

# Predictions Week 2022

Day 7c – STT Healer & Psychic  
Jennifer McLean

## 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!)



Jennifer McLean:

Hello, everyone, and welcome to our finale of Predictions Week. Now, this wasn't supposed to be the finale. I have never finished Predictions Week. It just kind of happened that way. Again, I trust the process implicitly. This Predictions Week was supposed to happen last weekend. It happened this weekend because I got COVID and I managed to be able to do Predictions Week through COVID. It's been a fascinating journey and I am so honored and privileged that I get to play with all of you throughout all of these amazing sessions. And tonight is mine! I welcome you to our finale and just thank you for being here through all of Predictions Week 2022. I've had a blast. It's been fascinating and interesting.

Jennifer McLean:

In our last session, for those of you who are here, I got triggered and you got to see it. You got to see that what happens in those moments is an opportunity. My guides told me that I was going to do a little STT, so we're going to do a little STT on that. That's going to help me and hopefully will help you. I trust the process. I trust when these things show up. I trust every aspect of it because it is revealing to us what's ready to be healed. That's it. That's all that happens. In the moment of the trigger, I got to see that it revealed to me... And it has nothing to do with the person, by the way. We don't have to disparage that person. They were doing exactly what they needed to do, likely what we agreed to at some point in time before we got here that I would be triggered so that I could share this moment and share an opportunity for, and maybe even model how to move out of those moments.

Jennifer McLean:

For me, personally, it was about bullying in childhood. I was bullied mercilessly, just mercilessly. It has created a foundation of beliefs for me. Whatever we concluded in childhood between zero and eight is what we're still living. And that happened between zero and eight and it was devastating at the time and it had me make conclusions. Those conclusions then run things in the subconscious, in the background. Those conclusions are what have us react to life and that's what had me react in that moment to one of the questions that came up on these calls about COVID and a state of disbelief about it. That piece of it doesn't matter at all. What matters is we take these moments and we notice - how am I reacting or how am I responding?

Jennifer McLean:

I did not respond, I reacted. My reaction when I get to reflect now, because I've taken a breath and said, "Whoa, I really reacted," I get to then shift the energy and move into, "Whoa, there was a reason why I reacted," and I get to use it now. I get to use it as a point of access now to heal what's ready to be healed. How do I know it's ready to be healed? Because it showed up. It showed up in a reaction. It's revealing a belief that I have about myself. And that's what all of us get to play with.

Jennifer McLean:

Many of you are new to me, to this work, to all of it, so I want to do a quick introduction of who the heck is Jennifer McLean. I've been doing healing work for 35 years. I trained in my late 20s to become a healer in cranial psychotherapy and polarity therapy. And then I subsequently worked part-time as I worked full-time in corporate America. I did part-time healing on and off throughout the years, and really about 15 years ago, really dug in and started to be a healer. I actually claim my gifts for real. Around that time is when I developed something I had been doing on my own for years as well, which is called the Spontaneous Transformation Technique. Part of the reason I created the Spontaneous

Transformation Technique is because I had an extremely challenging childhood with abuse and alcoholism and narcissism, and I spent most of my 20s recovering and that's why I became a healer, because I learned things that helped. I also wanted to then be certified at them so I could help more.

Jennifer McLean:

From that, I created the Spontaneous Transformation Technique, which is essentially a way to notice those moments of reaction and use them as a point of reference to actually heal what's up. The things that happen in childhood, they're fueling those reactions. They're still running things into subconscious and they're fueling those reactions. And those reactions for me, at least, they became an opportunity. I came up with a system that gets to use the reactions and identify what was I feeling. Most people didn't even know what they're feeling, and then use that emotion as a point of access into the physical body and use that access into the physical body to access the child and the original core moment of trauma without going into the trauma. That's key: without going into the trauma.

Jennifer McLean:

It's what I call the observer. When I walk you through that observer process, it's incredibly important to be the observer because that keeps you out of the trauma. This is work I learned when I studied with Peter Levine, who is a specialist in trauma. That allowed me to create the Spontaneous Transformation Technique. Simultaneously, for those 35 years I had been working in corporate America, learning how to be a really good marketer and how to be a communication specialist and a brand strategist. When I was done with that, I got burnt out and left, cold turkey. I decided I was going to simplify my life and become a healer. I thought that's what simplified look like. I didn't think I could make money as a healer, so I was going to just simplify, get a studio apartment, blah, blah, blah.

Jennifer McLean:

It turns out that was my life's work, always has been, but those wonderful years in corporate America taught me skills that I was able to apply to create this business that is McLean Masterworks, and create things like MasterWorks Healing membership sites so that not only me, but all these amazing people who have contributed so profoundly to my life can now contribute to thousands of lives. And that's why you are all here. I was able to do that. I did a program called Healing with the Masters that reached millions of people, where I interviewed the leaders in spirituality. And then that particular industry crashed a little bit and my business went and changed. I completely started from scratch again and started to focus exclusively now on my own healing system, the Spontaneous Transformation Technique, and helping and coaching individuals from my perspective. And that's where we are right here, right now.

Jennifer McLean:

That was a long introduction, but you get the idea. I host all the calls on MasterWorks Healing, and I also do my own. I usually start with the process and we're going to do that now. One of the things that you're going to experience in this, we're going to do a quick STT, is it is going to go fast. Oh gosh, my guides are telling me we're going to do something right now. Okay. I'm going to make a deal with you. I'm going to keep my replay open indefinitely. I'm not going to close it down so that you can experience the STT over and over and over again. All right. That's my promise to you.

Jennifer McLean:

All the other ones, my guides say it's important for those to close so that members are honored, but they're telling me it's okay. I'm going to leave this open. You can listen to this over and over and over again. As part of that STT session, I'm also going to introduce a little bit of preparation for 2022. That's also going to allow you to receive the sound vibration for 2022. Every year - I've been doing this for 15 year years - I create a soul song for the year. The soul song contains within it my predictions; the vibration of the energies that my guides have brought through, which are also the predictions.

Jennifer McLean:

The first thing I'm going to do now, is I'm going to share with you a little bit of what the soul song of 2022 contains. The energies that are there that are also actually part of my predictions will go into an STT and then I'll open the lines for psychic readings, and I'll also do my speed reading. I'll probably go a little bit longer here. It'll be in the last 20 minutes where I'll be speed reading.

Jennifer McLean:

If you would like a speed reading, you're probably going to have to act soon. You'll want to put one or two sentences in that you'd like some support within the form there and I'll get to as many as possible. Okay. If it's more than two sentences, I won't use it because it's too long. One or two sentences only of what you need some psychic impressions of. This is something I do for every call. I started it in 2021 and it's been extremely popular so I continued to do it.

Jennifer McLean:

Let's start with the predictions for 2022. Again, I'm telling you this in part because these are also the energies of frequencies that are found in this year, that are also found in the soul songs so that you know that this supportive energy is here for you in the soul song of 2022. There are two of them. There's flute and voice. I will be playing them right after we do the STT session to anchor in the energies of what's possible.

Jennifer McLean:

These are the three. They always give me three. These are the frequencies that are found in the sound vibration soul songs. These are channeled in the moment. There's not a lot of production in them. They are just channeled in the moment, voice and flute songs. You'll hear them after we do our little STT session. The way I do sound vibration is that it is to anchor in energies. These energies are programmed. These soul songs are programmed with these incredible frequencies. The first one, the first frequency is 'it's done'. That's the frequency. That's the guidance for the year, the past two years of profound change that the pandemic created while they're coming to an end. We're moving into completion energy with all of it. We now get to live more fully and live from the new paradigms of possibility and freedom.

Jennifer McLean:

We have adjusted and leveraged and healed from what the shadows revealed, and we will continue to expand from the foundation of healing perspective that came from 2020 and 2021. While it's not 100% over, the foundation is laid and we can now move off into the love, the possibility of freedom, the paradigm that has been created from that. While the seeming chaos might look like it's growing, it is simply the healing needed and further exploration of the shadow work that is needed in order for the possibility and freedom to thrive starting into in '22. That possibility freedom, that possibility energy, that freedom energy and the completion energy are all part of the soul song of 2022.

Jennifer McLean:

The second part of the frequencies that are here for us this year, again, these are not my predictions, it comes straight from guidance, I'm pretty sure I channel a number of different individuals. They've never revealed themselves and I don't care. It doesn't matter to me if they are. I just trust them. What they said is 2022, open heart, the power of love comes through. This is so cool because this was validated over and over and over again in Predictions Week. What they shared is love is the most profound, most powerful state of being. The love energy is more available this year and in more potency than ever before. As I say that, they're telling me that your guides are all giving you samplings of this love energy, this huge love energy of 2022. Some of you might be feeling that.

