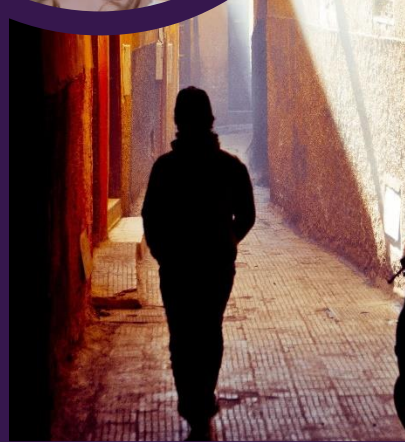


the aware show

with Lisa Garr



Lynne McTaggart

Consciousness & Healing

THE AWARE SHOW

with Lisa Garr

Presents...

Lynne McTaggart

Consciousness & Healing

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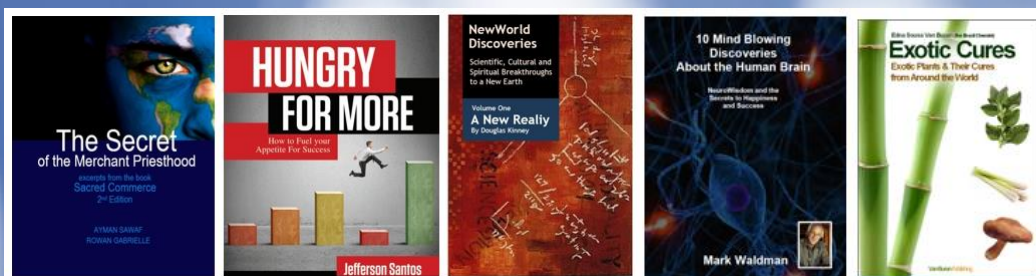
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Van Buren Publishing
1171 S. Robertson #124
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Lynne McTaggart

Lynne McTaggart is an award-winning journalist and a medical investigative reporter. She has written 6 best-selling books including her most recent rerelease of *The Bond*, which has been re-released with great new editions making the book more practical. Lynne is also the architect of the largest mind-over-matter experiments in history.



Hope for No-Hoppers: Beyond Medicine as Commerce

Lisa:

Why is something that's saving peoples' lives is banned in so many countries? It has literally saved thousands – probably more than thousands – of peoples' lives.

Lynne:

We have to understand that medicine is really commerce, as it has been designed. We like to think of the people in the white towers as coming up with amazing breakthroughs that heal us and heal our lives. But the bottom line is that medicine is a very profitable business. I'm not talking about the business of doctors. Doctors are, for the most part, good guys and women who are trying to heal people. I'm talking about their tools and the fact that their tools are being supplied essentially from the pharmaceutical industry.

Medicine is a business and it's actually one of the most profitable businesses in the world. This is one of the real reasons that the discussion of cancer is suppressed. Cancer is also a giant business. It is often even referred to as "Cancer, Inc."

Lisa:

Have you been met with resistance by these institutions or regulatory agencies?

Lynne:

I've have been met with resistance sometimes. For example, I think they changed the law once when we were trying to get out information about vaccination via teletext some years ago. We had thousands and thousands of people viewing our broadcast, what the Government isn't telling you about the MMR vaccine, and we were flashing it with a hypodermic needle on teletext and we were getting tens of thousands of calls a DAY on this. And the Government changed the law basically overnight to stop that kind of advertising on teletext.

Lisa:
What is teletext?

Lynne:
Teletext is information that used to appear on television in the early nineties that you could just go to a channel and it provided updated information – similar to what you now get on the web. When I published the first edition of *What Doctors Don't Tell You*, Oxford University told me that the book should be burned. Whenever I get that kind of feedback or have doctors attacking me, I always think of Franklin Roosevelt when he first took office and he had so much opposition to so many of his radical programs. He once said about his enemies, "I welcome their hatred." And that's sort of the way I think about it.

I worry sometimes that I'm not being radical enough. When I republished and updated *What Doctors Don't Tell You* in 2006, many excerpts from the book were published in British newspapers, and along with the responses from doctors, and the doctors were all in agreement with me. I realized by then I wasn't anywhere near radical enough. I needed to really up my game.

