McFadden: How is she feeling? Or he?

Jenny McFadden: So that, they're not in their body, trying to remember it.

Jenny McFadden: It's actually easier if they step outside.

Jenny McFadden: They often can observe, or know by observing, or whatever.

Jenny McFadden: Is that helpful?

debby: Yes, yes, it was. I think it's just because my, my subject was, so quick to go, yep, I know exactly what this is, yep. Yeah.

Jenny McFadden: Yeah.

debby: I was like, okay, let's move to the next section. Like, you know, it was too fast for me,

Jenny McFadden: Yeah, it wasn't what you were expecting. But anyway, it worked out well, and you got to see that it works, even when someone doesn't.

Jenny McFadden: Talk about it.

debby: Yep.

Jenny McFadden: So that's what you need to know.

Jenny McFadden: Which is great!

debby: Yes, it is.

Jenny McFadden: And the other thing I was going to say, sometimes,

Jenny McFadden: And I've said this somewhere else, but I'll say it again. I have, one particular person that I work with that…

Jenny McFadden: when I… when I… we go to one of the frequency levels, and I say, what's coming up?

Jenny McFadden: If I say, and I say, what's the pattern? She'll actually describe a pattern. Have I said that before?

Jenny McFadden: She'll actually describe what she's seeing, And it's not a memory.

Jenny McFadden: It's actually a patent. She'll go.

Jenny McFadden: I'm saying, like, she basically will see a frequency pattern.

Jenny McFadden: Right? At first, I was like, bye!

Jenny McFadden: You know, like, I go, so describe it to me, and I would write it down.

Jenny McFadden: And then I would go, just have a feeling? Like…

Jenny McFadden: Does it have a sense of emotion or something?

Jenny McFadden: And in my, interpretation of that is.

Jenny McFadden: she's actually seeing a frequency pattern, you know, like, she'll describe this circle, and there's things behind it, and then there's this color, right? And then I'll ask as many questions as I can.

Jenny McFadden: that seem interesting, because I'm curious, just to see if there's any other information, and then I'll just leave it at that.

Jenny McFadden: So you never know what you might get. And sometimes, there are some people who'll go, even before you've asked the question, they'll go, I know what it is.

Jenny McFadden: That sometimes… I was talking to Megan.

Jenny McFadden: The other day, she was saying that someone she was working with

Jenny McFadden: Was very much in their head.

Jenny McFadden: Like, oh, I know what it is. And that's where you've got to use your intuitive sense.

Jenny McFadden: Of, like, is that coming from their head?

Jenny McFadden: Or have they already just had a download? Because their conscious awareness knows exactly what's coming next.

Jenny McFadden: That's ahead of the game.

Jenny McFadden: Heather, you know, knows exactly what we're doing.

Jenny McFadden: And sometimes people start yawning, even before we get to the end. They're already, like, they're already processing, they know what's happening. They've already opened it, they're already… it's already transforming. So, I just go with what, shows up, and if I think that someone's in their head.

Jenny McFadden: I'll ask them, can you just check with your guidance, whoever it is?

Jenny McFadden: Even if it's someone really experienced, because sometimes we can get performance anxiety.

Jenny McFadden: You know, trying to get it right, even though we know how to do this easily,

Jenny McFadden: Sometimes… so… That's a bit more of a tricky one.

Jenny McFadden: But you know what? I… I think, overall.

Jenny McFadden: If someone gets something, and they go, and they want to bring it in, even if it's coming from their head, I'm probably not going to stop them.

Jenny McFadden: I'm just gonna go, okay, what is it? And then I will work with it.

Jenny McFadden: And I'll go, okay, tell me about that.

Jenny McFadden: And then I'll ask some questions.

Jenny McFadden: I'm looking for the connecting the dots again, right?

Jenny McFadden: So, and the reason why is because… the reason why I do that…

Jenny McFadden: Often I can tell when someone is on track. I can always tell. I can tell when someone's on track.

Jenny McFadden: If they're a bit off track, you know what I'm talking about, don't you? You can get a sense when someone intuitively is like, they're on… they're in the right space of where they need to be, and what they're saying is.

Jenny McFadden: Sometimes I'll even get the exact thing.

Jenny McFadden: One time I was doing something, and what came to me was like.

Jenny McFadden: I think this is an Atlantean memory.

Jenny McFadden: And she goes, I think I'm in Atlantis. And I went, oh my god, who would have… that was, like, so funny. Anyway, but I mean, you just get a sense that you know where the person is, and if I think they're a bit off.

Jenny McFadden: I might ask another question, but I don't usually stop them and say, no, that's wrong.

Jenny McFadden: Oh, actually, I never do.

Jenny McFadden: I never say that. Because I want someone to learn to trust themselves, but I will ask them more questions so that I can see why that might have come through.

Jenny McFadden: Or I might ask a… a diversion question.

Jenny McFadden: It says, can I, can you guys ask your guidance again?

Jenny McFadden: Out of 100, how are… like, are you… is that spot on?

Jenny McFadden: Or is there more information?

Jenny McFadden: Is there something else? I might ask it that way.

Jenny McFadden: So I'm getting the sense there's some… there's another thing here, as well.

Jenny McFadden: Is that helpful?

debby: Yes.

Jenny McFadden: Alright.

Jenny McFadden: Thank you, Dave.

Jenny McFadden: Any other questions?

Jenny McFadden: You're all on the money. You're all good. Okay, great.

Jenny McFadden: Today, I would like to…

Jenny McFadden: have one of you be the client. Who would like to be the client?

Jenny McFadden: Like, for the whole session. And everyone else, you'll be doing yours at the same time.

Jenny McFadden: I want a demo.

Jenny McFadden: demo what I'm thinking, When I'm working with someone.

Jenny McFadden: Yes, no. Nobody wants to do it.

Jenny McFadden: Dip? Okay, thanks.

Jenny McFadden: Alright, so everyone else, have you got something to work with today?

Jenny McFadden: What's your topic?

Jenny McFadden: You got something? Yeah.

Jenny McFadden: Yep. Alright.

debby: Another topic, though.

Jenny McFadden: Good.

debby: I'm just trying to think.

Jenny McFadden: Well…

debby: Have a think. Oh, there's a billion things,

Jenny McFadden: Oh, while you're having a think? One of the things I want to talk about that I mentioned…

Jenny McFadden: I'm going to mention it up front, is the languaging around in here, out there.

Jenny McFadden: So, you know, we have the discussion about Where is guidance?

Jenny McFadden: Is it in here? Is it out there?

Jenny McFadden: Alright?

Jenny McFadden: But we all know it's in heat, right?

Jenny McFadden: That we're talking about God, the universe, nature, you know, quantum field, whatever you want to call it, you know, your guide, whatever name you have for it.

Jenny McFadden: It's all part of us, because there's only one energy, right?

Jenny McFadden: We agree on that?

Kristen Howarth - Women Unleashed: Nope.

Jenny McFadden: That's where I'm coming from. Sometimes, I still use language that seems like I'm talking out there.

Jenny McFadden: But I will usually say to someone, if it's one-to-one.

Jenny McFadden: We know it's in here, it's your guidance, your internal guidance, but it's everywhere.

Jenny McFadden: Right, so wherever you want to direct your attention, if it helps you to go.

Jenny McFadden: If it helps you to think that God, or your guide, or whoever is out there.

Jenny McFadden: So that you can get out of your head.

Jenny McFadden: So that you can let go and imagine it dropping in, so that you can, like, that there's a point for it to help someone feel as if

Jenny McFadden: Alright, so I'm asking out there, and I can let go, and I can go blank, and I can…

Jenny McFadden: What I find is it's a technique, it's just a way, even though my language might say, can you ask, and I might point your guidance, right? That's not actually what I believe.

Jenny McFadden: So, probably I ship it. I've tested this myself.

Jenny McFadden: And I find when I do it internally, when they're working with guidance.

Jenny McFadden: Sometimes that sets up… when it's internal, they start… they start feeling like it's them.

Jenny McFadden: If you know what I'm getting at.

Jenny McFadden: And sometimes they start to go… they get, like, caught up in the, I've got to do something here.

Jenny McFadden: So that's the reason why. But you can do it however way you… it works best for you.

Jenny McFadden: But just so you know, that's where I'm coming from, in terms of my paradigm that I'm working from, and sometimes my languaging might be, but that's… I will often explain to someone, you know, guidance is part of you, it's not separate.

Jenny McFadden: Right, whoever it is you're working with.

Jenny McFadden: There cannot… there's… there's only one energy, one… only one of us here.

Jenny McFadden: So… but that, that guide, or guidance, has a name, and what name do you want to give it?

Jenny McFadden: Today.

Jenny McFadden: Alright? That came up with Megan, because we were talking about that, so I wanted to talk about what that means, why that's come up for me.

Jenny McFadden: And come up for her, but you can work with it however it works for you. I'm just saying my… I'm just telling you how my experience of it has been. And depends who you're working with.

Jenny McFadden: Someone who's really, very tuned in, will automatically go internal. Like…

Jenny McFadden: Is there a difference? Not really, not for me.

Jenny McFadden: Go wherever you like.

Jenny McFadden: Just remember that they're actually part of you.

Jenny McFadden: Not separate Alright.

Jenny McFadden: Got something, Deb?

debby: When I just asked…

debby: what I connect to… I've got time management come up for me, but I don't know if that's a… I do know if it's a topic, but I… I find myself on a day-to-day,

debby: habit of just running on… you know when you look at your computer, like Safari or Chrome or whatever? I have about 210 tabs open.

debby: All the time.

Jenny McFadden: Okay, right. So that…

debby: And my brain seems to…

debby: operate like that, and then I confuse myself throughout the day on what I've done, what I haven't done. Did I get the job done? Like, I have… I operate… like, I don't want to operate like that anymore. I actually… it's too much noise in my…

debby: In my head, and… I find myself

debby: Hard to focus on the end process.

