

All right guys. Okay. I wanted to do a very quick video, actually. I don't know how quick it's going to be. Every time I say it's going to be a quick video. I will, I'll be honest with you. I don't know how long this is going to be, but I thought it would be important to put our experience into a little bit more of a video format so that you can hear from me some things that we went through,

what it really felt like it's hard to get that across in a document. However, the document that I posted on the portal and there's now two of them, so there's like a part one part two. And I guess this video will really be part three is great because you can definitely write down, you know, where we got things from the kind of dosage that I used,

and some people are visual and some people are auditory learners. So we are going to just kind of chat about more the overall experience, and then some of my takeaways in this video. So make sure though, especially if you're brand new, because we're kind of in the middle, still of a transition phase in the warrior center. So we've got a whole new website that launched,

which should make it so much easier for you guys to search content. And it also has its own social media platform and timeline. So at, at some point, and you may even be watching this video well down the road, in which case you could ignore this, but flack, the community channel will be going away and we will be using that private social media space and then also the app,

right? So the app is very, very close to being done, but apple makes it very difficult with changes. So it's a little bit delayed, but again, you could be watching this video well down the road and we are already on the app and the new platform in which case ignore everything that I'm saying. However, for right now, if you're brand new,

please make sure you understand that there are different parts of the warrior center. I don't want you to miss out on any information. And honestly, the amount of information that you get for 27 bucks a month is mind blowing. So you've got the slack channel right now, where we communicate all day long, answer questions, all that stuff. At some point,

you need to make sure that you're getting over into the new community timeline in the portal, because that will be like our Facebook feed. Okay. And then you have courses. So you have videos like this, which are courses and things that you can learn and watch and get in-depth knowledge of things. And that is what we, what we refer to as the portal.

Okay. So I feel like with almost every video, I kinda just want to ensure that every single member that, you know, everything you have access to, because there have been people who have been in the warrior center for months and never realized that either the community channel existed or the courses existed. So there's so much content at your fingertips, well worth the investment that you're making in yourself every month.

Okay. So talking about our experience, all right, where do I want to begin? I kind of wrote like five little points. So we'll see if Jody stays on track here. The first thing that I want to really impress upon people is that it is incredibly important to make sure that you are prepared in your home with things. Now we can never know how a particular illness is going to affect us personally.

And I would be the classic example of that. We are very healthy. We live very healthy lives, but as I posted in that kind of part two, COVID part of our journey, this has nothing in my opinion to do with an actual virus. Cause remember a virus is a dead substance, okay. A virus needs something to attach to that's living in order to replicate.

And in this particular case, I know for a fact that this actually has nothing to do with the dead substance of a virus. This has everything to do with how our particular bodies are going to respond to a spike protein. Okay. Now, do I, in my heart of hearts, believe that there was some hanky-panky going on and in a Chinese lab.

Absolutely. But you're taking a dead substance that has no power. And what they, I feel have done is manipulate a spike protein. And that is what we are dealing with. We're also dealing with the fact of the spike protein in a, in an injection, right? It's not even a vaccine, it's an injection. Now we obviously did not and would never get the injection,

but we are still, I believe dealing with the spike protein manipulation that is causing what is happening today. So you have not only the spike protein that has been manipulated and added to a dead substance. And it's the actual spike protein that's causing that illnesses causing the death because of medical malpractice and not giving people something as simple as ivermectin. And then you're dealing with the injection of the manipulated spike protein,

right? So it really comes down to that spike protein that I believe is, is what all of this stuff we're dealing with. Okay. Now there would be no way for us to be able to predict how our particular bodies were going to respond to this spike protein. Okay. Again, we are very healthy. We live very healthy lives. We take our supplements every day.

I'm using oils every day. We're eating well in general, except for the occasional diet Coke. My husband has that I still get upset about, but he's made great strides. So that's good news. I just have, I have a personal trigger too. When my husband, you know, when I know he walks into that convenience store, when he's going to fill up the cars with gas and he gets a diet Coke,

and sometimes I want to lose it, but that's, that's all another story anyways. So in general, though, very healthy, right. Again, I don't know so much that this has to do with how healthy someone is because I had many people message me and say, oh my gosh, Jodi, if this could take you down the way it did,

what could it do to me? And although I understand that question, I think we're looking at things wrong because you're, you are dealing with something that is a spike protein, and you don't know how your particular body is going to want to purge that. Right now, what we can do is we can look at our personal history and we can go,

okay, when I get sick, how does my body tend to respond? And that is what I have asked myself, right, is in the times that I have been sick in my life, I tend to run a high fever. My body just runs that way. I tend to get about 103. I don't typically get to 104 hundred and five.

