

Predictions Week 2022

Day 1 – Medical Intuitive Keri Fulmore

TRANSCRIPT



Marilyn Alauria Psychic Medium / Prophecies by Month for 2021	Dr Robert Pease Renowned Numerologist / Numbers for 2021	Dee Wallace Channeller / Healer 2021 Prophecies / Famous Actress	Laurie Reyon Animal Communicator / Whales & Dolphin Messages for 2021	Keri Fulmore Medical Intuitive / Health for 2021	Elizabeth Harper Psychic Healer Color Specialist	Tori Harman Oracle Reader / Psychic / Spiritual Teacher	Thomas John TV Show on OWN Celebrity Medium	Brian Seth Hurst Crazy ACURATE Psychic	Mary A. Hall Healer, Abundance Coach / Abundance Healing for 2021	Christy Whitman Channeling The Council Of Light (WOW!)
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Jennifer McLean:

Welcome everyone. Welcome to Predictions Week 2022. We're starting today on January 3rd with our amazing medical intuitive, Keri Fulmore. Before I officially announce Keri, I also want to mention that every single speaker that is part of Predictions Week is also part of a membership site called Masterworks Healing Membership site. And these amazing contributors - you're going to experience all of them this week.

Jennifer McLean:

They each have one show a month and over the course of a month, most of the speakers get to participate. And what that means for our members is they get amazing live interactive readings. You're all going to get a little experience of that tonight. But in the membership site, it's a much more intimate group because it's much, much smaller. This is a very large group. There are over 25,000 people, 27,000, actually that have registered for Predictions Week this year, which is very exciting. It's growing in popularity. This is our 12th Predictions Week, a very popular event. Some people join our membership during this timeframe.

Jennifer McLean:

We're delighted that you're here. Membership is 100% optional. Predictions Week is 100% free. You get to listen to this until January the 10th. You have plenty of time to listen. This is 100% free. And members get to download it and they get transcripts of Predictions Week. I normally don't do transcripts of the shows, but Predictions Week is special and our members amazingly let all of you participate and let all of you come in. For a week, they don't get to have their regular intimate group and opportunity to work with our speakers. They're giving you the opportunity to do that.

Jennifer McLean:

We're here and we also have an archive of amazing shows, plus we have incredible workshops. One I can't help but mention on day one here is Alison Armstrong. She is one of my mentors. She helps me understand men. We have the most amazing six video workshop of how to understand men and, in turn, helps men understand men too. So it's for women and men, and it's profound. It's not available anywhere else, only at Masterworks Healing. There's also Transformational Fitness. There are 12 shows there on the coolest way of fitness that is easy, if you will, on your body. There's also sound vibration healing. These are just workshops that are in there, in addition to Monday and Wednesday's live interactive sessions.

Jennifer McLean:

I'll be talking about that throughout the week, but I wanted to let you know that that's what you're experiencing. The amazing speakers here this week for Predictions Week are all from the Masterworks Healing Membership site. We are delighted to start with our very own medical intuitive, Keri Fulmore. Now Keri suffered from severe genetic migraines in childhood. And the doctor basically told her it was incurable. That's when that deep, inner intuitive voice said loudly to her, "No, that's not how this is going to work," and subsequently guided her to heal it.

Jennifer McLean:

And that voice continues to this very day and guides her clients - and you, tonight - on the actions to take to heal. Keri has studied traditional Chinese herbalism. She's immersed herself in a deep apprenticeship of Native American healing practices. She's also a certified functional medicine

practitioner. She has tons of experience. She has this beautiful, lovely, calm energy, which we just love about her. And Keri has this unique, intuitive, profound gift to hear what's happening inside a person's body and shares with that the cause of illnesses.

Jennifer McLean:

She is quickly able to help individuals access the root causes of their health imbalances. And she's also able to blend this intuition with holistic health sciences to not only tune into you physically, but also emotionally and spiritually, and deliver a real roadmap for how to now achieve balanced health. You can be hearing that today from Keri. Welcome Keri Fulmore to Predictions Week. It's awesome having you as a regular contributor to Master Healing.

Keri Fulmore:

Thanks Jenn. Thanks for the wonderful introduction. Thanks for having me again this year. It's so exciting to be back.

Jennifer McLean:

It's awesome having you here. You have some things you want to share to start with about what you see from a predictive perspective of what this year is going to bring us from a health perspective and trends that you might be seeing on the horizon.

Keri Fulmore:

Yes, absolutely. I really took some time to connect in with my guides on this one. And as we move into 2022, my guides really wanted to let me know that there's going to be a continued focus on stress and mental health, and obviously immunity, and a real inward turn to optimizing health through biohacking or anti-aging. I feel like it's just going to explode and get bigger. And it's no wonder these things are really going to be a focus with all that the world has been through in the past couple of years. But how we go about dealing with these things is where things get real exciting.

Keri Fulmore:

2022 will be about going deeper within to heal our bodies. There will be a big focus on finding new ways to heal and to deal with biohacking or anti-aging and optimizing our health with light and sound and frequency, breath work, and real energy assessments of our body's stress response because, after all, the stress that we have been through, it is really the number one leading cause of any health ailment and a lowered immune system in the first place.

Keri Fulmore:

To get started into my prediction, the first thing my guides have led me to talk about is breathwork and HRV, followed by some energy light therapy. I know that some of you have heard me talk about this on Jenn's show before, but it really felt like I needed to give it more of a renewed focus for 2022. And I really feel that breathing will be a focus as we emerge from the pandemic this year, because I feel like this is a given, being that the whole world really has been kind of holding its breath over the past couple of years, and there's a lot of inward energy that needs to be released.

