

**Dotsie Bregel,  
Founder and CEO of  
The National Association of Baby Boomer Women  
(NABBW)**



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***Presents***

**Suddenly Young Again**

***With***

**Virginia Ellen**

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**Suddenly Young Again**  
**With**  
**Virginia Ellen**

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**Dotsie:** Hello and welcome to the call. The format for this call is simply that I will interview our guest and after that, take a few questions at the end.

For those of you who don't know me, I am **Dotsie Bregel**, founder of the **National Association of Baby Boomer Women** which can be found at [www.NABBW.com](http://www.NABBW.com) and also, [www.boomerwomenspeak.com](http://www.boomerwomenspeak.com), which are the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women and spend most of my days doing that. Since launching **Boomer Women Speak** in 2002, I've been connecting, encouraging, and supporting boomer women on a daily basis. I also do a lot of educating and empowering women over at the [www.NABBW.com](http://www.NABBW.com) site. I dedicate a great portion of my time to creating opportunities that inspire women to explore their passions and live life to the fullest.

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If you're not a member of the [NABBW](http://www.NABBW.com), the fee to join is typically \$75.00; however, we're offering anyone on the call, the opportunity to join for \$50.00. All you have to do is email me at [dots@nabbw.com](mailto:dots@nabbw.com), and I'll be happy to send you the link to join.

This teleseminar is one of our free, educational opportunities once a member of the [NABBW](http://www.NABBW.com). We have approximately 60 of similar educational opportunities archived at the Members Only page at the [NABBW](http://www.NABBW.com). At the end, if anyone has a question about the association, we'd be glad to answer those, too. All of our teleseminars are recorded and transcribed, so we can send an audio link to anyone who is interested and then we can also send a PDF, which is just a file you can print and read at your convenience.

Let's get started. Today we have Virginia Ellen. Are you there, Virginia Ellen?

**Virginia:** Yes

**Dotsie:** Good! Good to have you on the call. Your topic, Suddenly Young Again, I think is a perfect title, and I think it attracted quite a few people. And one of the things that we're going to talk about on the call is just what does young mean to

baby boomers, and then of course how to feel young, and how it may differ from what we thought when we were in our twenties.

Virginia Ellen author, medical intuitive, mystic, and coach, founded *Sacred Heart Yoga*, developed *Sacred Heart Medicine* and created *Circles of Love*. She is featured in the new documentary *What IF* with experts Bruce Lipton, Bernie Siegel and others on the biology of belief, emotion and the law of attraction. *You Can Have More* is Virginia's radio show that airs four times a week throughout the United States and can be found on [www.WebTalkRadio.net](http://www.WebTalkRadio.net). Virginia is an expert in reading beliefs in the unconscious mind that hinder success. She helps her clients dismantle these beliefs and reprograms them. She has just released a new course that links beliefs and emotions in the unconscious mind with money problems titled: *Feel and Grow Rich*.

All of Virginia's work stems from a near death experience that occurred in 1989. During that profound encounter she was given the chance to return if she agreed to change every concept she held. Once she agreed, Virginia found herself with knowledge she had not possessed before, and discovered a deep love within herself for the Divine. She was shown how the unconscious mind was created and how to recreate it so one can have a rich, joyful, and abundant life. For the past 20 years, Virginia has been transforming the very beliefs she agreed to change. She has inspired thousands to find their true selves. Virginia is a woman who lives the *Way of the Heart* and joyfully walks her talk...and it is abundantly clear in her voice.

She is author of *Sacred Heart Yoga: a Personal Resurrection into Love* and *Perfect Peace: Jesus' Way to Attain Peace* along with numerous CDs. She has lead hundreds of workshops throughout the US, Mexico and the Greek Isles, is a sought after presenter for *New Thought Churches*. She is a frequent radio guest and presented aboard cruise ships for Power Place Tours. Virginia Ellen can be found at [www.virginiaellen.net](http://www.virginiaellen.net) as well as [www.suddenlyyounger.net](http://www.suddenlyyounger.net). And you're welcome to browse those sites while you're on the call, or after. The movie she is in is on the sites so you can find that there, and you can contact her thru the site at [sacredheartyyoga@juno.com](mailto:sacredheartyyoga@juno.com).

So Virginia Ellen, I just want to welcome you to the call and see if you have anything to say before we jump into the questions.

**Virginia:** Well I just want to say thank you, and I'm really excited to be here and share what I've experienced and learned with you all. I know it can change your life in every single way possible, as well as, what we are speaking of now as regeneration. So I'll share what I know about that and how it all works.

**Dotsie:** Okay. Before we get started, do you mind sharing a little bit about your near-death experience? And one thing that I noticed that I think is really cool and maybe if you could talk about it, is what you were doing before this near-death

experience because one focuses on the outside, and then you have the near-death experience, and everything you're doing focuses on the inside. So can you talk about that just a little?

