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CLASS: IDENTIFYING AND REPROGRAMMING YOUR INNER CHILD

This class was presented by Randi at the April Advance Sunday afternoon in Payson, AZ on April 22, 2018.
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[Recording begins with Randi in mid-sentence of an ongoing discussion]

RANDI: The program you are running, you can change the program. Absolutely. Are we all programmed? We live in a matrix. Aren't we all programmed? So really everything is a program. When you watch TV, what do they call it?

AUDIENCE: A program!

[Laughter]

RANDI: We don't even realize it but we are running programs of everything around us. Children are especially susceptible to programming. Why is that?

AUDIENCE: Because they are malleable.

They are a blank slate.

They are wide open.

They are like a sponge.

RANDI: What did you say on the phone, say that again?

AUDIENCE: They are wide open.

RANDI: Wide open, yeah.

AUDIENCE: Their brain waves are in theta until they are about seven.

RANDI: Yep. There is not that conscious filter to say, "Well this probably isn't true." So basically everything that they are programmed with becomes an ultimate, really ground belief system. So, you know, religion, children and religion, and yeah and that programming becomes very, very intense. And if they are being raised Mormon, the programming was very, very intense. Your programs are every aspect of your life.

When I started to notice that I was being programmed, I became a great bullshit detector, because I started realizing all of these programs, and I realized, "Everything is a program." You know, I just really started noticing these programs that I was running unconsciously, and these belief systems. We all have them, at some level or another.

So I want to pass out these papers, and everyone here is to take one of these. As I am passing out papers to the group here, I'm sorry, but I don't have any for the telephone audience.

There is this list of potential programs. One side has maybe programs you would wish to install. The other has programs maybe you don't want anymore. Kind of giving ideas to people of what a program is.

Can anybody name a program they can think of, before looking at the paper that, you know, they are calling a program?

AUDIENCE: Limitation of money.

RANDI: Okay, money programming.

AUDIENCE: Yeah, failure.

RANDI: Failure. Whatever I try I fail. Or fear of failure.

AUDIENCE: Education. Imagination is not real.

RANDI: Education. Imagination is not real.

AUDIENCE: We are born in sin.

RANDI: Born in sin.

AUDIENCE: Whoo...that's a good one.

Things that make me mad.

RANDI: Things that make me mad.

AUDIENCE: Things that make me response in an aggressive behavior.

RANDI: Okay. So when something triggers you, it helps you identify there is a program.

AUDIENCE: Right.

RANDI: So it is a program that you can identify that someone has touched a button you have. A button is a great word for it.

AUDIENCE: A button that we have that triggers or puts you into fear as a way to react.

RANDI: So tell me one of the triggers.

AUDIENCE: Fear to commit.

How about women are inferior to men.

We are weaker than men.

RANDI: I am a sinner.

AUDIENCE: Oh that is a good one.

AUDIENCE: I am not worthy.

RANDI: Not worthy.

Unlovable.

I am not lovable.

I am not good enough.

I don't belong.

I'm not pretty enough.

I'm not smart enough.

Someone else is better than me.

I'm not qualified.

Nobody loves me.

These are all the programs that we unconsciously run. And so, a lot of times they will keep playing out in your life in different ways, and you don't even realize you have a program. You don't realize that's why your husband is pushing all those buttons, because if your button is being pushed, there is a program in there that is being triggered that is being brought up for you to see something more clearly. That's why we have relationships with each other so someone can mirror back to us where there is healing inside that needs to happen. Okay?

And if we choose to keep those programs, you can see that. There is nothing wrong with keeping your programs. It's your choice. Just know that it is going to repeat the same patterns in your life. The programs you carry are the programs you are going to play out which is the patterns you are going to keep recreating in your life. So if you don't love what is showing up time and time again, start to identify the programs that are causing these patterns to show up. Does that make sense?

So here is how you start identifying programs. So on the paper I said, are there any left-overs at all? Okay, so of these identified programs actually re-programs, and see how you feel when you read those programs.

I am going to start with the programs at sites that say you may choose to insult. You can read the program and say, I am perfect being me. And if you read that and you immediately hear self talk that comes back that says, "Well, I'm not perfect. I'm not good enough." Then that is a sign that that program might be running that I am not good enough or I am not perfect. Okay?

If you read, I am enough. You might hear, “I am not enough.” And so these are ways to do that.

So kind of read through these and just kind of notice if anything pops out at you and if anybody wants to share, I would love to hear what you notice that there might be a program there. That you kind of feel triggered by something that is on there.

AUDIENCE: All of it!

[Laughter]

I haven’t said no to a single word.

Not yet.

RANDI: I’ll read some of programs so you can hear them, so

“I am lovable exactly how I am.”

“It is safe to be authentic.”

“It is safe to be me.”

“I am free.”

“I create a joyful life.”

“I am joy.”

“I am love.”

“I am lovable.”

“I am beautiful.”

I did these for women because I have a women’s class that I teach called *Reclaiming Your Joy!* So if it doesn’t fit the men, you know, if it says, “I am a good mother.” or something, just kind of change it to “I am a good father.”

“I am loved.”

“I am confident.”

“I am focused.”

“I am a leader.”

“I am a teacher.”

“I am a guide.”

“I am a student.”

“I forgive myself.”

“I am worthy of forgiveness.”

“I am courageous.”

“I am respected.”

“I am honored.”

“I live my highest truth.”

“I am authentic.”

“I love myself exactly how I am.”

“I respect myself.”

So just kind of read over them, and if your unconscious mind starts to talk back to you, trying to say that’s not true, then you know there’s a program running against that.

Now maybe, I'm not telling anybody what they have to choose to be their programs, but I think if you have a program that says, "I'm not good enough," that would be one I would choose, but I don't need to carry anymore because it is not something I hide anymore.

That's what I want you to do, find programs that you are running that are no longer serving your highest good.

Does anybody have anything they felt when they read it that resonated?

AUDIENCE: I did. One actually did. I decided to do, "I surrender my greatest fear," and this is a program, and my greatest fear was that I was afraid I didn't belong with the family of Light, and that I didn't fit in.

One of the things about a program, it's kind of mysterious how you get it. You can see right through it that you have it, and it doesn't make sense, but it's right there and it's operating in you until you can change it or surrender it.

RANDI: Right! That is such a great one. And think about the roots of a program like that. What could even the deeper roots of a program like that be?

AUDIENCE: I don't fit in.

RANDI: I don't fit in.

Unworthy or not good enough might be also parts of that same program, right?

You see other people are better. They must be the Light Workers, I don't quite fit in. I am not quite good enough to be that. So consider those programs too might be part of that same program, and it would be kind of like, find one program and think what are the roots of that program? Where would that program have started?

AUDIENCE: I am too different, and I'm way out there, or I'm not there yet. Or I don't have what you have. You have better gifts than me.

RANDI: We constantly compare ourselves to each other, right? And then we decide based upon that that someone else is better than us, or we're not good enough, and so we start developing the problems, and we start doing this very, very young, don't we?

And our parents unconsciously or consciously a lot of times, program us with certain beliefs. You know, you are lovable if..., you deserve love if..., and so if there is this unconditional love, I love you because you are...it's like, if you have your room clean and you get all your chores done, and if you are as good as your brothers and sisters, then there is time for you to receive love. Maybe there is never time for you to receive love.

AUDIENCE: As a child, you think you're dumb, because people can program you and say, "You are stupid! You are dumb!" and so you start thinking it.

"I'm stupid!"

But I know that was one of mine.

RANDI: Um hmm!

AUDIENCE: So Randy, when I was a child, I was like compared to my older sister, because she was the princess of the family. Some of us have that experience when we have a sister and that sister is favored. Out of that, it took me a really long time to notice myself. So one time, I was maybe 19 and I was working in Washington, D.C., and someone came up to me and told me I was attractive. And I was just dumbfounded. I was like [Laughter], that's my sister. Not me. Right? So the quality of being compared all the time creates dissonance in your view of yourself.

RANDI: So that's your program, right? That was just a program. It's like now I know that self-talk is immediately coming back to me saying, "Well that's not true." Because I've never heard that before, so that must not be true. That is a program coming up.

AUDIENCE: Especially women. There is a lot of comparison. I lived in L.A. for a long time, and there you are constantly bombarded with perfect faces and all of that. Then you are insecure.

RANDI: And then you have to think about things like your job, your title, you're moving up in the corporate world, titles, and competition.

AUDIENCE: One has to think about a program is that it is an emphasis on the status or a belief. So you'd rather fight than change it.

RANDI: This is true. And those programs become identities, don't they? Have you met people that are sick, and it's like they really don't want to let go of that ailment. It is such a strong program, it literally has become who they are.

AUDIENCE: Yes, they would rather be right than happy.

It becomes a way of life like, you know, "That's my protection." It will keep people away.

That's your identity in some cases.

RANDI: Definitely, it becomes your identity. We take on our programs if we are living unconsciously, we take on our programs as our identity. Those people spend most of their lives living unconsciously, living in a lower awareness, not realizing it is a program, and they just assume that is how it is.