Jenny McFadden: Okay.

debby: I know that…

Jenny McFadden: Does it waste time, too?

debby: It wastes time. I feel like I'm not productive. I make jokes about myself that I don't…

debby: you know, like, I'm… I'm lighthearted about it, but deep down.

debby: I don't want to operate like that anymore. Like, it just seems like something that's… I've now outrun. Like, I've done this all my life, and…

debby: I'd love to shift that.

Jenny McFadden: Okay.

Jenny McFadden: This'll be an interesting one.

Jenny McFadden: Okay, so let me ask you this. So, in my mind, I'm actually thinking, you've told me what you're doing that you don't want.

Jenny McFadden: Yeah?

debby: Yes.

Jenny McFadden: So I'm going to ask you some questions about what you do want, so that it brings up that, well, why haven't you?

Jenny McFadden: Close the mall, is my thought, right?

Jenny McFadden: Because something… there's something in that. There's a reason why they're all open.

Jenny McFadden: In quantum freedom form, you'd say the reason they're all open is because in some way, that's the safe way to do it.

Jenny McFadden: Right? That just feels good, we don't know why, but that just feels right.

Jenny McFadden: Yeah. Okay, to close them would cause something. So that's what I'm going to ask you about. So that's what I'm doing in my head. So I'm going, this is what you don't want. I wonder what if you… what you do want will help us understand where the charge is.

Jenny McFadden: Alright, so that's what I'm thinking in my head. So I'm gonna ask you, so…

Jenny McFadden: If you were to close all those tabs.

Jenny McFadden: What's your first feeling about that?

debby: Panic.

Jenny McFadden: Right.

Jenny McFadden: Because you're thinking to yourself.

debby: I'm thinking to myself, I'm not going to remember all the things that I have to control.

Jenny McFadden: Okay?

Jenny McFadden: So I'm just writing that down, exactly as you've said it. It's really important to write down exactly what your words, right? So I'm not going to remember the things I have to control.

Jenny McFadden: What else are you feeling when you're… when you're having… what else are you thinking when you're feeling that panic?

debby: I feel like I'm just letting go,

debby: Yeah, which is Stuart's control, I suppose, but…

debby: I feel like there's a sense of not being safe,

Jenny McFadden: Yep.

Jenny McFadden: Okay, great.

Jenny McFadden: Not being safe, and you're gonna say something?

debby: Not… not… not… there's no completion, there's no,

debby: Like, it actually makes me feel… It makes me feel…

debby: better when I know I can see everything in front of me that needs to be attended…

Jenny McFadden: And so, if you can't see everything in front of you.

Jenny McFadden: Then what happens? What do you… you go… Oh, what?

Jenny McFadden: If you get there, and then someone would shut them all.

Jenny McFadden: You only had a few opened.

debby: Well, when that happens, I… I… I feel like I'm lost.

Jenny McFadden: Lost.

Jenny McFadden: Okay, great.

Jenny McFadden: So I'm just going to repeat a couple of these back to you. Now, everyone else, can you start writing down your,

Jenny McFadden: Whatever it is you're working with today.

Jenny McFadden: We're sort of doing dual here.

Jenny McFadden: You do yours while I'm working with Deb.

Jenny McFadden: So, but feel free to ask a question if…

Jenny McFadden: You need me to explain it, or…

Jenny McFadden: You know, so that you get yours done.

Jenny McFadden: as well.

Jenny McFadden: Okay, so that's the first part. So now I'm going to ask you to… so, when you think about closing all those tabs, or having them all shut and they're not there, and you feel a sense of panic, how strong is that out of 10?

debby: It's like a 10.

Jenny McFadden: And when you think.

Jenny McFadden: And when you think to yourself, I'm not going to remember all the things I have to control, or do, how strong is that? How much energy is that? How about it? How much charge?

debby: I'm not gonna hate.

Jenny McFadden: And, your thought… I feel like I'm letting go, and there's no sense of being safe.

Jenny McFadden: How much does Zahif? Charge does Zahaf?

debby: N.

Jenny McFadden: 10?

Jenny McFadden: And… I'm lost.

debby: 8.

Jenny McFadden: Okay, great. I think that's enough.

Jenny McFadden: Good job.

Jenny McFadden: Alright.

Jenny McFadden: Alright, so I just get enough. I think we've got enough. That's the snapshot that we need. Of course, you'll know later if that's different.

Jenny McFadden: Okay, next question.

Jenny McFadden: Our next bit we're gonna do, tuning in.

Jenny McFadden: So just, everybody, if you're ready, or if not, you're not, you can do it yourself.

Jenny McFadden: And, just gonna do a tune-in.

Jenny McFadden: Alright.

Jenny McFadden: Take a nice deep breath, and do a nice long out-breath.

Jenny McFadden: We're gonna do, the words today.

Jenny McFadden: Just put your hand on your heart, and say, Out loud. I am now.

debby: Damn now.

Jenny McFadden: Empowered and enlightened.

debby: and enlightened.

Jenny McFadden: Connected and grounded.

debby: Good and grounded.

Jenny McFadden: In full faith and trust.

debby: Your faith and trust.

Jenny McFadden: Unattached to the result.

debby: Attached to the result.

Jenny McFadden: Open and curious.

debby: Open and curious.

Jenny McFadden: Thank you, thank you, thank you.

debby: Thank you, thank you, thank you.

Jenny McFadden: Let the energy run.

Jenny McFadden: And then take another breath.

Jenny McFadden: And then just check in, are you…

Jenny McFadden: Fully ready, 100%, yes or no?

Jenny McFadden: If no, have a drink.

debby: Cool.

Jenny McFadden: Great. And who's your divine guides today? What's the name?

Jenny McFadden: God, the universe, or is it someone in particular?

debby: Oneness.

Jenny McFadden: Oneness.

Jenny McFadden: Okay, great.

Jenny McFadden: Alright, now, we're gonna ask, if you could please ask Oneness?

Jenny McFadden: How many levels are involved that you're transforming today, or the frequency levels? How many are there?

debby: Three?

Jenny McFadden: And could you give me the numbers in order that we're doing them?

debby: bowl?

Jenny McFadden: Yep.

debby: Six.

Jenny McFadden: Yep.

debby: 11.

Jenny McFadden: 7?

debby: 11.

Jenny McFadden: 11. Awesome.

Jenny McFadden: Alright.

Jenny McFadden: So let's start with number 4. Number 4 is family.

Jenny McFadden: So this is a family pattern, which means that if something occurred in your family.

Jenny McFadden: An experience that you had.

Jenny McFadden: Or, sometimes it's a belief that's been passed down. But typically, what we'll do is I'll ask you, how old were you, and then you'll know

Jenny McFadden: where we're starting, alright? If you don't get a number, you can let me know.

Jenny McFadden: Alright, so just to ask Oneness, how old was I?

debby: I'm seeing 6 months.

Jenny McFadden: Six months.

Jenny McFadden: Alright, so this is going to be one of those experiences where you actually don't remember. Some people do. I've actually had someone who does remember those, but do you remember anything?

Jenny McFadden: from those… Are you someone who remembers stuff from…

Jenny McFadden: When you're a baby? Okay, alright.

debby: But I have gotten clues when I've gone inside, like, inward and asked, but… Yeah.

debby: But no, I don't remember those things, no.

Jenny McFadden: Okay, great. Alright, so this is going to be one of those ones where you feel like you're making it up.

Jenny McFadden: Alright, so just trust that, whatever comes to you. So just ask oneness.

Jenny McFadden: And you just made the clear.

Jenny McFadden: Slate, just to be clear, and allow whatever drops in to drop in.

Jenny McFadden: So I was wondering this, what's the pattern here? What's the experience?

Jenny McFadden: I had.

Jenny McFadden: At 6 months.

debby: It's about perfection.

Jenny McFadden: Alright, and what are you noticing about that? So, that came to you as an idea, yeah? A knowing?

debby: Yeah.

Jenny McFadden: Let that, just allow oneness to expand on that.

debby: It's to do with my dad, and how he… Stop.

debby: How he's a perfectionist.

Jenny McFadden: Oh.

Jenny McFadden: Right.

Jenny McFadden: And, as you look at yourself as 6 months old, you stand back and look.

Jenny McFadden: Yanni, Yanni's still, he might be crawling.

Jenny McFadden: What are… is there something that you can notice that you were experiencing in 6 months, where you…

Jenny McFadden: You knew this?

Jenny McFadden: You know, in some way.

Jenny McFadden: Was there something important to notice?

debby: I'm gonna need to drink more water.

Jenny McFadden: Yep, good idea.

Jenny McFadden: The answer might be no.

debby: Can you ask me the question again, Jenny?

Jenny McFadden: Yes. So if you were to notice yourself

Jenny McFadden: As a 6-month-old, you'll probably be crawling on the floor.

Jenny McFadden: Or, you know, you're only small.

Jenny McFadden: And… As a 6-month-old, you can see that you have just… Understood. Something about your dad.

Jenny McFadden: The… You understand now it's about his perfectionism.

Jenny McFadden: Is there a memory around that, that you can see what happened?

Jenny McFadden: That, that registered to you at 6 months. You didn't understand it, of course.

debby: I actually… I feel more it's a… it's a pressure. It's a pressure on me that I feel that…

debby: It's… Also expected of me to be The perfectionist.

Jenny McFadden: Right.

Jenny McFadden: So you've got to be a good girl.

Jenny McFadden: Then you're going to be…

Jenny McFadden: quiet, shouldn't have got to be, or whatever that is, right, that he expected, yeah? Something like that.

debby: Like, I feel like, there's a net… there's a level of expectation that I'm…

debby: I'm advancing in the right way, that I'm learning in the right way, that I'm…

Jenny McFadden: Yep.

debby: I'm going to be… yeah, there's… there's… I feel more of a feeling Transfer to me that it's…

debby: I have to be amazing.

Jenny McFadden: Yep.

Jenny McFadden: Okay, great.

Jenny McFadden: And so, you notice that

debby: Yeah, I noticed that there's a… it's a pressure. I feel strategy, it's a pressure to…

Jenny McFadden: But you've got to control… Things that hap… how you are and who you are.

debby: Yeah.

Jenny McFadden: Okay.