Keri Fulmore:

I am sure you can feel it built up within you if you take a moment to tune in. Naturally, after the last two years, the stress and anxiety created a lot of stressed breathing states and a lot of anxieties about the future, or even just here and now, that we're locked in our body. And it's really kept a lot of people in what feels like a fight or flight, or a chronic stress response. In 2022, we're naturally moving or being called to breathe out. We can feel free right now to take a deep belly breath in and breathing deep, deep down into our bellies, breathing as deep as we can, just releasing on the out breath, just concentrating, letting it all go.

Keri Fulmore:

It feels so good to just breathe deeply and because a lot of people are thinking about immunity and how to optimize their immune function, I really feel like breath will become that top priority in '22, as it really calms the brain in our entire body's stress response. And it also helps to really put us into a parasympathetic healing response, which is really the state we need to be in to have a robust immune system in the first place. And breath also helps to calm that panic and the stress of the future, and it really helps us to face the things that we may feel anxious about.

Keri Fulmore:

It teaches us to be mindful, and it can really help to release those feelings of anxiousness or even trauma that we have stored. Not only that, but it helps our lung capacity and our lymphatic system. I really feel like breathwork can help us to connect to not only recover from illness, increasing our immunity, but connect to our spiritual side as we take those moments in our day to realign with our inner self, which breathwork really helps us do. I do predict that mindfulness and breathwork are going to be even bigger in 2022 than they have previously been. Specifically watch out for studies on how it improves immunity.

Keri Fulmore:

And the other thing that will become even bigger in 2022 that my guides were talking about was HRV or heart rate variability. Again, focusing a bit more on stress, over the past two years, we have really been aware of how our body is feeling. We have scanned our bodies daily to assess whether we are well, whether we have a tickle in our throat or even levels. And while body assessment is a good thing, it can also cause a level of stress or an anxiousness in our body, which ultimately can affect our immune system.

Keri Fulmore:

Heart rate variability is a way to assess our body's homeostasis and level of stress. You can track your HRV on things like a Fitbit or my personal favorite, the Oura Ring. And I know Jenn, you have a Fitbit, but HRV, for those of you that don't know, is a measure of the variation in time between each heartbeat. So the variation really is by our nervous system, specifically our autonomic nervous system, and that's the part of our nervous system that helps to regulate our heart rate and our blood pressure and our breathing and our digestion. The ANS or the autonomic nervous system is really just divided into two large components, which is your sympathetic or stress response and your parasympathetic or healing response.

Keri Fulmore:

The brain is constantly processing information in a region called the hypothalamus, which is in the brain and the ANS or the autonomic nervous system provides signals to the hypothalamus, which then

instructs the rest of the body either to stimulate or relax different functions. It responds essentially to all sorts of stimulus, whether it's a poor night sleep, a meal that you ate that you maybe have had a poor reaction to, how your thoughts may be affecting you, or even exciting news, like the birth of a baby or a delicious healthy meal that you had for lunch, but essentially your HRV is a barometer of how our body handles stress in every situation.

Keri Fulmore:

And because stress and the immune system go hand in hand, and we're going to be really diving deeper into immune health in 2022, it's definitely going to be on the forefront of how it can help us with deepening into better sleep and vitality and energy and immunity, and even predicting our longevity. If we have a high HRV score, we're likely to have a higher lifespan, and of course breathwork and meditation really helps to anchor in a beautiful HRV.

Keri Fulmore:

And then lastly, and finally, my guides have told me that we will see more some light and frequency medicine. I know that I have spoken about frequency medicine before, but I specifically want to talk about red light therapy as I can't get into all the different colors and frequency of light here today, so I naturally chose the most studied, which is the red light therapy. But one of the main reasons that I predict red light therapy to be big in 2022 is because of what it does for overall health and our immune system.

Keri Fulmore:

For those of you that don't know what red light therapy is, it's also known as photo-biomodulation or light box therapy, and it's been around for 40 years. Actually since the invention of lasers. Red light therapy uses certain wavelengths of light to restore, repair and protect tissue that maybe has been injured or degenerating or at risk of dying. How it works basically is red light wavelengths affect bodily cells on a chemical level by increasing our mitochondria function. That's our cells' ability to produce ATP or cellular energy. Our mitochondria, the powerhouse of the cell, helps all of our organs and our glands and our immune system to function at its optimal or at its best.

Keri Fulmore:

When our mitochondria has declined, so will the functioning of our body at a deep level. And this means that we're going to have symptoms, like we may feel less energetic. We could have poor skin, aches and pain, immune deficiencies. When we put red light wavelengths on the skin, they actually penetrate eight to 10 millimeters into the skin. And depending upon where we put the red light, whether it's on our knee or our head, all of the surrounding skin layers, blood vessels, limp, nerves, and even the hair follicles are affected.

Keri Fulmore:

But red light therapy will be really big in 2022, because immunity and mitochondria are interlinked with each other. This is because mitochondria can regulate, activate, and even help differentiate the survival of immune cells. With optimum mitochondria, we're going to have a more robust and strong immune system. If you haven't looked into red light therapy, I strongly suggest you do. Not only that, but it is really good for blood circulation and helping us to improve nitric oxide, which really helps to oxygenate our blood, bringing oxygen to the brain.

Keri Fulmore:

It relaxes the arteries and the veins, really helps with wound healing and muscle soreness. And of course, immunity. It helps with thyroid health, stimulating the lymphatic system, helping with a restful night's sleep because it helps with melatonin secretion. And of course, when we talk about mental health, it can really help with depression and anxiety and even stress, and it has been linked to increasing our immune function. I personally have an Orion light that I have just purchased for red light therapy.