So one way to identify a program is to just read a list like this, and just see how it resonates with you.

Because when I first started, I looked at the list and said, "Yep, I've got that program. I've got this one. Check, Check, Check. Its like I have a lot of work to do because I've had a lot of programming.

AUDIENCE: Have you run into anybody who is in denial?

RANDI: Nobody's ever done that one.
[Laughter]

What I am asking you to do is to be honest with ourselves, to be honest with yourself. And sometimes you don't even realize that it's a program and so that's why you need to start paying attention.

Oh, by the way, do you guys see where I am at this part here in your notes? Restoring emotional health and balance.

So #1, it says reading and writing statements that you desire to have a program and see how they make you feel.

So that's like reading the good ones or reading the bad ones and seeing how they make you feel. Then, deciding, all right, this is a program I need to work on. That is just being very aware, just noticing it as very much up front as you can possibly be.

Now to start identifying, these are programs that may not show up as easily for you.

Number 4, there is dis-ease in your body. If there is dis-ease somewhere, maybe it is in your heart. That is a good sign that maybe "I feel unlovable."

If it's in your feet, that might be a good sign that I am afraid to move forward in life.

If it's in your right side, it might be a masculine issue.

If it is in your left side, it may more of a feminine issue.

You know, whatever it is, just start noticing where you are having these issues, to help you start to identify the program. Just notice if this helps.

Pay attention to what issues keep reflecting back in your life. If you constantly get divorced and remarried, get divorced and then remarry the same guy again, and get divorced and remarry the same person again, this may be an area of abuse, what could be a central program there?

That I am invaluable.

That I am not good enough.

That I deserve to be abused.

I depend...

I am not lovable so I will take whoever will love me...

Just see what you are reflecting back and say "Okay, what is the programs that keeps me attracted to the same person?"

Or maybe if you apply for a job, you keep getting rejected, when you are more qualified or whatever it is, and they keep picking someone else over you and you can't figure out why. The program is there.

AUDIENCE: A big one for some women is like, I am nothing without a man.

Wow, that's a big one.

I'm nothing without a woman.

RANDI: Or identifying yourself by your position. You know, let's say "I'm only good enough when I'm Vice-President or I'll be good enough when ..." you know, the programming is "I'll never be good enough."

So just start noticing what is being reflected back.

Ninety-nine percent of the time, the programs are always going to come back to...

not being good enough,

not being lovable,

being rejected in some way.

Almost all programs stem from some of those, "I am unlovable."

Sometimes there are layers of those, so you have to address the layers to kind of get down to those deep ones.

So remember this is a process. Anytime you are clearing stuff, it's always a process. Usually it is an ongoing process.

So give yourself love and space as you are going through it. Don't feel like you have to figure out all of your programs in 24 hours and change them all in 24 hours to be completely healed and better. Allow yourself that process to heal and go through and as they come up, that is when you see them.

Okay, so another one, pay attention to your self-talk. What do you say to yourself? Do you talk to yourself like you would to other people?

AUDIENCE: No.

Well, you don't really say it. It's running you.

RANDI: That's right.

AUDIENCE: And it only gives you negative information. It never tells you anything positive. This is why this is not you, that you are identified with that infinity of the mind.

It's a downward spiral.

Looping.

RANDI: Time-looping yourself. And never moving forward. That's the same program. If you are looping a program, it's definitely a program.

AUDIENCE: We are going to say something on that.

This is the way we talk when we get up in the morning and see ourselves in the mirror.

[Laughter]

I look terrible without makeup.

Look at the belly, for heaven's sake! I am not eating anymore.

[Laughter]

Never again!

Especially if you've got a mirror that makes you look bigger!

No, no, no...Don't blame the mirror.

[Laughter]

No. No. I'm not talking about that.

RANDI: Those are major programs and there are people with programs at such a major level that they become anorexic, bulimic, and they go in a downward spiral. And they will be the skinniest person, barely, barely, just skin and bones, and they literally still think they are fat. And so that is a really major program that no matter how obvious it is, and that that program isn't true, they still look in the mirror and see one little thing right here and they are thinking, that's still fat. And when it is going to be enough?

AUDIENCE: Is that a new wrinkle there?

Really? Do girls do that?

No.

I look so sexy every day! I'm like, so that's how you _____.

[Laughter!]

I like that program!

RANDI: There is nothing wrong with loving yourself.

AUDIENCE: That's a good program running.

That's just one he chooses.

RANDI: Right. That's just one he chooses. There is really no good and no bad, whatever. It's just like, what are you deciding is choosing your highest good?

AUDIENCE: You know what? Since you were talking about programming and I thought about program attacks. Oh, the time, I'm running late. I'm going to be late. Oh, it's going to be a bad day. Oh, it's Monday, and its going to be one of those days. And before long, an avalanche.

RANDI: The typical program I run is I have this fear that I'm not going to get something done fast enough before something else happens with it. So that's a program. So what do I create. I don't get it done quite in time before I'm ready for something else. You know?

AUDIENCE: Sabotage.

RANDI: There's a lot of sabotage programs.

AUDIENCE: Booby trap programs.

RANDI: Approval issues. Going down to the deeper roots of it.

So, again, its just being in awareness. It's sort of like seeing how your life is playing out and just being aware. It helps you understand its a program.

Programs aren't true, not necessarily. They are just what you are running. So, just notice that and notice is it true that you are unlovable? Is is true you are not good enough? You may be telling yourself right now, it might be.

AUDIENCE: But then it's true what you think. What you believe you are, that is what you project.

RANDI: Absolutely. And that's what is reflected back. Right?

AUDIENCE: Right. It is reflected back as well, so that's the power of all of these programs.

RANDI: Exactly. So when you don't get the job, is it because your boss isn't seeing you correctly? Or is it because you are not good enough? Or is it really because you just have a program that you're not good enough.

AUDIENCE: But how do you see your boss?

RANDI: How do you see your boss?

AUDIENCE: Usually people see the boss as a double SOB, you know, and angry or upset with them, or pushing their buttons all the time. And maybe that's not true at all.

RANDI: And if you are having dissonance, or whatever, you know, look at that. Is there programs running between the two of you that are really just programs?

Spouses are the best to point out programs.

AUDIENCE: Oh yeah!

RANDI: Typically your spouse manages to push your buttons better than anybody else.

AUDIENCE: Another thing, in regard to your spouse. When you are tired or frustrated or sick, you get a run of programs and you get program overload.

[Laughter]

RANDI: That's a great time to see them actually. So if you can just in that space of awareness instead of just going back to your regular programming or returning to your regular programming, right? When you are in that space of awareness and say, "All right. Let me listen to what I am saying as I am spewing these things out." Then you will start noticing what those programs are.

That is hard to do because our natural response is to react based upon our programs, right? But if we choose to respond based upon awareness as we start noticing our programs, then we can choose however we want to respond.

Reactions just happens, right? One thing is that reactions are just an instant thing, all program-based. But our response is a choice of how you are going to respond. Right? Its your responsibility how you respond, and that's taking responsibility.

If its just a reaction, then you are not taking responsibility and not looking at what you see the program is.

AUDIENCE: Okay. I've got it.

RANDI: Does anyone on the phone have any comments?

PHONE AUDIENCE: It's all good.

Sounds good.

You're doing great.

Another word for programming is the ego. The ego does that.

RANDI: The ego is the master programmer.

AUDIENCE: That's what causes a lot of the suffering here on the planet, is that we are operating out of the ego. We don't even know it half the time, unless you start going, "You know what? I'm going to shift over to my Higher Self or my other self." Like you say, become aware."

I like that word aware.

RANDI: Right. The awareness is moving to the upper chakras.

AUDIENCE: There is something about ego and the programs because I had like a two-year battle with it. It is essentially, do you remember the cartoons back when we were kids of the good angel and the bad angel?

Yes! [Laughter]

The ego is the bad angel. It has its purpose. Its purpose was to keep us away from danger. You see a dog that just got unleashed coming at you and it doesn't really look like it's very happy. So you run! The purpose of the ego is to protect us.

But somehow, some external force, the powers that be figured out a way to put it on steroids, to where it will take over every aspect of us.

Some words of wisdom speaking that every emotion comes from a place of either love or fear and at the root level of every emotion is one of these two.

So as we put on the filter, if we analyze whether this is coming from a place of love or a place of fear, then we will be able to determine at that time, as we make our progression whether we are coming from a place of the ego or a place of the love.

RANDI: Yes, in fact, if you move down in your notes, if you regularly experience any of these emotions, you are running programs of some sort. From your regular daily experience, if you experience anger, frustration, fear, anxiety, sadness, loneliness, tension, friction, disappointment, pain, helplessness, yearning for change, hate, ...all of those stem from programs that are not serving you.

If they were serving you, you wouldn't feel that way. Right? If you are really serving at your highest, they would not be triggering those emotional states. Whereas if you have released the programs, and you are living in a state of perfect clarity and awareness, then you are going to experience clarity, trust, inner knowing, and increased awareness.

So notice through your day how you normally feel.