Jenny McFadden: And so,

Jenny McFadden: Can you see the connection between this and where you started, which is the pressure to have all these tabs open, to be in control of everything, to…

Jenny McFadden: Be productive.

debby: I actually do. I do. I feel like that's where it's, like, the root, the real root of

debby: Yeah. It was, like, to please, and to,

Jenny McFadden: Great.

debby: Yeah, to, like, to them.

debby: Yeah, it is… it is about…

debby: Because really, I mean, why else would I need to have all those things going on at the same time? It's just like…

debby: It's to get it right, like, to make sure I get everything right.

Jenny McFadden: Yep.

Jenny McFadden: Okay, great. And you can sense how… the similarity in how they feel?

debby: It's the same feeling, it's not the same… it's not the same story, but it's the same feeling, yes.

Jenny McFadden: Victor.

debby: Like, it's the same signature of how I feel.

Jenny McFadden: Exactly. Well done.

Jenny McFadden: You got it. You got it.

Jenny McFadden: Alright, anything else you need to know, or can we go to the next one?

debby: Yeah, let's see.

Jenny McFadden: Okay, great.

Jenny McFadden: Number 6. Number 6 is epigenetic. Epigene… genetic. So this is, as you know, means that…

Jenny McFadden: It's some experience that an ancestor of yours has had. So it'd be one side of your family or the other.

Jenny McFadden: Well, don't know what it will be. Once again, you'll feel like you're making it up.

Jenny McFadden: So just ask oneness.

Jenny McFadden: To take you wherever you need to go.

Jenny McFadden: And notice whatever experience that person had that was difficult.

debby: I'm getting that it's 15 generations ago.

Jenny McFadden: Alright.

Jenny McFadden: Is it which side of the family?

debby: Paternal.

debby: It's my father's side.

Jenny McFadden: Yep.

Jenny McFadden: Okay, great. And now, as you…

Jenny McFadden: Wait, just notice what drops into you about what's the experience.

Jenny McFadden: That person had.

debby: It's do… do… due diligence… due diligence… due diligence!

Jenny McFadden: Do… do you… due diligence, yep.

debby: J.

debby: Yes, that's what… that's the word I see.

Jenny McFadden: Right.

Jenny McFadden: Okay, follow the breadcrumbs, see if anything else comes to you.

debby: No, I didn't make that up, because I can't even say the word.

Jenny McFadden: Yay!

debby: It's… it's about having the…

debby: I just get the sense that it's a responsibility to perform.

Jenny McFadden: Okay.

debby: And I see, like, these little switches like…

Jenny McFadden: Yep.

debby: Flip on, flip off, flip on, flip off, like, through the generations.

Jenny McFadden: Okay.

Jenny McFadden: And are the switches, like, the things they have to control, or… or what?

debby: No, I think it's to do with the genes, like…

Jenny McFadden: Right.

debby: I just get this set.

Jenny McFadden: Okay.

debby: They're flipping on and off. They're flipping on and off, like, through the… Through the family line.

Jenny McFadden: Yep, okay.

Jenny McFadden: And, what does due diligence feel like to you?

Jenny McFadden: from them.

debby: I'm getting responsibility.

Jenny McFadden: Yep.

debby: And…

debby: Perfectionism.

Jenny McFadden: Okay.

Jenny McFadden: Well, I think you know how that relates, then.

debby: warm.

Jenny McFadden: And so what I was doing then, I'm just gonna step out of my, my, to the side for a second.

Jenny McFadden: And so, what I was wondering when we were talking there at the end was,

Jenny McFadden: How does this relate?

Jenny McFadden: And that's why I asked.

Jenny McFadden: How does due diligence feel to you?

Jenny McFadden: Because I'm looking for the way to connect back to what you said earlier.

Jenny McFadden: And see if it's in any way… like, does it have a feeling, is what I'm kind of asking. And… so that we can make a connection between… in an easy way, rather than it being about the action, it's about the feeling.

Jenny McFadden: Right, because it's not… it's like we were saying before, it's not what the person did.

Jenny McFadden: It's like when you're a baby, it's not what… it's not what, happened, it's the fact that when you go above that, it's how you felt.

Jenny McFadden: It's the emotional experience.

Jenny McFadden: That's what has… that's the charge, that's where the charge is.

Jenny McFadden: Okay, good. Oh, just, now I'll come back in here. Alright.

Jenny McFadden: Okay, alright, I think we've got that now. We've got…

Jenny McFadden: Next level, which is soil transition, that's level 11.

Jenny McFadden: Okay, so I'll just remind you what this one is about.

Jenny McFadden: This one is… There's something that may have occurred…

Jenny McFadden: In your experience as a soul, energy.

Jenny McFadden: When you transition from the whole to individuating, so that you feel like you are actually separate from the whole.

Jenny McFadden: There's something in that transition, there's something…

Jenny McFadden: that occurred. And something that… has… That you felt?

Jenny McFadden: Alright?

Jenny McFadden: That has stayed with you.

Jenny McFadden: And it stayed with you in order to help, but it's no longer helpful.

Jenny McFadden: So, because making that transition is sometimes, A shock.

Jenny McFadden: So I'm just wondering, if you can ask oneness.

debby: No, Renee, no, Jenny, it's…

Jenny McFadden: Let me tell… tell me.

debby: about,

debby: It's about this fear that came onset, like, where there's not gonna be a feeling of perfection anymore.

Jenny McFadden: Oh… Alright…

debby: It just came to me like, like, like a… like a…

Jenny McFadden: Yep.

Jenny McFadden: I know that's right, because I'm getting the… I'm getting the chills, getting the ting… it's not from having a cold.

Jenny McFadden: Bye.

debby: Like a longing.

debby: A lot of people feel that just…

Jenny McFadden: Right.

Jenny McFadden: And the funny… And because…

debby: They can…

Jenny McFadden: God, sorry to…

debby: No, no, I find myself always saying things about

debby: perfectionism, like, oh, you're already perfect. Oh, no, you're… this is already perfect. Like, I find myself saying that all the time, but it's also, like, I'm also trying to…

debby: reassure myself.

debby: even though I'm saying it to somebody else, it's also like I'm reassuring myself, because.

Jenny McFadden: Forget it.

debby: doubt there.

debby: I don't know.

Jenny McFadden: Pretty… it's a pretty big thing.

Jenny McFadden: Being part of the oneness, which is love.

Jenny McFadden: Perfect love, really.

Jenny McFadden: And to find oneself, be separate.

Jenny McFadden: And maybe not feel… that same wholeness, like, we… because we forget, don't we? We…

Jenny McFadden: We have to forget that in order to…

Jenny McFadden: experience, being individual. Because if we remembered, we would… Well, to go back.

debby: Yeah, exactly.

Jenny McFadden: So, that forgetting.

Jenny McFadden: But you didn't forget, actually.

Jenny McFadden: You actually remembered that…

Jenny McFadden: you still want to be perfect. Like, that's your memory. Your memory is of something really wonderful.

Jenny McFadden: But that doesn't exist here.

Jenny McFadden: That you're trying to find here.

debby: That's exactly right. That's exactly what I felt. I felt like,

debby: like, in that little gap where we… I actually saw the separation, I felt the separation, and I was like, oh my god, I don't have that anymore.

Jenny McFadden: And so that's a kind of grief, isn't it?

debby: Yeah.

Jenny McFadden: Is it? Or am I putting words in your mouth?

debby: Yeah, it is a grief. It is a grief. It's a… it's a thing that you're carrying around all the time, I suppose. Knowing…

Jenny McFadden: So actually, what you've got, really, is… A grief around perfection.

Jenny McFadden: That it's lost.

Jenny McFadden: It's actually not true.

Jenny McFadden: Still there.

Jenny McFadden: You just don't remember it.

debby: camp.

Jenny McFadden: Right.

Jenny McFadden: That's very powerful.

Jenny McFadden: Okay.

Jenny McFadden: Good job. Does anyone have a question?

Jenny McFadden: About what you're doing?

Jenny McFadden: Where you're up to?

Jenny McFadden: Laura?

LAURA: So, I got 6, 9, and 11, and 6, I…

LAURA: Makes sense to me, but 9… parallel world.

LAURA: seeing me having a different experience. Can you expand on that?

Jenny McFadden: Yes. So, parallel world, unlike a fractal, which is

Jenny McFadden: Same, same side, but different body.

Jenny McFadden: Right?

Jenny McFadden: Fractals are different lives.

Jenny McFadden: A parallel world is…

Jenny McFadden: There are mo… every possibility already exists of every possibility of everything that could happen in any situation.

Jenny McFadden: A parallel world is the same you.

Jenny McFadden: on a different world. Like sliding doors.

Jenny McFadden: that… There might be millions of, right, in different dimensions.

Jenny McFadden: And what you're… and what I… my experience of this has been is…

Jenny McFadden: It'll be either something that you experience to give you a contrast to where you are.

Jenny McFadden: Which might be… That you get to feel…

Jenny McFadden: The resource that you actually were looking for in this life

Jenny McFadden: That you just don't remember that you have.

Jenny McFadden: Like, and it will bring that resource to here, to this, to this world.

Jenny McFadden: So, for example, I had one the other day.

Jenny McFadden: Where I went to a place where I had faith.

Jenny McFadden: No, I have faith in things, but I didn't have faith in… in this particular thing. And I was like, oh! And I had an experience of having faith in that. I was like, I haven't even had that experience.

Jenny McFadden: Right, so that was an interesting one. Sometimes you might go to a world where you're having an experience you might call negative, but it's not. It's just to show you contrast.

LAURA: So basically…

LAURA: I'm having what I'm lacking in a different world, and it needs to be brought to light so I can bring it forward here.

Jenny McFadden: It'll either… it's… basically, it'll either be… because we think of it as, like, taking away or giving, but really, it's just transformation. So…

LAURA: Great.

Jenny McFadden: It's either, like, I got to feel and bring into my current consciousness

Jenny McFadden: an experience of something I'd not had. I've also had, seen ones where it's an experience

Jenny McFadden: That the person died.