Jennifer McLean:

They said this love energy, when tapped into fully, establishes new circumstances, improves relationships, and expands prosperity. They're saying "what would love do?" is a perfect mantra for this year. The caveat, they say, is really listening for the soul-guided answers to this question, to take real, consistent, conscious actions from the guidance and witness the consciousness of your heart opening. Okay. I'm going to read that last part again. They're saying "what would love do?" is a perfect mantra for this year. The caveat is really listening for the soul-guided answers to this question, not just "what would love do?" as some frivolous question, but generally saying "what would love do?" and listening for that soul-guided, that divine inspired action and divine guide guidance from "what would love do?"

Jennifer McLean:

It's a different level of asking that question. It's not just "what would Jesus do?" from a Christian perspective, which is lovely, but actually taking it to the next level and tapping in and listening for the answer from the soul, from divinity itself, and then taking real and consistent, conscious actions, actually taking actions from the guidance of "what would love do?" and witness with consciousness your heart opening, witnessing being present to the opening of your heart this year. Ooh, that feels good. I love that they gave us that.

Jennifer McLean:

The next piece of energy that is here for us in 2022, also part of the soul songs, is new paradigms of possibility. What they're saying is that there are new foundational energies that have come onto the planet, and they've come onto the planet, in fact, for the last several years. New foundational energies have come on the planet over the last several years. It is part of what has created the seeming chaos of COVID. However, these powerful, positive energies have gained a foothold and are bringing new realities and exciting new paradigm shift possibilities. Can you feel that? Do you get a sense of that? What they told me is we are now entering the modern renaissance, where peace, creativity and solidarity are actually possible. These energies are coming in strongly in 2022 and furthering that foundation that was created.

Jennifer McLean:

What they said is real solution energies are here for us. Real solution energies are here for us. We will see the beginnings of totally new approaches to many, many things, including changes to systems, ways of thinking, new inventions to handle the challenges and more. I was given information, I guess, about nine months ago, that there are 150,000 inventors that have the real solutions to handle climate change and any other challenges in our world, they ask me to do is pray for those inventors every night. Every

night I pray for those 150,000 inventors to find their power and their light, to come forward with those inventions, bring them to fruition for all of us.

Jennifer McLean:

And just the thought that there are 150,000 inventors that have the potentiality, real distinct reality, to bring their inventions forward that will solve all of this within the next five years, just the thought of knowing that, gave me a whole frequency of change in my field that allowed me to contribute to those inventors. These inventions that are coming forward, the new solutions, new possibilities, new creativities, new things that are coming forward, these are happenings and trends that we can't even describe because they haven't been discovered, uncovered or invented yet. It is incumbent upon us to move into an energy of trust and faith that these new paradigms are here, that the modern renaissance of peace and creativity and love and solidarity are actually possible and start having it as part of our field of belief so that we can create it.

Jennifer McLean:

One of the things they said was these things that are about to be invented, would be like describing the telephone or social media before they were invented. We don't even know what they are, but we can move into an energy of trust with them, is what they want us to do. Now, these frequencies of the paradigms of possibility, the power of love, "what would love do?" and it's done completion energy, possibility and freedom, all of these frequencies are in the soul songs of 2022. I normally would play them now, but I'm going to play them right after our little STT session. Let me just tap into guidance. There we go.

Jennifer McLean:

Guidance is ready for us to do a STT session. It's going to be about a 15-minute session. I want you to really focus an intention on being in the observer when we get to that part. That part is extremely important. Good. STT is 11 steps, and each step takes you to a place of powerful transformation. Each step creates a shift, and together they create a massive healing. We start with the first step, which is think about something in your life that has recently triggered you. I've got one. I've got one from the previous session. Again, nothing about that person. They didn't do anything wrong. It was perfect, at least it was for me. They revealed that old, old stuff about bullying and being bullied, even though they weren't bullying. That's what it triggered for me. That's what we do, right? We move into our triggers based on what's ready to be healed. Again, it had nothing to do with that person. That was 100% me.

Jennifer McLean:

I'm going to move into that. You move into yours. What's yours? What recently triggered you? It might have been me. It might have been someone on this show. It might have been one of the people who asked a question. It might have been someone in your life. Find that moment that triggered you, that was upsetting to you, that created upset for you. Good. Now, what is the upsetting emotion? I want you to notice the emotion that it brought forward. I'm going to notice the emotion. For me, it was defensiveness and sadness. What was it for you? There is some fear in there for me too. The defensiveness isn't really an emotion, but the defensiveness reveals to me the emotions of fear and sadness. There we go.

Jennifer McLean:

Find your emotion and then notice, where is that in your physical body? Just notice where it is. It's one place in particular. It might seem like there is more than one place, but go to the one place where it is in your physical body. It's like dominant between my solar plexus and my heart. It almost hurts there. I'm noticing that there's a lot of this fear and sadness and also, it's not an emotion, but a little that comes from this defensiveness that I'm not understood or seen. That's mine. What is yours? Where is that emotion? That's what we're focused on now. Where's the emotion in your physical body, this one spot? We're going to go into that spot in your body in just a moment, but first we're going to embody the observer. This part is incredibly, deeply, profoundly important.

Jennifer McLean:

We're going to play a little 'what if' game to be the observer. We're going to play 'what if', because it helps us deter around the mind's obstacles and go straight to the energy of it. We're going to say to ourselves, "What if I were the observer right now?" I'm going to give you a bunch of descriptive words. What if I were detached? What if I were able to stand in this detachment zero-point energy? What if, as the observer, I was able to be in this beautiful stillness, this no thing, this place of no thing? As the observer, I'm able to stand in this eternal void of love, of pure love. And in that infinite eternal void of love, in that stillness, in that zero-point, in that no thing, I'm able to clearly be detached from outcome. I'm able to be in pure divine neutrality.

Jennifer McLean:

There we go. There's a shift there. Just ask yourself, what if I were able to be in that place, to be that energy, to be the energy of neutrality, to be the energy of stillness, of zero-point, of no thing, of that void of love? There we go. There's a shift there. Notice what it feels like and take a moment. Describe what it feels like to be the observer. Describe it to yourself. What is it like if I could actually do this? If I could, what might that feel like is the way to start. Once you get into it, what would that be like if I could be the infinite eternal void of love and not as the observer? I immediately get the word space, lightness, carefree. That's what I get. What do you get?

Jennifer McLean:

Your next step then is to breathe in those descriptions, feel them, notice them, allow them to expand through your attention to them. I'm going to notice right now the space and the likeness and the carefree energy, and as I do so, I watch it expand. You might notice there is more space in your field. You might notice that those descriptions are actually frequencies and there is a potency in the little bubble of you that is your universe. I see it as a big ball of that is my universe, and my ball just got bigger. I can feel that there is a potency in the ball that I would describe as these descriptions for me at space, lightness and carefree, that there is actually some strength in there in those words as a frequency. There we go. There's a shift. Here we are as observer now with more space and potency. Even the ball of our universe has gotten stronger to contain all the space and all the potency, which means that the borders of our universe are stronger and those are actually our boundaries. They just got stronger.

Jennifer McLean:

Does that feel like that could be true? And if it were true, what do you think that might feel like to stand in the bubble of neutral, of detached, of observer? Those descriptive words are now humming through your field as potency and all that space and potency create stronger boundaries and it's a continuing cycle, stronger boundaries, more potency, bigger space. There we go. There's a shift. There we go.

Good. Now we can claim, "I am the observer. I am safe as the observer. I am strong as the observer. I have potency in my field. I have space in my field, strong boundaries. I'm detached as the observer. I'm neutral. I'm pure love." That's it. Now, bring the observer into that area of your physical body. I'm going to bring it into that area of the abdomen. As soon as I go in there, as soon as you go in there, you'll notice the upset that's there.

Jennifer McLean:

I immediately notice suffering and sadness. I would like you to really pay attention to this, notice, it's not really impacting you as the observer because you're over here in observer, self-contained and it's over there. All that upset is over there in this body area. Does that feel true? Really notice that you are the observer and the fear and upset is outside of you. It's really important. Notice that. There we go. Good. Now, you're going to follow that upsetting energy to the epicenter. It's emanating from somewhere. As you approach the epicenter, you see a younger version of you. Remember, you're the observer. You're self-contained. You're detached. As you approach the little one, they notice this. They notice that you are a different kind of adult that is not taking over their energy. They notice immediately that they're safe with you because you're over there and they're over here and they get to be them.

Jennifer McLean:

Does that feel like that could be true? Some of your little ones may be hiding. Some of your little ones may not trust you. It's okay. Of course, they wouldn't. That's appropriate behavior. We say to these little ones, "I'm here and I'm present and I'm not leaving you. I'm here and I'm present for you and I'm not going anywhere." We say as the observer, again, we're self-contained, detached, and neutral, and they're noticing that they get to be them because we are an observer. We say to them, "I'm here to support you and love you and I'm not leaving you. I'm staying here with you." There's a nice shift.