If you are normally feeling frustration as you are driving, anger at the boss, frustration with your husband or your kids, and if these are your normal daily patterns, there is a lot of programs probably in there that you still need to consider looking at.

So just consider that. There is a reason that I am not living in my joy if I am feeling these emotions. What is that reason? Let me look at my programs and see if maybe there is something that I need to consider that I haven't seen clearly.

One more way to find your programs is to ask your Higher Self, and identify programs to help you identify these programs.

I should have put this on there for #7, too, which we are going to do in the next session, but it's talking to your inner child. Does anybody take time to talk to their inner child?

Would you mind sharing a little bit? You don't have to share the personal stuff, but just kind of just the experience of it?

AUDIENCE: Yeah. I asked Randi, I said, I would appreciate it if you would mentor me and work on some things that I really need working on. She told me that I am very strong and capable of handling it myself. That was such a gift.

I know I am, but you still want to reach out. Of course, she said that she is available in time, but just to go out and hug a tree and I probably spent 30-40 minutes out there, bawling my eyes out and hugging this tree. It was so healing.

Thank you, Randi, that was such a beautiful gift you gave me and I know I am strong enough, and I know all this stuff, you know?

RANDI: Its also the inner child first, so that is what brought the emotion.

AUDIENCE: Right. So I had a really, really bad childhood, and my dad died when I was six.

I went to one of Randi's work shops and what she did was she physically brought through my dad. He actually came through in her body. He actually hugged me and wouldn't let me go. He told me how much he loved me and it was so profound. I mean, it was so profound!

It was the best in my life and I told Randi that. It was the best day of my life. That's how much love I could feel. Can you imagine just not having your dad since the age of six? And I had him. I had him that day and I always feel him around me a lot, but it was a magnificent day. But I still have a lot of pain with the inner child. So I got a lot of healing today out in these woods in Payson. I really did.

RANDI: Did you really connect with the inner child? Is that what you did?

AUDIENCE: I did.

RANDI: Okay. In a visualization...

AUDIENCE: I did. I brought her through and I told her what you said, well it's a different program that you had a different life, and your dad was there for you and you had a wonderful life, and wow, did that change things. It changed the story. My dad was there.

RANDI: In a real way. Because this thing with the inner child, if that inner child is still like the looping. It is still in that pain of not having dad there, of that loss, of that particular pain and so because that child is still in that loop, you can go right back into that moment in time and change the story. Hey, look who's here to play with you?

AUDIENCE: Yeah. So we did play.

RANDI: You know, maybe she pushes you on the swing and you go for a walk and you read from your book, and you see this as a real experience. This is because it is real. Right?

Everything is real and everything is an illusion. There is nothing that makes this decision to change this experience any less real than that actual experience that you perceived as real too. Because it is all real, because his spirit is still here. Right? He can still show up very real for that child who is also still here. And they all live within us. Even though they are us, they are still separate from us. You can see that inner child separate from you, and a good way to start looking at your program is to go in and talk to that child.

Say, “How are you doing today? How do you feel? How was school?” Start talking to them, and if they say, “It was terrible. Nobody loves me, I’m here by myself, there is nobody to play with me, I’m sad.” That is going to help you start seeing those programs.

And when you are in that unconscious state kind of in a deeper meditation, you know why it is easier to start changing the program?

AUDIENCE: Because your defenses are down.

RANDI: Because your defenses are down. The Ego mind is shut down. The conscious mind is shut down that says it has to be one way or another.

When you are asleep, the conscious mind is shut down completely, right?

When you are in meditation, the conscious mind is almost gone. The deeper you get, the more gone the conscious mind is, which makes the unconscious mind easy to start reprogramming, changing the story, changing the program. So you start telling that child what that child should have always heard.

Because our parents, they raised us with their programs, right? Our parents were programmed, and they raised us with their programs no matter how severe they were. If those were programs of abuse, of sexual abuse, of constantly coming from not being good enough, constantly always having conditional love, those are the programs they run which are the programs being playing out on you.

Typically those were the programs that were played out on them. So at what point are we going to choose to change the programming?

And you can choose it right there in that moment with that child and say, “You know, tell me about yourself.” Start telling them,

“You are still amazing at your art.”

“Do you want to go on the swing?”

“Can I read you a story?”

“Do you want to play with Legos tonight?”

Just start talking and spending time with that inner child and change that inner child’s story. You can show up as your own mom.

AUDIENCE: So after we had our conversation last night or yesterday, I am a really good student, so I try right away things that people that I trust tell me to do, so that image that I have of that little child, and I started doing what you told me to do. But I didn't wait to get that...

RANDI: Tell them what I told you.

AUDIENCE: Just what you are saying. You are saying to connect with the child, love the child, be the mother of the child. You now can mother your own inner child and play with her and spend time with her, and all that kind of stuff.

So something really interesting happened. But you know what is really funny? I want to tell you something interesting that happened. But I am questioning, like was that what was supposed to happen? Like what?

[Laughter]

Okay. I go, was this what was really supposed to happen, because it might not be what everybody else is experiencing? So This is really interesting.

So what happened is, I went and got her and was just hanging out with her and I was doing this throughout the day, after you talked to me, and whenever I had a moment and I saw the vision of her, I would just go get her. So, I went and got her and she asked me to dance with her.

So I'm dancing with her and she is growing up. So she went from this child that was really depressed and sad, and she began to blossom.

So I saw her and I am going, "Are you supposed to grow up?" She started becoming an adolescent. So I'm going, "Wow, how powerful am I that she is just growing up before my very eyes?"

And my love was so deep and so genuine. But she started growing.

AUDIENCE: That is awesome! Well you are growing out of that now into the more mature person, waking up and realizing that you are not that little child going through that anymore. And I had the same type of experience.

RANDI: You know, maybe you need to connect with your baby self. There are babies that never felt connected, that never had that from the very beginning. The 12-year-old self, the adolescent self, the middle-teen self, the high school self.

AUDIENCE: I think I spoke to you some time ago and I said, I got this message and I felt like I had the inner child, the inner teenager, the inner young adult, and so there are different levels of self that needs nurturing.

RANDI: That's good, that needs nurturing...that's the perfect words.

AUDIENCE: You were very instrumental because I felt there is a practice that needs to be addressed because it is being neglected, so I had a neglected child, and I needed to reverse it, and start nurturing those areas of self that didn't get that, abandonment or whatever. And so you treat yourself the way you would have done for all of us.

RANDI: So that is the way you would want to be treated as a child?

AUDIENCE: That's perfect!

AUDIENCE: How would your parents have shown up for you? Okay, I wish they had had time to read a book to me. So take the time and start reading to yourself.

I don't have one single memory in my entire childhood of my mom ever reading a book to me. I remember I had a Cinderella book that I remember twice my dad read to me. I think he read other books too, he was a little better about taking time, but I remember my mom, she was always busy. She had five kids and there was always work to be done. There was never a time to just sit and play, and so my biggest inner child thing is she was just so lonely...as if there was never time for my mom to play.

So I started going back and even there between free time practices, just before this session, to just kind of check in on my inner child and it came to me that I'm neglecting mine too.

And I said, "Now how are you doing?" She was dancing and playing when I first started and so I went, "Oh, good. She must be doing good." But then I started to ask, "How are you really doing?" And she said, "I'm lonely." And I went, "Wow. I didn't realize that I had still been neglecting that inner child really doing my mom's old programs. Right?" I'm too busy to take time to sit back and meditate and connect there. I've been meditating and connecting on what do I want to create in life, what do I want to do, but I'm still neglecting that inner child a little bit.

So it really takes time, it takes practice, to always check in on that child just like a mother would. You don't have to do it every single day, but especially in the beginning of your healing process, I think every day would be an excellent practice, because new things will constantly come up when you are going through this.

And just really listen and that inner child will talk to you. That inner child will tell you how she is doing or how he is doing, or where some love is needed. Give it that love.

If you are a man who isn't used to loving that way, that helps you not only receive it, but it helps you also start to be able to give it.

So its a really powerful healing tool for men to connect with their more feminine energy. So that's a great way to help awaken in men that side of the kundalini energy is to connect with that feminine energy.

Really the cool thing about these meditations, you don't have to do all the work of reprogramming—it just happens naturally. When you are doing these programs and you have to surrender and do all this stuff, its like this whole process.

But in the energy healing, there is a natural change because you are already in the unconscious mind changing it. You don't have to connect to it or do anything, it automatically is changing those programs just by you showing up loving yourself.

Do you want to say something on that Peter?

You can also back into the womb.

RANDI: Absolutely! Totally into the womb. There is a lot of womb energy that maybe you take on that you don't realize, right? And for some, it might be harder because it's hard to visualize yourself in the womb, but it just intend to go back there and see how it feels. Say, "How you are doing?" You might be feeling mom's stress, and so just shift that energy and say,

"You are loved,"

"You are safe,"

"Everything is okay."

Maybe you just want to sing a song, sing yourself a song, whatever it is.

So any other thoughts on that? Who has tried this before? Who has done an exercise like this before? Just out of curiosity.

AUDIENCE: I have.