Jenny McFadden: Right? It's not bad, it's not a bad experience, it's just… it's like, oh, okay, or they, handled it a different way. Like, it could be the same experience, I don't know what it's going to be. Parallel world, there's so many possibilities it could be. So my suggestion is, go, okay, I have no idea what's going to show up.

Jenny McFadden: Let's see what shows up.

Jenny McFadden: Just play the game, and go… No idea.

LAURA: Okay.

Jenny McFadden: Alright? That's the best way.

LAURA: And then… Soul Separation 11. Yep. So, at one point, I felt like I was part of the whole.

LAURA: Right. And now, there's something about me where I feel like I'm…

LAURA: separate or different, that I'm, like.

Jenny McFadden: Yes.

LAURA: Ector.

LAURA: Right. And so, I'm trying to get… I'm trying to… Remember that experience?

Jenny McFadden: So,

LAURA: I can move back to being whole, yes?

Jenny McFadden: Well, you have… what you have is a pattern, right? A charge pattern that remains in your field.

Jenny McFadden: That is about feeling disconnected. That it's almost become part of your identity. You have this feeling of being disconnected, but it actually doesn't come from anything new, any experience you had in this life. It actually comes right back to…

Jenny McFadden: But you will have created the same thing, because your frequency is resonating with that.

LAURA: That…

Jenny McFadden: It actually had started from when you separated from the whole.

Jenny McFadden: You remember that experience. Your soul…

Jenny McFadden: Remembers there's a pattern that goes right back to that point.

Jenny McFadden: And probably you will have had that kind of experience over and over and over in this life, because everything we're resonating, we create more of.

LAURA: Okay.

Jenny McFadden: No, not, you know, completely unconsciously.

Jenny McFadden: So that we can see it.

Jenny McFadden: Except, most of us don't realize we're doing that.

LAURA: So, quick question.

LAURA: You know when we're much younger?

LAURA: And we keep having the same…

LAURA: Like, we're learning the same lesson over and over again, and it's like, I thought I was past that, and it just keeps coming up and up and up.

Jenny McFadden: Yep.

LAURA: It's similar.

LAURA: Lessons and patterns, are those, like, one and the same, or are they different?

Jenny McFadden: I actually don't believe in lessons.

LAURA: Okay.

Jenny McFadden: That's why it's up.

Jenny McFadden: is, I don't believe we came here to learn lessons.

Jenny McFadden: I believe we came here to experience being human.

Jenny McFadden: And it's pretty messy. And…

LAURA: That's the whole point.

Jenny McFadden: The whole point is to have…

Jenny McFadden: human emotions, and experience the messiness of that we cannot experience as spirit. To experience being human, to feel what we feel, to eat, to… I don't believe we actually came to learn lessons, that sounds like. People call it school, I actually don't believe that.

Jenny McFadden: I actually believe that it just did.

LAURA: I love that.

Jenny McFadden: You know, I don't… so, it's not about listens, but when something repeats itself, That, to me, is…

Jenny McFadden: Sometimes,

Jenny McFadden: I don't actually know the answer, is what I'm gonna say.

Jenny McFadden: I actually don't know.

Jenny McFadden: All I know is, when something repeats, when I'm using the quantum freedom formula, I'll go, okay, let's explore whether the reason that keeps repeating is because there are patterns that keep… are holding it in place.

Jenny McFadden: Other times, having a repeat experience might be because I learned it at the base… I learned it at the kindly level.

Jenny McFadden: Now I've moved up to the inference level, I learned it there. Now I'm moving up to the school, now I'm moving up to university, now I'm moving up to higher self.

Jenny McFadden: You know what I mean? Like, sometimes we experience.

LAURA: It's the same.

Jenny McFadden: thing from a completely different perspective.

Jenny McFadden: And I don't know which one it is, or… and I don't have… I don't know which one is true, or if it's both.

Jenny McFadden: That's when we can ask guidance. Like, what am I doing with this? What do I need to know?

Jenny McFadden: So that's one of my, I don't really know answers.

LAURA: Okay.

LAURA: I loved it, though.

Jenny McFadden: Okay, good.

LAURA: I mean, it was just a good explanation to, like, bring me back to…

LAURA: I'm here to, like, feel all the things and do all the things that.

Jenny McFadden: Yeah, yeah, I bet.

Jenny McFadden: So.

LAURA: It's all part of the experience, because you can't do these things when you are.

Jenny McFadden: No, it's very…

LAURA: Or spirit, or… Not on this…

Jenny McFadden: Otherwise, why would we keep doing it? Like, you know, we've come here to have fun, and then try and enjoy it.

Jenny McFadden: But along the way, we pick up a lot of patterns that affect us at the physical level that we don't… that affect our nervous system.

Jenny McFadden: That we can remember we have, and that we can work with now that we didn't really know about how to do this before.

Jenny McFadden: So as our consciousness develops, we can now understand that we can find these things, and we can transform them.

Jenny McFadden: Who knew?

LAURA: Who knew?

LAURA: Alright, thanks for the explanation.

Jenny McFadden: Thanks, Laura.

Jenny McFadden: Let me know, Renee, if you did anything.

Jenny McFadden: Alright.

Jenny McFadden: Dibe.

Jenny McFadden: Now we're gonna do transformation.

Jenny McFadden: So… Two hats, one is… We'll ask… you'll ask oneness.

Jenny McFadden: Can you please transform the energies of these patterns?

Jenny McFadden: Across all space and time, and make them into something beautiful for me.

Jenny McFadden: Thank you, thank you, thank you. And then, when you've done that, let me know.

debby: Okay.

Jenny McFadden: Right.

Jenny McFadden: So now just let that go, let oneness take care of that.

Jenny McFadden: And… bring your awareness to your heartbeat.

Jenny McFadden: Breathe into your heart.

Jenny McFadden: And… Think about someone you feel grateful for in your life.

Jenny McFadden: Could be… You know, family member, partner, baby, animal.

Jenny McFadden: And in your mind…

Jenny McFadden: just bring them to ride, and really feel how you feel about them. Imagine in your mind that you're telling them how much you love them, and…

Jenny McFadden: How much you're grateful for them, and thank you for being in my life.

Jenny McFadden: I really appreciate you.

Jenny McFadden: I really feel those feelings.

Jenny McFadden: And you'll notice as you do that, that your heart energy softens and expands.

Jenny McFadden: And it grows bigger and bigger.

Jenny McFadden: But just allow it.

Jenny McFadden: To grow bigger and bigger in your chest, and maybe it fills the space around you as well.

Jenny McFadden: It's powered by love, feelings of love.

Jenny McFadden: gratitude.

Jenny McFadden: Appreciation.

Jenny McFadden: And also, really deep peace.

Jenny McFadden: I want you to really notice.

Jenny McFadden: How grounded and peaceful you feel.

Jenny McFadden: And as you do that, You notice that maybe you're sitting in…

Jenny McFadden: This heart center that's like a room, maybe you're in a comfy chair, maybe you're just looking out of the energy, maybe you're… it just surrounds you.

Jenny McFadden: What have you noticed?

Jenny McFadden: And as you look out, You can notice what oneness is doing with those patterns.

Jenny McFadden: So you just observe… And watch.

Jenny McFadden: Notice whatever you notice, whether it is something, or nothing, I don't know.

Jenny McFadden: And I want you to stay there until you yawn, or cry, or sigh, and you feel like the energy

Jenny McFadden: Has run through?

Jenny McFadden: That is complete.

Jenny McFadden: And I'm gonna do it with you, and so open your eyes only when you feel it's complete.

debby: I had a T that came down my eye.

Jenny McFadden: Lewis.

Jenny McFadden: I had some yards.

Jenny McFadden: Kristen said, She's coming back for the replay, the phone didn't work, it stopped working.

Jenny McFadden: Alright, good job. What did you notice? Was there anything you noticed while just doing?

debby: Yeah, I mean, I don't think I've noticed before, or…

debby: Actually seen what was going on, but there was just so many colors rushing through me.

debby: And there was, like, little… Little… Yellow patterns all around me.

debby: It's funny, like, you know, when the prompts come in, what opens up.

debby: Yeah, and normally I yawn and sigh, and… but this one, I just felt instinctively I had to take really deep breaths right through it.

Jenny McFadden: Yep.

debby: then I just felt like this… I love those tears, you know, those.

Jenny McFadden: Yep.

debby: They're not bad teas, they're just, like.

debby: It's like the release, and the…

Jenny McFadden: No, it's emotion, old emotion, or…

debby: It's so… So deep and so good.

debby: Because I wasn't feeling sad at all, I just felt, like, really calm, but the body just knows how to…

Jenny McFadden: How to… how to let it go.

debby: We'll let it go, yeah. That was really nice, Jenny.

Jenny McFadden: It's the beautiful chemical process, isn't it? The tears hold… The chemicals of, immersion.

debby: And who would have thought, like, at the start, me.

Jenny McFadden: No, right?

debby: I'm like, computer tabs. I'm like, how am I going to tell Jenny about computer tabs? Seriously? In front of the whole group?

debby: But I've learned I just gotta go with it. I gotta go with whatever it is and trust it.

Jenny McFadden: Well done.

Jenny McFadden: Good on you.

debby: That's great.

Jenny McFadden: Alright, so we're going to now do the last couple of steps.

Jenny McFadden: So, at this point, I'll just explain, I'll just get out of my… You know… guide mode.

Jenny McFadden: The next step is about… Reprogramming your field.

Jenny McFadden: So that… You tell the field, Who you are, Neil.

Jenny McFadden: So that means you are now able, through a visualization, to… Decide.

Jenny McFadden: Maybe you're going to put yourself in the same situation with the tabs.

Jenny McFadden: And the computer's only got a few open. And you're just there going, like, I want you to actually choose. How is it that…

Jenny McFadden: you would ideally like to be feeling, because now you have access to that. Before you didn't, you had safety patterns going off all over the place.

Jenny McFadden: Right? Well… When you have the computer open in this, as many times as you just need.

Jenny McFadden: Right.

Jenny McFadden: How would you ideally like to be feeling? Like, what would be the…

Jenny McFadden: What would be the feeling in your body?

debby: Peaceful.