Where Disease Really Comes From

Lisa:

You had a series of interviews that you did with a specific doctor, Patrick Kingsley, and it was Dr. Kingsley who created the “hope for no-hopers,” helping thousands of people recover from cancer. Kingsley talked about specific treatments, specifically a lot of the preventative treatments. Before we begin to look more closely at Kingsley’s work, we need to ask some important questions. What is cancer? Why do people get it? Does everything cause it?

Lynne:

The best way to think about cancer is as a physical and spiritual crisis. With cancer, something is totally breaking down in your body and it has gotten to the point where your body cannot continue to adapt in its own environment. Dr. Steven Davies, who was my doctor in the mid-eighties and he set me on this course, helped me get better when I couldn’t find out what was wrong with me.

I had undiagnosed allergies and candida, but at that time these were very unusual and new diseases. Davis would talk with me a lot about medicine and the body. He would say that illness is a failure of the organism to adapt to its environment; the whole idea was so embracing -- the idea that we have to be in sync, in resonance, with the air we breathe, the water we drink, the food we eat, the friends we have. In other words, the sum total of how we live our lives. All of these things need to be in sync and when they are not, that is when we get ill. We have to move way beyond the mechanistic view of cancer as something that just happens to our genes because there is very little evidence of that being real.

When they have looked at breast cancer patients – specifically patients with a particular gene that supposedly predisposes them to breast cancer – and at women who were taking HRT, they thought they were going to have a higher incidence of cancer among the women who had the certain gene, and they found, in fact, that it had nothing to do with it. The only

important element was those women who were taking HRT, regardless of their genetic makeup.

Ultimately, it was basically saying that this environmental insult, this drug, can cause cancer as a side-effect; it was the overloading of estrogen causing the cancer, not the genes. Cancer can be caused by pollution, or total chemical overload – and not just air pollution – pollution as in total overload in your body. We do know from the evidence that the most polluting place you can have is your home.

You are surrounded by indoor chemicals, from the toiletries and cleaners you use to the out-gassing of paint and even the out-gassing from your carpet. This is believed to be one of things that caused a crisis in and ultimately killed John Travolta's son. He was very allergic to the out-gassing and had a crisis when he was playing on a carpet, because there are really bad gasses that off of that which can cause cancer. While this might sound scary, the good news is it's much better to hear this rather than, "you've got a genetic time-bomb inside you," because you can do something about it.

And then there is the food you're eating. We know without a doubt that not eating certain foods, which are very protective in preventing cancer, and eating a lot of processed foods, can both contribute to cancer. What we eat and do not eat contribute particularly to cancers like Non-Hodgkin's lymphoma, which is the body's cry for help, because it's basically saying, "I'm so polluted, I can't get rid of this stuff anymore."

Lisa:

These ideas apply to disease beyond cancer. They apply to hormonal issues, thyroid issues – any diseases where there is toxic overload on the body. While toxic overload can come from your thoughts and from the environment, it also can originate from your body not being able to detoxify properly. Dr. Kingsley refers to this as metabolic typing. Metabolic typing is a specific protocols that can help anyone with anything going on in their body – even if it's fatigue, and even if its undiagnosed. It applies even if you don't know why you're so tired all the time, and what happened to your energy level.

These effects don't have to manifest in cancer, they could manifest in any other thing going on in your body. . So it has to

turn on that genetic marker. So now that we've figured out exactly what it is, and how it starts, it's very important to know that it's not a death sentence and this is one of the things that has allowed Dr. Kingsley to help thousands of people. . And this all happened prior to the show featuring the series with Dr. Kingsley was banned in England.

Lynne:

The series with Dr. Kingsley proved to be immensely popular. Eventually, it was discovered that the show was falling south of an arcane law from 1939 that was set-up to ban anyone from advertising anything that referred to any kind of therapy for cancer. . In other words, you can write about it in a journal – we have free speech there – but you can't advertise it through a teleseminar. Even if you've discovered the most brilliant cure for cancer, you can't advertise. Anywhere. It is a crime punishable by law. So, on our website we call it a cancer teleseminar, but we don't say, "This has life-saving information in it."