Is there a connecting-with-your-inner-child exercise?

RANDI: Yes. You just have to know the process. You may have a hard time doing it, so just try it.

AUDIENCE: We may have had a complicated start because we were handed over after birth to a nanny, and because of this, we felt we missed our mother. One brother and I, the others were older. Then after three years, I realized, this is really our mother.

So then, there was a lot of longing there and they were only there on the weekends, if they were there, and there were other people. I don't quite know if my inner child is still there, somewhere, but at what age? I guess she is around.

RANDI: You were five? Just kind of go into a meditation and see when she shows up. If she shows up at 2, work with a 2-year-old. Because usually the unconscious mind is going to bring up where it really wants to work first. If she is 16, then that's where you start. If she is 3, if she is a newborn baby, interconnect wherever the inner child happens to show up. You don't necessarily have to choose it or pick it. Let the unconscious mind dictate that. So wherever she shows up, you can keep that connection, because it sounds to me like there is an issue of being connected because you are not really sure of who you are supposed to connect with, so it's hard to make that connection. Would that be kind of a program there maybe?

AUDIENCE: Well, I was really closely connected to my brother and he was like a year older than I. He always looked out for me. When he got hurt, I would cry. But another big thing was that we grew up out in the country and it was after the war and it was great that we had fields and fields of vegetables and fruits and played in the little creek and nature to me—I did not trust people at all, but I grew up with animals, and I loved animals. I was very close to them. So that was very healing to have.

RANDI: Good! Okay. So just be where the child shows up, they will dictate it. The child will let you know. My inner child immediately said, "You know, I'm still kind of lonely. You kind of haven't

shown up for a while. You've been too busy for me again." So just pay attention to these things and show up for them once in a while and be where their needs are.

Okay. Honestly, today we don't have time to actually do these exercises, so I want to give you a tool to start working on your healing and start noticing your basics. Because this is the ascension process within, right? That's the whole purpose, to ascend within. So we are releasing anything that is blocking the energy flow to our ascension, to our heart, a return to heart.

AUDIENCE: I wanted to say how helpful these workshop has been for me, because you mentioned something that really hit on a lot of notes like woe moments for me. Like, I developed diabetes at 27. When you mentioned that issue of when someone who just doesn't see the sweetness in life, I remember I was done with life by age 27, and I guess depending on the level of suffering you have had, some of us may have diffused, maxed out a lot more than others. Like a lot of people can go though life with some sense of purpose, but some of us might not.

In the process of having to just keep on going and not quite finding a way out, you create all the programs to sort of distract yourself from this trauma, right? So when you mentioned talking about your inner child, I just couldn't deal with it. I don't do kids. It's a point of great pain for me.

But it stuck with me, and I slept on it. Then I realized, I can't deal with it. It is just complicated and I don't want to go there, so I went into meditation and I visualized walking up to Mother-Father God, and like handing this orphan, and I said, "I am bringing you this one, you know, he's got issues. But I give it to you and give it back when he is fixed. Okay?"

[Laughter]

I don't feel the same as that. I don't see myself running distraction programs. I feel very joyful. If you cannot talk to your inner child, just donate it to Mother-Father God.

RANDI: Now consider this possibility. Now that you have given this back to Mother-Father God and in a kind of renewing process, I would still potentially consider talking to that inner child now that he is back. Ask him how he is doing. How he feels. How things are going?

Maybe it will be easier now to connect where he is not in so much fear, if that makes sense? Because the you inside still says, "I'm terrified of children." Is that a program? Is that a potential program right there? You know? And it is because you are afraid and I think you expressed this to me, you were afraid of your dad, so you are afraid that your grand-kids will be afraid of you like you were of your dad. Right? And how is that program affecting your life?

So think about those things and just consider, is it something I still want to look at on a deeper level? Don't be afraid of these inner children, because they are vulnerable, they need you. They are living in fear of dad still. Do you know what I mean?

I think what you have done is fabulous. I really do and that is a great idea to start there. Just check in still. Don't be afraid to check in and just allow yourself that experience, if you feel that will be maybe another step you can consider.

AUDIENCE: I have a question about going back to the womb part.

RANDI: Okay.

AUDIENCE: I'm not sure what the question is, but would a fetus be affected by the conversations of others around them?

RANDI: Sure. Absolutely.

AUDIENCE: Not involving the mother though?

RANDI: Absolutely.

AUDIENCE: Of everybody else, not involving her?

RANDI: Definitely music. Music that is played, its the energy really more than anything else.

AUDIENCE: The environment, yes.

Your body is a chemical cornucopia. When there is some disruption that is going on around you and you are in the womb, and I think it is primarily the mother, and the father who are intimately around that child.

Those that are around you when you are in the womb create a chemical reaction that the mother is having that can create poison. It can create an over-adrenal stimulation. All kinds of things when its in the negative. When its in the positive, it does just the opposite. It creates a feeling of warmth and joy and good feelings. So the unborn child is so chemically tuned in to us that even a fearful thought, they get.

AUDIENCE: Well, I think I just found the mother of all issues then.

RANDI: What's that?

AUDIENCE: The doctor kept telling my mother she was not pregnant, and my mother swore she was.

RANDI: How do you think that affected you?

AUDIENCE: Well, I haven't gotten that far yet. I think I just got the first part. Definitely we create...

RANDI: A disappearance.

AUDIENCE: ...an unwantedness, or others not being prepared to deal with another child.

I'm invisible. No one sees me.

Oh my goodness!

And you know, the first picture I got was of a 4 or 5 year old. So when we were talking about the womb thing, I looked back and I went, "Oh, my mother was happy when I was in the womb." It was a different story for her. They were actually starting a new family and it was different for her. So I

didn't have that. It started when they decided to start separating as a couple, and that's when it all began.

An unwantedness.

Yes! But I know you all love me.

Yes we do.

I was born in the thirties and war was going on, and I never had a mother and I never had a father. Of course, I was born to my mother. She was 17 years old. She had to leave town and leave me with my grandmother because she had to get a job to support me and there were no jobs in the small town, so she went about 28 miles to travel to Maryland to work.

I don't think I ever bonded with my mother. I never knew who my father was until after she died and I found it in the filing cabinet with a different birth certificate, and I found out what my father's name was. Here I am, without two parents.

And my grandmother was kind of yelling, instead of being nice, but she would tell me what to do.

And I had a brother that was 4 years older than me and he had a different father.

Now I know I'm opening this up and I'm not ashamed of it at all. Believe me. Because it is real. It happened, and I'm going to tell how I grew out of that.

So anyway, my grandmothers, they couldn't afford me either, so I was handed off to the state and my brother was handed off to the state and he was in a different section of the community and I never really got to know my brother either, and you know what I did?

My grandmother, thank God, she read the New Testament to me. She taught me about Jesus. And it was the Southern Baptist that we were in. You know how strict they are. And I tell you, if I did not have Jesus as my hero to lean on, I don't think I would have made it.

And you know something? You know how I say, "I'm sorry, I'm sorry." I'm sorry all the time. We were talking last night and I wanted to know why I do that. So what did you tell me?

Today you mean?

Last night.

It was JoAnna who said she told you.

Oh, we just talked about this a few minutes ago. Yeah, remember, I said, "It's okay to say you're sorry if you bump somebody, but think about it. Is there a deeper belief program potentially that

"I'm sorry that I'm even here."

"I'm sorry that...you know, you are sorry that you are talking because your voice has been repressed."

That's what you want to consider. It's okay to say "I'm sorry" if you like actually bump someone or step on their toe or whatever. But if you are constantly apologizing for who you are or what you have to say, then that's the program you might want to consider looking at that is a program and not really your truth.

I just wanted to not take much more time here, but I am going to say the outcome that I feel. Now with this family that I have here now, is like my real family! And I have had more love now in my later years, senior citizen years, that I ever had before. And it's healed me so much.

RANDI: And you can bring all of us into visualization with your inner child, and everybody take turns talking to her, loving her. There are no limits on this. That's what I am saying. You literally can have that inner child experience of anything she ever wanted to experience. If she wants to go to Disneyland, you take her to Disneyland. If she didn't get to go to the park, you take her to the park. If she never went camping, you take her camping.

Take us all with you.

Yes, everybody, anyone you want there. If dad never showed up, take him along as the coolest dad ever and have him show up. You know, if dad was abusive, pick a new dad. Punch the old dad in the face, and say, "I'm going to take over and make sure you are okay." There is no limit to what can happen in these visualizations because they are yours. It's your new story that you're writing.

AUDIENCE: Well, let me tell you who my father really was. Eugene Tyson.

WOW!

The boxer.

Speaking of punches in the face, right?

[Laughter]

And he never knew about me.

Another thing about Rita, she is Walmart Greeter.

I love it.

[Laughter]

She is one of the most powerful women ever!

Talking about the Walmart Greeter—I never said a word.

I would rather be a Walmart Greeter more than anyone else in the world.

The reason I'm a Walmart Greeter is because I needed to have some people to talk to and I'm living by myself, and I like people, and its only four hours a day that I do it.