Jenny McFadden: Peaceful?

Jenny McFadden: Anything else?

debby: Content.

Jenny McFadden: Haseball, content, okay.

Jenny McFadden: So I'm going to ask you.

Jenny McFadden: To do a visualization where you are in your body, looking through your eyes, so it's first person.

Jenny McFadden: So it's you having this experience and feeling like that. And one of the thoughts that… I want you to notice what thoughts happen as you're looking at the computer, it's in color, you can feel yourself moving and looking, right?

Jenny McFadden: These modality… the submodalities of moving in color, widescreen, seeing out of your own eyes, these are all things that come from

Jenny McFadden: If you understand it, like, These are the normal ways in which we,

Jenny McFadden: we view things, right? Because you don't want it in black and white, you want it in full color.

Jenny McFadden: Alright, you want it to be able to feel it.

Jenny McFadden: You're like, you want to be at this movie where you are really feeling, seeing.

Jenny McFadden: everything, it's moving, not still, it's not a picture, it's actually a movie. And you're in it, and you're the star, and you'll really feel that, alright? So do your best now, take a few minutes.

Jenny McFadden: And run the movie however you want. You're the director.

Jenny McFadden: And you're the star, but really turn it up.

Jenny McFadden: You know?

debby: I've got to visualize what I want.

Jenny McFadden: Visualize the thing, well, maybe you could do some… do something different, but it's something that…

Jenny McFadden: You are… you are now able to do that you weren't able to do before, right? Or to feel, because you used to feel panic.

Jenny McFadden: Now you're able to feel calm.

Jenny McFadden: And… what did you say, the other one?

debby: Peaceful.

Jenny McFadden: So.

debby: Did I say.

Jenny McFadden: Occasionally content, right.

Jenny McFadden: So I want you to put yourself in that situation, and…

Jenny McFadden: Be that peaceful and content person.

Jenny McFadden: U.

Jenny McFadden: Because now you can do that. And when you do, and you turn up the emotion on it, that's a frequency. And when you add the thoughts, like.

Jenny McFadden: This is so good, like, I'm just noticing there's only a few on here, and this feels really good. Like, notice your thoughts.

Jenny McFadden: Right? Put in the thoughts that you're noticing, because as you're doing that, you're actually programming your field.

Jenny McFadden: Who you are now, so it can bring you things that are… Match it.

Jenny McFadden: Huh?

Jenny McFadden: So… Just go ahead and do it however you like, whatever you want, just take a couple of minutes.

debby: Really?

Jenny McFadden: How'd that go?

debby: Yeah, it just felt more peaceful and content.

debby: And I was run… I ran the…

debby: like, I saw myself visualizing how I normally operate, like, different to how I normally operate, and the feeling…

debby: was nice around it, you know?

Jenny McFadden: Were you in your body, or seeing yourself doing it?

debby: I was in my body.

Jenny McFadden: Yeah, cool.

Jenny McFadden: Great. Good job. Okay, great.

Jenny McFadden: Alright!

Jenny McFadden: So now, in the real world right here, I want you to notice your computer.

Jenny McFadden: Well, think about your computer, take yourself back to that very specific situation. And can I just say, that's the important thing at this point?

Jenny McFadden: When you take someone back, you need to say.

Jenny McFadden: Not a general thing, it needs to be this particular thing, and repeat it back to them.

Jenny McFadden: Because they will have forgotten, usually, what you said, what they said. So, no, I'm back here now, alright with you. Alright.

Jenny McFadden: So you think about your computer.

Jenny McFadden: And it's only got a few tabs open.

Jenny McFadden: I saved 210.

debby: I've got proof, I'll go to my phone right now, and I'll see how many open.

Jenny McFadden: First of all, tell me how you feel.

debby: I feel relaxed.

Jenny McFadden: And how many tabs are open, by the way?

debby: That's two.

Jenny McFadden: 2!

Jenny McFadden: Oh my gosh!

Jenny McFadden: Wow.

Jenny McFadden: That's big, that's… that's pretty big. Alright.

Jenny McFadden: Now, you said to me, You, you felt panic.

Jenny McFadden: Is there any panic lift?

debby: No.

Jenny McFadden: Hmm?

Jenny McFadden: I'll repeat back these thoughts in case there's something left.

debby: Okay.

Jenny McFadden: I'm not going to remember all the things I have to control.

debby: Sorry.

Jenny McFadden: That's good.

Jenny McFadden: We like yawning.

debby: I don't even remember having that feeling.

Jenny McFadden: Right.

Jenny McFadden: So it's sort of can't find it now.

debby: It's just like, yeah, it's slow.

debby: It's obsolete, like, it's just… it's not there.

Jenny McFadden: Right, so I'll say that's a zero.

Jenny McFadden: What about the thought.

Jenny McFadden: I feel like I'm letting go, and there's a sense of not being safe when there's only two open.

Jenny McFadden: Nope.

debby: The neutral about that.

Jenny McFadden: What about I'm Lost?

debby: No, it just seems ridiculous now.

Jenny McFadden: Okay.

Jenny McFadden: Okay.

Jenny McFadden: I think that, I think that's…

debby: That's a great outcome.

Jenny McFadden: great outcome, so we will be… we'll all be, keen to know how that goes when you actually do it, right?

Jenny McFadden: Because it will be a different experience for you.

Jenny McFadden: It'll be a completely different experience to close those tabs and only choose a couple to open.

Jenny McFadden: Alright.

Jenny McFadden: So, what's your, so, asking oneness, follow up.

Jenny McFadden: Sometimes I'll ask for only one thing, but if it's someone like you, I might ask how many things are there to follow up.

Jenny McFadden: That are practical, that are your next steps.

Jenny McFadden: Or something that grounds you in this… Practice.

debby: I'm not getting to do anything, I just get this straight away, I thought that within 2 weeks, I just saw 2 weeks.

debby: I'll see it fully integrated.

Jenny McFadden: Okay, great.

Jenny McFadden: And I wonder what that will look like in practice.

debby: Yeah, I wonder too.

Jenny McFadden: Because it's really about how you feel, isn't it? Not so much about how many tabs you have opened.

Jenny McFadden: In my view.

debby: It was never about the tabs, it was.

Jenny McFadden: Yeah.

Jenny McFadden: It's about the panic, and the control.

debby: And all the things I gotta keep together, and yeah, and all the stuff I do, and I gotta do this, and I gotta do that, and yeah, all this perfectionism around finishing the job.

Jenny McFadden: Alright.

Jenny McFadden: Well, congratulations! Well done!

Jenny McFadden: Thank you for that.

debby: It was clarity.

Jenny McFadden: Exciting.

Jenny McFadden: Alright. So, I'll be keen to know what happened, like, make sure you bring it,

Jenny McFadden: Excuse me. Did you, yeah, bring it with you next time. I'll send you what I wrote down.

debby: I just… it just dawned on me that we meet every two weeks, so…

Jenny McFadden: Yeah.

debby: Understood.

Jenny McFadden: It's 2 weeks, yeah.

debby: It's right.

Jenny McFadden: God.

debby: It didn't even… it didn't even consciously register.

Jenny McFadden: sense to me. Yep.

Jenny McFadden: I'll take a picture of what I wrote down.

Jenny McFadden: Okay. So you've got a record. My writing is really terrible, because I'm riding really fast, but you won't mind.

debby: I've got it on video, right?

Jenny McFadden: Oh, you do?

debby: Yes.

Jenny McFadden: Perfect. So… We'll come back in, we'll check it next week.

Jenny McFadden: Excuse me.

Jenny McFadden: Don't talk too much.

debby: That was good, because it was kind of a topic that I wouldn't… if somebody came to me and said that.

debby: Otto, like, oh, boy.

debby: Where do I start? You know, like… So…

debby: even I don't know where I would have started, other than with the, like, the numbers, but I think your prompts

debby: I'm gonna go back and listen to them, because that's…

debby: I was in the moment, but I mean, I… I…

Jenny McFadden: Yes, I get it.

debby: I want to see from the practitioner point how…

debby: How you kept me on, on, on track.

Jenny McFadden: And I think that's the thing, as you learn, as you go along. Each of us have got all our experiences in life, experiences in practice, you know, or in coaching, or whatever. We've all learned different ways to… to do this, and part of it is intuitively, you can… you kind of get a sense of, like, where to go. But it does take practice.

Jenny McFadden: Especially if it's new to you, you know? You've gotta, you've gotta, think…

Jenny McFadden: Let your mind think a little, outside the box.

Jenny McFadden: Like, with you, it was like… and so that's a strategy, the one we started with, which is someone tells you what they don't want.

Jenny McFadden: Right?

Jenny McFadden: But they're not actually… but what I'm listening for, when you said.

Jenny McFadden: you said, there's too much noise, there's too many tabs open, it's hard to focus on the end process, it's not productive. Like, I could have maybe asked you some questions there, like.

Jenny McFadden: I could have gone into productive, so you… you know, you want to feel productive? Is that what you're saying? Right, so I could have gone in that way.

Jenny McFadden: That might have got me… that got me to the same point, probably.

Jenny McFadden: Because what I'm thinking is.

Jenny McFadden: Being productive is in your… within you is a positive thing, but actually, what you're telling me is it doesn't feel good, doesn't… that it actually feels like panic.

debby: Yeah.

Jenny McFadden: So, that's a clue to me that I need to find.

Jenny McFadden: I need to find how do I… like, I didn't know the panic, but I… I had to find… I have to find… in order to get the before picture, the before picture is a negative one.

Jenny McFadden: So-called negative, alright? It's just… it's not really, it's just a set of feelings and thoughts that are underneath what is actually going on. And that's what I'm looking for. I'm looking for where's the charge, where's the energy?

Jenny McFadden: And if it's in your… Your words, it's really powerful.

Jenny McFadden: And so I'm looking for, how do I ask you a question?

Jenny McFadden: Wait, you can tell me…

Jenny McFadden: So, you don't want that, but you do want this, but you haven't closed the tabs, so there must be something here that stops you.

Jenny McFadden: That's what I'm thinking.