Jennifer McLean:

For some of them, there's an inkling of trust and there are some that still don't trust and that's okay. Of course, they wouldn't. That's appropriate. We validate it. Well, of course you'd be acting the way you're acting. Why wouldn't you? And yet you're the observer detached. We say to them, at the age that they're at, something happened and what happened doesn't matter because it's long over. If a memory pops up, swipe the memory to the left or the right, because it's long, long, long over and it doesn't matter. But something happened to what they did - that they repressed their emotions so that they could survive. For many of these little ones, if they had expressed their emotions, it would've been certainly not safe, dangerous, and at the very least wouldn't have mattered, so they repressed their emotions and we thank them. Because they repressed their emotions, we could survive, and we thank them.

Jennifer McLean:

Thank you, beautiful little one, for repressing this emotion so that we could survive. They have called forward this moment to give voice, to finally feel and express that emotion, to finally give voice to that, which couldn't have been voiced previously. They have called this moment forward to finally feel their feelings. And we 100% encourage them to feel. We encourage them to feel what they are feeling. That's it. And we notice how they're feeling, how they're reacting, and we just validate those feelings and how they're expressing those feelings and we just say, "Well, of course, you'd feel that way. Of course, you'd express it that way." My little one, for example, is just sobbing. She's in confusion and just sadness. We just say to them, "I'm so sorry."



Jennifer McLean:

We don't dive into their emotions by feeling them with them. We say, "I love you so much that I'm staying in the observer so that you can finally feel." We move back into the observer and we stay in the observer. We hold space for them to finally give voice and feel their feelings and we say to them, "Well, of course, you'd feel this way." That is an appropriate, appropriate emotion. That's an appropriate and appropriate reaction. Of course you would feel this way, and of course you would express this way. That is absolutely right. We stay in the observer so that they get to have their full experience. We stay detached, but present and compassionate, yet detached so that they can feel and we just validate what they're feeling. "That's right. That's appropriate. That's how it should have been. Of course you would feel this way. Of course you would."

Jennifer McLean:

We can also say to them how much we love them. I love you so much, little one. We can say, "I'm so sorry for what happened. I'm so sorry. What you're feeling is so appropriate and right. Of course you would feel this way. Of course you would. Thank you for saving us by repressing it and thank you for sharing it now." We stay an observer. We stay an observer. We're over here self-contained so that they can fully feel, so that we're not taking over from them. If you're crying, notice it, move back into observer.

Jennifer McLean:

And if there are still tears, at least say to them, "I love you so much. I'm willing to feel this with you, but these are your tears. These are your feelings. This is your anger, whatever it is, and I'm willing to feel it with you. If you are feeling emotion as the observer, as much as possibly, be the observer and be detached. That's it. Wow. There is a big shift happening in this group. And we say to these beautiful souls, I'm so sorry for what happened and thank you for repressing so that we could survive it. And well done for finally giving voice to this. And we just keep validating, "of course you feel that way. Of course you feel that way. That's appropriate. That's right. That's as it should have been." There we go. We continue to stay in the observer. And something else is happening here now.

Jennifer McLean:

We say to them, "what happened is when you repressed that, thank you for doing that, you also repressed a little piece of your light and your power and the love that you are. And what's happening now is, as you're expressing, it's like you crack that open and it has now released the light and love and power that you are. It has released and reintegrating into you." It's like a little diamond that is moving into their heart of the love and light and power that they are. That's it. And it starts to reintegrate, and it starts to fill the field around them with the light and love and power, more than the upset. The light and love and power becomes dominant. And some of our little ones will still feel sadness through this or whatever their emotions are. Mine is still feeling lots of tears as she reclaims and reintegrates the power and love and light that she is. It has now been activated and ignited and released.

Jennifer McLean:

Released from the repression is the light and love and power that is now available to her and she's still feeling some sadness. And yours might feel some upsets too, but nonetheless, the light and love and power is reintegrating, filling the field and becoming the dominant energy over that old upsetting emotion. There we go. And now our little ones start to feel a little bit different. They might start to stand in a slightly different posture. They're starting to remember who they actually are. They're starting to

remember the love and light and power that they are. That they're actually way more than that thing that happened, that they are love and light and power. That's it. At this point, sometimes we often get our little ones with their hands on their hips and their capes on their backs, feeling like little, super humans.

Jennifer McLean:

And we say, yes, it's true. The love and light and power that you are is ultra-human. It is bringing heaven, the divine part of you, to earth. That's more for us as adults. And as these little ones start to remember who they are as love and light and power, we notice that there is more space in their field. They start to notice that too. They notice that the space gets bigger, the borders get stronger and the love and light and power in their field is a potency now, that forces those boundaries to get even stronger, to contain all this power and love and light and space. And they start to remember that they are powerful, that they are love, that they are light.

Jennifer McLean:

And then they notice that, at the age that they're at, as they stand in their love and light and power, it actually ripples out from them into their circumstances and the adults must respond to this. And the adults start to change. The adults that may have previously... or even in my case, it was the kids - the kids start to change. The bullies start to change. And what happens is that there becomes a mismatch in the energy, and in my case, the kids that would've normally bullied me, they're just not attracted. There's no match for them, for the energy, any longer. In some cases, it's like Harry Potter's spell of distraction. They can't even find me because the energy of love, light and power is way, way stronger now and doesn't allow for them to behave the way they are.

Jennifer McLean:

And for some of you, it's brothers and sisters. For some of you, it's teachers. For some of you, it's parents or grandparents, siblings, aunts, uncles, whatever, that as these little ones stand in their power, the little one that is you stands in your power. It ripples off an energy that creates that almost spell of distraction and they can't find you. They don't even think about it now. That's how powerful this energy of the love and light and power are. Does that sound like that could be true? Even if you have an inkling, that's enough. And we say to these little ones, and we're going to ask them a question now around all of this. We get them to breathe into this energy of their power.

Jennifer McLean:

And we ask them around all of this, the topic that started it, the upsetting emotion that brought you in about them finally expressing that emotion, which activated and ignited and released their love, light and power and they're now recognizing it and standing in it. Around all that happened there, what is it that they need now? What do they need now? What do they need now? We ask them that. It's not your mind that is going to figure it out. You don't have to figure this out. You turn to them, you ask them directly. Around all of this, you ask them, what do you need now? You are the observer. They're having this experience. And you ask them, what do you need now around all of this?

Jennifer McLean:

And my little girl came up with two words. But whatever the words that they said, they might not make sense, but it doesn't matter. Some might say a hug, some might say a swing. Mine said trust and love. Now we ask them, can you show me, little one? Can you reveal to me and show me what is that like? In

my case, what is trust and love like? Show me what it's like to have trust, to have love, to feel trusted, feel love, to express trust, to express love. In their case, whatever word they came up with, or words, ask them to show you what's it like. Can you show me what that's like? What is it like? Our little ones are now going to show us what's it like to have that need expressed. They shared with us what they need and now they're showing us what it would be like to have that need expressed. My little one is showing me what trust and love is like, and they're showing us the purest, most beautiful form of this.

Jennifer McLean:

And we just notice it, wow. That's what trust is like. That's what love is like. And for some of you, there might not be any words to describe this. There is just the energy of it. And then this is our part now. What is it like to feel that energy? What's it like? For me, as my little one shows me what trust and love is like, I'm saying, what is that like to feel that? What's it like to feel that trust and love? What's that like? What's that like? Claim it, breathe into it, breathe into it. Pay attention to it. Bring your full attention to what it's like to feel that and watch that energy grow in your field.

Jennifer McLean:

And now we're going to ask the little one to come up with a single word that describes that "what it's like", if you will. There was the need and then we ask them, "what does that need feel like if it's fully expressed?" And then we say, "what's that like?" And we might say "what's that like" a couple of times so that we really have it. We have the blueprint of this sensation, this feeling, this emotion. And then we ask the little one, find a single word that describes all of that. What's a single word that describes it? My little girl told me that what describes the trust and love of the love, light and power that she is, that what she needed right now was 'confidence'. And she shared it isn't a word, confidence. It's an energy and frequency. That's what she shared with me.

Jennifer McLean:

Find a single word that describes all of that. The little one is going to actually find it. You can do it together. And then we're going to put a 'I am' in front of it and claim it for ourselves. We're going to claim 'I am' this word. Okay? We're going to get together with our little one. They're going to hold our hands and look into our eyes. We're going to hold their hands and look into their eyes and together with tremendous presence and conviction, we're going to say that 'I am' statement to our little ones, and they're going to say it to us and claim it right here, right now.