Keri Fulmore:

I don't know if you have a red light, Jenn, but I have been sitting in front of it for about 15 minutes every day for the past couple of weeks. And I can tell you, I certainly feel amazing and really energized after a red light therapy session.

Jennifer McLean:

Interestingly as usual, you always tell me something that I have just discovered and tried. I found a local place where I get red light treatment. I got a couple before I got this little COVID thing and I think it probably is helping. I tried a couple of full body ones too, and that was pretty cool. They have all kinds of centers now that will do this. If you can't afford to buy something, you might be able to afford the sessions. They're not too much.

Keri Fulmore:

Yeah, absolutely. Great. Well, those were my predictions for 2022, and I'm excited about all of us doing the things we can do at home, like our breathwork and meditation and maybe light therapy, if you can go and do it.

Jennifer McLean:

This is great. So HRV is... Can I ask you know the folks at HeartMath? Is that similar to HRV?

Keri Fulmore:

Yeah, absolutely. They track your HRV through a little ear clip. They might have a finger clip too, but it can track whether you have a high HRV or a low HRV, and you really want a higher score. They say roughly around your age or more, when it's lower, it shows that your body is in a little bit of a stress response. I use my Oura Ring to track even how my body has felt after having a certain meal because your HRV will tank if it wasn't a good meal for you. So it's a very interesting thing to use.

Jennifer McLean:

We can start tracking this ourselves now. Fitbit just posted about three months ago, I don't think they call it HRV, but there's something about your stress level, I think is what they call it in Fitbit. Oura Ring is another way to manage this. And if you really want to get specific, then HeartMath is actually a good choice. And what's cool about HeartMath is they actually have applications where you can change it, almost like biofeedback. You can change it by doing meditations and you can watch what kind of energies and feelings you get when you are shifting your HRV. So that's another way to go.

Jennifer McLean:

I love the way you bring in this really cool stuff. Anti-aging, light, sound frequency, you mentioned, and breathwork. Is there any breathwork in particular that you're seeing or is it all breathwork?

Keri Fulmore:

I think it's not necessarily doing a certain type of breathwork, but just coming back to the attention and awareness of our breath, because so many of us really hold our breath throughout the day. Just take a couple of minutes for that conscious breathing deep into the belly, and then just releasing. But I really love Michael Brown's, *The Presence Process*, who I was introduced to from friend of mine.

Keri Fulmore:

The Presence Process. It's a book you can get on Amazon and it's just a 10 week breathwork program, but it really gets us in the habit of breathwork. And he has a really great way of helping us to release old, stored trauma and emotions that actually can be locked into the tissues and organs of our body.

Jennifer McLean:

Oh, that's cool. And anyone who had COVID, breathwork is really important, I have already started mine. We have to build our lungs back up. You can probably hear it a little bit in mine.

Keri Fulmore:

Yeah. It's a little bit strained, but I know you're already improving.

Jennifer McLean:

Considering I have pretty bad asthma, I'm doing really good. I'm going to go get that book. And that would be fun if you eventually taught a program with that too. That would be really cool.

Keri Fulmore:

Oh, absolutely.

Jennifer McLean:

We're going to now start into some session work. I hope you can go a little longer. We're going to go a little bit longer than our regular calls. Because it's Predictions Week, and there's a longer predictions part to start with, we're going to go just a little bit longer. Are you okay to go a little bit longer, Keri?

Keri Fulmore:

Absolutely.

Jennifer McLean:

Awesome. We're going to dive into session work. Now we're going to set an intention here so that everyone is served. It's super cool. It works so incredibly well. Everyone take your right hand, put it on your heart. And if you are multitasking, stop what you're doing, put it on your heart. It is these small actions that make the difference. This small action adds up to big manifestation. Take the small action right now. Put your hand on your heart and repeat these exact words after me. Say to yourself, "May the perfect people be chosen to work with Keri tonight." Say that to yourself, "May the perfect people be chosen to work with Keri tonight so that I receive at the highest law level."

Jennifer McLean:

Again, you're saying that to yourself. There you go. That intention is now in the field. Say it again slightly different way. Repeat after me these exact words to yourself. Bring a little bit of presence to this. Bring a presence to it and a commitment and a sense of excitement if you will. Say this to yourself, "May the perfect people be chosen to work with Keri tonight so that I get exactly what I need at this time." There we go. That was a big hit in the field. Excellent. What that means is that there are messages that are going to be here for you, even if you're not called on tonight. And that's going to happen throughout the week.

Jennifer McLean:

Now, another way that you can receive your messages is our friend Marilyn, who's on tomorrow, taught us this one, which is write down on a piece of paper something that you're wanting some support with or something that you need and require. Write it down. Especially if your hand is raised, because then you can ask Keri in a very succinct fashion. And then, whenever something Keri says pings in you, write that down. You're going to get three, five, 10 different little statements that you have written down. If you read them back against what you wrote that you need some support with, you will have your own personal reading.

Jennifer McLean:

You might just get 12 personal readings if you do that on every call this week. And I suspect by call six, seven or eight, somewhere in there, you're going to be writing new needs and requires because some of the other ones will be resolved, I promise. Keri, would you pick a number from one to 160?

Keri Fulmore:

Let's go with 22.

Jennifer McLean:

22. Good idea. We're going to caller number 22, and we're going to New Hampshire.

Denise:

Hi. This is Denise.

Jennifer McLean:

Hey, Denise.

Keri Fulmore:

Hi Denise.

Jennifer McLean:

What is your succinct health question for Keri?