JoAnna, you were talking about how when someone is in utero, experiences are difficult. The baby is very sensitive. But one of the things to realize is that is exactly when prolific responses start. Talk about tracing back root causes, so what you hit on about talking with the inner child in the womb has a lot of potential. At that time, the child could respond to light by being anxious or another child might be more depressed or another child might be this or that, but it all starts back then.

The creation of that child is happening in that moment, right?

If you want to _____ him, get in more deeply into what is going on and the potential of changing it, because I was told once that feelings don't change anything. They are energy. It's true. It is what you do when you are experiencing the _____. But if you can get back to that level and there is more of a chance you can be very compassionate about that, just as you are when you talk to a little child in the womb.

RANDI: Absolutely. And what those emotions do when you are doing the inner child work, if you feel like you just need to cry to let it go, make sure you allow that process to happen, because how many children weren't allowed to cry? How many were not allowed to express emotion? Maybe that inner child just needs to yell and scream? Encourage them to do that.

AUDIENCE: Remember my healing? I took this class in a whole weekend with you.

RANDI: She's talking about a workshop that I do called "Reclaiming Your Joy!"

AUDIENCE: Right. And when it was my turn to talk about my inner child, it was nothing but crying and crying, and whining, and I just could not even write. I have to just listen to my story because it was so painful, so extremely physically painful that I could not even stop crying in order to be able to write my story. My story was incomplete.

And when we went into the bed and let everybody heal the inner child, the had the practical aspects of this class, in this class unfortunately we would not be able to do, but I totally encourage you to do it because in the practice is the healing. Now you are just getting the grasp of you have a problem; but it is not until you go through the practice of this when you really feel the healing, and then remember how much I cried and I screamed because for the first time I was allowed to feel all the physical pain of the horrible things they they were doing in my surgeries. And everybody is also crying. Saying, "You are going to feel so good. Be strong. Don't cry. Your mama will come back to get you. She will be here soon."

No, I was living in that hospital for six months at the time. Yes, she would come for 20 minutes that they would allow her at night, but not everyday she could do it because she had 6 children. It is what you do with this information.

RANDI: Exactly. You have to allow yourself to heal, allow yourself to face expressed emotion. If you want to come to a workshop, it is a great thing to do that. Honestly, we don't have time to do that with every person in this room today and share all our stories, so if you need that space to do it in a healing opportunity, that is what we do at the workshop. This is also something you can do on your own, which is why I want to give you these tools. It's just a matter of doing it. It's a matter of taking the time and doing it and continuing the practice until you really do heal your inner child. You know, that really affects your whole life and all your programs.

Right now, I was going to show how to release programs like on here. Do you guys remember how I showed you this thing? Does anybody want a review on that?

AUDIENCE: Yes!

Surrender protocol.

RANDI: Yes. When you start noticing what the programs are, this is the process. You have to let the emotions run. You can't just do this and then expect it to heal, because if we are bearing the emotions, this is kind of just like scraping off the surface, and there is a whole pot of dirt underneath that needs to be cleared out, right?

AUDIENCE: Yes.

RANDI: So you have to bring it up first, especially the deep stuff, bring it up first and when you can see clearly, feel clearly what the emotions are, that is when it is prime opportunity to clear those programs. Okay?

And this is where you have to keep practicing it. I started clearing programs probably three years ago, and I went to a workshop kind of like what we are talking about, where I really cleared a ton of stuff in one weekend. You can do a lot of healing in one weekend when you are really focused on doing that.

So I recommend for you guys to kind of give you a jump start, but I was in this whole process too, and that is powerful as well. You just keep at it and keep practicing it. But the problem is, for most people, it gets a little painful and then they don't want to do it.

Men especially I find this with. They don't want to really feel this when it starts to get painful, and they'll say, "I don't need that. I'm good." They'll say, "That's good enough." Then those programs will keep playing out.

So really if that's your thing, you know, Peter and I were talking about putting together a class for men too, because it's so timely and it's so needed right now for men to be able to express and heal and there is not a safe space oftentimes for that.

AUDIENCE: Just one thing that I am pretty clear that this is accurate that pain is a sign of resistance.

RANDI: Yes. Beautiful. That's very true.

But pain is sign of resistance that _____.

AUDIENCE: Suffering is a sign of resistance. Pain is inevitable, but suffering is optional, so when you are suffering, you are identifying with it. But pain and suffering are two different things.

Oh, they are?

Yes.

Yeah. There are people who have pain but they don't...I don't know.

I don't know if I agree with that.

I don't either.

I have to think on that one.

Emotional pain, isn't it?

Okay, so allowing the emotion is flushing it away, flushing it out, moving it away from you. Resisting is putting yourself in pain. So for example, like when you told me about the inner compass? Well, I mean, I feel emotional right? But I am going to go work on that instead of resisting it.

Yeah, exactly.

But in the resistance, you change nothing.

Right. In fact, in the resistance, it persists and intensifies.

Exactly.

So I don't know about the philosophical difference between pain and suffering...

Let me explain a little bit. Unconscious people, unaware people, they go straight into the suffering. They have a pain and they just go straight into it, they identify with it, and they go straight into suffering. By us being aware, awake, you realize that you are having a typical emotional, a mental, or spiritual pain, and you look on it from a perspective of non-judgment and neutrality, if you can. That is the point; you work towards that. And then you can deal with it. You can deal with the energy in emotions.

So are you saying, that if you are unaware, it becomes suffering? If you are aware, it is just pain.

RANDI: Yeah. You can see it more clearly, I think. As, all right, this is a pain caused by this, so I need to address this cause here, because it's not just, "Oh, I've got this..."

AUDIENCE: Oh, I get it. It becomes a victim-hood.

RANDI: It becomes a victim.

AUDIENCE: There are different degrees of victim-hood, too.

Sure.

Oh, of course. Yeah.

That makes sense. I totally get that.

RANDI: Okay, just to clarify for the people on the phone who are trying to follow this along just by listening, because it's not easy if you can't see it, but this is how you can clear programs.

Once you bring them up, once you identify they are there, so there is the program EFT (Emotional Freedom Technique), which is like tapping, what you are doing is you are actually tapping into the unconscious mind. You can do it that way.

There is body code, you can use body code. You can work with a hypnotherapist. There are all different ways.

This is why I asked Spirit to teach me a way that I could do it for myself and have other people do it for themselves, and not have to go to a practitioner in order to start working on programs. And this is what came to me in the vision of how to do it. And it seriously works for me, at least for me. I have had incredible results with it.

So it is something you can do on your own, any time you start to feel those and be able to see clearly what a program is, you can just start to release it.

So you want to be kind of specific with them because every program has different pieces to it and so you want to kind of talk about every piece of it. So let's say for rejection by men, we will say that is the program you are working with. Now there are deeper roots to that program, right?

“Like I am rejected,”

“I am not good enough,”

“I am unworthy,”

you kind of dig deeper each time. But you just start with that surface one that is showing up right away because your boyfriend just dumped you and you are super emotional about it and so you are saying, “Okay, I have that program and I am rejected by men.

You are just going to work on that program specifically and then work on going deeper and deeper after that into what the real root of that issue is, because it is not about that boyfriend dumping you. It's not really about being rejected by men. It is typically a deeper belief that you were rejected by yourself, you were rejected by God, or your parents, your father, because it is male energy. Or it's your mom, and if you were rejected by a woman. It doesn't matter, this is just to give you an idea, right?

So you are going to start in the heart, at the heart chakra which is the start point of the release. You are going to say,

“I'm releasing I am rejected by men.”

So you are going to go up over your head, I am using my right hand and it doesn't matter, you can use either hand. I just go with my mind, I don't really use my hand. The only reason I am using my hand is to show you how to do it. But when I do it now, I just do it with my mind in bed and so you don't have to use your hand.

AUDIENCE: Also, the right side is the male side. If you have an injury or an illness it is from your father's side. And the left side is from the mother. So you are using the right side for what you are doing.

RANDI: Okay, so start at the heart, up over that releasing “I am rejected by men.” Or you can play something else in your head if you want to, you can say releasing “I am rejected by my mom,” if you want to if that is your situation.

Okay, then you are going to start on your left shoulder, and you are going to say the same thing, going to the right, releasing “I am rejected by men.”

I am just going to say releasing “I am rejected” just so it fits everybody in the room, if that’s okay?

We are going to go on the third eye area, you are going to start at the top, you are going to go toward your right, releasing “I am rejected.”

It’s toward the right and in a circle. The people on the phone can’t see this, so when you go to your third eye, you are going to go toward the right, your right shoulder in a circular pattern until you get back to the top again.

You are going to do that several times. What you will find is by about the fourth or fifth time doing it, you will start to say it and the words literally kind of won’t come. It will be like, “I am releasing arggggh” and it kind of like phases out. That’s when you know that program has been altered. Okay? It has been switched. It has been completely deleted in a lot of cases.