Jennifer McLean:

And on a count of three, we're going to say to our little ones, and then to us, "I am," and then this word. Now I'm going to say my word, so don't be confused by that, but I'm going to say my word, which is 'confidence'. I am confidence. I am confident. That's what it is. And I'm going to say that three times, just as an example. And you're all going to say your own words three times out loud. Okay. Ready? Here we go. 1, 2, 3, say your 'I am' statement out loud three times. I'm going to say mine now. I am confident. I am confident. You're little one is saying it to you. You're saying it to your little one. 'I am confident.'

Jennifer McLean:

That feels really good. Now just take a nice deep breath with me. And as she stands there in that 'I am' statement, as you stand there in that 'I am' statement, we're just going to notice that that's a powerful theme that you can use for this year. That 'I am' statement and the descriptive words, for me, it was trust and love, are powerful themes for 2022, for you and this journey this year. Just take a moment and

notice what that might look like. How might trust and love, in my case, trust and love, in your case, whatever your descriptive words were, whatever the 'I am' statement is, how might that show up in 2022? And you might start getting some pictures, some ideas, trust those. If you get nothing, trust that. The still point is a profound place of creation, so if you get nothing, that's good.

Jennifer McLean:

Notice if at any point your mind is trying to jump in, just say, thank you very much, beautiful mind, yet I'm going to hang out here in this new energy. You're welcome to join me as a witness. You are not welcome to intervene and judge and comment. Move into the 'I am' statement, move into the descriptive words, feel what it feels like if you were in that energy for the year, what it might create, what might it do? That's it. And as I do that, as you're in that place, I'm going to actually play the soul song of 2022. This is the voice one.

Jennifer McLean:

And remember it contains all the influences, frequencies, the positive infrequencies of the year and now you can bring your intentions of this 'I am' statement and these frequencies that you have and marry them with this year and just allow yourself to dance with this sound vibration. The sound vibration is also going to come in and create almost like a tighter weave of the new pattern we've established with this 'I am' statement. We've created basically a new neural pathway. We have a new foundation that we are standing upon. And this sound vibration is going to come in and tighten that weave, give you an even stronger base as it also supports you with the energies that you brought forward for 2022. Here is the soul song of 2022.

Jennifer McLean:

(song)

Jennifer McLean:

Just take a nice deep breath now. And I'm going to play the flute soul song at the end of the show, if you want to stay a little extra longer. Good. Now I want everyone to just move into the energy of their 'I am' statement and I'm going to open up the lines so that all of us can say them out loud to each other at once. And what we're going to do is we're going to stand with our little ones. We're going to say 'I am...' just one time and we're going to say it together as a group. There is a lot of us on here, so it's going to be pretty loud and know that the energy of all our 'I am' statements is going to lift us all up. Okay, here we go.

Jennifer McLean:

Here we go. I'm going to open up the lines in a moment. 1, 2, 3. That was awesome. Thank you all for doing that. We're going to dive into some session work now.

Jennifer McLean:

Everyone put their hand on their heart. Repeat these exact words to yourself after me. Remember, we're going to bring attention and conviction to this intention. "May the perfect people be chosen to work with Jennifer today so that I receive at the highest levels." There we go. Lovely. And again, remember, small actions add up to make a big change in the world, so take the small action. Put your hand over your heart, repeat these exact words to yourself after me. "May the perfect people be chosen to work with Jennifer tonight so that I get exactly what I need at this time." That's it. I'm going to add

one more in there. "May the perfect people be chosen to work with Jennifer tonight so that the greatest good is served." Beautiful. I love that last one. That's going to be a new one, I think, for our membership.

Jennifer McLean:

Thank you, Dee for that. We're going to 122 to start. We're going to Susan in Virginia. How can I support you, Susan?

Susan:

I just want to say that that session was awesome and it did open some things up for me. The biggest thing, I guess, that's on my mind, I actually wrote the question in the chat box that I had. I'm definitely going to move to California. My question is only timing and I had planned to move in July, but I keep getting this message that I should just do it now, that I should just go now. And my logical brain chose July, I retired from a job in December, but I'm going to be working another job until May, just to give me some extra income to move to July.

Jennifer McLean:

Okay. I think there is some instinct that's working there that now is okay. July is also okay. What they're saying is open up the energy now to move. It doesn't mean you're going to move now. You might. But be open to it. Right now, you've got some restrictions in your field because your mind has decided... You already figured this out. You have already answered your own question. Your mind has decided that you need to take this other thing in order to make the extra money, which makes sense from a mind and 3D perspective. But that's also holding back the move. All they want you to do is shift your idea and your energy around it, which is 'I can move anytime. If I have the job or I don't have the job, I could move. If I have the job or I don't have the job, I could move.'

Jennifer McLean:

And that will open up the energy so that you might not move until July, but all kinds of really cool things are going to happen between now and July. Right now, there's this 'nothing happens until July'-energy in your field. Right? Do you get that?

Susan:

Yes.

Jennifer McLean:

Okay. Shift it so that "I could move right now. I could move tomorrow. I could move next week. It would be fine." Just move into that belief and that will open up this incredible field of opportunity for all kinds of cool things to happen and you might still move in July. But a lot of really cool things will happen between now and then. In fact, you might even get a better job and more money between now and then. Got it?

Susan:

Yes.

Jennifer McLean:

Good. Very good. There was something else. Hang on. Let me check into your guides. Oh, they wanted me to share this exercise. It was an Abraham Hicks exercise I did. I was so broke. And I quit my job in corporate America. I went through all my savings. I tried some online marketing stuff, totally failed. I was almost living in my car and I was so broke. And I used to get my hair cut in Beverly Hills. I had saved for a whole year. And I had to save for a whole year to get my haircut because it wasn't cheap. I had saved and saved and saved and I'm like, okay, I finally have enough money. I'm going to go to Beverly Hills and get my haircut. I went up and I took an extra hundred dollars with me, and this was an exercise from Abraham Hicks.

Jennifer McLean:

I went around to Rodeo Drive and I looked at all these shops had a hundred dollars in my pocket and I said, "Ooh, I could buy that. Oh, I could buy that. I have a hundred dollars in my pocket. I could buy that. I have a hundred dollars in my pocket. I could buy that. I have a hundred dollars in my pocket. I could buy that. I have a hundred dollars in my pocket." I didn't buy anything, but I had the energy of 'I could'. And then I went home, and I put the hundred bucks back in my bank account. And shortly thereafter, I started my business and 18 months later I made my first million. Not that that moment created my million, but that was one moment of many belief changes that I created in order to move into a space where I could do what I love and generate really good income from it.

Jennifer McLean:

They wanted me to share that with you so that you could see that you have the power right now to shift the energy into, 'I could move right now and I might not have to have that job'. So that even if you do stay and you have that job, you're in a different vibration with it. Does that make sense?

Susan:

Yes. Actually, I do feel like I could move tomorrow. I'm one of those people who really likes change and I'm looking forward to it, so I'm having to hold myself back from doing it now.

Jennifer McLean:

I want you to notice your language. Language is an indicator of what our beliefs are. I 'am' looking forward to it. It's in the future. What they're telling me is to shift your energy of 'I move tomorrow and it's great'. I'm not looking forward to it... And again, I'm not criticizing anything and no judgment. It just is indicative. I just noticed the language. The language reveals what our beliefs are. There's a slight shift, Susan. You're doing everything great. Nothing's going wrong. They just want you to do a slight shift to an energy of, "I am moving," like it's now, it's present and no problem, "I'm moving tomorrow and I'm not looking forward to it. I'm here. I'm now. I'm in it. I'm in the energy of I trust, I move tomorrow." Do you see the difference?

Susan:

Yes.

Jennifer McLean:

Okay, good. Well done. And that STT they're telling me, helped you to create some really cool stuff next, so well done. Okay, my love, is it okay if I move my attention on?

Susan:

Yes. Thank you.

Jennifer McLean:

Thank you. Could you pick a number from one to 181?

Susan:

135.

Jennifer McLean:

135. Perfect. We're going to caller 135 next. Could be Cathy, you're on the air.

Cathy:

Yes. Hi Jennifer, I'm really enjoying the series. And I'm definitely excited to become a member. I'm sold.

Jennifer McLean:

That makes me so happy. That's wonderful, Cathy. Congratulations. I'm looking forward to hearing your voice on these shows. How can I support you right now?

Cathy:

Yes, I am starting my new business as a health, wellness and spirituality coach, but I keep on procrastinating despite knowing better.

Jennifer McLean:

Your mind has decided that it's procrastination. I call it the gap. The mind has to label it something so that it could be comfortable with it. In your case, it's a gap. Procrastination is for a couple reasons. There is either a glitch in that if you do it that the mind thinks there is a risk or is afraid of the unknown or whatever. Sometimes there is a glitch, sometimes we procrastinate because we are actually not supposed to do the thing that we think our mind has decided we're supposed to do. For example, I had a project that I had to get done for a client. Procrastinated, procrastinated, procrastinated. I had two weeks left to do this project that would take 30 days. Finally, I found the client had messed up and they said, "Oh my God, Jenn, we're so sorry. That project was cancelled."