Denise:

I would like some help with what is going on with my heart. I have been diagnosed with AFib as well as atrial tachycardia. I feel like my heart is trying to tell me something and I just want to know what it's trying to tell me.

Keri Fulmore:

Just give me a moment, Denise, and I'll connect with your body and see what the first thing is your body has to tell me. Just give me a moment. There are a few things that your body starts talking to me about. The first thing I wanted to ask you is do you carry some pain in your heart that has to do with... I almost want to ask about maybe a child or maybe it's your child or whether they're adult or not in your heart. Is there something there that affects you?

Denise:

Not in any major way that I can think of.

Keri Fulmore:

Let me just see what else your body has to say around this. Just give me a second.

Denise:

My husband died five years ago. I don't know, but it's not a child thing.

Keri Fulmore:

Oh, so here's the question. Did that give you a lot of stress around worrying for your child at that point? I feel like your child's older, but there's something there in the worry for them. I don't know.

Denise:

Well, as a mother, I worry about all my children, but I just said that today, I'm worried that my youngest son is in his health following in his father's footsteps and he's going to die much younger than he needs to too, because he doesn't take care of himself.

Keri Fulmore:

Your heart right away is telling me that there's this worry or this pain around that. I don't know if pain is the right word, but worry seems to be more of the word, but it's around one of your children. And this really resonates and your body talks about needing to let that go, needing to sort of have more of a, "Let Go and Let God," as Wayne Dyer would say. I feel like the worry is really affecting not only your heart and the way that it beats, but your adrenal glands, because your body does feel to me like your adrenals or the worry is a little bit taxing on you. And when you are a little bit more run down, I feel like that's when the heart tends to act up a bit more for you. Does that make sense to you?

Denise:

Yes. And I have always felt that, yes.

Keri Fulmore:

You're going to want to watch your stress. Whenever you're worrying about your son, as best you can, send them love and let go and let God. And then the third thing your body is telling me, is watch your minerals. Make sure that you have enough magnesium, your B vitamins, sodium and potassium all come

up. Make sure that your electrolytes are well. I feel like when your body is a bit depleted, you're using up more of those electrolytes, and this does affect your adrenals, your energy levels, and even the way that the heart is beating. The HRV that I spoke about earlier here in the call would be really helpful for sort of calming the heart rhythm for you as well.

Denise:

Thank you. My cardiologist wants to do a cardiac ablation to try and get the heart to calm down. And I just would like to know if that's what I should be doing or if I should make some changes?

Keri Fulmore:

I definitely feel that we need to do a focus on stress and adrenal health to kind of calm the heart. I do feel like the stress or the worry, I'm going to call it worry rather than stress, is really resonating with your body when I say the word. I do feel like it sort of affects the nervous system and the way that the vagus nerve and the heart communicate. And I do feel like the vagus nerve... Singing, ohming, gargling, these are all things that can kind of get the vagus nerve to reset, as well as heart rate variability training, because it comes with the electric nerve impulses down the vagus nerve to the heart.

Keri Fulmore:

And then working on your adrenals again. Like getting all your minerals, making sure you're eating enough, do enough self-care. These things are really important. Your adaptogenic herbs, like ginseng would be really helpful for you, but when your heart is racing or out of beat, I'm really pulling up on motherwort and lemon balm as being something that the guides are showing me right now to help calm that sort of racing activity.

Keri Fulmore:

I can't say whether someone should get a surgery or not. It does resonate with your body as being helpful, but I do feel that you could also work on it through your adrenal HRV and breathwork minerals, vagus nerve toning - the ohming and the singing. Does that all make sense with you?

Denise:

Yes, it does.

Keri Fulmore:

Your body talks to me a lot about worry. I feel like that's more at the root than anything.

Denise:

I do worry a lot, but mostly about myself, my heart and life. Yeah, I have a lot of other issues. I feel like I spend that much... I don't know.

Keri Fulmore:

I think, not just the worry for your son, but just worry in general is what your body is saying, like worry. Stepping out of the energy of worry and into the energy of flow and just being in the present moment.

Denise:

That sounds wonderful. Thank you so very much. This has been incredibly helpful.

Jennifer McLean:

Oh, good. Thank you very much. I'm certain I'm feeling that you have also helped a lot of other people, so thank you, Denise, for bringing forward that information. That was awesome. Denise, my love, would you pick our next person from one to 172.

Denise:

88.

Jennifer McLean:

88. Perfect. Thank you so much. I love the stuff you say about the vagus nerve with gargling. I always forget how good gargling is for the vagus nerve, so that's cool.

Keri Fulmore:

It's something I don't do enough of, but when it comes up, it reminds me that it's time to start doing some more of that singing and gargling.

Jennifer McLean:

Yeah. Singing and gargling. Cool. Before we go to our next session, I do want to highlight an opportunity for you that Keri has created. If you go to www.kerisoffer.com, you will see a wonderful, special offer that Keri has put together for you. It's really, really cool.

Jennifer McLean:

She is an amazing medical intuitive, and you're going to go on a three week journey where she shares the three cornerstones for embracing your intuition. And when you can embrace your intuition, you are embracing your life. When you embrace your intuition, you have the precedence to know exactly what's next and start having trust for that. And her three cornerstones are activate, connect and trust. And on several Zoom calls, you're going to actually work directly with her. And you're going to discover the ability and confidence to connect with your intuition, which will allow you to scan your body like Keri scans bodies, to connect with your angels. Keri's doing that right now with all her sessions with you all tonight, with your angels and guides, and also to turn on and activate and ignite the manifestation skills.