You know, for me I realized my deepest program was that, that I was rejected, and this has been playing out everywhere in my life and I didn’t even see it clearly. Until the one that I told you in my story that I suddenly saw what it was, and I literally deleted that program in five minutes and changed my life. Literally everything switched when I finally saw that deep program that changed everything. That is how powerful these programs are and how easily you literally can change your program once you give the space for the process to go and then delete those programs. Okay?

AUDIENCE: What I am noticing in all of this process that what it comes down to is a very specific one-word thing, “unlovable, rejected, etc.” So the story that we tell which is really complicated, and it is surrounded with this person and that person and that happened to me and this happened to me, and then that happened to me—it really avoids and completely doesn’t allow us to get to the root cause. So what my point is, is that if we find ourselves telling a big story about our lives and we did this and we did that and that happened to me and then not that that is bad, it just prevents us really from moving into the deepest part of us that we can relieve.

RANDI: Actually no, it pulls the deepest part of us that needs to be released up. So that is the whole point. The whole point is that if you don’t do that, if you don’t go into the pain, and experience it, it just stays there. This going off the surface, but this is bringing it to clarity.

AUDIENCE: So that’s not actually what I am trying to say. What I am trying to say is that loop that I hear people are in, that this guy rejected me..

Telling the same story over and over.

Yes, and we just keep telling the story over and over again for years.

RANDI: Yes!

AUDIENCE: Actually in my opinion, this is probably for me from my learning, is that it further prevents me from getting to the real, the root cause.

RANDI: So the thing is, the reason you keep replaying it over and over and over again, it is because you are not seeing that that is your program. Right? You haven't taken responsibility that my program is causing all this to play out.

So in doing these things in a very aware state, then we are aware that we are searching to discover what these programs are, that is when you can pull it up to see it clearly. And you are not just telling the story because of, "Look at me because I went through all this and dadadadada..." But you have to become aware at the time of your story to heal it. Because just telling it have people say, "Well, that's so hard what you went through," you are missing the point.

AUDIENCE: What if the people though, are telling the story over and over and over just because they like telling the story?

RANDI: Then they are still keeping it as part of their program.

AUDIENCE: Then my question is, why can't you just tell a different story?

RANDI: You can. But that's the thing, but there is still that inner child in there that wants that validation that they weren't loved, that they weren't accepted. So that's what we do with the inner child visualization, is literally changing that story. If that makes sense.

AUDIENCE: Okay, yes. So, and I don't want to get into anything too personal or anything like that, but for some reason, I have always rejected the idea of going down into the well and all that kind of stuff, and finding that child and doing that kind of thing. Whether it is because I'm a guy or what, I don't know. But I am always turned off to it, no matter what.

RANDI: Yes. I can sense that from you just sitting here, like I can totally feel your energy that the rejection...

AUDIENCE: I apologize.

RANDI: No! You don't have to apologize for that. It is very common.

AUDIENCE: I don't want to get to that...

We know!

I also know that the root is not in this lifetime, it is in past lives where I have always been, I was a therapist and I never went the psychoanalysis root, I never did that to bring up all the past stuff, I was a behaviorist, and I worked at the level of "here's the behavior, so let's just change the behavior."

Now of course, it didn't always work and when it didn't work, I would take them back into hypnosis, with a multi-level awareness technique, and take them back to past lives or the ones that were willing to do that. Or even to an earlier time in that life or something. But for the most part, it was always behavioral. Let's just change the behavior now. She knows this. This is kind of the way...

RANDI: And is it working?

AUDIENCE: She doesn't think so. I think it does.

Well, it doesn't work for me. Well, actually I don't think it works for you either.

Well, I knew you would say that.

Here's the thing about what you said.

Well, I wasn't going to bring any of this up.

RANDI: I am so glad you guys, I was honestly hoping you would. I was saying to myself, this is so strong coming from you that I just, I wanted it to be expressed but I wasn't going to ask. I love that you brought it up.

AUDIENCE: What I see, which is really a beautiful thing is to have clarity. What is so beautiful is to have clarity of who we are and what we need to heal, so that's a beautiful thing. It is not a fearful thing, its a beautiful thing. So that is number 1.

Number 2, to go to the root cause, back to the inner child is a reflection of a pattern that you brought in with you, so it isn't about going back to the past life, but you can, then in the present life you brought the past life with you and its all there anyway. So when I see this lonely little girl, playing on a tire, abandoned, it is not just this life. I brought this with me. So when I heal her, I heal my past lives too.

RANDI: All of it. Exactly. They are all connected. It doesn't matter where the story starts necessarily. It's that you address it somewhere where it can be healed.

AUDIENCE: It's like the whole, I don't know if everybody knows this but this is relevant, maybe. I have been married three times. Right? So we are working on this marriage, but because we are possibly more enlightened, but the guy that was closest to James said, "Well, I'll give you guys 6 months." Because we are just opposites, right? But we have this work to do and Higher Self knew that and kept us together, and kept us together, and kept us together, so this is what I believe. So this could be manifest...

This being the group.

Yes. So for this Higher Calling to manifest we had to be together to do that. Right? But we have a ton of past lives that brought us to this marriage, but dealing with those past lives doesn't heal this marriage. We have to heal this marriage in the present moment.

I wasn't going to talk about the marriage, I was just talking about myself.

But that is it.

RANDI: But that is it. When you heal yourself, the marriage works. When each individual takes responsibility for their own blocks and consider the possibility that there is a lot of pain there that you don't want to go into because you don't have to feel it up here in your mind. But as soon as you go into your heart, you feel it.

AUDIENCE: Charles tried to get to me.

[Laughter]

AUDIENCE: He did not, they say he gave up.

RANDI: That's what it has to be. You can't just surrender it all. I don't care what he thinks, you can't just surrender it. You have to be willing to go into that child if you want to heal that child, because that's where that pain is and that's where, if you don't look, where are you blocking your energy up? You are not pulling the energy. The heart doesn't want to feel it. And this is where the mass and energy gets away with it. It's because if it runs up the spine, it can kind of go behind the heart, and they can kind of make it work, but the energy isn't flowing properly, and so they try to avoid it. They avoid it, but because of that, they don't allow the feminine energy connection and that is, and where really you have to have both for that energy to flow correctly, right?

So in denying that inner child, you are denying your feminine energy. Because you are denying that connection that allows you to connect on a whole new level with yourself, with your wife, with everybody in your world because of that blockage. And it is a protection. We do it to protect our heart. At some level, someone hurt your heart, typically that is how it goes. It could be that at some level this happens to almost everyone. We end up putting walls around our heart because it hurts. It hurts when we look there. So we are trying to protect it and keep it safe, but in doing so, what are we not allowing outward.

AUDIENCE: We are not allowing others to love us.

RANDI: We are not allowing love.

AUDIENCE: It's like when I was talking about the thinking of Louise Hay when people have heart trouble, they have closed off their heart because she says that she has things to say. Now if your back is hurting in the bottom lumbar, like when you say, "My back is killing me." Well, it will kill you, but what it is, is that you are carrying too much of a load.

RANDI: And moving into fifth dimensional energy, this is why this is so important. In the fifth dimension, we are no longer creating through the lower chakras. You can kind of get away with it in third dimension, like ignoring it, but if you really want to move into creation and fifth dimensional energy, what does it create through now? We are creating through the heart chakra now. Right? We are manifesting through the heart chakra. So if yours' is blocked, can you truly, are you ready to ascend to that level? You're not.

You cannot deny working with these anymore. If you really want to get through the ascension process, you have to start looking at the heart and start figuring out where the blocks are happening and be very willing, and it hurts! That is why nobody wants to do it. It can be very painful to go and see what those blocks are. But once you get the tension off of that back, that feels so great, because the inner child is crying to be seen—literally.

AUDIENCE: Well, its such a false belief that we think we protect our heart if we close it.

RANDI: Yes.

AUDIENCE: It is the opposite because then we have no protection around us, because right here, if it is open then the protection is all around us.

RANDI: It really deteriorates the heart until it is opened up.

AUDIENCE: There is actually an exercise, a difficult exercise that you can do like when you get into the shower? Most people when they get into the shower and they do this and they do this, but they don't do this.

Well, I can't because I'd fall.

[Laughter]

Okay. If you can, if you open your arms and allow the water to hit your chest and hit your heart area, it begins to open that chakra.

Sure.

That is exactly what I told you that happened to me, way back before I came to Arizona. Because I know when I was contracted, and it was to protect my heart from being hurt and feeling those feelings and what I did, exactly what you said. I didn't do it here, but what I did was I just stood and I would put the shower head right at me and let it flow. And as I stuck my chest out, I would push it out to keep doing that until I got through that and stopped doing it. And I allowed myself to just open my heart, and to do that is to stop doing it. It hurt. It was painful. But I had to do it. It came to me that that's what I had to do in order to do that, and get past that, and stop doing that contracting, I had to do it.