When you look at the history of cancer – uniquely, in any kind of illness – it has created more political banning and attempts in all kinds of ways to suppress the knowledge of people who have had incredible breakthroughs. Many scientists and doctors who have come up with tremendous alternative and workable ways to treat cancer have been either forced to move to Mexico or the Bahamas, or they have actually been put in prison. It's been shocking - and in these cases - these are all serious doctors and serious scientists who are all trying to find cures for cancer. It's just shocking.

The Power of Vitamin C

Lisa:

One of the main preventative treatments that Dr. Kingsley talks about is vitamin C drips in large doses. What exactly is vitamin C and is it actually a vitamin?

Lynne:

Vitamin C is essentially a macronutrient, not a micronutrient. The body needs it in large doses, and while most animals can produce it, only human beings and guinea pigs cannot. It is essentially a substance that serves as a cell connector or cell communicator. It helps cells communicate with each other, and move information from one cell to another. It acts as a kind of energetic information manager.

What happens with cancer is that cancer is like a thief, able to steal things in the house by turning off the burglary alarm. Cells, then, can't talk to each other – and so that's what vitamin C does, it reestablishes this connection and communication between cells. There has actually been a great deal of evidence to show that it repairs heart damage, it acts as a sunscreen to prevent sunburn. It can heal virtually any serious infection. There are all sorts of things that it does, and it has even been demonstrated to help against all the so-called "incurables."

Modern medicine takes a very 19th century view of infectious disease, like Pneumonia or tuberculosis, tetanus or whatever – as these are known to be deadly and largely incurable diseases. Research studies have shown that vitamin C (remember it's ascorbic acid), is something that can help this constant flow of electrical and magnetic fields through its ability to facilitate cellular communication, which occurs as a kind of rigorous electronic exchange system between all the molecules in the body. In other words, it makes us much more coherent energetically. This isn't "woo woo" stuff. This is the stuff of science, and it's been known for 40 to 50 years.

Lisa:

This stuff isn't widely known because you can't patent it and you can't sell it. It's a naturally occurring substance. As a result,

it's not marketed the way that other things like Viagra are marketed.

Lynne:

Exactly. Illness of any variety occurs when this kind of electron flow is impaired. Allergies, infectious diseases, autoimmune diseases, are all a form of trauma to the body – involving the sort of free radicals we've all heard about.

Lisa:

We have talked about vitamin C as being an immune builder, but actually it is more of a transporter or an electron donor. It could basically help anybody who is into improving his or her health, right?

Lynne:

Absolutely, this is why vitamin C is so important and especially in big doses because. We hear a lot about free radicals and no one really knows what it means. A free radical is a molecule that's lost an electron, and when the radical moves outside of its normal location, it becomes free because it is basically up for grabs. These free radicals become highly reactive things and they grab electrons from other molecules. Whenever electrons are stolen by free radicals, they'll leak more free radicals to adjacent cells. So, it just becomes like a chain reaction and an avalanche of problems where cells and more and more cells are getting injured.

If you look at it this way, most illnesses are a breakdown of the body's cellular communication system. And so, you really need something that's going to smooth out and reestablish those electrical connections and that's why you need free radical scavengers because the scavengers can stop this cascading of free radicals. Certain nutrients and chemicals in the body can help this, but most of the systems don't have the kind of high-energy electrons that can disrupt this destructive cycle, except for good ol' vitamin C! Vitamin C is one of the few substances, particularly in megadoses, that can provide enough high-energy electrons to swiftly end the cascading of free radicals.

Lisa:

How much of a dose is considered a megadose?

Lynne:

When you're well, you need three to five grams a day. Its important we stop thinking of it as a vitamin. It's actually a

substance we need. People like Patrick Kingsley and many of the other researchers in this area found that you really need super-megadoses taken many times and with something like cancer it is given intravenously. People working with life-threatening illnesses have found that they get their best results with using something like 50 to 80 grams a day. That is what Kingsley was doing – he was asking patients to take very high oral doses but then he would also administer infusions of that plus a lot of other high-dose vitamins. This would be done up to three times a week.

I saw the results first hand because he successfully treated my mother-in-law, who when he began treating her had 3 months to live. She had end-stage breast cancer and he completely turned it around. My mother-in-law, who was a typical little British old lady, and 79 at the time, nursed her breast cancer herself, quietly, for over a year without doing anything. It was so bad that she had open sores. By the time she did go to the doctor he said, “Forget it! She’s got about 3 months to live.”