One of my children does, right. My middle Marshall, he will run at 104 Adeline will run at 104 hundred and five. It doesn't worry me because that I know their body that has that's their predisposition. Right. I had a fever of almost about eight or nine days that went from 101 to 103. Now for most people, that would be very scary and they would consider that to be a very long time.

And it is, but again, we have to, we have to take a step back and look at the fact that we're dealing with something that is indeed a bio weapon, right? It's, it's, it's a synthetic manipulation of something that normally would not be the case. If you're looking at traditional quote unquote traditional illness that we have had since the Dawn of time,

right? So this is a little bit of a different category because of what has been done to it. And that's why, when we look at how our individual bodies are going to process this, it's going to be different every time. Now I am fully confident that we had a version of this back in December and January of 20, that would have been 20,

19 and 2020. And we know for a fact like the evidence is clear that people were getting sick with something even as early as September of 2019. Right? So what we got back in early 2020, and that's what landed me in the hospital, actually with a pancreas attack was because of how that particular spike protein lodged in my pancreas. Now I didn't need really any medical intervention except bone broth,

but I had never dealt personally with a pancreatic attack like that. And it was very painful. And I mean, I'm glad I went to the hospital because at that point there's just a time and a place where you're like, give me some pain medication so that I could calm myself down and then figure out what I need to do for my body. In which case I did everything for myself,

basically in that hospital room because they had no other options for me. And not that I would really want their options, but my point being how my body dealt with that back in 2020, January of 2020 is very different than how my body dealt with it. This round, right? This round felt very much like a very difficult flu. And I've had the flu before.

And when I get the flu, when my body gets the flu, I know what to expect because my body's going to shake a lot. I'm going to get a fever of about 103. Typically I tend to, my body leans in a way of gastrointestinal issues. That's where my body needs. I also lean in a way of having sore throat or throat issues or like I will get a cost and it will take a little bit of time to clear,

right? So looking back at how my body dealt with this in particular, we have to understand that it's something new. And so it's almost like our body needs to create that imprinting. And now moving forward, your body has that imprinting. And that's why that natural immunity is so important is because of the imprinting that your body will make, but your body is going to do it very differently than my body's going to do it.

Right. So the next time, and there will be a next time. It's just that we're training our bodies to respond to something in a stronger way. That's why it's so important to go through illness so that our bodies can create that memory and that imprinting, and that is exactly what they don't want you to do. And they don't want you to believe that your body has the intelligence for that.

They want people to think you need a synthetic, you need this so-called vaccine or this new drug that's in the pipeline. That's supposedly going to cut your symptoms by 50%, right. Instead of your body making a memory of that right now, was it, did it feel super uncomfortable? And were there moments that I was scared? Absolutely. Because when your body is going through something,

it's also a mental and an emotional journey. And I'm going to talk about that at the very end, but I kind of want to just set up a little bit more of bringing our experience to life for you so that you can understand, okay. When this happens to us, I'm going to remember what Jodie said, and I'm going to know that I'm going to have the tools on hand that I need.

Right. I'm not going to wait until the last minute and then try to secure something. I'm going to get it on hand right now and I'm going to be okay. Right. Because we're going to use those tools and we're going to understand what our body is going through. Okay. So let's back up for a second. The biggest mistake that I made was that I did not get the human ivermectin on hand.

Okay. We used a horse paste. I would absolutely recommend making sure at the very minimum you have that on hand. But I, looking back, I would say, I probably didn't use enough of it. And I was just under the assumption that my body was working through it. And I was going to get over it in a couple of days.

Right. Because for the first couple of days, so Aaron got sick. What would have been like on a Tuesday, Wednesday? And then I started showing symptoms of shedding this thing on Thursday, by the time Friday rolled around, I actually felt a little bit better. And I was like, you know, this is like a 24 hour thing. Do we have it?