RANDI: And sometimes you have to over-express all of the emotions in order to move the energy. I mean, you literally, you do them so its like "I am going to over-express this" and it might be, "*You stupid girl, why are you not good enough?*" and you are expressing like these things your mom yelled at you because you are bringing it to the surface to see what is the program. "You stupid girl, why are you not good enough?" Not that this may be my experience, but this might just be how you need to do it. So find a safe space to over-express these. If it's just crying and whatever it is, you need to move the energy, because it's that compression breakthrough. It is getting enough of it to push through the heart. Push up the energy. Move the energy. Move those blockages. Its like a dam. That pressure has to build up and it has to break through that dam. And once it breaks through, the energy flows again. And it can just be easily released, and things can come, new things are going to come, but you can just let them flow through and easily release it. It doesn't have to get stuck in that same block, those same dams you have all over in your chakra system. This is keeping the energy from not moving freely.

AUDIENCE: Another thing, it keeps you from loving again. Because you've got to be afraid to get into a relationship because you'll be brokenhearted again. I've had my heart broken.

RANDI: Yeah, you're right. It's a fear. Again, that's the fear. It isn't love.

AUDIENCE: It's hard enough for women to heal and to go through this, but for men, they come from "Boys don't cry," and "Don't you know, you're not supposed to show your emotions."

Don't be a sissy.

Yeah, and so we've got to change the dialogue.

RANDI: And women overcompensating in their masculine energy because they have shut down their heart. They end up doing the same thing men do. They end up going to their masculine chakra system and playing from that instead of their feminine chakra. We shut down our feminine chakra system because we don't have to feel as much. And so that is why the balance is so important.

The back is our strength and our structure, right? And so women that are going to the strength and their structure, and they lose that femininity. That makes it so they can really be effective in healing themselves and others. And when your balanced in your energies and both chakra systems are moving smoothly and flowing smoothly, you become a powerhouse creator because you have both aspects of it and you can relate with all access of it.

When you shut one down, women are too masculine, a lot of times you are often turned off to that energy, right? Because you sense that something is not authentic about it, but you are not sure what. It's because it is missing that _____.

Men do the same thing. You know, men who can show up authentic with both the masculine and feminine running, they are very, very attractive. Their energy, you are just drawn to it.

AUDIENCE: The women go crazy for them.

Oh yeah, all the women. It's very powerful.

It's rare.

Especially if you see them as being nurturing. Like Peter is a very nurturing guy, right. He is loving, rushes to comfort, gives you a kiss and a hug, and that is an attractive thing.

RANDI: Yes. It is. You are attracted to that energy and you don't even consciously know why. It's just that you sense that that is what you want. So yeah, you have worked with people who have that balance that you are searching for. The guy at Walmart was that way. He wasn't afraid to just love unconditionally everybody that came through that door. He wasn't there in a masculine energy doing his job, "Welcome to Walmart. Welcome to Walmart." He was there, you know, with the love, "Welcome to Walmart! How are you doing today? It's nice to see you." Both were active. Both were moving. You could just feel the energy. It's flowing out to me and I'm like, "Oh, let's go into this Walmart." You know what I mean? And that's how it is.

AUDIENCE: Do you want to know what the most sexiest part of a woman is? Confidence.

RANDI: Yes.

AUDIENCE: Oh, I've got a ton of that.

[Laughter]

RANDI: And that's a woman that is in balance with her masculine side as well.

AUDIENCE: That can clear the program. Are we going to do the opposite?

RANDI: Yes we are. Okay, so when you watch a re-program, it will be the opposite way. So we are releasing rejection, right? So now we are going to re-program, “I’m accepted exactly how I am.” That’s the root chakra and it is going to come up to the heart, and “I’m accepted exactly how I am.” “I am loved and accepted exactly how I am.” Then you are going to come instead of left to right, you are going to go right to left. “I am loved and accepted exactly how I am.”

Then you are going to go to the left on your third eye in a circular pattern. “I am loved and accepted exactly as I am.” Then you are going to do that, and it takes sometimes at least five times, and for whatever reason, I don’t know why, but sometimes when I am doing my third chakra on this one, I’ll want to do it three or four times. I don’t know why, I just kind of go for the energy feel, and if it feels like I just want to go around in a circle more, feel free to do that.

But, yeah, “I am loved and accepted exactly how I am.” “I am loved and accepted exactly how I am.” This is going from right to left. “I am loved and accepted exactly how I am.” And to the left side, in a circular pattern, “I am loved and accepted exactly how I am,” on your third eye. Okay? And that’s it.

Then, you put that new program in and that is literally deleting old programs and re-programming new.

But you can do that and if there is still buried so deep here that you are not reaching them, it’s only going to reach the ones that you have released. That you have brought up to the surface enough to be released. So if the patterns keep showing up again, you have to realize there are still something deeper, and you are going to have to start looking at that inner child and doing things with that, that you really want to get it all. And really pull it from the root.

Otherwise, you are just picking the flowers off of it. If that makes sense to you. Picking the leaves off. You might feel better for a little while, but it is going to regrow, okay? Until you really address those root causes, if that makes sense.

Any questions on any of that?

AUDIENCE: I’m trying to think of how...

So, may I ask a question of everybody?

So, the things that have occurred here, is there any doubt that they will work or not work? Is there a doubt in anybody’s mind that what she is saying about the inner child? The reason I am asking is that if there is not a real commitment to this, it won’t work for you.

So if there is doubt, the doubt is also a program.

RANDI: That is absolutely true.

AUDIENCE: So, if you have the doubters program? You’ve got to remember the doubter’s program in order for this to manifest itself.

RANDI: That’s very true. I absolutely a thousand percent, I agree. Doubt is a huge program.

My husband, he doesn't like to do that either. He had a body code back when he was doing it, which was a huge breakthrough for him. I never saw my husband emotional, and he did one body code session and I literally heard him just bawling his eyes out. So much that had been held for so many years. One session was a massive breakthrough. The massive compression breakthrough. And so, I think its great to find a practitioner to help you get started. You don't have to do this on your own. It's good to work with a practitioner when you get started.

I like doing my workshops because I like to get a lot of stuff done in one weekend, to get things moving. And then you get people to face both sides. They know how to do it. They understand the process and they've looked at the deep stuff. Then you keep practicing. You keep going until you reach that level, but its a good starting point. If it is a body code practitioner, or whatever it is. Whatever your heart feels drawn to, go to that. Your heart looks good, you made it to hypnosis, there are so many options. We are going to put one together for men now because I think that is so needed.

AUDIENCE: That is so needed.

Yeah, they have to catch up with us.

[Laughter]

I'm joking!

RANDI: Anyway, so yes. This is a practice. You have got to keep practicing it and keep working at it and very consciously with your entire awareness doing it. If you really want this to work, if you really want this. And it is so important if you really truly are here to be the Light worker, this is how you do it. Because you tell the energy, clearly, once its not hitting all your programs. Because every time you feel a light comes right through you, then it hits all your programs of unworthiness, and everything else, what are you sending right back to the planet? All those programs, right?

AUDIENCE: You can hear it. You can hear it the way people speak. Like if you are not aware of how you are speaking and you're harsh, and you don't think you are being harsh, like "Shut up."

[Laughter]

I would say that that is one of my programs. So if you are speaking and if you are being harsh and you are not aware that you are being harsh, that's actually something blocking you from being compassionate.

RANDI: And that may come from maybe a mom who was harsh with you, who spoke to you that way. I developed this program. Be loving and forgiving with yourself. Say, "I am who I am. I do my best, but I can see, cause I have those same programs too." I was too harsh with people. And so I can see that I needed to practice, and I did. I really practiced coming from a space for more of my feminine energy, but I was that way because I had shut down my feminine energy. Because my feminine was my compassionate side. Right? So I started looking from my masculine side and it was like, "*Well here is what is wrong with you, just fix that.*" And that is a very masculine energy to say that, right? Because that works? No. It doesn't really work. So when I opened up my feminine energy again which is my joy, my love, and suddenly you become this effective teacher, healer, guide, all of it, because you have that balance and then you become effective at channeling energy. You get kind of effective at changing the entire universe because that is literally how you are creating it, through the heart. When that heart

opens and when everything is flowing, you are a master creator. A master creator. That is why it is so important. It's not just so you feel better, it's literally so you can change the universe which is what we are here for.

AUDIENCE: Right! There is an end game here.

RANDI: Absolutely.

AUDIENCE: A new beginning. That is what we are getting.

I had a Kogi Shamen look at me in the eye and say, "Look at me in the eye. Do you know what spiritual masturbation is?"

[Laughter]

It is learning the spiritual protocol and not practicing it.

RANDI: Exactly! And so many do that. And telling everybody about this and not doing it yourself.

[Laughter]

AUDIENCE: And so many do that.

I said, "Man, I have been masturbating ..."

You know, doing this would help the trip to Mexico.

RANDI: Absolutely. Talk about getting the vibrations where they need to be to open the fifth dimensional portal?

AUDIENCE: [Inaudible]

[Laughter]

So James, you are agreeing not to spiritually masturbate.

Yes, definitely.

RANDI: So I wanted to teach the class on creating magic potions.

AUDIENCE: If you don't mind, I've got to go take care of the food.

RANDI: What do you guys want to do? I'm just saying it will be at least another thirty minutes if we want to create a magic potion.

AUDIENCE: That should be fine, because I'll just go out but I'll be able to hear it. Then I'll corner you later.