This was truly a miracle though, because she was too late for all of the conventional options. Without the intervention and treatment of Dr. Kingsley, she might not have survived the rigors of chemotherapy. We knew of Patrick Kingsley and his work, and that he specialized in, as you say, the “no hopers” – not only cancer patients, but also patients with multiple sclerosis. We knew from many years of reporting on him that he didn’t lose many patients to either illness. And so we thought let’s try her there.

I was just astonished because I was in the room trying to give her some moral support when she was first talking to him and remember, she was a little, simple woman. He said, “May I examine you?” and he did and her breast by that time was basically raw meat, I mean, her medical doctor – her ordinary general practitioner – had recoiled when he looked at her. But Patrick said nothing, just, “Oh, yeah – we can handle that.” It was just amazing.

Challenging the Status Quo

Lisa:

Apparently, Americans need higher doses of vitamin C – and Dr. Kingsley found this out because there are more toxins in America. It's a proven fact. The body becomes overloaded no matter what we do and if we have a bad diet and stress, and regular toxins the body cannot detoxify fast enough and cannot remove the free radicals fast enough, this information becomes even that much more important.

This is the type of information that ideally one needs to know preventatively and before ever getting to that place of cancer. And if for some reason you happen to fall into that hole, there are so many ways and solutions around these particular types of cells that have gone wrong, specifically transporting the electrons and the vitamins and everything back into the healthy cells to build back up the immune system.

It's really interesting that the conversations around these types of treatments are now available and that they were previously banned, because they work. Dr. Kingsley alone healed about 3,000 patients, correct?

Lynne:

Yes.

Lisa:

I know you haven't vaccinated your children; have you ever given your children any antibiotics, Lynne?

Lynne:

Believe it or not, I've never had to, and one of them is now 22.

While I didn't vaccinate them, I thought carefully about every single vaccine. I studied each vaccine separately so I didn't make blanket decisions because I think that it is a really important to look at every situation separately. I came to the conclusion that it was better to let them build up their bodies instead of use things that seemed to be a shot in the dark.

There were too many side effects and not enough effectiveness to convince me.

With antibiotics, I have used all sorts of alternative medicine. I now have a whole coterie of alternative doctors I see. Homeopathy worked fantastically on my kids for all manner of things. Even really high fevers came right down. I've used all kinds of things and try to use what's appropriate for a particular condition. I'm graced with having studied this stuff for so long that I now have a big database to look at that allows me to know how to treat things. I do want to say, though, that if it had an emergency – if my kids broke a finger or something like that – I would take them to the emergency room at an ordinary hospital.

Because that's what you need for a broken bone. You can't throw some homeopathy around it; if I got run over tomorrow, I want high-tech 21st century medicine to put me back together again. I don't want homeopathy.

But for most chronic illnesses, medicine has only one solution, which isn't working well. Medicine itself kills off most, it kills more patients than most illnesses, other than cancer and heart disease; and it is now moving up to being first place. Correctly prescribed drugs are one of the biggest sources of death in America now. So, obviously, that system isn't working and one thing you mentioned earlier is how people are under so much pressure to go with what works.

But the actual point is that if they do some investigating as we do, and they look at the medical evidence as we do, they will find that chemotherapy works 9% of the time – nine percent of the time. For me, that's an unacceptably low batting average. Other things work better than that. Vitamin C works better than that. Doctors talk about evidence-based medicine and I think what's really important is to apply that whole argument to their own tools, because a lot of tools in modern medicine have very poor track records as well as unacceptable side effects.

So, that's what we try to do. We try to take what is basically a private conversation between doctors – by doctors for doctors – conversations they have with each other in the medical literature. We study that and we make that private conversation public.

The Power of Intention

Lisa:

What's important here is how to take this type of conversation and make it a conscious conversation – make it something that we're more aware of and something that brings overall awareness into our lives. The other thing you are talk about is how we can get together in groups and really make this information available to more people in both our own families and communities. Another strong solution is how we get together in groups to intend for somebody who has this type of an illness or who is in this place. Like my friend, Ritu, we have all gotten together and we've created prayer circles for her, we've made intentions and we've written things on our hands. There's a whole theory that you have about the power of groups, of small groups and large groups. You have even put together one of the most incredible worldwide mind-over-matter experiments in history. How powerful is the mind in all of this?