Jenny McFadden: Right? If you could close the tabs, you probably would have.

Jenny McFadden: But you haven't. So that tells me there's something here that is where the issue is. If you go to turn them and do the thing you would like to do, it doesn't feel right. So tell me, how does it feel?

debby: Right, yeah.

Jenny McFadden: How does it feel if you imagine turning them off?

debby: Hmm.

Jenny McFadden: How's that feel to you? Because I don't know what you're going to say.

debby: Yeah, because the tabs were the story in the real life.

Jenny McFadden: Correct.

debby: Now.

Jenny McFadden: Right.

debby: You're, as a practitioner, you're looking for the feelings.

debby: That are the charge.

Jenny McFadden: That's where the charge is.

debby: Yep.

Jenny McFadden: The charge is on the feelings and the thoughts.

Jenny McFadden: Because the feelings and thoughts go together. You can't have fun without the other.

Jenny McFadden: If you ask someone, how are you feeling, and then you ask them, how are you thinking, they'll be able to tell you. It's just that mostly we're aware of our feelings, we're not aware of our thoughts. But they're absolutely there, they go together. I don't know which one comes first, it's just that we're most aware of our feelings.

Jenny McFadden: Right? And that's what drives us. We're often very unaware of what we're actually telling ourselves underneath that, which is…

Jenny McFadden: Which is related to the thoughts, like, why am I feeling like this? Well, because…

Jenny McFadden: Because, you know, if I don't… if I… I feel, like, panic, because…

Jenny McFadden: If I do that, then…

Jenny McFadden: Oh, you know, I won't feel in control.

Jenny McFadden: Alright? And so there are thoughts there, and that's… that's my job, is just to get that picture. That's all I want to do.

Jenny McFadden: So, it takes a little bit of, practice.

Jenny McFadden: But you'll get there. And sometimes, even… I have been learning this for many years, sometimes, if someone's got a really big story.

Jenny McFadden: That they just want to tell. It can take me half an hour sometimes.

Jenny McFadden: If it's someone new that I've only just met, and they've got, like, blah, blah, blah, blah, blah, and this, and that, and that, and I'm trying to figure out, where's the starting point? It's a little bit like I'm looking for, where's the energy, I'm looking for the little hole that I can open, I'm going, or I could use muscle testing and go, it's this one, this one, this one, this one, oh, that one.

Jenny McFadden: Right?

Jenny McFadden: So sometimes I can shortcut it that way, but sometimes it's actually really important for someone to be heard.

Jenny McFadden: That's real.

Jenny McFadden: Because when you… if I find…

Jenny McFadden: If you cut someone off too soon.

Jenny McFadden: They feel like you… you haven't listened?

Jenny McFadden: They're not really…

Jenny McFadden: listening to them, if that's important? Was it because listening is powerful as well? But, you know, when you've got limited time, you've got to figure out a way sometimes to…

Jenny McFadden: Get to the point. Find where's the opening that you can work with.

Jenny McFadden: Alright, very good.

Jenny McFadden: Now, Laura and Renee, how did yours go?

Renee: I just observed, I couldn't get into it today.

Jenny McFadden: new?

Renee: Seeing and watching, I… yeah, I just observed.

Jenny McFadden: Okay.

Jenny McFadden: Alright, good.

Jenny McFadden: Is it too hard watching someone doing it yourself at the same time?

Renee: It was for me today.

Jenny McFadden: Okay.

LAURA: Me too.

Jenny McFadden: Alright.

Renee: I thought I'd try, and I can't do this.

Jenny McFadden: Alright, fair enough. Looks like, looks like LAURA's nodding as well. Yes?

Jenny McFadden: Too hot?

LAURA: I would agree… I would agree. It was easier to listen to what was going on with Debbie. Like, I couldn't hold space in my mind for more things.

Jenny McFadden: Alright, that's good feedback.

debby: As well in the past, like, when we're… yeah, like, it's, yeah, it's hard to stay in the zone, so…

Jenny McFadden: Fair enough. Alright. Okay, well, we won't do that… won't do it that way again. Next time, I'll, that's good feedback, because that's what I need as well, is trying to figure out how to… what's the best way to…

Jenny McFadden: Give you what you need.

Jenny McFadden: Anyway, that's helpful.

Renee: But I do need the quiet to get… the space to…

Jenny McFadden: Yeah, fair enough, I understand. I get it.

Renee: And I thought, I'll have to make time to do it myself later.

Jenny McFadden: Okay, great. Well, I look forward to hearing what you do.

Renee: mute.

Jenny McFadden: Now, well then, give me some feedback on what did you hear that was useful then?

Jenny McFadden: So if you were listening, which part did you… where did you go, yeah, that's useful, or where… was there any questions at any point, like, not sure about that, or…

Jenny McFadden: Which was the bit that… was there things that you went, oh yeah, that's helpful?

Renee: I think I'm quite familiar with this process, like, it's not unfamiliar to me, so… It's a good thing.

Jenny McFadden: Classic.

Renee: And then it's the… knowing what the… and they come to you when you… when you're the practitioner. Like, in this moment, listening and watching, I wasn't really trying to be the guide.

Jenny McFadden: No, no, it's.

Renee: But, yeah, just knowing what questions to ask, and when, and

Renee: Yeah, put to pull out the information from maybe the client, yeah.

Jenny McFadden: Okay, good.

Jenny McFadden: I, I agree. When, when this formula came through to me, I went, Seems very familiar to me.

Jenny McFadden: It's just in a different order, or different things from different places.

Jenny McFadden: Different… staff from different things put in one… put in one… Place?

Renee: Yeah, like when you described the parallel world, and the, the intro, how you did the clearing, I wanted… if you've got that written somewhere, I was looking for that.

Jenny McFadden: Which one?

Renee: Beef, when you were setting up, like you said.

Jenny McFadden: Oh, yeah, they're tuning in?

Renee: Yeah, I started writing it. I am now empowered and enlightened.

Jenny McFadden: Yes, that one, I need to put…

Jenny McFadden: I don't know if I've put it somewhere yet, but I will. I'll write that down.

Renee: Thank you, thank you.

Renee: So I was looking for that in my notes, I couldn't…

Jenny McFadden: Yeah, cause there's a few that I use, so I'll write them down.

Jenny McFadden: There's heaven and earth.

Renee: Sure.

Renee: American.

Jenny McFadden: And that one is that I am now… Vision.

Renee: Hmm.

Jenny McFadden: Because I think, like, words…

Renee: Yeah, what?

Jenny McFadden: It's a powerful, and it's easy.

Renee: Yeah, I really liked what you said.

Jenny McFadden: Yeah, good.

Renee: I was talking about Japan, but I didn't…

Jenny McFadden: That's, that's easy, that, that one. Yeah, alright, I'll write it down for you.

LAURA: I like the Heaven and Earth one, and I would like it in writing too, and I also like the one where you go…

LAURA: Were you…

LAURA: visualize the person or thing that makes you really happy, and you're, like, growing the space in your heart, like, that could be nice, too.

Jenny McFadden: The heart expansion ramp, yep.

Jenny McFadden: Yep. Okay, can do.

Jenny McFadden: They're the three that I use the most. I sort of intertwine them, I sort of, like…

Jenny McFadden: Usually, I just notice, you know, what I'm doing.

Jenny McFadden: One will occur to me that's best for this person, at that time, at that moment.

Renee: Yep.

Jenny McFadden: You know, I just go, okay, it's that one, alright, yep, that's easy.

Jenny McFadden: Okay, that was good.

Renee: What you said when you did the transformation, like, there was something you said right before that?

Jenny McFadden: Yes, so that should be in the notes from today.

Jenny McFadden: I wrote down… I was saying earlier, before we got here, I wrote down…

Jenny McFadden: Where is it?

Jenny McFadden: Ask for the transformation, yeah?

Renee: Yay.

Jenny McFadden: Yeah, so that one there.

Jenny McFadden: So I've got, please transform the energy of these patterns into something else that's beneficial and beautiful for me… for me, across all space, time, space, and dimensions. Thank you, thank you, thank you.

Renee: So, in the link for today's session, the heading of the workshop says Workshop 2, but is this actually workshop 3?

Jenny McFadden: Oh.

Jenny McFadden: Yeah, this is Workshop 3.

Jenny McFadden: Where does it say workshop 2? Oh, on the email.

Renee: Yeah.

Jenny McFadden: Oh, sorry.

Renee: Link to the doc? Oh, the link?

Jenny McFadden: document!

Jenny McFadden: Oh…

Renee: No, actually, I couldn't get into that private resources page.

Jenny McFadden: Ew.

debby: I can't get into that too, Jenny, for.

Jenny McFadden: So really, what happens when you go to get into it?

debby: It's the wrong password. Is that what you're finding as well?

Renee: It just doesn't… yeah, I put the password in, it doesn't do anything.

Jenny McFadden: Okay.

debby: I haven't been able to get into it as well from the start,

debby: That's freedom, the passwords… is it freedom, full stop, or freedom…

Jenny McFadden: No, it's just Freedom, all lowercase, no other spaces, no full stop.

debby: I tried that, and it didn't… it doesn't work.

Jenny McFadden: Huh.

debby: Boom.

Jenny McFadden: Okay, I'll check it out.

debby: I can't find you.

Jenny McFadden: It goes to the right page, though.

Renee: Yeah, it says jennymcFadden.net forward slash QFF dash green.

Jenny McFadden: It comes up with a page that says, put the password in here.

Renee: Yep. Yep.

Renee: But when you enter the password, nothing happens.

Jenny McFadden: That's weird. It's supposed to work.

Renee: How cold it is!

Jenny McFadden: Alright, I'll see how it goes. If necessary, I'll take the password off.

Jenny McFadden: So that… you don't have to worry about it, because, I mean, it's only a few of us, so…

Jenny McFadden: Check the password. Why does it work?

Jenny McFadden: Okay… Oh… What were we saying?

Renee: Excuse me.

Renee: Oh, I just found WorkTalk 3.