Jennifer McLean:

There is a part of me that knew it, intuitively. But my mind called it, I was bad, I procrastinated. There are lots of reasons why, but the word isn't real. It's not true. There really is no procrastination. There is just how life is showing up. In your case, what they're telling me is you're in the gap. The gap is God's area of preparation. The alignment to what you're supposed to be doing is not quite a hundred percent aligned. They're telling me there are two things that you need to identify, figure out. Figure out is the wrong word, but shift in your energy field, just two things and that's better than most. There are two things happening in the gap. The gap means that you're in the area of preparation because you're not fully aligned with what you're supposed to doing.

Jennifer McLean:

How do we know when we're fully aligned? It's happening. That's how we know when we're fully aligned. If we're not fully aligned, we're in the gap and we call it all kinds of stuff. We will call it obstacle stuff, self-sabotage, procrastination. But all that's happening is we are just not quite a hundred percent aligned. And how do you get a hundred percent aligned? You do what you're doing here. You do a Spontaneous Transformation Technique. You use life to guide you to reveal what beliefs you have that are false. You heal, you transform. That's what we do in the gap. Our life reveals to us what's ready to heal next. Just like I was triggered by someone on Dee's call. It's not that person's fault, it has nothing to do with that.

Jennifer McLean:

It was all mine, a hundred percent mine. And I got to see a really big piece that I was ready to heal. And that was my gap. Now I'm in a different state of alignment with all of it. We use the things that show up in our life, the triggers, the upset, when the mind perceives it's not going right or fast enough, we use it and say, whoa, what's happening here? I'm frustrated. I think I'm in procrastination. We know we're not. And you could do the self-talk that Dee just talked about. Kathy, you think that it's not happening fast enough and that thinking is making sure that it doesn't happen fast enough. As Dee says, you've got one foot in the toilet and all you have to do is flush it and you're going to go all the way down the tube. What do you want to do instead? 'What's the belief? That's Dee's. Mine is 'what if?' What if I had it? Okay, let's play that little 'what if' game with you.

Jennifer McLean:

Say to yourself, and the rest of you can play along with something you want. Let me just check in with your guides. They're telling me 'what if I had a filled practice?' That's what they're saying. What if I had a completely filled practice as a health coach and every day I get to work with my clients and generate income for myself and healing and transformation for them? What if I had a completely filled practice? What if that were true? What would that be like? Ask yourself that. What if I had a completely filled practice and that were 100% true, no ifs, ands or buts, no questions, no doubt. It was just what is, I believe it, and that were true. What would that feel like if that were true?

Cathy:

To be completely honest, the first thing that came to my mind was, do I have time for myself?

Jennifer McLean:

Well, there you go. That's interesting. Normally I would say that's your mind, but actually that feels a little bit like your intuition is coming in and telling you. So there's the glitch. You have a belief that if you have a full practice, you won't have enough time for yourself. All right, let's try this again. You ready? That was really great, by the way.

Cathy:

Yes.

Jennifer McLean:

You're going to help people by the way you discovered that piece. That's what you're going to help people discover. You have a real gift with that.



Jennifer McLean:

You know that already, but you have a real gift for identifying the belief, by the way, you're really good at it.

Jennifer McLean:

All right, let's go back to that. Let's go back to the beginning and say once again, 'what if I had a really full practice, and I had tons of time for me? What if that were true, a 100% true? That I not only have a full practice, and I'm helping lots of people, but I also have tons of space for myself, what would that be like if that were true?'

Cathy:

Bliss.

Jennifer McLean:

There you go. There's the energy. Feel the bliss, feel that, breathe into what that is, feel it, breathe into it. Bring your full attention to that.

Jennifer McLean:

There it is, very nice. That's expanding. Oh, my God, it's really big, it's expanding exponentially. Feel the bliss.

Cathy:

It feels so good.

Jennifer McLean:

It feels so good. You're helping all of us feel it, so thank you. Feel the bliss, feel the expansion in your field, feel the potency in your space of that bliss energy. There it is.

Jennifer McLean:

Now, that energy actually describes a full practice where you're served, and you have space for yourself, that's the energy. If you want that, you be that bliss energy. Your job now, is every day to feel that bliss. Every day. I call it the neural pathway gym. We go into the gym and we push against weights to strengthen our muscles. Now you want to go into the neural pathway gym because you have just created the new neural pathway of bliss, which is the foundation of your successful business and a balanced life. You go in and you push against the bliss and grow it.

Jennifer McLean:

I should say, use the bliss as the training to grow, grow that bliss, get it stronger and stronger and stronger in your field.

Cathy:

Right.

Jennifer McLean:

When you stand in that bliss more and more and more, you will create it. It's going to happen fast, Cathy. It's going to happen fast.

Jennifer McLean:

I felt a little glitch in there of fast, because your mind is going, "Uh-oh," because you've got that belief that, if you have a full practice, you don't have enough space for yourself. I think it's your mom, but it comes from somewhere that they gave you that belief, they implanted that belief in you, that if you are working hard, you don't have time for yourself. It is not true, but it feels true because you have evidence of it. I would do a little STT on that belief.

Cathy:

Okay.

Jennifer McLean:

I'm so excited you're joining us.

Cathy:

Wonderful, thank you. Woohoo! Yay!

Jennifer McLean:

Thank you, Cathy.

Cathy:

Thank you.

Jennifer McLean:

Cathy, my love, will you pick our next person from 1 to 187?

Cathy:

33.

Jennifer McLean:

33, lovely. Thank you, honey.

Cathy:

Thank you.

Jennifer McLean:

Okay, we're going to go to caller 33, and that is right here.

Michelle:

Hello. It's Michelle. I've been talking a while, but I'm a member.

Jennifer McLean:

Hey, Michelle. Congratulations. Are you a new member or are you an old member?

Michelle:

I have been a member for a year.

Jennifer McLean:

Yay Michelle, you've been a member for a year, you've stayed with us, yay! Can you explain to people what it's like to be a member?

Michelle:

Oh, it's amazing. When you need a friend, but nobody's around and you need guidance, jump on, because you will get guidance, whether you're on or not on. And it helps me feel peace and it helps you feel connected, especially right now. Connection is important, at least for me. And to be able to get on there and just be like, "Listen" and hear other people and hear that they are in the same spot, that I might be in and then get guidance for it, is truly amazing.

Jennifer McLean:

Awesome. Oh, that makes me feel so good. Thank you, Michelle. How can I support you today?

Michelle:

Well, I was thinking I would ask a question, I was going to ask Dee, if I got on. What I'm trying to do is, I want to know if there is any way that I need to shift my current path to turn on my light more that can help the better good. I want to know if there is something that I'm missing or that I need to improve on.

Jennifer McLean:

That's interesting because you're extremely intuitive. You know this. And you know the answer. What's the answer?

Michelle:

Do I?

Jennifer McLean:

Yes. Okay. Let's see. The answer is yes.

Michelle:

I thought it was going to be a hard answer.

Jennifer McLean:

And what's really cool, Michelle, is that you know that there is something that's ready to shift. You have been feeling it for about three or four months, maybe even six months. You had an inkling about six months ago that something is ready to shift.

Michelle:

Yes.

Jennifer McLean:

And that you are ready to shift it and you are right on target. You're on plan with it. Just pretend for a moment that you knew what was ready to shift. What do you think it would be? Just pretend. The first thing that comes to your mind?

Michelle:

The first thing that comes to my mind is amongst my career, amongst my job. It feels like it's a spiritual shift. I've been in a spiritual shift. But into the more career-oriented; helping and serving people, I think. But it feels like that.

Jennifer McLean:

Yes. I think you're right. And what do you do for a living?

Michelle:

Well, right now I'm a toddler teacher.

Jennifer McLean:

A toddler teacher?

Michelle:

Yeah. I changed jobs. I had a big shift earlier this year or right before the New Year and I changed my job, I changed my living arrangement and I'm doing a spiritual director certification program.

Jennifer McLean:

Right. Okay. Got it.

Michelle:

I'm all over.

Jennifer McLean:

Okay. What did you do before you were working with toddlers?

Michelle:

I was still working with kids, but I was working with kids and families that have chemical dependency problems. I was working in a methadone clinic.

Jennifer McLean:

Oh, I was definitely talking to you last year. I remember all this now. We talked then, I believe, about the spiritual director stuff. Didn't we even have a private session?

Michelle:

We did. And I wasn't doing spiritual director yet.

Jennifer McLean:

Okay, whatever that is, it's a great direction. It's really good. And it's not going to be a direct line into that. It's not going to be, "I'm going to quit my job and become that..." It's going to be slow, but there's going to be what I call the overlap. I recommend this to everyone. I wish I had done it, an overlap.