Lynne:

It goes back to the idea of getting past the view that we've got a body, which is a thing of substance. It's a 'sticks and stones' thing, and thoughts – which is something completely locked inside our heads. When you get right down to it on a subatomic level, a body is a batch of squiggles. It's a batch of energy, communicating always with the rest of its environment – sending light emissions out, getting light emissions back. We're just one big energetic frequency – and so are our thoughts. So there's not really much difference between a body and a thought when you get right down to it; but the only thing that we do know about thoughts is that they are a part of consciousness, and consciousness seems to be something that can effect physical matter – an actual thing that can effect physical matter.

What I've been experimenting with is how far we can take this and what tends to supercharge it. I'm exploring this in my big experiments, which are truly scientific and controlled. I've got 25 of them that I've done to date, and I also find in my informal experiments, which I've done for 5 years in workshops through teleseminars on the radio, that there is an incredible power that

I call The Power of Eight – because there's a real amazing transformational healing power in small groups.

Now, what I wanted to do was to show people what intention is; I wanted to see how over a weekend workshop we would manifest a new job or new car for someone.

I started doing this by breaking up my audience into groups of 8 and 12 and asked them to send an intention for a named person in the group who had a healing challenge, and then to report the next day how they felt. The first time we did this, we got back a giant line of people who came to the front of the room and reported these amazing results. I had one woman with arthritis who could barely walk into the room and she skipped up the stairs the following morning. We had another woman who had opacity that rendered her nearly blind in one eye and it was 80 percent better by the next day. The lame were walking in this workshop. It was just unbelievable. I was speechless.

Eventually I started surveying it and really checking it out over time. I started asking both the receivers and the senders how they felt and it was beyond just the placebo effect. The senders were also getting instantaneously better. They were feeling something different – like a big connection had made – and they would say things like “I've never felt so supported,” or “I feel so instantly close with everybody.” I was mind-boggled. I started studying the science of it and I found that a couple of specific things happen when you do things together for a common goal like this in a small group.

First of all, everybody's brainwaves start resonating in synchrony with anything you do together – like jazz musicians when they play together – all the sudden their brainwaves all go into sync. There was an amazing study of an Oxford rowing team, and they found that their pain threshold was really elevated when they worked together as a team compared to when they rowed separately. So, working together raised everybody's game.

The Field that Connects Us All

Lisa:

Your book *The Field* is about this – the field of consciousness. It's something that connects us and it isn't something that's individual to us, although it can be. But it's much stronger when we're connected, correct?

Lynne:

I think it is. I think we were never meant to be alone. We were never meant to be as lonely as we are now. We were never meant to be so isolated and that was the thing that really occurred to me writing *The Field*. My eldest daughter, now 22, was an amazing little kid. She used to pray all the time "I'm not alone", "I'm not alone"... even as a 3 year old!

And so I dedicated the book to her and said, "You never were alone." Because, what really occurred to me in writing that was that we are all part of this bigger whole. I think that what I've been experiencing in watching these groups is people's transformation when they suddenly get to actually viscerally feel what it's like to be part of a unity. I was so fascinated, and I thought, "Hey, I've discovered something really great here!" And then my husband, who was researching the ancient Essenes, comes to me one day and he says, "You know, they used healing intention circles, just like you are." And then he also said, "And you know what? Jesus, before he was Jesus, you know capital 'J', he used healing intention circles, too." So it's an ancient practice that I like to think of as "plugging into the mothership." You get this experience of incredible unity, a palpable sense of oneness.

People report that over and over again whether it is our intention experiments with thousands of people listening and participating around the globe from 90 countries or this this little small group of six, eight or twelve. Suddenly, they feel like they're not alone and they are connected to something much bigger than themselves – and even beyond *The Power of Eight*. So, I think *The Power of Eight* is like this giant magnifying reminder of who we really are.

The Wisdom of the Water

Lisa:

You can affect things like water – the effect of consciousness on water – as you did in your experiment. Can you share a little bit about that?

Lynne:

Yes, we did lots of experiments on water. We did some experiments too where I actually asked people to put a word in water – to send a word in a jar of water and then let other people try to intuit what's it was. We would find that water is this amazing encoder of information because they could usually pick the word out.