Jennifer McLean:

It covers a lot of ground. The solutions you'll be learning will be able to unlock your healing and life path; the healing path of the life path that is here for you, and it's going to establish this deep sense of inner peace and love and joy for yourself that you might have been missing. And when you have that intuition, you know exactly what's been holding your back. And when you know, you're now in a different energy. When you have the sense of knowing, you're now in choice, and when you're in choice, you're in freedom. And that really opens up any emotional blocks or opens up and releases fear, and it opens up health and wealth. So you're prepared to feel completely aligned and ensure your next steps.

Jennifer McLean:

It's a really profound course. It starts on Sunday, January 16th. It's live and interactive. And again, you're going to activate your intuition and you're going to activate and awaken the soul's home within the body. You're really going to protect your soul here. You're going to activate intentions to always be

connected with your intuition, so it's always feeding you what's next even in those moments when you're unsure.

Jennifer McLean:

You're going to activate your shockers and spiritual energy centers, which are also connected to health, wellness, balance, homeostasis, and even hormones, and which are also in turn connected to emotions. Then you're going to connect. You're going to connect with your body to hear what messages it has for you. You're going to connect to the center of your heart. You're going to connect to the messages of your angels and guides. You can connect with your future self. How cool is that? That's the best one. Oh my God. I love when Keri does that. You're going to connect in your intuition to manifest your deepest desires and you connect and activate intuitive techniques to help you on your journey.

Jennifer McLean:

And then you're going to move into trust. And let me tell you, when you achieve trust, you have achieved something that most people don't have on this planet, which causes the stress that she talked about earlier. You're going to trust the answers you're hearing 100% of the time through her program. You're going to trust the messages from your body and energy systems and shockers. You're going to understand why you didn't trust before too. And you're going to trust your intuition, your hearing, your knowing, your seeing, your feelings, so you can feel confident with your inner voice.

Jennifer McLean:

And I can hear some of you saying, "I don't think that is possible." That's what my mind sounds like when it's debating with me. I don't know, or it's going, "What do you mean?" If your mind is saying that to you right now, that means that it's time to learn how to trust. And you're going to learn that from the amazing Keri Fulmore here. Keri, is there anything you want to share about this offer before we go into more session work?

Keri Fulmore:

I think you gave it such a great introduction, Jenn. Really I want to say that it's going to be a little bit more of a journey than a course, as we're going to be journeying together and there's going to be a lot of introspective work. I feel like it's a journey through activate to connect and trust.

Jennifer McLean:

Yes, the journey. It's very experiential. I think for me personally, that's one of the trends for spiritual paths this year. A lot people will be seeking, pursuing, and coming upon more experiential versus head stuff. For me, that's heart stuff and your program is very heart oriented. So you can start that trend right now, folks by enrolling in this amazing program.

Jennifer McLean:

Thank you Keri, for putting that together. And this is just for Predictions Week. You can't get this anywhere else. She's not promoting it anywhere else. This is your one time opportunity to experience this. And thank you for putting that together for us, Keri. Appreciate it.

Keri Fulmore:

You're welcome.

Jennifer McLean:

We are going to Little Rock, Arkansas. The number is 9721.

Deborah:

Hello, this is Deborah.

Jennifer McLean:

Hey, Deborah.

Deborah:

So glad to be here. Thank you. Keri, my issue has to do with breathing. It seems like for months now, whenever I wake in the morning, my head and nasal passages are so clogged. All I'm doing is mouth breathing - sometimes for hours. I work with the body code and emotion code and I'm still not finding the answer on what's going on.

Keri Fulmore:

Great to connect with you here, Deborah. If you just give me one moment, I'm going to connect with your body and ask what it is we need to do, so just give me a moment.

Deborah:

Thank you.

Keri Fulmore:

(silence)

Keri Fulmore:

Well, there are a couple of things that are coming up for your body right now. I'm not sure how much of them you have looked into, but I'll just let you know the first thing that I'm experiencing here is your body right away talks to me about some food intolerances. I'm not sure, do you know that you have food intolerances?

Deborah:

I know about a couple of them.

Keri Fulmore:

Well, I'm definitely picking up a few. Some of the major ones that I'm picking up on would be dairy, and it feels more like non-fermented dairy, but dairy. And also, I do feel like wheat flour in particular is really hard for your body. And then I am feeling like a fungal mold component here. And I wanted to ask you, are you aware of any water damage or mold or anything that you have been exposed to?

Deborah:

Nothing that I can recall currently. I mean, I know years ago I had an issue with a flood in the house, but I thought I dealt with all of that.

Keri Fulmore:

Right. And this is not necessarily a recent exposure because these things can come to affect us later on. What I'm feeling from your body is that we really need to work with your digestion. So really cleaning up the digestion, removing food intolerances. I am really picking up on sort of like a candida fungal component in the digestive system. I do feel like there has been some past exposure to mold. I feel like you're sensitive to mold. I don't know if you have snow where you live, but snow mold is a thing where people can become quite sensitive at that time of year.

Keri Fulmore:

And then I also feel like somehow, I'm not sure of your age, but it feels like hormones also play a role in it. I want to say like a lowered estrogen; it's creating a bit more histamine in the body. Does that make sense to you?

Deborah:

Yeah. The histamine issue for sure. And I'm up there in the years, so the estrogen... You're saying I'm low in estrogen?

Keri Fulmore:

Yes, that is what it feels like to me. In a nutshell, I know I just kind of gave you a lot there, but really focusing on digestion. I would probably do a little bit of a candida cleanse, a supplement that I feel is coming up for you is an olive leaf extract. You could do that for a few weeks while you're doing the cleanse, just to help your body to detoxify some of the fungal components in the gut.