I don't know, probably maybe never going to get tested. We never did get tested, but I felt better in about 24 hours. And that was flooding my body with all kinds of nutrients, you know, nija and doing the oils and making sure I was taking myself for Zyme and taking two detox baths a day and all of that. And so by the time Friday kind of afternoon rolled around.

I thought, I was like, Hey, I'm getting better. Like, this is, this is going to be fine. Then Saturday happened and we both relapsed. Right. Which I think is very common because again, your body is trying to figure out how do I make an imprinting against this? How do I purge what my body doesn't recognize in it?

And in this case, again, having nothing to do with an actual virus and having everything to do with a spike protein. Okay. So we relapsed. And then at that point it was at that point, I should have just been like, you know what? I don't care. I'm going to go find whoever it is. And I'm going to get a human ivermectin because it really is the cytokine storm that you're dealing with.

Okay. So that's spike protein is creating a cytokine storm in your body. And for me, the reaction to that was the constant shaking. Like I had the flu, like when you, like, you, it's almost like the cold shaking, like you're freezing, but then you're hot and then you're freezing and then you're hot. Right. And my body,

that's how my body liens is I will shake a lot because my body is trying to purge this thing. It doesn't recognize or know what to do with, okay. So we relapsed. And at that point is when I wish I would have just gone and gotten the human ivermectin. We were still taking the horse paste. Absolutely. It was doing something positive for us.

I have no doubt about that. And, you know, point point oils all over my head and doing whatever I could do. But again, my body, my particular body tends to have a nauseousness. Like I can sit even in the front seat of the car, not driving. It's only if I'm driving that I don't get nauseous. I could be in the front seat and still get nauseous.

So my body tends to become nauseous when it's sick. So then at that point, the cytokine storm had started happening. And yes, absolutely. The things that we were doing 100%, I have no doubt in my mind saved us from getting even worse and the IVs, because I had to get nutrients into my body. But I just, all I wanted to do was sip on orange juice.

That's like, literally all I could do and then sip some bone broth here and there. So I really did eat food for a period of two weeks. I couldn't because I was so nauseous. My husband did not have the nauseous symptoms. He had more, what I would consider a traditional respiratory. His oxygen actually got down to a point of about 87 and,

and I was watching it. And again, he, he did go in and actually get a chest x-ray at some point, because I was like, just go make sure you don't have fluid on your lungs because I want to know what I'm dealing with, but he had to drive himself there because I could, I could barely get up. Now. This was actually,

I can laugh about it. Now. It did not feel so funny in the middle of it. But Betsy, our little bulldog actually got sick in the middle of this too. Not from that. She got Giardia from who knows what? And so there was, there were two moments where I had to get myself in the car and drive to the vet to drop her off.

In which case they had to come out to my car and get her. Because I mean, at that point I was like, listen, I'm, I'm dealing with the flu here. Like I can't even get out of the car. I can't even walk. Can you please come out and get Betsy? Right. So she spent a day actually at the vet hospital,

getting fluids and getting medication for Giardia. Because at that point, I, I, as much as I could have treated her at home, it was, it was the feeling of like, you know what, I can't even think straight. So for this particular moment, that's fine. Give her the medication for GRDC. Right. And so there was a point in the middle of this,

where we actually had to deal with the dog, which was super fun anyways. So Aaron did get a chest x-ray and he actually did not have fluid on his lungs. And I, I know for a fact it's because of everything I was pouring all over him. I mean, I was doing, you know, I was, I was getting myself up to walk to him to say,

lay down so I can do a raindrop on you. And then he would do the same for me and do all the raindrop oils on my spine. I have zero doubt in my mind that that kept our lungs as clear as possible. Now our oxygen was low, but we were, I mean, you're, you're trying to push something out of your body,

right? So we can't also get so worried about symptoms because the symptoms are with giving us clues as to what our body is doing. Okay. So anyways, in the middle of it, sorry, my dog is barking, like crazy outside. So in the middle of all of this, for the most part, I spent those days in bed and really had energy to be able to get out.