But, what we've been doing with intention and water – sending intention to water – is trying to purify it. We've done it from a lot of different directions. I've done a lot of water experiments – We've done a “turn water into wine” experiment – a title that people will engage with. With this experiment, we wanted to see if we could lower the pH of the water. Water typically has a neutral pH of about 7. Wine has much lower pH, because it's much more acidic. So we were, theoretically, turning water into wine by trying to lower its pH. We just wanted to see if we could actually affect the water and we did lower it a bit.

We had a much stronger effect when we actually sent it to a more healthful state, which was making it more alkaline, making the pH go up. We also did this with a live experiment at Lake Biwa in Japan. Massaro Moto invited me there to do this live experiment on a very polluted lake in Japan. We took some samples, and had a control sample that we purified by an entire pH. I invited both the live audience of about 700 as well as the people all over the world on my website to participate simultaneously. It was very cool.

Lisa:

And what was the effect that happened?

Lynne:

By two different kinds of measures we purified the water by both its pH and by looking at its light emissions. The light emissions coming off the water that were measured by Dr. Konstantin Korotkov, who measures subtle changes in molecular structure, found that the water seemed to be basically more ordered. The structure was more typical of something that was in a more healthful state.

Lisa:

And when you do these experiments with these scientists, are they double blind, are they controlled, are they full-on experiments that you're doing?

Lynne:

Yes, the studies are blind. The scientists don't know which jar of water is getting sent intention or which seeds are being sent intention. Dr. Schwartz created one such rigorous experiment where we were trying to make food grow faster. We sent intention to one of four sets of seeds. He would typically have four sets of seeds. Unbeknownst to him, I would choose one of them, or have one of my children choose it randomly; and then we would show a picture of that set of seeds up on our website. The scientists would not look at this; they would take all four sets. They would plant them, measure them, and see which ones grew fastest. Only when they were done would I unblind the experiment. This stops the experimenter expectation and experimenter effect.

They also ran other controlled experiments where they'd have four sets of seeds and none of them are sent intention. They would plant them and then measure them against the ones where there was an intention – only one of the four sets had an intention. So, we actually had controlled controls – and we ran it six times – another factor that makes it scientific is how many times you replicate it. I do that with peace intention experiments as well, I try to replicate them and do exactly what I did before, to demonstrate and show people in a way that they will be most likely to believe – through scientific evidence – and showing them that this stuff works.

Consciousness over Matter

Lisa:

That is so fascinating is that you really have put in so many years of research on this and you are in action with it. You do these experiments, you have learned about The Power of Eight. This is how it all connects together. The peace intention experiment conducted in 85 countries around the globe was an incredible healing experiment. When you learn that this can work, you can reduce it down to a group of eight people praying for a family member with cancer, or intentioning for the healing and a specific result. This can be done for a greater goal, with a company, if your employees or members of the company get together. You can do it with your family to create a different financial outcome. If the intention is for the greater good, I believe that it has to work. When you get the brain frequencies all bonded together, that's the word – the bond – and all of that connection comes together, you understand that it is a powerful, powerful unifier.

As you describe in your book, *The Bond*, the whole concept of learning about cancer and your personal blueprint for incredible health and setting intentions and bringing it all together – it's all a complete connection of frequencies.

Lynne:

This is what's so interesting about connection. As I discuss in *The Bond*, our bodies are meant in every way to connect. Our bodies are spiritual in every way, and we are better off with connection. Nature designed us never to be alone. Nature designed us to always have a will to connect in every way. And you see that in illness. For instance – people who are loners, people who are the kind of lone wolf hero that we revere in American society are perfect candidates for heart attacks. When we look at heart attack victims, only half of them have the regular risk factors like high-cholesterol or blocked arteries. The other half are just lonely, they're not connected, and they find that with strokes – connecting, joining groups, being part of

group – is protective against stroke, and even the common cold.

And if we go back to the idea of cancer, it's not just a physical crisis; it's a spiritual crisis. A lot of people believe that cancer is like the physical manifestation of hopelessness. It's like a person who's temporarily lost his way or lost his faith, or ultimately lost the inherent belief that "in every day and every way I'm getting better and better."