Keri Fulmore:

I also feel like you could probably use an air purifier because of the histamines in your body. I feel like you have some allergies as well because of that, and old mold exposure. I do feel like you could probably use some phytoestrogens to really help boost your estrogen. Those are things like flaxseed oil, which is actually a high lignan phytoestrogen. It helps build that good estrogen in our body. You could even just pick up some flaxseed oil and start putting a couple of teaspoons on your food per day.

Keri Fulmore:

You might even consider a phytoestrogen supplement and really think a lot about what you're eating. Cutting out sugar and processed foods or yeast-based foods, any alcohol, those kinds of things. Doing a little bit of a candida cleanse is what I'm going to suggest. I probably would suggest that you also use a good probiotic, but those are some things to start with. I think we have a little bit of work to do on the digestion. I feel it's really related to your sinuses and so that's the beginning, but I do feel like it could be helpful for you.

Deborah:

That is amazing. That's really wonderful help. I had done the wheat belly diet about three years ago, and it was really amazing, but it's so hard to find things without wheat flour. We kind of give in sometimes and just say, well, this will work, but it doesn't.

Keri Fulmore:

Yes. And I feel like you could also use spelt flour instead of wheat. I specifically feel like it's wheat for you, not gluten in particular, but wheat.

Deborah:

Awesome. I really, really appreciate that because that will probably make a huge difference if I really try to stick with what I know I should be doing.

Keri Fulmore:

You're welcome. It was so great to meet you.

Jennifer McLean:

Thank you, Deborah.

Deborah:

Thank you so very much, Keri.

Jennifer McLean:

Deborah, Keri gave me a session about a year ago and she told me a bunch of supplements that I could be taking, similar to what she's offering to many of you tonight. And I decided for some stupid reason to go off of all my supplements for six weeks. And I felt like absolute poop. And I'm like, oh my God, what she actually shares is real.

Deborah:

It is real for sure.

Jennifer McLean:

We do this to ourselves, don't we? We think, "Oh, maybe it's not so bad." Any of you who are doing specific programs that Keri has talked to you about, stick with them because it's what your body's actually calling for. Thank you for bringing that amazing information forward, Deborah. We appreciate it.

Deborah:

Thank you so much. That was absolutely wonderful.

Jennifer McLean:

You're welcome, Deborah. I could feel your energy felt familiar, so I hope you join us back again. Deborah, would you pick our next person from one to 177?

Deborah:

48.

Jennifer McLean:

48. Perfect. Thank you so much. We're going to call on over 48. Gosh, I'm doing really well. I didn't think my energy would be this good. Is it you? What are you doing to me, Keri?

Keri Fulmore:

I feel pretty energized too, actually.

Jennifer McLean:

Right, isn't this an amazing audience? My God, they're so good. This audience is amazing. I feel better than when I started the call. Of course, some of you who are joining late, you might not know that I got COVID on Friday. So I'm still in recovery mode. I was pretty sick all weekend and I'm feeling better from this call, so thank you all. You guys are a high vibrating audience. All right, we're going to North Vancouver.

Sandra:

Hello, it's Sandra here. Thank you for choosing me. Well, Jennifer, I'm wishing you well, by the way.

Jennifer McLean:

Thank you.

Sandra:

And Keri, thanks for this service you're offering today. I'm wondering if you have any insights with your intuitive sensing about what's going on with my left hip; why it's sort of popping out of place in this spazzing and all that. Like something mechanical. I'm wondering if there is anything else that you're sensing that is related to it so I can move forward with my life and with this.

Keri Fulmore:

Sandra, I'm just going to take a moment and connect with you and I'll let you know what your body has to say.

Sandra:

Okay, I'm on my breath.

Keri Fulmore:

(silence)

Keri Fulmore:

First thing, before I get into any emotional things that are coming up, I want to ask you, do you ever remember having a fall on that hip?

Sandra:

In 2006 I crashed my bicycle into a tree and I broke all the ribs on that side and I have had symptoms on that side right from the neck to the shoulder to the hips and to the knee. There are things going on that side.

Keri Fulmore:

Yes. It feels like what I have been shown from your body is like an impact to that hip. And I feel like it sort of reverberated up the side of your body. It almost feels like when I look at your hips, they're almost like pushed over. With the impact, it kind of pushed your hips or pelvis over. Does that make sense?

Sandra:

Yes, it does. I have been told that one knee sounds funny; is knocked kneed. And one is bow legged. It's like the tree saved my life. And also there are these other impacts that happened. It saved my life and also there's all this injury done. So, yes, that sounds like exactly what my sense has been, and I don't know how to...

Keri Fulmore:

How it affects that?

Sandra:

Do I just make peace with it?

Keri Fulmore:

No, we can help it. I feel like the fascia and the muscles are quite tight and we could do with really releasing the trauma to the fascia so that you can begin to strengthen and rebalance the area. It will also bring the hips more back into alignment. You're in Vancouver, which is really exciting and there is a modality called Matrix Repatterning. Now, it's not everywhere in the states, but we are lucky because in Canada we have quite a few Matrix Repatterning practitioners. And they do just that, they take all of the tension or trauma patterns out of the fascia.

Keri Fulmore:

And I really feel like that would be helpful to kind of resetting your hips. But I also want to say that I feel like your neck needs work too. I kind of feel like there is sort of a connection there. And I am not sure if you have had your neck adjusted. It does look out to me. At the C1, C2, I see some tension in the neck and shoulders.

Sandra:

Yes. Well, chronic pain there. I think I had chiropractic many years ago; maybe 10, 15 years ago.