I watched every little house on the Prairie episode that there was, it kept my mind off things, but there was a lot of shaking. There was a lot of moments where I just thought to myself, okay, this could get worse. And if it gets worse, what do I want to do? You know? And so you're, you're definitely having a backup plan happening in your mind as well.

And so that backup plan was always like, okay, if in fact I do end up going to the hospital because maybe I think I'm going to need extra support or extra fluids or whatever. But I remember my whole goal was not to go into a hospital death camp, but you have to go in with that plan of how am I going to advocate for myself?

What am I going to say? What am I going to do? And I think that that's very important. So two main takeaways so far for you guys is number one, get human ivermectin on hand. It's fine to have the horse pace on hand too. I still have it. I would still use it, but the human ivermectin just works faster.

Right? So get that on hand, no matter what, and just have it because the minute something were to start, even if it was the quote unquote traditional flu that is still going to stop the cytokine storm from happening in your body. So we're a guard, plus it's still going to help you no matter whether you choose to get tested or not.

And again, I think the whole testing thing is faulty at its core, which is why we would never do it. Lesson number one is everyone should have ivermectin on hand. Okay. Lesson number two is always in your mind,

just have a plan of how you're going to advocate for yourself or how you would advocate for a family member. So I would even tell Aaron,

I'd be like, okay, listen, if you ended up going to the hospital, cause maybe you need some oxygen or whatever, you have to take your phone with you. And any time that the doctor is in there talking to you, you are on speaker phone with me because I am your medical power of attorney. Right? So that is just a little kind of plan to have on hand.

Sorry. My slack app is going off. Okay. So those are two lessons right off the bat. Now I'm already talking longer than I thought, but this I think is really important information to have is be, be prepared for how your body may react and have all of those things on hand, but also understand that although it will feel, and it could feel very scary.

It could, it's no fun being sick guys. It's not like it's a vacation. It's not fun. I mean, you just have to though at the end of the day, have trust in your body that your body knows what it's doing, but if you're not prepared, that's the thing is if you're not prepared and you don't have the things in your home that you may need,

that is where I think people have a very, very bad experience and end up thinking that their only option is to go to the hospital. And then they are even more unprepared. They don't know how to advocate for themselves. They don't know the danger of run desert fear. They don't know the danger of, you know, things that the hospital may say that they need.

In which case they don't know that they can go, no, I don't want that. I want this, give me this. And that goes into the whole patient bill of rights, which is understanding your patient bill of rights and that you can 100% demand monoclonal. If you want that you can demand an Ivy of nutrients. If you want that you can demand that they either transfer you somewhere or they find a doctor who is willing to prescribe ivermectin.

Like those are all your patient bill of rights. And until people in mass start understanding that the hospital system will not change. And in fact, actually don't think the hospital system will ever change. I think that that system just needs to collapse completely, but in order for that to happen, we as human beings need to understand our power and what we have at our fingertips and what we can advocate for what we can ask for what we can demand and the protections that we as the patient has with those patient bill of rights.

Okay. So it kind of went off on a rabbit trail there, but anyways, so here we are in the middle of it. No, we never got tested nor would I ever get tested energetically and muscle testing. Yes. I absolutely had a spike protein that was dealing with absolutely. So that is why I would have and should have just gotten the human ivermectin on hand.

And I know it's like me of all people, but I have the horse paced. It's fine. It's just that I wish I would have done that sooner. So that would be my only biggest learning from all of this and to impress upon each one of you is to get that on hand no matter what. Okay. HCQ I think has its benefits as well.

But to be honest with you in terms of actually stopping that cytokine storm, that's where the ivermectin makes a huge difference. Okay. And don't be afraid to take the horse pace. All right. If you like, don't be afraid to take that too. Okay. So in, don't forget that I already uploaded specifically what we use. So I don't want to really take time in this video to go through specifically what we use,

because I've already detailed that out for you, but more to share with you and bring to life more what we went through. Okay. So I did think it was very interesting. Okay. Now we are here in Colorado. We don't have any family near us. My parents are in California and my sister's in California. Aaron's family's in California. So nobody actually really knew what we are struggling with because by the time it happened,

we were just basically like at home. Right. And my kids did go to school the first couple of days. It was like, they went to school on Thursday. They missed Friday because Aaron and I both did not feel well enough to take them. None of them ever showed any significant symptoms. Lincoln at the very most had a cough. And then it was like Monday because we got really bad by Sunday,

Monday, we were like, well, forget it. We can't even get out of bed to get them to school. The most I could do that week was get Betsy to the vet. And so we just actually kept him home the whole, that whole week and just told the school, like, we're not feeling well, we're just going to keep the kids home.