It's hardly surprising that cancer is, in a sense, the body eating away at itself because it's like the biological equivalent of suicide. And suicide itself is the manifestation of feeling that you don't belong. Psychologists have found that the main reason for people committing suicide is what they call "excessive individuation." They feel left out and being left out is the one thing they cannot bear. I'm not just talking about a feel-good thing, "Isn't it fun to be jolly and to be in a group?" I'm talking about something really life saving, something necessary, something transformative and something that is going to get us out of crisis now. And that's why I've written so much about the power of small groups and why I really advocate them in my book *The Bond*.

Lisa:

The importance of consciousness is very clear in every single thing you're talking about – consciousness around our bodies, consciousness around what works – and, as you have said to me “consciousness is a substance with the capacity to change physical matter.” That can be vitamin C! It's a substance with the capacity to change physical matter. Consciousness is the same thing. That's the link, right there – it is all consciousness.

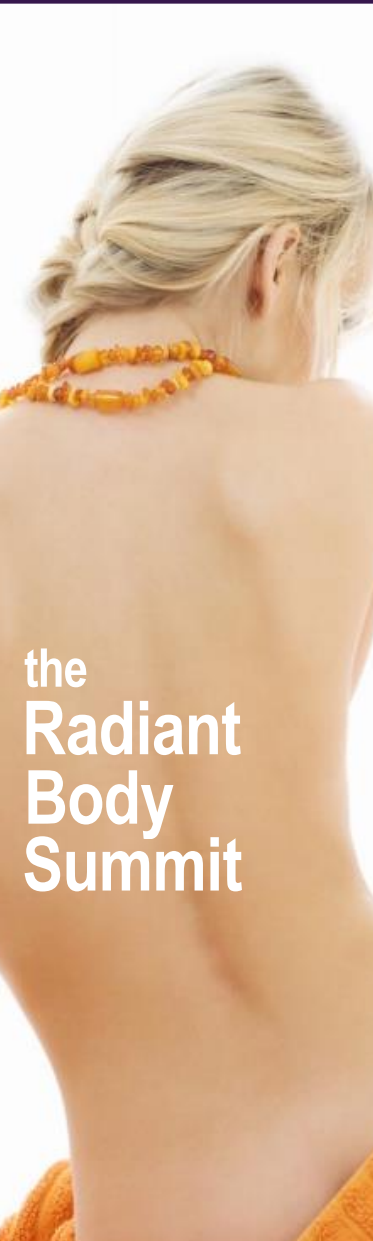
Lynne, what you have broken down is how this relates to us in health, how this can relate to us with intention setting, and how this relates to us on a global level. Everything from the medical experiments to the global peace experiments – it's a powerful, powerful body of work to wrap your mind around – but it is so important.

the aware show

with Lisa Garr



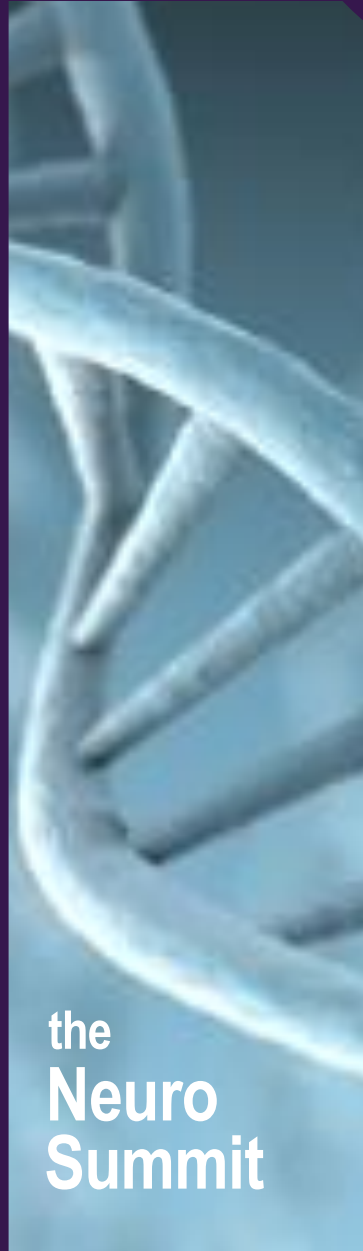
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