Keri Fulmore:

Yes, in Vancouver, there's a beautiful Atlas Orthogonal chiropractor, and she adjusts your upper neck or your atlas disc with sound waves. Her name is Dr. Jenna Kim. I see her personally, and she's really great. And I feel like once you get that upper neck put in, it will take the rotation out of the spine; that impact that you have had there for a while. And then the matrix re-patterning will release that fascia. And then on an emotional level, what your body says to me is increased awareness. It's really about trusting your inner voice. I feel like you sometimes struggle to trust that inner self. That is what it comes down to. Do you find that you have a hard time making decisions or you're not sure which way to go at times in your life?

Sandra:

I think so. At the same time, I am on a very strong attraction to my life mission and fulfilling that and fulfilling my call. So on some things, yes. And there is some self-doubt on some things on my life path, on the things I'm doing. That is very strong. There is not a lot of doubt there. It's more like in relationships and things like that.

Keri Fulmore:

Yes, this is what it feels like to me. We have one hip that's right in your purpose and following your purpose and your path. And then the other hip is doubt, which is holding you back. And I feel like it's about trusting your inner awareness, your inner voice, and I feel like it will stop sort of popping out.

Sandra:

That's what it seems like. I just got it sort of fixed or aligned and then the next day, boom! Nothing happened, I just woke up and it's all out again. So is this Jenna Kim in Vancouver?

Keri Fulmore:

She is in East Vancouver.

Sandra:

Fantastic.

Keri Fulmore:

Yeah, she's great. And I highly recommend her.

Sandra:

I will absolutely look her up.

Jennifer McLean:

Atlas Orthogonal for everyone else though. I swear by them. I was introduced to Atlas Orthogonal by Keri. I go to an Atlas Orthogonal person here, and it's been amazing. The changes in my physical body and even my immune system and everything, I just absolutely love it. And it's sound vibration. It is a chiropractic method, but it's not snap, crack or pop. If you want to find one regionally, just look up Atlas and it's all phonetic. You can spell it phonetically. It's exactly how it sounds. Atlas Orthogonal.

Sandra:

Well, thank you, Jenn. And thank you, Keri. I just had no idea where to look next, so thank you for giving me your insights and for listening to my voice. I appreciate that.

Keri Fulmore:

You're welcome. It was great to meet you.

Jennifer McLean:

Let me just do one little thing with you all tonight about listening to your voice. Is that's okay, Keri, if I jump in here?

Keri Fulmore:

Absolutely.

Jennifer McLean:

I can't help myself. I sometimes do this on the calls. My guides came through because your guides are tapping my guides on the shoulder. I play a little game called 'what if' and the 'what if' game allows us to just detour around the mind's obstacles. The mind doesn't like the unknown. It says, no, we're not doing that. I use 'what if' to detour around it. We're just going to play a little 'what if' game for you, Sandra. And the rest of you play along with it, because it's a big thing for empaths. And all of you who are listening, by the way, are empaths; highly sensitive souls.

Jennifer McLean:

That's who I attract to all of this. We are a community of highly sensitive souls. And we are so needed on the planet right now. And we are so powerful when we know the tools to claim our power. One of them is Keri's program. Say to yourself with conviction, say it from a place of play and fantasy. 'what if I trusted my voice?'

Sandra:

What if I trusted my voice?

Jennifer McLean:

And what if you really did? What if you actually really, really did, in your bones, in your cells. What if you trusted your own voice, which means the voice of your intuition, the voice of your soul, the voice of you, what if you really trusted your voice? Everyone play with this. What if I trusted my voice completely? What might that feel like if you could?

Sandra:

Hmm.

Jennifer McLean:

There it is. There it is. What does that feel like?

Sandra:

For me? Joy.

Jennifer McLean:

Joy. There it is. Good. Now breathe in that joy. Breathe in that joy. Feel that joy, allow that joy to expand, allow that joy to hum in your field. There it is. That's your voice. That's you trusting your voice. Beautiful. Some of you are in tears. All of that is just a release. That's all it is. And just notice it, breathe it in. Now, there's a little bit more space in your field now, is that true?

Sandra:

Me? Yes.

Jennifer McLean:

Yes. That's what your joy does for you. Your joy is part of your power. It's part of your trust and your foundation for trust. And what we're doing right now when we play with it is we are actually establishing a new foundation that we might not have even understood before, because we didn't have a template for it before. You didn't have a template for what my voice in trust is. This is your template. Come back to this energy, play with this energy, grow this energy.

Sandra:

That sounds wonderful. Thank you for this.

Jennifer McLean:

You're welcome. Sandra, would you pick our next person from one to 174.

Sandra:

133.

Jennifer McLean:

133. Thank you so much. There you are. We're going to the UK and Belinda in the UK, you're on the air, honey. You have waited all this time and here you are.

Belinda:

Yeah. Thank you so, so very much.

Jennifer McLean:

Sweet. And how can Keri support you, honey?

Belinda:

I have quite a few health issues. I had an accident in 2004. I'm still suffering. Things are improving, but I'm still suffering, but I have also recently had COVID. I just came out of isolation today, actually, but what presented mainly for me, it was my blood pressure went very high. I get headaches as well, which worries me. And then I started getting chest pain. The chest pain is not as bad, but sometimes it gets worse. And I'm just wondering, there must be something I'm missing in my body. It must be trying to tell me something. I need to know how to go about it. Should I be worried about this pain across my chest? And am I going to continue to improve? What else can I do to help my body improve?

Keri Fulmore:

It's great that you're here and it's late there, so thank you for staying up to connect. If you just give me a moment, do you want me to look into the chest pain and what you can do for it?

Belinda:

Yes. And if possible, my back issue as well, but at the moment, my high blood pressure and chest pain is concerning.

Keri Fulmore:

Just give me a moment and I will connect with your body.