Right. Because I do not believe in quarantine. I do not believe at all. In fact, I get extremely upset by parents who test their kids and then create a domino effect of quarantining kids that don't need to be quarantined. Right. So we just were like, it's easier on us to keep them home. Could they have gone to school? Absolutely.

But it was more like we couldn't even get in the car or feel like we could get in the car to take them to school. So they stayed home. They were totally fine. Like I said, at the most Lincoln had a cough. I was just constantly making sure that they were drinking three packs of ninja a day taking their vitamins. They played a lot of video games,

but it's fine. I really don't know what they did that week. Except luckily they did not get too far behind on their, on their schoolwork. And so I thought it was interesting though. Now when I called my mom, my mom is very respectful of our viewpoint when it comes to natural health. But at the same time, they are still very trusting of Western medicine and doctors.

Although I do think what has happened in the last year and a half has opened their eyes a little bit more, but they would be the type of, they're still the type of people that, you know, like for example, if, if they, if my mom wants to go for a checkup, she'll go for her checkup. But then the problem with that right,

is the testing and the diagnostics that they use are not very good. And this is why so many people end up on medication is because they do their well-check or their typical testing or their check-in. Something is a little off. And so they put somebody on a medication. So my parents are still, I would say kind of in that world a little bit,

but I was actually very pleasantly surprised when I called my mom. And I said, I need you to go to this pharmacy, pick up this medication and overnight it to us. And she was more than willing to do that. They would call and check on us a lot. Like I said, not a lot of people around us here even knew we were sick because I mean,

we weren't out of our house. Right. So how would they know? Except except for a couple of people, they were like, Hey, I haven't seen you around. Or what are you? I haven't heard from you in a while. Are you okay? And one of our neighbors actually was very, very helpful because I texted her and I was like,

I'm out of zinc. I cannot believe I'm out of ink. Please go get me this zinc, if you can. And we were getting zinged through like immu pro and stuff, but I wanted to get extra and we were getting it in the IVs, but I just wanted to have extra on hand anyways. So she was very helpful. But my,

my parents are actually coming to visit in a couple of days, Tuesday, actually tomorrow. And it's interesting though, still how I pick up on a twinge of fear that they have where they're like, we'll just make sure that the house is clear of this virus. And I'm like, mom, it's like it does. You don't even understand what that says,

right? Like, first of all, it's a dead substance. So the fact that you would be worried that something in my home would affect you at this point tells me everything. I need to know that you don't understand really the role of a virus. Right. But it's also not even that it's the spike protein. And anyways, so I, I found it interesting.

Just my parents. I can pick up on a twinge of worry and fear that they have, but that's something that they have to deal with. And the last thing that I really wanted to share was really just this emotional toll that illness can take on us. And I wanted to share with you a few things that I've been doing, because regardless of how confident we are in our bodies,

regardless of how like we've weathered it, it's fine. It's done. Did I have moments where I was, where I were any human would be laying there and going, oh my gosh, when is this ever going to end? Am I going to die? Right. Like, absolutely. That's a very human response when you don't feel well. Okay.

Very human response. Did I actually think that was going to happen? No, because at the end of the day, I know how to advocate for myself. I know what I need. And I know that my body is doing everything it's supposed to do. Right. But there is an emotional toll and that emotional toll happens from a few different areas.

Right? Number one is you're laying in your bed and you feel helpless. Right. So even though I had support coming to the house in terms of the IVs that we were getting, I had all the tools in my home. And by the time obviously we got the human ivermectin and we literally turned around in 24 hours after that, like that's where I say,

oh my gosh, if I could go back and do it again, I would have just done that immediately. And our illness maybe would have lasted a couple of days. Honestly. I really truly feel that. So that, that moment though, where you're, where you're just laying in bed and you're like on day 9, 10, 11. And you're like, is this ever going to end?