Jennifer McLean:

What an overlap job is, is that the current job is something that most of us don't like, because it's not our heart, but it serves our financial space so that we have space to start our dream. You don't want your dream to pay your mortgage. You just don't. No. They keep showing me this image whenever I say that, they show me this little shoot of a green plant that is growing.

Jennifer McLean:

That's what our dream is. And it's growing. It just stuck its head out of the dirt. And now it has to take on all the load of our life. And we're yelling at it to grow faster. "Grow faster because you have to pay the rent!" We're yelling at this poor little green shoot. Instead, what we do is we appreciate the job that we have. You actually do a pretty good job of that. And allow the job that we have to be something that we love because we appreciate it, have such gratitude for it. It's because it's paying the rent so that we have space to really play in our dreams.

Jennifer McLean:

That's what I did. I went back into marketing after I was almost living in my car. I finally said, "Okay, fine. I have to do marketing to make money." And I immediately started making good money. The job was quite different than it had been, and I started to like it. Now, if I were giving myself advice now to that person I was, I would've told her to love it, which I didn't. My roommate, Mary will attest to that. However, had I, I probably would've made even more and made the transition even faster.

Jennifer McLean:

Love where you're at, love where you're at, love where you're at and it's not going to be instantaneous. You're still in the course, you're going to finish the course, and it's going to take you a little bit until you get into that place. And I suspect that children will be part of it.

Jennifer McLean:

Oftentimes, where we've been placed is not something we're supposed to walk away from. All of these things are steps to where we're going in our life, they're steps guiding us to what's next. Every step is relevant and important.

Jennifer McLean:

All those years I spent in corporate America were incredibly important so that I could have a really good skillset to create a really good business that reaches millions of people. I would have never been able to do that if I had been a healer all those years. They gave me the steps, even though I kept saying, "why aren't I a healer? Why aren't I?" Instead, I could have said, "Oh my God, I trust that I'm getting this

incredible skillset." Which you're getting by working with all these children's because you are likely going to use it. Most of the time, the thing that we're working in, we'll likely use it in some fashion.

Jennifer McLean:

They're telling me another story that they want me to share. One of the people I worked with had been a nurse for like 30 years. She wanted to start a video company. And she was in one of my entrepreneurial classes, I don't teach that anymore, but she was in of my entrepreneurial classes and, I kept hearing her guides say, "Tell her to stop doing the video and work with nurses." She was a really good healer, profound healer, and she was also a really good coach, and she knew nursing inside out. She knew what it was like to be a nurse. I kept hearing, "She needs to use her healing gift with nurses, because she knows them, she knows exactly who they are, what they need." Sure enough, the video business didn't go well, she was using it to escape, as most of us did.

Jennifer McLean:

I became an Aflac Insurance salesperson, if you can believe it, after corporate America, because my mind had to have something, I'm a Taurus. It had to have something foundational and secure in order to leave. Of course, I did that for two weeks. We need these things, sometimes our mind needs them.

Jennifer McLean:

There is something here for you, that the kids stuff is not something to necessarily, completely leave behind. There is something in that with what you're doing next. All of this is going to take a little while, they're telling me about two to two and a half years.

Jennifer McLean:

Be happy where you're at. Be happy. Love, love, love where you're at, love your job. Appreciate it for what it's giving you now, even if you don't understand it and that's a broader teaching for everyone. Because you're actually pretty good at that.

Michelle:

Yes. I actually do like the job. It's hard on my body right now because I'm older and I'm chasing them and it's a little different. But I realize that it's also helping me find my voice with adults and with kids, it's helping me mature more in that area.

Michelle:

I got your certification for STT and I want to use that at some point and I thought the spiritual direction also is entrepreneurial. I guess it can be used that way. I was trying to figure out, I could use your STT...

Jennifer McLean:

You'll be able to use STT with that spiritual counseling work, no problem. And, in fact, it might be with kids and it might be with their parents.

Michelle:

Okay.

Jennifer McLean:

Really exciting. Yes, it is definitely on its way. Yes, you got it. Just keep doing what you're doing.

Michelle:

Okay. Thank you so much.

Jennifer McLean:

Thank you, Michelle.

Michelle:

Yes. I like to check in to make sure I'm on the right track.

Jennifer McLean:

You are definitely on the right track, honey.

Michelle:

Thank you. I love you.

Jennifer McLean:

I love you too, sweetie. Would you pick our next person from 1 to 182?

Michelle:

111

Jennifer McLean:

Wow, that's weird, I looked at another 111 that I had from an earlier show. Awesome. I love those synchronicities. Thanks Michelle, much love to you. We're going to one 111 and then I think we're going to dive into some speed reading. All right, Katie, from Vancouver, you're on the air.

Katie:

Hi.

Jennifer McLean:

How can I support you?

Katie:

I am in a point where I feel like my life is changing and I just want guidance in terms of soul purpose and what gifts I'm meant to share with the world.

Jennifer McLean:

Beautiful. Your guides want me to ask you a question.

Katie:

Yes.

Jennifer McLean:

I want you to get to a place of your center. Just imagine, "What if I were in my center? What if I were in my clear present center?" Just do that for me right now.

Jennifer McLean:

There we go. Good. You did that pretty quick. Do you feel the difference?

Katie:

Slightly.

Jennifer McLean:

Good, Slightly is enough. Inklings are enough.

Jennifer McLean:

I'm going to ask you a question and I want you to give me the very first answer that comes up. Don't think about it at all. What is your gift? First thing, don't think.

Katie:

My voice.

Jennifer McLean:

There you go. Good. Isn't that cool. You know way better than I do. Is that true?

Katie:

Yes.

Jennifer McLean:

The key here for you Katie, is to trust that, that's it. It's actually really, really simple. Trust yourself, trust your soul's journey, trust your soul's adventures, trust your soul's decisions, trust the pace of your soul, trust where you're at, trust your voice.

Jennifer McLean:

Now, let's just play a little 'What If' game. Everyone, play this 'What If' game. What if I trusted my voice? What if that were a hundred percent true, no questions asked, zero doubts. What do you think that might feel like if that were true?

Katie:

I would feel calm.



Jennifer McLean:

That's right. That's good. Breathe into that calm.

Jennifer McLean:

What else would you feel? What if I trusted my voice a hundred percent with no doubts, what would that be like?

Katie:

I would feel relaxed because I'm able to be myself.

Jennifer McLean:

That's it. Feel the calm and feel the relax.

Jennifer McLean:

And I'm going to just rephrase what you said there. "I get to be." Does that feel true?

Katie:

Yes.

Jennifer McLean:

Good. Feel the calm, breathe into it. Breathe into the relax. The rest of you do it with whatever words came up, breathe into them.

Jennifer McLean:

Come on, relax, "I get to be." There we go. There's a big shift happening now, I don't know if you can feel that. "I get to be, I get to be..." And there's a little piece there that's missing. "I get to be me fully." Is that true?

Katie:

Very.

Jennifer McLean:

What's that like?

Katie:

Simple life and joy that I'm seeing.

Jennifer McLean:

Good. What they're showing me is, right now, a Katie who believes themselves to be timid, introverted, and maybe even a little small.

Katie:

Yes.

Jennifer McLean:

That's hiding to the breaking point, this monstrous magnificent light. It's like this tiny little acorn is containing this enormous Oak tree. And the Oak tree has been growing within and is way surpassed the boundaries of the acorn. But this belief in timid and small has kept that Oak tree.

Jennifer McLean:

What if right now, just pretend... And again, this is not real, so you can pretend here... that the full strength of the Oak tree is now you rooted in your power. What would that look and feel like? Katie, what would be revealed then?

Katie:

Strength.

Jennifer McLean:

Yes. Feel that strength. And there's another word like this roar that can change the fabric of everything, that's how powerful you are. Does that feel like that could be true?

Katie:

Yes.

Jennifer McLean:

There you go.

Jennifer McLean:

What's that like to stand in that power right now? Even just the inkling of it?

Katie:

Profound shift in mindset.

Jennifer McLean:

Open it, good. Profound shift, good. Now this is going to be weird, I'm sorry about this.

Jennifer McLean:

They want you to make a sound as the Oak tree of power. They want you to make a sound. It could be a tone, it could be like a note, it could be just a growl, but they want you to make a sound. And the rest of you can do the same, make a sound as this power.

Katie:

(Sound)

Jennifer McLean:

There we go, good. Do it again. This time, do a little bit more from the diaphragm. Make it a little louder if you can.

Katie:

(Sound)

Jennifer McLean:

Okay, good. That's something they want you to practice. Start toning. I'm going to do one for you. I'm going to give you an example here. I'm going to play with it, I want you to hear the playing. That's what they want you to do.

Jennifer McLean:

(Sound)

Jennifer McLean:

Do you get it?

Katie:

Yes, I get it.

Jennifer McLean:

Do you feel the power in that?