Keri Fulmore:

(silence)

Keri Fulmore:

Have you been experiencing a lot of post fatigue as well?

Belinda:

Yes.

Keri Fulmore:

There's a supplement that keeps coming up for you. I just have to bring it up. It's called D-ribose. It's an amino acid. It really helps with cellular energy or ATP production. I'm really feeling for you that not only will it help with your energy, but it almost gives your body the energy to clear that pain, which feels like a tension in the chest for you. It will help you. It also helps with diastolic functioning in the body, so your blood pressure. But I do feel like it's coming up really strongly for you.

Belinda:

Okay.

Keri Fulmore:

Let me just see here. I do feel like you're going to continue to improve. I feel like there should be, and I know I spoke a little bit about it with light therapy, but I do feel like there should be a focus on your mitochondria. It feels like you could use that for your energy, for your cardiovascular system. Just with repairing all of the cells. I feel like you still have a little bit of post inflammation going on when I connect with your body. There is a supplement, and it's called mitochondria or Mito SAP by NFH. I know you can get it there in the UK. If you have trouble finding it, you can always email me and I will send you a link, but it really helps to boost your mitochondria, so your cells ATP energy production.

Keri Fulmore:

It just feels like your body is a little bit depleted. It's still working on recovering. I do feel like vitamin C and cortisone are coming up for you as well if you're not already taking them.

Belinda:

I have never heard of Vitamin C with cortisone.

Keri Fulmore:

The cortisone is often paired with vitamin C. It is a really great gut healer. It's an antihistamine. It has so many wonderful qualities, but it is coming up for you and your body to sort of get you over the hump. I do feel like these things will help to clear that pain you're having in your chest, the high blood pressure will start to bring it down. To do magnesium as well to relax your heart muscle, your epithelial tissues and all the tissues in your body, I suggest you do at least three times your body weight in magnesium per day.

Belinda:

Three times.

Keri Fulmore:

Yes, in divided doses so it doesn't give you diarrhea, but you definitely need a bit more of that magnesium right now. And then I'm just going to take a look at your back here. Just give me a moment.

Keri Fulmore:

(silence)

Keri Fulmore:

Did you say this was an injury?

Belinda:

Yes, I slipped and fell at work and that stopped my career.

Keri Fulmore:

What your body is showing me is a rotation. I feel like I'm attracted to the ribs. I feel like your rib, the rib cage, is slightly rotated with one side coming a bit more forward than the other. It feels like it's putting pressure on the lower and the mid back. Are those areas bothering you?

Belinda:

It's the lower back that worries me. And I have scoliosis as well, but that didn't cause me problems before the accident.

Keri Fulmore:

Yes, the lower back is taking on more of a torsion pattern since this accident. This is what your body is showing me. I feel like it's in the, I want to call it a torsion. I know with scoliosis, you have lots of curves and you can have your ribs going one way, and your hips going the other way. But I feel like the accident kind of increased that. I'm going to suggest what's coming up for you and it's not always a comfortable way of healing, but you can ask them to go a little bit gentle with you. I recommend Rolfing.

Keri Fulmore:

I have never done it myself, but I'm hearing it for you. It is deep myofascial work. I feel like we need to sort of help get you back to your set point. That's what I want to say.

Belinda:

I have regular deep tissue massages.

Keri Fulmore:

Rolfing is a little bit different than the massage. Rolfing really works with more of the fascia system. And I just feel like you could use a little bit more of that on an emotional level. One second...

Keri Fulmore:

(silence)

Keri Fulmore:

Do you find that you tend to be a bit hard on yourself? Because that seems to be coming up in the back.

Belinda:

Yes.

Keri Fulmore:

Holding things in place. Your body is really talking to me about needing to be more loving, more soft and more kind to yourself. That the lower back is really taking like the brunt. Even though it was like an injury, I feel locked within that. I don't know if you were being hard on yourself around work at that time or what was going on. But I do feel like there is this energy of needing to be kinder to yourself locked within the back and that it will help to soften and allow for more healing and more energy flow in that area. Does that make sense to you?

Belinda:

Absolutely. Yes, it does because I have always been hard on myself and if things don't go quite right, I tend to blame myself. And what else can I do? What more can I do? Let me try something more, let me do something more.

Keri Fulmore:

I really feel like a meditation practice; we can start with loving kindness. Waking up in the morning and just saying, 'thank you body. I love you so much. Thank you for carrying me.' And just really getting into the practice of gratitude for your life, your body, the things around you.

Belinda:

Thank you so much.

Keri Fulmore:

You're welcome.

Jennifer McLean:

That was awesome.

Belinda:

Wonderful. Thank you so much and blessings to you for the year and to Jennifer as well.

Jennifer McLean:

Thank you, Belinda. Thank you so much for showing up and bringing that information. We really appreciate you.

Belinda:

Thank you.

Jennifer McLean:

Thank you so much. That was amazing. You guys are getting the idea of how fantastic Keri is. Tomorrow we have Marilyn Alauria, who is the most amazing psychic medium, and she brings through the most amazing ways to access spirit and health and wholeness. Join us tomorrow night for that. Thank you so much, Keri, for putting this together and thank you for being part of Masterworks Healing. And thank you for bringing us your powerful amazing gifts on Predictions Week.

Keri Fulmore:

Thank you, Jen. And thank you everybody for tuning in. It was great to be a part out of the collective energy and here's to a beautiful 2022.

Jennifer McLean:

Indeed. Thank you, my love. Much love to you all and I will see you tomorrow night with the amazing Marilyn Alauria. Bye-bye.

Keri Fulmore:

Goodnight.