That's why you could feel a little frustrated. You can feel helpless. And as human beings, it doesn't matter that I have like 50 million oils on my desk right now. And I use them constantly on myself. We, as human beings will always have emotional stimuli coming in. We will always have traumas that we deal with. We will always have stress that we deal with.

It's just a matter of, are we using our tools to help recognize that we're going through something mentally and use something to help release that. And that really is how we move forward, right? So there were a couple of days that I can even feel right now I can look back and feel and put myself back in that place of laying in my bed and shaking uncontrollably and laying there watching little house on the Prairie and thinking,

oh my gosh, is this ever going to end? And that brings up an emotional trauma response in me, right? So now I can do something about that to clear that because I will get sick again, we will get sick again. At some point in our life, we're not infallible. And the role of sickness plays a crucial part of our immunity.

It's like those people who want to live in perfection and never ever get sick to me, that is the absolute opposite thinking of what we should be doing. Not that we want to get sick all the time. And there's a difference between



chronic illness and getting sick every so often so that your body becomes stronger, right? So we want that. We don't want chronic illness.

And we also don't want to try to live a life where we are literally thinking we're going to avoid getting sick, like becoming a germaphobe, right. Or that is actually a very emotional, traumatic response in people's bodies that they have where they, they are trying to put themselves in a position of perfection and never getting sick. Right. So it's the difference,

right? We want to, we want to not be afraid of illness, but we don't want to be living in chronic illness. And we also don't want to be in a place that we're trying to do everything in the world to avoid being sick, because that's just impossible. Right. And that becomes a hypochondriac. Okay. So I am dealing though with this,

like getting myself back into having some motivation, getting myself back into a place of feeling energy, right. And that I know partly physical, there is some physical piece to that, which is why I continue to do IVs. Why continue to take care of myself and drink bone broth and do all the things that I know are physically going to help my body get back into a stronger place.

But then there is the emotional clearing stuff that I need to do. And so there's, there's four pieces that I want to share with you really quick too, which is about harmonizing our emotions. So number one is we've got the physical aspect of harmonizing your emotions. This is where I've been using a ton of valor. Okay. Valor basically enhances our physical strength of our body.

It aligns all of the energy centers in your spine, which is extremely important. And there's also physical tension that we have when we think about that moment that we were sick, right. And it can bring up that emotional trauma. The other one that I've been using a lot of is a new power. Now there's longevity that I use a lot of,

which is very good for the body because it's a ton of antioxidants, but AMU power is especially for physical illness and helping your body get back on track. And remember these four areas I'm going to share with, you all have to do with generational trauma, emotional triggers, overall mental and emotional health, right? Because you have physical, emotional, mental,

and spiritual, and they all harmonize together to help us get back on track. Okay. So you've got, I'm dealing the physical part of it, right then the emotional part of it. Now there is an oil called joy. It's not one of my favorites because I don't tend to like flowery things. I tend to be more Pines and spruces and sweet smells.

That's what I tend to like. But joy is actually very important to help bring out, bring us out of that depressive state when you're sick, when you can't do anything, when you're laying in your bed. And you're literally sitting there going, when is this going to end? I'm not being very productive right now. I can't do anything. It can be very depressing.

It can feel very depressing. So joy helped to bring you out of that state. And it really enhances the positive qualities that are important for clearing anxiety and grief. And let's be honest, when you are dealing with something where you feel very, very sick, it brings up a lot of anxiety because you don't know what's next. And it also brings up grief because you're like,

I just lost two weeks of my life. I just lost a week of my life. I just did nothing for three days. Right. So that can feel very grief because you don't know what to do with yourself. That's kind of how I felt like there were moments. There was actually the moment during it where I was like, you know what?

I just have to disconnect. I can't worry about social media. I did my best to keep up on the warrior center. And at some point you just have to allow your body to do what it needs to do and disconnect from everything else. Right. But our brains, our cerebral self will beat ourselves up and go, you're being unproductive. You're not doing anything.

You're not taking care of your kids. Your kids are on video games all day, but our body has to take that time to rest in order to recover. Okay. But it's a very emotional thing because it's anxiety, it's grief, it's frustration. It's feeling like you're at a loss, all of those things. So joy. And I like to put it over my heart.