RANDI: Okay. It's not hard, this is like the coolest thing ever!

So, JoAnna, if you can give it like 5 minutes, and let me do the first part, then you'll get the important stuff and then the rest of it is easy.

So you guys, let me get your attention here, so JoAnna can hear the beginning part.

We keep going back to womb energy, right? So our bodies are made up of what? Seventy per cent water. Okay? So this is a message that has been coming to me for like the past year.

All right, I feel like I need to wait to get people's attention, because...it's not hard, but I just want you to understand the concept of it, and then you can just play and practice with it. Because it is so fun. And it has literally been life changing for me.

So this is something that has been coming to me for like year, but I just wasn't getting it. Like I just kept getting messages about what I needed to go in this direction with the understanding of water. And the manifesting of water. I'm like, I didn't get the message they were trying to teach me. So I just kept allowing but not really understanding. Then it just kept coming stronger and stronger and stronger. Well, it suddenly came to me that what you need to do is change the water you drink, change the crystal formation in the water you drink and program it with the programs you want to have.

Who is familiar with Dr. Emoto's work?

AUDIENCE: Oh yes. The vibration of water.

RANDI: Okay. So Dr. Emoto, if you want to pull him up on your smart phone, you are welcome to. The website is there. He did these experiments with water crystals. And when he would put like certain words on the crystals, or they prayed on them, they could turn like city water that just looked disgusting and gross into like these beautiful crystal formations. Right? Just by putting words on the water. Or just like praying over the water. Changing over the water. Sending higher frequencies of vibrations to the water. And so it came to me that you can actually create crystals in water that will heal your body. That you can create with it.

So for me, I have taking supplements for the past 15 years now to keep my body balanced, so I don't tend to have these health issues. So whenever I get out of balance, I'm taking supplements to get into balance again. I take up to 9 supplements a day sometimes.

And it came to me that I don't have to take supplements anymore. That I can actually just charge the water with my intention with those supplements. And not only that, but I can charge the water with the programs I wanted. So let's say I wanted my programs to be, "*I am prosperous. I am joyful. I am vibrant.*" Whatever programs I decide I want to put in my water, I just started charging them in the water.

If I had a headache, I would charge the water with, "*Charge with the energy needed to neutralize the headache I am experiencing.*" It would be gone as soon as I drank that water.

If I felt like I was getting sick, I would start saying, "*Charge this water with anything that my body needs to neutralize this sickness that I feel coming on. Or this infection that I feel coming on.*" And it would be gone like after drinking one thing of water most of the time. And sometimes it would take like up to an hour for all the symptoms to go away. But literally, I would feel sick and an hour later, I

was over it, just by changing the crystal formation in my water to tell it to neutralize this. And so I started doing this for a few weeks, and I woke up in the middle of the night, one night, and I thought, “*You know, this seems like it is really working.*”

I had not had a supplement in three weeks, I felt better than I have ever felt, I have more energy than I have ever had. If I didn’t get sleep that night, then I would start charging the water with what I needed to get the energy back. I just started using it for everything.

So I woke up this one night at 3 o’clock, and I had this thought in my head and literally as I was having the thought, I was still pretty much out of it, because I still had not really awoken.

So my phone was on literally the other side of the room, because I keep it away from me—you know, because of the EMFs at night. My phone was on the other side of the room. It literally turned on by itself and played a clip from a YouTube video that said, “*Well, isn’t that how you determine the power of the magic, is the result?*”

And I was like, “*OH MY GOSH!*” I could not even believe it.

I kept questioning, “*is it really the water? Is this really working? Or is this just in my head? What’s the difference, right?*”

Anyway, so that was the validation I needed. There is really something to this. Keep going with it. And so I just started using it for all my healing now. I haven’t taken a supplement since.

So, here’s how we do it. So, all you do is take your bottle of water, hold it at your heart chakra, and the more open your heart is, the better this works, right? Because you are channeling the energy. And so people on the phone, if you want to do this with us, you can just get a glass of water, a bottle of water, or whatever.

AUDIENCE: Taste it first.

RANDI: You can taste it first, but I don’t know if it changes the taste a ton.

AUDIENCE: Kind of.

RANDI: Okay. If you write on the bottle, you can totally do that. You can write your programs right on your bottle.

But I’ll just say, “*I am infusing this water...*” and I am feeling the words as I say the words. “*I am infusing this water with love, joy, peace, prosperity, gratitude,*” and I’ll just pick a few things that I am choosing to do.

And then I’ll say, “*...infused with...*” sometimes I have been using Apple Cider Vinegar and baking soda a lot, so I’ll say, “*I am infusing this water with Apple Cider Vinegar and Baking Soda, and a little bit of _____,* and then I just go through with any other vitamin, mineral, nutrient, plant, herb, anything else from anywhere else in the galaxy that would support healing and balance in my body. I will just allow my Higher Self to choose what those are, and infuse that into the water. And then if I want to say, “*Infuse with “I am lovable. I am wonderful. I am passionate. I am”* and you can look at your

list if you want of program potentials, and just pick whatever you want to choose at that moment and then just put it in your water. Then drink it.

So I found the water will stay charged with it for about 2 to 2-1/2 hours. Now, if somebody touches your water that has a negative intention or negative vibration, notice that that can affect your water, so you want to recharge it afterwards. You know, if you are doing this as a real practice. So kind of keep it in your possession.

I now want to say, especially if you are sick, like say you are trying to heal cancer or something like that, not that I am telling you that this heals cancer, all right? I would never say that. Go see your doctor. You know, but anything you wanted to heal, if you are using it for healing especially, I would drink really the entire water bottle at that point. Because that puts as much energy of that as possible into your body at that point.

So, if you are saying, "*Infuse with anything my body needs to neutralize*" whatever it is you want to neutralize, any disease, you pick. There are no limits on this. Just play with it and have fun with it, and see what happens.

So that's how you do it. And now you just drink it and you are putting that charge into your body because your body is 70% water and also you have that harmonic thing where the frequency of this then touches the frequency of all the water in your body, it changes everything to these new frequencies. So now this is the frequency range of your body. So you can do it anytime you need it.

Maybe you are just stressed. You are just going to infuse it with what calmness and relaxation, and when I am going to bed, I'll infuse it with herbs to help me sleep well or energy to help me sleep well. I have found I really don't have to be that specific, that it just kind of works. I can literally feel it working in my body.

AUDIENCE: You can also say something like, "*Give my body whatever it requires to get the right sleep, to find proper balance?*"

RANDI: Yes. And I try to keep it in a balance. So what I have found is, so first, sometimes I take supplements purposefully to put my body out of balance when I am looking for certain results from it. So, like if I want more progesterone than I normally would be balanced with, then I'll use progesterone on top of this, because this will only do what brings your body perfect balance.

So if you are wanting the results for some reason of more supplements, you can't put more in here than that which is going to bring perfect balance. So this is always about perfect balance, which is usually always fantastic, right?

But you know you wouldn't want to use it with high doses of caffeine in order to stay awake, because that is not necessarily perfect balance. Perfect balance would probably go to go get some sleep. Right? To get your body to that balanced state. So that is kind of one thing to think about with infusing energy. You cannot use it to overcompensate for not taking care of yourself necessarily or whatever.

And of course, maybe I'll say the more you are good to your body and eating healthy, obviously the better it works, because you are not trying to change so many other programs going on because everything is energy. This is just putting lots of good energy into your body every time you drink. Every time you drink water literally is healing your body, and I think it is kind of like eating with that

awareness too. You know if you are eating with that awareness, you can do the same thing with your food. You know, that is why we bless food. Right? But this is just intending that you are basically blessing your water with what ever you want to program it with.

AUDIENCE: Also, the more you provide your body with the love, and we need more love to be healthy.

This is in the movie, "What The Bleep Do We Know?" It is so powerful how the emotions change the water.

RANDI: Yeah.

AUDIENCE: JoAnna, would you be able to put on the group line the wording that you use?

RANDI: Is it not in your thing? I though I put it in the program. I swear I know I made a worksheet of it, so let me see if I can find it. Hang on. I may not have passed it out yet, may be the problem, too. Okay, here they are. So, programming water for healing. So there you are. This does not give you all the options. You can add whatever you want to. That is just what I do.

AUDIENCE: Randi, can you share all these handouts with the phone people?

RANDI: Yes, I actually emailed them to JoAnna. So I think she can probably just email the email I sent her out to everyone.

AUDIENCE: Just put it on the list, on the Ancient Awakening list.

Okay, I'll do that.

RANDI: So JoAnna is going to email it out to all of you. She has it. So you will get all the notes from every class that we had.

AUDIENCE: Thank you.

RANDI: If you have questions on the water programming, I am just going to keep it pretty simple just like that because we are kind of behind on time, so I am not going to go into the explanations of why...just try it and just like the thing said. Isn't it the results what matters?

Practice, practice every day.

We are finished. Are there any other questions anybody has? I don't see that we need to drag this out and go over this in detail. It is 5:30 and I think everybody gets the idea. Right?