

Date	Time Stamp	Topic
7/22/2013	2:22	Relax and Allow Wednesday Show Clips on achieveradio.com Progressing through our Ascension Process
	4:00	RNA Drops is a food.
	5:33	RNA Drops and cancer. Removal of toxins from the body. Lymphatics of righthand side was holding area for removal of toxins. Lymph system not understood by traditional doctors. Lymph glands were swollen and open in my groin. They are gone. RNA Drops eating up the waste backed up in my lymph system. Right side of chest swollen glands almost gone. ReMag and ReLyte accelerated my healing. It took a year for this transformation. She relaxed and allowed; had patience. If we share the explanation of what we think is happening does help people relax and allow. iON talks about us opening up the lymphatics. How the ReAline help chelate out the heavy metals so they don't clog up your filters. Triglicerides of the lymphatic system. People who are overweight their fat cells are storage areas for toxins. Protects the body from an overload of toxins. Fats are grabbing the toxins and holding them until they are removed from the lymphatic system. Clearing the filters with the ReAline.
	14:12	Association of all the Completement Formulas. What should I be looking for? I don't know if I'm experiencing anything. Importance of documenting your progress through digital photos. Digital photo will pick up things that your lying eyes will not be able to see. Less body pain after exercise; better recovery rate. Have more energy; bigger appetite and desire to do things that I would otherwise delayed doing. Increased ambition to develop business opportunities. Fastest path to your joy. Core iON teachings for coaching practice.
	19:20	iON thinking and RNA drops are a packaged program. Dupes Post Dupes is the forum for people who have had sessions with iON. Broke back 12 days ago. Homebound alone, bolted inside steel exoskeleton. On narcotics. Can't work. MRI test next week.

I'm relaxing and allowing, with emphasis on relaxing.  
Been on Drops for a couple of years now.  
Not upset by the contrast.  
Chemical body maybe numb and useless but have other bodies to play in.  
Doesn't have to be this way for long.  
Traveling parallel worlds.  
Money flows freely and easily to me when I'm resting in bed.  
Never been sick and injured before.  
Neverminding.  
Playing with the spine of God.  
Dupes folk talked about ReAline, ReMag, ReLyte.  
ReNew on areas of the spine guidance from Sam.  
Castor Oil to move things through the lymphatics.  
Let's activate from the Lazarus Project for Qristo, raising him from the bed.  
Talking to angels in other situations about being brought back from the dead.  
What the mind and body can do to override this injury.  
Been on the Drops for many years.  
Symptom is completion of conflict.  
When you start honoring the systems in your body and love and appreciate it, it boosts your body awareness.  
Bob read Heather's suggestion of loving your spine.  
Thank you. I love you. Please forgive me. Dr. Carolyn's mantra  
iON's Non-Physical Version of the Lord's Prayer:  
My non physical which is ever present in me, hallowed be your space.  
My kingdom come, my will be done on earth as it already is in heaven.  
Allow me this day to create my daily bliss  
Also forgiveness of my trespasses as this is only contrast that I propose to help me choose the fastest path to my joy.  
Allow me the power to not push against not even notice those who trespass on me.  
Lead me through all temptations that separate me from my whole complete ascended power of beingness.  
Relieve me from the false premises of evil.  
For mine is the power and the glory eternally. Selah.

38:02

Total Biology of back pain because we have no idea what area the injury is in.  
Break is ready to heal of conflict that was launched into the area that gets transformed.

39:40

I would otherwise delayed doing.  
Total Biology Affirmation: I was a small property ravaged by a storm. The fine weather has returned. The forest and the river has become calm. The house is vibrant and shines in the sun. Above all the field is returning to its order, health, and beauty.

Thank you my diseased organs for I know you have done all this to save my whole. Thanks to myself for doing my healing.

42:00 Invites conversation about extreme contrast.  
July 10 Wednesday show archives about contrast.

44:56 Ginney recommends Lazarus Project audios for a good listen.  
Conference Call testimonials with original iONettes

47:52 drcarolyndean.com  
complement now is getting rave reviews

48:10 Son with uncontrolled epilepsy; numerous meds  
Coconut oil has cut down on his epilepsy.  
Started last week; only 1 seizure since  
Modified Atkins  
Can RNA help too?  
Yes, ReMag and ReLyte. Coconut oil is helping lipid portion of the story.  
Lipids are helping to grab toxins.  
Coconut oil may or may not create final healing.  
RNA Drops will help create perfect cells.  
ReMag and ReLyte will feed perfect cells and remove toxins.  
Magnesium RBC Test - requestatest.com  
Baseline on Magnesium levels; recommend 6.5.  
Coconut oil will coat all the sheaths for the neurons.  
Good fats coat all the neurons.  
Medium chain fatty acids are a direct energy source.  
Antifungal as well.

51:57 Feel more balanced on Drops. Considering doing Master Cleanse to lose fat.  
Would you do this?  
Doesn't know Roseanne's history.  
I use Master Cleanse periodically and put some ginger powder in for soothing the stomach.  
I like it but I can't tell her whether to do it or not.

53:40 Why are we even talking about toxin release?  
Our complement products do cleanse. I have no desire to go on the Master Cleanse.  
Go for cleanse from a more than position - I'd enjoy that.  
Not from a less than position - I'm toxic and fat.