Katie:

Yes.

Jennifer McLean:

Did you feel the shift in the energy? Because that was your tone, they just worked it through me. Does that feel true?

Katie:

Yeah.

Jennifer McLean:

Good.

Jennifer McLean:

Do you want to try one of those?

Katie:

Okay.

Jennifer McLean:

You don't have to, only if you want to.

Katie:

Sure. Yes I do. Thanks.

Jennifer McLean:

Okay. Go ahead.

Katie:

(Sound)

Jennifer McLean:

Beautiful. Well done.

Katie:

Thank you.

Jennifer McLean:

Okay. I want you to say thank you as the Oak tree.

Katie:

Thank you.

Jennifer McLean:

No, I want you to say thank you as the Oak tree. Get into the Oak tree, get into the power.

Katie:

Oh, okay.

Jennifer McLean:

And say thank you, whatever it is.

Katie:

Thank you. Thank you.

Jennifer McLean:

Good. Now bring your diaphragm into it and say thank you. Here's what they want you to do. I'm going to give you an example, because sometimes we don't have a template for these things, so I'm going to give you an example.

Jennifer McLean:

You ready?

Katie:

Yes.

Jennifer McLean:

This is Katie's thank you. "Thank you."

Jennifer McLean:

Right? You see it? You see the difference?

Jennifer McLean:

I want you to listen to this call again. I want you to hear the timidness that's there, it's still there, it's okay. It's part of who you've been, it's part of the protection mode, it's important, but they're telling me that it's time, Katie. You need to stand, not need, there's no need, they corrected me, you are ready to stand in your power.

Jennifer McLean:

How old are you honey?

Katie:

I'm 40. I just turned 40.

Jennifer McLean:

Oh my God. You have like a 26-year-old energy. It's like you have lived a life that is at your 26th year right now. The 26th to 30 is when we start to really break into our own; you're ready. And I'm kind of yelling because the energy you're ready for is just so big. Does that feel like that could be true?

Katie:

Yes. Very true.

Jennifer McLean:

Okay. All right, honey. You got this.

Katie:

Thank you so much, Jenny.

Jennifer McLean:

You're welcome, honey. Bye.

Katie:

Bye.

Jennifer McLean:

Alright. I'm going to do some speed reading, here we go.

Jennifer McLean:

They want me to start at a certain place. Going to go all the way to the bottom, and they're going to tell me when to stop to start. Right here. All right.

Jennifer McLean:

Catherine... Look it's her, she got chosen twice! All right, we're going to Laura. She said, "I have felt very stuck all of my life. Feels like my legs are being stuck in mud. What do I need to clear this?"

Jennifer McLean:

All right, Laura, first of all, you need to know that you're not stuck. And just remember what Dee said and what I've been sharing here, what a lot of the speakers are sharing. That sentence. "I have felt very stuck." I'm glad you said felt, because that's not a claim at least, very good, but that energy is stuck. Nothing wrong with noticing that. But just notice that "I feel stuck" and you share it with me, and you share it with others, and you share it with yourself, guess what? You are creating more stuck. Do these little self-talks.

Jennifer McLean:

"Oh, my God. Look at me. I am claim that I'm stuck." I just love what she said, "I've got one foot in the toilet already, I'm about to flush the toilet by keep being in this energy where I say I'm stuck." Bottom line is, there is no such thing as stuck. There's only a word that the mind has decided to label whatever is going on in your life that will keep you there.

Jennifer McLean:

What do you need to know to clear this? I always do "What if it's opposite?"

Jennifer McLean:

When I make these statements that aren't true... Like one of the statements I said before the show, "I'm the most unpopular speaker on MasterWorks Healing..." And I noticed it immediately. I went, "Wow, what a stupid thing to say. Wow, why would I want to say that?" There was a time when that was true. It's just not true anymore. And what is it going to create? "It's going to have people not come to my class and my class is awesome." Right? Instead, "what if I were the most popular speaker on MasterWorks Healing? What if people couldn't wait to come to my show? What if I loved myself enough?" Do you see it? "What if I were accomplishing exactly what I wanted to accomplish? What would that be like if that were true?" Do you see you, Laura? All right. It's all about bringing our attention to the revelation that the words that we're saying are revealing. They are showing us our beliefs.

Jennifer McLean:

Penny says, "What do I need to do or not do about manifesting my dream home?" Well, part of that is in your question, once again, which is, what do I need to do? Creation is a state of being, not a state of doing. So I have this little framework that I use in all my courses, which is don't do, be. What we do is, we do to get, that's what the mind does. The mind moves into doing to get something. It's where we mostly start. It's not a bad thing, but notice it, "I'm in a state of doing. I'm in doing this. What do I need to do in order to get?" Got it? Most of us do that.

Jennifer McLean:

Instead, "who can I be? Who can I be in order to receive? Who can I be in order to receive?" One of the things that Neil O'Donnell once shared that I love, one of my favorite things is he shares, "Be and give what you want." If you want a dream home, one suggestions of many thousand different suggestions you can do is, build a home for someone else. Habitat for Humanity is a great way to create a dream home. You don't have to do that. There are other ways to do it. But who would I be being when I'm in my dream home? Visualize it. Be in the energy of it. It creates a foundational energy that ripples out from you attracts it to you.

Jennifer McLean:

Someone asked about procrastination. I think we answered that. Richard said, "I heard your cat purring earlier. A housemate's cat escaped their room and came running to me for love. Her owner came and got her back." That's really sweet. That just means that you were in an energy of love and the cat is attracted to you and that's beautiful. I suspect that that cat loves their owner, but cats release energy, negative energy, and sometimes they need a release. They ran to love so that they could get filled up again, so they could serve their owner.

Jennifer McLean:

Merrill shares, "Will I manifest singing at the Metropolitan Opera in 2022? When will my male partner show up this year and how will I meet him?" So Merrill, there is definitely an opportunity for you to sing at the Met. There needs to be changes though, because right now you're in the gap. You're not in alignment with it. Right? Remember I talk about Gareth's God's purpose, you're not in alignment with it. "What if" exercise would be really helpful. "What if I were in 100% alignment with singing at the Met" what would that feel like? What would that be like? What if I were in 100% alignment with singing at the Met, what would that be like?" And I suspect that you're going to feel something different than how you're feeling right now, which is why it hasn't happened.

Jennifer McLean:

How do we know we're in alignment? As I shared earlier, we're in alignment when it's happened. If it hasn't happened, we're not in alignment. How do we get in alignment? I like to play "what if"? But every speaker here gave some wonderful insight in how to get in alignment. Get in alignment, get in alignment. Partner, the male partner, you have zero energy that you have put into getting a male partner. A male partner takes a vibrational attention, a male or female partner, whatever you're looking for. Getting a love partner takes energetic attention. If we have no intention, like I have zero attention or zero energy in my field for getting a male partner. So I haven't.

Jennifer McLean:

If I want one, I better put some energy to it. If you want something to happen, you better be putting energy in it. It's not, "Oh, I hope, I hope, I hope." It's an energy of confidence, of claiming it, of 'what if I had that, what would that feel like?' And building that energy and working on it every single day. My friend Ariel says clean out a portion of your closet, make room for them, clean out a portion of the garage, clean out a couple of drawers, make room for them. Take action in the world that represents a vibrational intention that you're working on it. Right now, no, there's not much energy there because you just haven't put any energy into it. I hope that helps.

Jennifer McLean:

Terry is asking about the help with resolution of closing a family litigation. Those are tough. I can tell how hard that is. I usually recommend Ho'oponopono to help with family situations. A while ago, I had a very sticky situation with a friend. It was quite a while ago and I did Ho'oponopono. Like almost every hour. I did it over and over and over again with them in mind. And it completely resolved the situation. It was over. Ho'oponopono is incredibly powerful. Ho'oponopono is "I'm sorry, please forgive me. I love you. Thank you."

Jennifer McLean:

You start by taking personal responsibility for how they're treating you. How you have treated others. I had thought, word or deed. And most of us is thought, and then you take personal responsibility for it. You say, "I'm sorry, little one, for what they did that they had to create circumstances that may have hurt others. Please forgive me for those who I've hurt through thought, word or deed. I love you." Say that to the little one. And thank you for this moment. Revealing what's ready to be healed. "I'm sorry. Please give me, I love you. Thank you." And you say it with that person on the periphery. That person is always on the periphery. They're the trigger for it. They're the trigger for helping you resolve something inside. It will help immensely if you do it regularly. I hope that helps.

Jennifer McLean:

There are people that did not give their name. There is someone here asking, "Should I move back to Ireland or will I win the lottery?" I know you have a lot of focus on the lottery and the focus is a little bit too mind oriented in order to make that happen. Which is, "Oh my God. When I win the lottery, then...." Doing to get. Instead, be in the state of "I've already won". That's the key. "If I win, then..." This is where all of us kind of miss it, "If I get that thing, then I'll be happy." No, be happy now. That will create that thing.

