

00:05:33 Matthew Scudiere: clearing kidney stones  
00:05:45 Tanya: Encouragement and motivation to believe in myself and my healing, or future.  
00:05:45 mary: Healing  
00:06:00 Tanya: I did have eye lid surgery today as well  
00:06:03 Lisbeth Broman: Colors! Vivid colors moving!  
00:06:33 mary: Healing-pain in back & legs  
00:06:40 June: I really want to see some healing in any area of the several things that are showing in my body to know I am doing the work  
00:07:03 Corina Balaceanu: Relationships clarity  
00:07:26 Michele: being able to tap into and listern to my inner wisdom  
00:07:38 mary: Be more in touch with myself  
00:08:11 Jennifer Bunday: Inner balance and peace  
00:08:32 Jennifer Bunday: and healing for skin specifically  
00:09:19 Corina Balaceanu: To me past mistrust in men  
00:09:20 June: Insomnia  
00:09:21 Debora Wayne: What brings you to the call today the #1 reason you are here  
00:09:26 Debora Wayne: What is standing in the way of what you want?  
00:09:37 Lisbeth Broman: Identification with pain.  
00:09:41 Matthew Scudiere: not knowing the cause to clear  
00:09:43 Michele: habitual negative thinking and beliefs  
00:09:49 Tanya: Perhaps not knowing and believing that life fundamentally is good.or purposeful  
00:10:12 Jennifer Bunday: too much focus outside myself, letting things get under my skin, being thin skinned, boundaries not always strong...  
00:10:30 Lisbeth Broman: Fear of change.  
00:11:44 June: I think I have let go of past but obviously I haven't  
00:16:44 mary: Staying in a higher frequency & vibration  
00:26:08 mary: Its the inner knowing of who I truly am.  
00:28:15 Corina Balaceanu: It's about what role is the problem or issue playing in our mind? And letting go of that resistance  
00:30:25 Corina Balaceanu: I am super consciousness, a divine being having a human experience  
00:32:26 mary: I am magnificent and a part of the Divine creator. I know this is who I am but I want to feel it deeply inside.  
00:35:28 Corina Balaceanu: What's constant in life is Change, nothing is forever. But when we live in survival mode, the mind is identifying with pain, fear or other fleeting emotions  
00:35:43 mary: Yesterday my pain went away so I know its possible for it to leave and be pain free. (: Felt it little today., but not as bad.  
00:36:28 Corina Balaceanu: Solitude is my friend  
00:36:38 Lisbeth Broman: I'm not so identified with the pain today, because I'm happy. I've been carrying my sibilings shame without understanding what I was doing. That has been my pain and my identity: Shame!  
00:38:43 Corina Balaceanu: Lisbeth, sounds like you've had an Aha moment that liberated you  
00:42:16 Jennifer Bunday: I have some skin cancers that must be removed. The story goes that because I grew up in Australia and got badly sunburned

over and over, I inevitably have skin cancer and sunspots. It feels like there's no hope and this is the beginning of something much worse. I think the issues are more to do with what I wrote earlier. Same with macular degeneration. It doesn't have to be inevitable.

00:42:48 Corina Balaceanu: That leads to replicating same kind of bad behavior patterns of putting ourselves last as adults

00:45:16 Corina Balaceanu: Inner peace radiates all around us

00:49:34 Debora Wayne: Who What is in your life now that makes you feel worse, uncomfortable, painful

00:49:40 Debora Wayne: what thoughts create that

00:49:45 Debora Wayne: what experiences bring that up

00:49:48 Debora Wayne: what people?

00:49:55 Debora Wayne: what activities?

00:51:32 Corina Balaceanu: Negative self talk, others projections of myself, triggered old emotional trauma

00:59:30 Corina Balaceanu: I lost audio

01:05:19 Lisbeth Broman: Yes, Corina! I have! I got angry!

01:05:35 Matthew Scudiere: too soon old, too late smart, As my father use to say.

01:20:32 Tanya: Will do. Thanks. I know this forced rest time is going to be a good opportunity for reflection and lots of healing.

01:22:35 Tanya: I had a choice in this surgery and truly believe it is a good thing. That is the first step to the best outcome possible.

01:23:03 Debora Wayne: Going into the State of No-Think

01:23:07 Debora Wayne: Beyond Words and Thoughts

01:23:37 Matthew Scudiere: thank you

01:23:41 Lisbeth Broman: Thank you!