Jenny McFadden: Yeah, so you put… so, hopefully in one of the other…

Jenny McFadden: emails, the last 3 emails has got the link, I think, to the… Resources sheets?

Renee: you need it.

Jenny McFadden: So it's got the 11… this one's got the 11 frequency levels.

Jenny McFadden: in depth.

Jenny McFadden: More of what they're about, and what questions you can ask.

Renee: Yep.

Jenny McFadden: And then it's got step 6 to 9, which is the point where you ask for the transformation to God's.

Renee: expression?

Jenny McFadden: and then… Doing the heart activation, won't you say for that?

Jenny McFadden: And then… How to reprogram the field, what you're saying.

Jenny McFadden: And… Yeah.

Jenny McFadden: That's it. So, what I… and I was saying before.

Jenny McFadden: It's just a guide, like, so that…

Jenny McFadden: You might use it the first time and go, this is how to say it, then you'll do it your own way.

Jenny McFadden: What?

Jenny McFadden: Yeah. Or use it however you like, doesn't matter to me.

debby: Yeah, no, this… I like this, layout, it's good. It just… it keeps me on track if I'm working with somebody, you know, like, and I can reference if…

Jenny McFadden: Good. Okay. Alright.

Jenny McFadden: Yeah, well, if there's something else you need, let me know, because I'm trying to work through what do you need as well.

debby: effective as well.

debby: Will you edit this one to say the one, the line, I'm fully present, enlightened, and empowered, yadda yadda, like, will you edit that one?

Jenny McFadden: I will…

debby: You put it into that, or is it going to be a separate thing?

Jenny McFadden: Yeah, what's a good question. Well, it comes right before, so it should be in the same one, shouldn't it?

debby: I'd love it if it could be.

Jenny McFadden: Well, actually, it would be before using the levels.

debby: For the levels.

Jenny McFadden: It would be for the levels, wouldn't it? Yeah, okay, I'll put it in there.

debby: Or the other option is to, you know, do the, the heaven and earth connection. Is that the two options, like, that you normally do?

Jenny McFadden: There's heaven and earth, there's heaven and earth.

Jenny McFadden: And then I usually do one or the other of those. The heart expansion, or I might do hand on the heart, thank you, thank you, thank you, or I might do, I am now, depends.

debby: It should be great if we could have those options there, because I…

Jenny McFadden: Alright, it'll probably… it'll probably be a page on its… on its own that comes before the 11 levels.

Jenny McFadden: I'll just make a page on its own so that you can print it out by itself, or it goes in. Eventually, I guess you'll have, like, a whole sequence, or put everything together.

Jenny McFadden: Just, you know, I never know what you need.

Jenny McFadden: So that's why you're the, you're the, you know, explorers here.

Jenny McFadden: Explorers of, as, you know, practitioners.

Jenny McFadden: What's needed, what's not there, because everyone needs different things, too.

Jenny McFadden: So I'm trying to cover the bases.

LAURA: I also can't… I also can't get into the resources.

Jenny McFadden: I mean, what the F?

Jenny McFadden: That's all I can say. Mighty hell. Alright, I think what I'll do…

Jenny McFadden: is I will take off the, password.

Jenny McFadden: And then you'll just go straight to the page.

LAURA: Okay.

Jenny McFadden: Alright.

Jenny McFadden: Until I figure out why it doesn't work properly.

LAURA: Okay.

Jenny McFadden: Okay, I'll upload the things from today.

Jenny McFadden: And then I'll resend…

Jenny McFadden: the link to those… to the page. I'll send you the link from this… for this video by itself.

Jenny McFadden: And then I'll upload the other resources, and that video, and whatever.

Jenny McFadden: So everything's already there.

Jenny McFadden: Alright, any other, oh, any other, questions or discussion?

Jenny McFadden: Nope.

LAURA: I don't have anything.

Jenny McFadden: Oh, I know what I wanted to discuss. It's something that Megan was talking to me about.

Jenny McFadden: I want your opinion, Beth.

Jenny McFadden: I'll tell you what this… She was saying that she was working with someone

Jenny McFadden: Who's actually an experienced person, like, You know, as a practitioner.

Jenny McFadden: I don't know, I don't know what she does, but… And Megan thought she would know how to do the process. She thought, intuitively, she would know how to do that easily.

Jenny McFadden: And… but it turned out that she didn't, really, and she thought she was a lot in her head.

Jenny McFadden: And what Megan was trying to figure out was, like, well, I want her to be in her body. I want her to, tell me, what it feels like.

Jenny McFadden: What does it feel like?

Jenny McFadden: And…

Renee: Good luck.

Jenny McFadden: The problem I have with, That's a shame saying.

Jenny McFadden: So… How do I get her out of her head?

Jenny McFadden: Right, how do I get her out of it?

Renee: How to interact.

Jenny McFadden: And… the issue… well, not the issue, the thought I had was… Sometimes…

Jenny McFadden: A person… it's not that a person is in their head.

Jenny McFadden: Sometimes, It's because we have used language that does not reflect the way that they receive information.

Jenny McFadden: So, we know people who are psychic, which is what intuition is, clairsentient. They feel things.

Jenny McFadden: They know things. They hear things.

Jenny McFadden: Right? It's a different… there's different ways that our body receives, translates, and the brain is involved in understanding. It's got to make it into words, and understanding, right?

Jenny McFadden: But it might be received through the body, but it's received through our senses, and everyone's senses are different.

Jenny McFadden: And so, if I was using language that said.

Jenny McFadden: Oh, what are you feeling?

Jenny McFadden: I actually… would be looking for it in the wrong place, because I'm a knower.

LAURA: Hmm…

Jenny McFadden: I know, like, I have the knowing.

Jenny McFadden: The domain comes first.

Jenny McFadden: And they might get a visual.

Jenny McFadden: Very occasionally I get an auditory.

Jenny McFadden: Not very often.

Jenny McFadden: And I definitely have body feelings, but it comes after. Does it come first?

Jenny McFadden: So, it's… it's really important to have That's why I use… What do you sense?

Jenny McFadden: What are you sensing?

Jenny McFadden: Because it leaves it open for them to tell me that I'm listening for how they tell it to me.

Jenny McFadden: I'm listening for, oh, I'm seeing, blah blah blah, or I'm feeling, they might say, the first thing is, I feel such and such, right? So I know they're probably a feeler.

Jenny McFadden: And if you match the language, you're speaking their language.

Jenny McFadden: So it's important to listen to that. So that's one of the things… yes, people can be in their head as well.

Jenny McFadden: But also, sometimes, this is from my experience, I'm careful about…

Jenny McFadden: the link… the words I use when someone's receiving information.

Jenny McFadden: What do you think?

LAURA: I actually had this experience with my client this week.

LAURA: Where I could tell she was, like, getting in her head and trying to, like, instead of

LAURA: let the messages come in. Yep.

Jenny McFadden: Intentionally.

LAURA: So, at two different times. Well, the first time, I had her take a slip of water, and I think that helps to, like.

Jenny McFadden: Definitely.

LAURA: Smooth the energy, but then the second time.

LAURA: She was having a lot of anxiety, and so we actually, like, took… not a break, but we did some breathwork.

LAURA: Just some, like, box breathing for…

LAURA: like, 4 breaths, and I coached her through that.

LAURA: And then I asked her, like, are you ready to…

LAURA: To go on to the next.

LAURA: pattern, and so… I think sometimes having those, like, little…

LAURA: Like, even when you get hung up on something, it's like…

LAURA: Like, not even doing this work, but just ruminating on something.

LAURA: Like, to change the energy, you've gotta change something, and so, like, 10 jumping jacks, or a push-up, or…

Jenny McFadden: Yeah.

LAURA: Whatever, you know,

LAURA: So I think those things help, too. Like, when I get the sense that they're, like, really ruminating about something.

LAURA: I'm like, Yeah, this isn't coming from your mind.

LAURA: This is coming from somewhere else, and I've said things like that, too.

LAURA: And you're right, you don't know if they're getting downloads this way, or if they're getting feelings, or sensations, or…

LAURA: Just a knowing, or whatever, but I do know that when I can sense that they're…

LAURA: Thinking too much, that…

Jenny McFadden: Yep, yep.

LAURA: To break that up with a water break or breathwork.

Jenny McFadden: I think that's what Megan was saying, too.

Jenny McFadden: She could sit she was in her head.

Jenny McFadden: Thanks, Sora.

LAURA: Yep.

Jenny McFadden: Any other thoughts?

Jenny McFadden: Nope.

Jenny McFadden: Okay.

Jenny McFadden: Yep, so that's, it's, you know, I think you gotta trust yourself when that happens.

Jenny McFadden: If you feel like somebody's… Operating from the head, like what I said at the start.

Jenny McFadden: Sometimes I'll just let a person go with that, and then I'll ask other questions later.

Jenny McFadden: But if it's really obvious that they're stuck, that's different.

Jenny McFadden: Like, if they're getting information coming through, and I'm not sure if it's…

Renee: Accurate?

Jenny McFadden: I might… Ask them another question?

Jenny McFadden: Like, can you just check, or can you see if there's something else? I'm getting that there's something else here.

Jenny McFadden: Or… But when, what's my thinking? I got off track.

Jenny McFadden: It's… It's… there's a whole lot of different things that could be.

Jenny McFadden: So you've got to go through, in your own sense of things, what's happening for that person? Are they, like, you were saying that she's anxious, right?

Jenny McFadden: That means, why is she anxious? Because she's probably thinking, I've got to do this right, I'm not getting anything.

Jenny McFadden: You know, she's got performance, maybe? Would that have been it?

Jenny McFadden: she's sort of anxious about what's gonna come, or I'm not doing this right, or have I… that kind of thing. And that's… that's definitely get up in the head. And when that happens, I usually do the stop, have a drink, remember?

Jenny McFadden: We're just planted here, right?

Jenny McFadden: Just remember you don't know anything, alright? Just let… and let clients do it for you. Don't…

Jenny McFadden: D-just- just receive.

Jenny McFadden: Right, and remember, a bit curious, go,

Jenny McFadden: I wonder what's gonna come next.

Jenny McFadden: To remind them about how to feel.