Jennifer McLean:

If you want to win the lottery, I mean, I have a belief, it's a long shot. That's my belief. Right? You might just win it, but not from the energy you're in now, which is an energy of doing, okay? Do you need to move to Ireland or will you win the lottery, right? Move to Ireland and win the lottery, do whatever you want. Right? It's not that I have to move to Ireland or I have to win the lottery. Do you see how the mind has got you in this push pull energy instead? "What would it be like if I move of to Ireland, what would that feel like?" And then make the decision from that energy and then move into, "What would it be like if I won the lottery?" See here, what happens with lottery? I play with lottery a lot too. And every time I play with the lottery, it helps every other part of my life.

Jennifer McLean:

And my jackpot is my life and the things I'm creating from the imagination and the 'what if' game. What if I won the lottery? What would that be like? What would that feel like? What would that energy feel like?" Not just things that I have or the things I could do or the revenge I could take, which feels like there is a part of that in there for you. No, it's 'who am I?' What is the state of being that I am in? What is the vibrational frequency of that being that is the energy that will then create all kinds of jackpots in your life. And it may not be the lottery. I hope that helps.



Jennifer McLean:

Someone shared about new therapies for children. Can you see my place? And if so, where to focus. Yes, yes, yes, yes, yes. You already knew that. That's why you asked that question. Yes, yes, yes, yes. And your job is just to take the next step and trust the next step. Trust the next step. We often ask 'how' questions to this day, but how do I do it? Where do I focus? What? "What if I were working with children and I loved it and I was fulfilled by it and I had free time for myself? That's the energy that will create what's next for you. And you will see it clearly too. Because it will be a match for your energy. It will be obvious.

Jennifer McLean:

All right. Jackie is asking, "Do I pursue a medical intuitive, psychic path?" Yes. "Do I move to Arizona?" You don't have to, but it's a possibility of, they're kind of saying it doesn't matter where you live. What matters is the energy that you're in. That is what they're saying. Arizona, sure. Arlington, sure. But find a new energy with wherever you're at because don't move to be something you're not. And that's not just for you, by the way. I don't think that's exactly what you're doing. That's for someone else too, don't move to escape. Don't do anything to escape. Don't quit a job to escape. Don't move to escape. Sometimes it's important to leave an abusive situation. Yes, that's a big yes. But most for most of us the regular stuff of life, don't do it to escape. Love where you're at, shift the energy of where you're at so you won't bring it with you.

Jennifer McLean:

I hated my job. I was so burnt out. I hated it. Every day I had to take an hour walk down by the pond. Every single day of my job in corporate America. Just to not hurt myself, just to get through the day. I hated it so much. If I could speak to her now, I would tell her, love your job. Because everything I hated about that job, I brought with me when I started my business. I didn't like my boss. I didn't like my clients. What did I do? I started a job. I didn't like my boss. And guess who the boss was? Me. So if you're trying to escape, everything you're trying to escape, you will bring with you. Love where you're at. Love where you're at. Medical intuitive psychic path? Absolutely. Jackie, that is the future. It's not immediate. Do the overlap thing. Right? Overlap the job. Love your job. Love your job.

Jennifer McLean:

Peter is saying, "I'm attracting women who bully me. How and what can I do to heal and protect myself?" One of the things I teach in the Soul Power course is what's called natural protection by standing in your power. I also used to attract a lot of bullies. I used to attract a lot of them, and you know why? Because I was bullied and I created people that wanted me to heal that. There's likely a piece of you that's ready to heal that piece. And that's why these women are showing up, number one. Okay. They're showing me something else. They want me to talk about... I'll get that. Your guides - you have a lot of them. They're all coming in at once. Bully me, attracting woman. Sorry, hold on. I'm trying to hear them.

Jennifer McLean:

They want to go to the 'protecting me'. The next thing is, it's not about protecting, it's about standing in your power. It was kind of answered during the STT session that, when we stand in our power, we create a natural protection. Right? When we stand in our 'I am' stuff, we stand in this potency that shifts the energy with others and they can't find you. It's not about protecting. That's an old New Age thing.

And it was important until it's no longer required. When we stand in our power, we create this natural protection. As you've already experienced the STT session.

Jennifer McLean:

There is one more thing. "I'm attracting woman who bully me. How and what can I do to heal and protect myself?" We already have the protection. One of the things they wanted to share, I did this in a session recently, for those who are new members, you might want to go back to it. I talk about Karma and I did an actual Ho'oponopono for karma. Karma is not what we think it is. Often times when we have the same thing happening over and over again with different people or specific people coming up to us, we're like, "Wait a minute, I'm a good person. I'm doing everything right. I'm doing all this stuff."

Jennifer McLean:

It's usually a Karmic component, which means that we did something to them and they're unconsciously trying to get back at us. It's not an eye for an eye. We came to this planet with that frequency in us to resolve it within ourselves and we often attract people to help us and reveal to us that piece that's ready to be resolved. You were likely a bully in another lifetime, that's not good, nor bad. There's nothing wrong with that. It just means as a part of you that came to this planet, not to experience it to be punished, but to experience it, to resolve it. Ho'oponopono is a great, great way to resolve karma. Because we take personal responsibility for what we are attracting in our lives. Peter, you're a member, you might want to look for that.

Jennifer McLean:

Susan is asking about "insight on meeting my life partner." Same as the other person. You've done a little bit more work on it, but it needs to be a little bit clearer. There are two readings in one that I just gave, they are not going to be the solution to your happiness. You are the solution to your happiness. Be the person that you want to attract, be the full, complete, powerful, adventurous person that you want to attract. Be that first and then put energy into it from that perspective that you're attracting someone who meets you, doesn't complete you, but meets you. Right? You're not going to be happy because you have a life partner. You're happy now. And a life partner brings in more happiness, okay.

Jennifer McLean:

"Is your current job where you should stay or should I look for my own space to offer healing?" Both. It looks like there's both happening here, that the current place you're staying is actually pretty good for a while, but you can start looking for your own space as well. And just a tiny bit; be happy with where you're at, so that you don't bring it to what's next.

Jennifer McLean:

OK, help with grandson who's 11 and acting out violently with his mom and sister. How can they achieve harmony within their home and help him calm down? First of all, it's your grandson. I know that it's so hard to watch. Mary Hall says this incredibly powerful thing. She says, "grant them the dignity of their experience."

Jennifer McLean:

Part of that is not taking on the heartache of what's happening. Almost like in the STT when we are the observer and we're neutral, we actually empower the people around us. I know it's so hard to do in this instance. I get it. And I'm so sorry, but finding that place of neutrality to see your grandson and see your

daughter and see his sister, knowing that there's a soul journey afoot and granting them all, as Mary would say, "the dignity of their experience", take reference of this as well from scripture. They're all having a soul journey that was part of their soul experience that they all requested and there's a divine unfolding with it, even though it doesn't look and feel good.

Jennifer McLean:

That energy will help to soften things. Just that energy of you holding trust and faith in his soul and his mom's full soul, your daughter's soul and his sister and your other granddaughter's soul. You having trust and faith in their soul journey through this experience is going to help all of them. Secondly, Ho'oponopono. Ho'oponopono for all three of them. If you remember, look for that really cool session where we did Karmic Ho'oponopono, it was really cool.

Jennifer McLean:

Chloe's asking, "What can I do to help overcome my fears I have around taking action towards my goals?" Okay. The first clue there is, what can I do? It's kind of a 'how' question, it's a mind question. It's really hard to answer. "Who can I be? Who is the person that is taking action towards your goals? Who is that person? Who can I be? Who can I be? Who is this person that confidently takes actions on my goals? Who's that person?" Be her. Find her and be her. A "what if" game around that would be really fun.

Jennifer McLean:

I hope you've enjoyed this. This is our finale. This is our final show of Predictions Week. I am so grateful for the incredible co-creation that all of you have brought. Thank you for bringing your intention, your dreams, your questions, your desires to these shows because all of your energy, whether you got called on or not, brought forth all of the wisdom and the brilliance that we all got to experience together. Thank you for being part of that. And if you want more, we would love to invite you to bring your brilliance and your energy and your questions and your desires to MasterWorks Healing.

Jennifer McLean:

Much love everyone. Bye-bye now. Happy new year. Here's to a fabulous 2022. Oh, I forgot I was going to play this whole song. I'm going to say goodbye. I'm going to play the soul song flute of 2022. Happy, happy, happy new year. I love you all. Here's the flute soul song of 2022. Just bring your yourself to your center. All the energies that have changed during the course of predictions week. We've got all of us, have new patterns in our field, allow this flute song to strengthen those patterns even more. So goodbye to you all. And here's the flute song of 2022 to play us out.