I did a lot of Saraj. I don't know if you've heard of this oil, but it actually stands for, well, it could stand for a lot of things, but the way that I learned it, when I went through a lot of training with the essential oils was sexual abuse, ritual abuse. Now this had nothing to do with me being sexually abused or ritual abuse.

But what Sarah does is it, it unlocks those really deep traumas. And what I found was, as I was laying there, I would go back to other times in my life that I was really sick and it would bring up some of those memories and those experiences. And that's not a bad thing because you want them to come up, but then you want to clear them,

right? So if you're also, if you're new and you have not gone to the courses on mental health, I highly recommend going and watching those videos because that's going to be very helpful for you to understand generational trauma and overall trauma that we deal with. Okay. So I was using a lot of Saraj on the top of my head inhaling it. I would literally pour bottles of oil over my head every day.

And I think it made a huge difference to keep me going in a very positive way. So there's physical, there's mental there's, I'm sorry. There's physical, emotional mental. Okay. So Keyson calming was my go-to and I would 100% probably over the course of those nine days probably poured five bottles of peace and calming over my head. This is where,

when our mental state becomes really overactive, when we start to create stories in our head, when we're laying there and we're going, oh my gosh, what if I ended up in the hospital? Oh my gosh, what if I die? Like your brain will play tricks on you. And that is totally normal, but that is what will happen because you're not feeling yourself.

And then your, the way that our, the way that our limbic portion of our brain works right, is we have very conscious level thoughts, which is where we have to get to in terms of actually thinking with clarity and truth. But then we have our subconscious and we have these generational traumas and we have these imprinting that we've had in our past that will pop up.

And if we're not aware of it, and we're not really keying into it, our brain will trick us. And we will go to that place of like, oh, I got to let it lie. That what if I leave my kids, whether that's, what did that, right? That is not reality. It's kind of a disjointed reality, but that's what will happen.

And so that's where we can use our tools to us back to so-called reality and thinking with common sense and our cerebral rains. Okay. But that mental piece of it is very common and very normal. So I want you to know that if you get to a place where maybe one day you are like, just really fighting something and it's taking you 10 or 11 days to get over it,

which by the way, I don't think it would just make sure you get yourself on hand and you use it right away. And then you can avoid those 10 days. Right. But we also never know how our body's going to respond to something, but peace and calming really helps when your brain is becoming really overactive. And that's what will happen oftentimes.

And then you have your spiritual piece of this. Now, when I say spiritual, a lot of times, people will automatically go to religion. That's not what I'm talking about here. I'm not talking about a specific religion or something. Somebody specifically believes in this spiritual self is where we connect into a higher state of consciousness, right? So this is where,

and again, this has nothing to do with a specific religious belief system. This has everything to do with no matter what we believe in, we have a higher state of consciousness. And this is where I believe when you look at the physical, the emotional, the mental and the spiritual, the spiritual is what ties everything together because we have to get to that higher state of consciousness in order to clear through these other pieces.

Okay. Now frankincense is a huge one. I poured that all over my head as well. And it made a huge difference. There are other ones like rose is a very high frequency, but I don't love the smell of rose as much. One drop is typically enough, but black spruce also can have that same frequency of oil. So I use a lot of spruce,

a lot of pine, black spruce, Idaho, blue spruce, all of those things. And then there's another one that a lot of people don't realize exists. And it's called three wisemen. It's a mixture of like a frankincense and a spruce oil together. And this is just a phenomenal oil to help move your body to that higher state of consciousness. And so I did a lot of that on my head as well.

It's a thicker oil, so I don't tend to diffuse it as much instead. I like to put it on my head or different areas of my body. So those were the things that I was using. There's also one last thing I want to share with you really quick, which has to do with specifically dealing with a virus and clearing that emotional point.

Now, remember, in this case, I say virus, but I want you to think when it comes to what we're dealing with right now, it's a spike protein. Okay. But your belly button is actually a really powerful alarm point for clearing traumas as it surrounds a virus or a spike protein. So what I did was I did a ton of oils in my belly button,

not just to help with the nauseousness. So I did it. I probably went through three bottles of digests in nine days, putting it all over my belly button. And at the very minimum, it would at least help me not feel as nauseous, which was really important. Okay. But for a virus you have three oils that I would recommend rose again,

very strong. It's also a little pricey. So you may not have rose on hand and that's okay. You can do joy. Endo flex is another one. And then transformation and putting those right on the belly button is actually connecting to the mental, emotional, spiritual, physical part of the spike protein or the virus and helping to clear that out. Okay.