**Virginia:** Yes. Since my very early years, actually in 7<sup>th</sup> grade, I was taking "Home Economics," and I was in a sewing class. And I just knew that was what I wanted to do. So I went into the fashion field. I was a fashion designer; I had my own business called, "Personal Enhancement Services" in Southern California. I had 10 women that worked with me and we did large conferences of all kinds. I would teach on stage and then we would makeovers, so it was definitely the outer world. You know our outer being—from make up to hair styles, and I did makeovers and it was just a wonderful time. It was fun, it was exciting; I actually loved it because I do love fashion and I love beauty. No matter what; garden and decorating; and so I was very happy and fulfilled in that life that I was living. And very successful. I had my own makeup line, even, and really was doing the whole thing. And then I had this experience. I actually ended up selling that to one of my consultants and I started this whole new way; first just with myself, and within a year or so, I started teaching. I thought I needed a teacher; but I became the teacher. So it was interesting because when you enter a new field, you know it was like you're the teacher? Wow...that's scary. But I was definitely had things to say that I needed to say. And so first it started with this practice which is called *Sacred Heart Yoga*, which is really the lost science of prayer. So I was bringing people a lost science that really makes your prayers be answered, in other words. And so it's in the form of movement. And that's how it all started. And yes, now I decorate the inner world rather than the outer world.

**Dotsie:** Yeah and I just thought that was so neat to learn that. I just have to ask a couple of questions about that and then we'll jump into the meat of the program. Prior to the near death experience, had you considered selling your business, or you were fine with your business? At what stage were you when you had that near-death experience?

**Virginia:** Well I was very much in love with my business. It was kind of like "who I was," up until then, and was at a very young age, in the 7<sup>th</sup> grade. So it was like "me." I was attached to it as an identity. So yes, this was like a whole shift in my whole reality.

**Dotsie:** And was it a very easy thing for you to do because from what I understand—and I'm a very prayful person myself—once you feel called to something, a lot of the fear goes out the window. And I'm not saying that you have no fear, but the whole idea of selling the business and moving into what you thought you were being called to do at that stage in your life, came easily?

**Virginia:** Yes it wasn't like I had fear. I just did what I needed to do and felt drawn to do, and then somebody *offered* to buy it. So I wasn't like actively—I was

just going to let it go. I guess I was just going to do what I had to do, and then it ended up somebody actually buying it.

**Dotsie:** Okay let's jump into some of the questions that we told women would be answered on the call. The first one is that you would help to expand our minds to the possibilities of physical rejuvenation and regeneration. So if you could tell us a little bit about that. First maybe address what physical rejuvenation is, and what regeneration is, and then maybe how we can begin to expand our minds.

**Virginia:** Okay so for me, physical rejuvenation is really energy. Children have a lot of energy and many times, older people have very little energy. And so you feel energized and you have as much energy as a twenty-year old would have. That energy is in everything. It's in everything you do, it's just the movement in your body, so you're very vital, you're very alive, very spontaneous, happy, you know it's a whole thing that takes over your whole body. It's not just one piece of life, but all of you. And it's a strength, an energetic strength that keeps you going forward and learning and discovering and developing...you know you're really living life.

**Dotsie:** Okay and so that's the physical rejuvenation and regeneration, and you can actually feel a difference. Now tell us how we can expand our minds to these possibilities.

**Virginia:** Well first of all; what we believe is who we are, and one of Dr. Bruce Lipton's, on his Web site, he has that you can actually think beyond your genes. He has scientific proof of what I speak of; which is wonderful. You know I am almost sixty-six years old and all of my bloodwork is like I am 54. And I look very young. I don't have ANY body fat on me. And I mean I'm not like exercising all the time. It's just what's happening in my body, cellularly, beyond my genes, you might say. So what we think, we actually are; physically. You've heard what you eat, you are. But what you think you become because every thought is a frequency, an energy, so you are the energy of your consciousness. And that's why I was asked to change my concepts which are my thoughts; my beliefs. As I began to change them to beliefs that are true, at a higher level of belief, then my whole physical body changes. My posture is changed. My pictures at forty, I was round shouldered. Now I stand erect. My head is back. So that's amazing, you know, because it is usually the other way around.

**Dotsie:** Right, so basically what you're telling us is that we are what we think we are; if we think positive thoughts, we can live a more positive life, and anything else you want to add to that? Because I totally believe this and I really try to live my life this way and try to take different times throughout the day to think about God going forward, and that God would be present in the next chunk of the day. So the more I believe that you tune in to this awareness, and I want to hear how you explain what that is for you and for the people that you coach, the

more optimistic you become; the happier you become, and the more pleasant you feel and look at life with a lighter perspective.

So I understand that you have some questions that we can ask ourselves so that we can become clear on when that process of degeneration or aging began in our bodies. Like for some of us our attitude is, “Oh, I’m fifty, or I’m sixty; I’m old. I can’t do this; I can’t do that; I don’t want to do this.” And it’s just all negative. And by mentioning the topic of this teleseminar, ***Suddenly Young Again***, you believe that we can actually change that thought pattern and actually feel rejuvenated and regenerated. So what are some of those questions that you have for us that we could even think about while we’re on this call?