Jenny McFadden: Right, and that you're not expecting.

Jenny McFadden: Either.

Jenny McFadden: We'll just see what happens, like, sounds fun to me.

Jenny McFadden: Alright, try to get the… so that's another way to do it. But the way summer processes is also…

Jenny McFadden: A key part of Noticing your language. My voice is about to go.

LAURA: I've also noticed it with you over the sessions that we've had.

LAURA: That when you are getting a hit with someone, even you've done a…

LAURA: With us in these groups, that when you get a hit, you're like, that kind of sounds like

LAURA: You're not telling them what it is, but you're like, that kind of sounds like this.

LAURA: And then you let them, like.

Jenny McFadden: Correct.

LAURA: Either go deeper with it, but…

Jenny McFadden: Yes.

LAURA: so far… Not that you're, like, planting a seed, but you're, like.

LAURA: that kind of sounds like whatever. I'm reflecting.

Jenny McFadden: back, like… What I'm noticing is… I mean, to me.

LAURA: It's been interesting, too, to watch.

Jenny McFadden: Yeah, because I really believe in…

Jenny McFadden: The person having the, insight?

Jenny McFadden: And I'm not here to tell them. However, sometimes, if it's really not obvious, I'll say.

Jenny McFadden: You know what I'm really noticing about this?

Jenny McFadden: These snakes.

Jenny McFadden: You know? Like, you said that…

Jenny McFadden: Like, there was one the other day. I put it in a video on the… in the group.

Jenny McFadden: And it wasn't really… it was, not clear to the client, and I suddenly went, oh…

Jenny McFadden: I am understanding this, I know.

Jenny McFadden: So she, a lady, you know, she finds it hard to sort of put herself out there as a practitioner.

Jenny McFadden: And, one of the things that came up Unexpectedly.

Jenny McFadden: Was that her mum had had miscarriages before she had her.

Jenny McFadden: And I'm sitting here thinking, what, what, what?

Jenny McFadden: what's that good? Like, I wonder what that's got to do. Like, this is where the wondering comes in. And so, I will go, like, okay.

Jenny McFadden: And, and then she would tell me about her mom, and, you know, I said, that's interesting, isn't it? Because you… you were gonna adopt kids, and…

Jenny McFadden: It didn't work out, like, did… and she said, oh, yes, I had miscarriages too. I said, oh…

Jenny McFadden: And so you get the story, but really what I'm looking for is the… Wha…

Jenny McFadden: So I said, there must be a lot of grief around that.

Jenny McFadden: You still?

Jenny McFadden: For your mum, too? Is that how you thought of her, or saw her? Oh, no, she used to…

Jenny McFadden: She'd think that, you know, she would love me more, but she treated me like this and XYZ, and she didn't really love me, and then she would send me to the next-door neighbor for… for band-aids and things, because she wasn't home, and I spent more time with my neighbor getting love and looked after than I did with my mum.

Jenny McFadden: And,

Jenny McFadden: You know, this is where I'm sitting there, and she's probably… I'm sitting there observing, going, I wonder how that connects with this.

Jenny McFadden: And… I said, so… Are you saying that… Your mum.

Jenny McFadden: really tried to control you, or is that what… is that what you mean? She said, oh, yes. I was never allowed to do anything. You know, I was always in trouble.

Jenny McFadden: I said, so…

Jenny McFadden: when you want to go and do something new, you used to get into trouble. So I'm thinking about

Jenny McFadden: What she wants to do that she can't do right now.

Jenny McFadden: And what that's got to do with, being a child.

Jenny McFadden: I said, so… And this is where I mean, what I'm doing is looking for, where's the energy?

Jenny McFadden: Where's the connection? I'm trying to… because usually, as you know, like, when you're doing it yourself, you're in the moment, you're not really making the connections so much, you're in the process.

Jenny McFadden: And it occurred to me that

Jenny McFadden: watch… I said, so, your mum…

Jenny McFadden: Had two miscarriages, so you must have been very special.

Jenny McFadden: He must have been… Really important to her.

Jenny McFadden: And that importance came out as, I have to keep you safe.

LAURA: Right?

Jenny McFadden: It came out as, I have to control everything that happens, because I don't want anything to happen to you.

Jenny McFadden: It came out as though you experience love, as… Being unsafe!

Jenny McFadden: The experience… I'm not safe in the world. Something bad's gonna happen, because my mum is always trying to protect me.

Jenny McFadden: There's the link.

Jenny McFadden: Between.

Jenny McFadden: Put yourself out there as a practitioner, be seen, people, and a really profound experience as a child.

Jenny McFadden: That the person who loves you has told you in every way possible, it's not safe.

Jenny McFadden: The world's not safe.

Jenny McFadden: So that's what I mean about…

Jenny McFadden: Start to ask the questions yourself, and like… because you can do, as a practitioner, you can sit back and see the…

Jenny McFadden: Kind of pieces.

Jenny McFadden: And see if you can say, well, why would her mum… I'm thinking, I'm sitting there thinking.

Jenny McFadden: So, Mum's had two miscarriages. I know women have miscarriages, like, you really value that baby, right?

Jenny McFadden: Well, why would she be controlling? Well, why would you control? Because you're trying to keep him safe!

Jenny McFadden: Logic.

Jenny McFadden: Makes total sense!

Jenny McFadden: But that's… but as a child, that's not what she experienced.

Jenny McFadden: She experienced that the world is not safe.

LAURA: I also like when you ask, The person to, like, look…

LAURA: Like, step out of them… out of themselves and, like, look in at themselves.

LAURA: Because I think that helps to… like… Remove.

LAURA: Your emotions, because, like, you can see what's going on because it's not your stuff.

LAURA: And so when they're stepping out of themselves, looking back to when they were 3 or 5 or whatever the age was.

LAURA: it's almost like they're, like, looking at it from, like, a third-person point of view, and…

Jenny McFadden: Correct.

LAURA: Got it.

Jenny McFadden: And that's the… that's the point.

LAURA: The connection isn't, like… they're not being triggered in the moment.

Jenny McFadden: Spot on. And that's, that, that, that's a technique that an intentional one.

Jenny McFadden: Is using the language of third person.

Jenny McFadden: So that they can be out… because when you're out of your body, you don't feel the… you don't feel it. You're watching, you're the observer.

Jenny McFadden: And you can see more and understand more in the bigger picture when you're able to step out and not be in it, not be overwhelmed by emotion or, in your own, so that it's really intentional and powerful.

Jenny McFadden: So it's… and it's a technique you will have seen, and I particularly use it in NLP,

Jenny McFadden: It's one that we use a lot. Same with the submodalities, which is, you know, making sure that when you're reprogramming, that you…

Jenny McFadden: You know, using, you know, color and movement and sound and all the rest of the things that a movie would have.

Jenny McFadden: Because the submodality, they're called submodalities. A submodality is something that is really powerful that we don't realize. You know how, like, you can have a memory, and the thing you remember most is the sound, or what someone said.

Jenny McFadden: Or you have a visual that's really powerful that you can't get out of your head.

Jenny McFadden: That's because there are some modalities. And when you change a submodality, you change what happens in the body, and you change the frequency. So, it sounds like it's something small, but it's actually something that's really powerful in the way that we program ourselves.

Jenny McFadden: And, the way that we deprogram as well.

Jenny McFadden: Yeah. Alright.

LAURA: Alright.

Jenny McFadden: Thoughts?

LAURA: night, ladies.

Jenny McFadden: All good?

LAURA: Thank you.

Jenny McFadden: You're welcome.

LAURA: better.

Renee: I feel better. Carly said hello, too.

Jenny McFadden: Oh, who?

Renee: It shouldn't occur before.

Jenny McFadden: Oh, nice! Thank you! I'd like to see her! I wanted to come on here.

Jenny McFadden: And talk about NLP.

Renee: Yeah.

Jenny McFadden: Right? And a bit how that might fit in. Who's… is anyone John NLP here? Have you done NLP?

Renee: I want to.

Jenny McFadden: Okay. It can be really useful.

Jenny McFadden: I wanna, I wanna, I'll see if I can get Aronia to try,

Renee: Not officially. I don't know.

Jenny McFadden: Not officially, yeah, but you've probably learned things, right? And it's pretty simple, but there's so many simple things that you're in there are really useful.

Jenny McFadden: And they're behind the reason why I do things the way. It's… that's the same thing, like, I can see there's different elements, but anyway.

Jenny McFadden: I thought I might get here in the end to do something, towards the end. Next session…

Jenny McFadden: We're doing a creative one.

Jenny McFadden: So everyone's gonna do their own, I'm gonna take you through, and instead of doing thoughts and feelings at the start, we're gonna do a drawing.

Renee: Woo.

Jenny McFadden: Okay? So I'm gonna show you a creative, interesting way to do it.

Jenny McFadden: With someone who's advanced.

Jenny McFadden: Or with a group that's advanced, right? So you don't do the thoughts and feelings, so it's not as…

Jenny McFadden: as specific as that, so you don't get the exact, but if you're intuitive, so BYO paper and some coloured textures.

Jenny McFadden: And, we're gonna do… The first part is a drawing, and the last part is a drawing.

Jenny McFadden: Alright.

debby: I see.

Renee: Is that on the 18th? Is that the next one?

Jenny McFadden: Yes, that sounds right.

Jenny McFadden: Two weeks from today.

Renee: Yep.

Jenny McFadden: Alright, I'll go and, get these, other technical glitches sorted out, and…

Jenny McFadden: Thank you for being here, thanks for the questions, thanks for being,

Jenny McFadden: Thank you. Putting up your hand, Deb.

debby: Thank you for showing up, Jenny, when you're not.

Renee: Nobody's…

debby: Your head's not clear.

Jenny McFadden: It's alright.

Jenny McFadden: It's improving. It's like…

Renee: Just some healing vibes.

Jenny McFadden: Yeah, send me some healing.

Jenny McFadden: Anyway, thanks. Alright.

LAURA: Good night, ladies.

Jenny McFadden: laser.

debby: Hi.

Jenny McFadden: Bye!