So when you're, when we're looking at something from a standpoint of not just physically feeling ill, there is always, always, it doesn't matter because it's the way the body works. There is a physical, but in an emotional and like emotional trigger, other side of that, and they work together. And so not only is it important to treat the physical part of it,

it's also important to treat the mental and emotional triggers because they are playing off of each other. Okay. So that was something that was like really, really important in our journey was to deal with that emotional part.

And I'm still working on that today because there will be moments that I will catch myself and I'll be like, oh, I remember what that felt like.

And it's almost like it will deplete my energy right away. And there really is a piece of this recovery process that we have to recognize that that's happening. Number one, but we have to do something about it right away. So you have to get out into the sunshine and go for a walk. Even if you feel like crap, right? It's pushing your body into a place of all of those four areas of healing,

but we have to actually make ourselves do it at the end of the day. Okay. Now I'm not saying like, if you're in the middle of feeling horrible and you have 103 fever, although there is evidence to show getting out in the sunshine and laying in the sun, even with 103 fever will break your fever faster than laying in bed indoors. So we did a lot of forcing ourselves out into the sunshine,

even though we weren't feeling good and now post physical symptom part of it, it's forcing myself to get up and do things to pour oils all over myself, still to do emotional clearing protocols. Because when that happens again, because like I said, it will happen again. We will get sick. We cannot live in a bubble and nor should we, because there's a very,

there's a very beneficial process to going through this. So I would actually say, don't block yourself from getting sick, welcome it, but make sure that you have the things on hand that you're going to need. And we should be using those things every day anyways. Right. Because you just never know how your particular body's going to respond to something. So using your oils every day,

drinking your ningxia everyday, taking your master formula everyday, taking yourself as I am every day. All of that stuff has a very, very important role in when we do get exposed to something, how our body's going to respond to it. But if you are that particular person, let's say like my body where my body was just like trying to figure it out,

didn't know what to do. It's okay. Right. Like it's okay to go through that. You will be fine. Just make sure that you have those tools on hand. Okay. All right. So I think that's long enough for today. I know that I will. I know that I will probably have many other thoughts on this topic as I continue to,

to move through it. But I hope that was helpful in maybe just bringing a little bit more things to light and just hearing it from me. I will obviously have more thoughts. I will be sharing more things with you, but hopefully those takeaways really are helpful for you guys. And don't forget to go back to the documents too. Especially if you are a visual learner,

you want to see this stuff written out. And as we Wade through this, there's going to be more to talk about too, because I think that when you're dealing with something that is not human in any nature whatsoever, there's going to be some adjusting on our part. There's going to be a lot of learning on our part, but no matter what,

the foundation of keeping your body healthy is always the same, right? Healthy people do not die from things they don't. They, I mean, yes, people can die from random things. That's not what I'm talking about, but I'm talking about in particular, this spike protein, when our cells are healthy, although we may experience, and this is my last takeaway for you guys.

So I think this is a really important point. We may experience symptoms and those symptoms may be very difficult for some of us, but those symptoms play a very key role in your body continuing to get stronger and

stronger and stronger over time. Okay. So that is what, that's the difference in thinking of what Western medicine I believe wants to fear people into fearing symptoms and fearing illness and fearing viruses and although totally normal to have a little bit of a healthy fear over a manufactured spike protein,

of course, but understanding that we have every opportunity to strengthen our bodies and the role that going through something like this plays and how it's going to make you stronger. Right. Okay. So I'm still got a little bit of brain fog. So I think that was a little bit longer than I meant it to be, but let me know if you guys have any questions and remember that we communicate all the time in our community channels in the warrior center,

and you can ask anything at any time. And that's the phenomenal part about this community. And I will be sharing more things as I learned things, as I experienced things, as I have aha moments and all that kind of stuff. So get your health house in order, make sure that you have ivermectin on hand, make sure that you're using things every day to keep your body healthy.

And there you go. All right, guys, talk to you later.