**Virginia:** Okay I will do that in just a second but I wanted to add one component because this is very, very important. It’s about thinking but I’m going to be using the word FEEL in the questions because you create with thought and emotion. And so how that works is that thought would be the energy; there’s an energy with every thought, and you know that because some mornings you get up and you’re excited, and some mornings you get up and you’re a little slow, and you start thinking or doing prayers or whatever we do as an individual, and we can actually change that. So we’ve had experiences like that. But what we feel propels the thought, it moves the thought, it puts the energy in motion. A lot of times we can have a positive thought, but the underlying feeling doesn’t match it. So if you are thinking, I can be successful, I can regenerate—I have to think, and feel that together because feeling is very, very important in this formula that we’re working with; is I must *feel* the possibility or the potential. Hopeful. The more excited I am about it, the more it’s going to happen.

**Dotsie:** Okay and I agree with that. What I want to ask is—actually what I’m going to do is something we don’t usually do. Just for the sake of us learning a little bit and seeing how this can work, you’re going to ask some questions of the women on the call, and what I’m going to do is, after you ask the question, I’m going to see if there is anyone on the call willing to share their answers just so that, you know, it might be helpful if we can hear and experience; and we’ll take it from there. Hopefully, somebody will want to speak up, but you never know. Okay, go ahead.

**Virginia:** Okay, the first question is what I think about rejuvenation. Is it possible? Do I think it’s impossible? That physical rejuvenation; getting younger in other words.

**Dotsie:** Okay so is that, “Do we even believe that it’s possible?” is what you’re saying?

**Virginia:** Yes.

**Dotsie:** And I'm thinking that in order for this to happen, the answer would have to be yes.

**Virginia:** Right. In order for this to happen, it has to be yes.

**Dotsie:** Okay so first you want to make sure that you even believe in this, rejuvenation. Okay, so what else?

**Virginia:** The next one would be, in my own life, and how I look when I look in the mirror; do I like the process, I guess we could call it, of getting older. Do I like it? Do I dislike it? Do I hate it? You know people talk about it in our conversations, like we're getting forgetful. It's a real common thing that we put into conversations. When you're with people fifty and sixty, they talk about it all the time. So do we like that, do we not like it, you know, what is our attitude, which is a feeling about it?

**Dotsie:** I can share a little bit about that. I belong to a group of seven women. Five of us have known each other since the 1<sup>th</sup> grade; two we met in high school. We meet once a month. And I'm often planting seeds about midlife being the best time of your life with my friends. There was definitely one gal who did not believe that but I have continued to plant these seeds and share different reasons and just feel upbeat. There is also another woman in the group who is very upbeat; launched a new business on her fiftieth birthday and feels the same thing. So it's been interesting because one gal in particular who was not of this mindset, after listening to this for months, has said you know, maybe there is something to that. So it made me realize that okay, it really *is* what you think and you *can* change the way you think. And now this gal has just gotten a new promotion and it's a promotion that no woman has ever had before. And so now we're like encouraging her and telling her, see? Now isn't this just such a great time and making her believe that if you believe this, it can happen.

**Virginia:** Yes and life can be just beginning at fifty for us; I mean a whole new life.

**Dotsie:** Right! So, are there any more questions?

**Virginia:** There are a lot of different books out there now, lots of talks, magazines and articles, about aging gracefully and basically accepting the aging process. So have we accepted it, and are we at peace with it?

**Dotsie:** I would think that we could get some mixed answers for that because some people I think are at peace with where they are mentally but maybe not loving the wrinkles, or the sags, or the bags, or something like that. So what you have to teach allows us to embrace everything.

**Virginia:** Yes

**Dotsie:** Okay so hopefully everybody has thought about that.

**Virginia:** Because how this works is that there is a law of the universe called the *Law of Acceptance*. That's the truth that sets you free. It is something we've heard often. So when we accept a positive or a negative about ourselves and what we actually feel and think, either side is going to open up our whole body up to heal; to move to the next level. That is what AA is based on. You would say, I'm Virginia and I'm an alcoholic. And when I do that, I begin the recovery process. So I have to accept, you know, if I really don't like aging, I'm not at peace with it, I just need to accept it. I don't need to change it; just accepting is the beginning of change. So that really important that it's okay where we at regardless of where that is...one's not better than the other...we're just accepting where we are in the moment, that's okay. And when we do that, there's a shift that goes on in our "beingness," in our whole body, an energy shift. And things can start moving now in an upward movement.

**Dotsie:** Okay I'm definitely following you. How about any other questions so that we can become clearer on that?

**Virginia:** This is a very personal one but it's very important. How do I feel about my body?

**Dotsie:** Okay so we're going to add to that. The most recent one is how do we feel about our body and I'm sure there are all kinds of different responses on that.

**Virginia:** Yeah, lots of different ones...because sometimes people gain weight because of hormones and different things. And then you could do the same with face and wrinkles, and sagging like you talked about earlier. You know, what do I feel about that? What I feel is really important because it's like personal, you know? And sometimes we feel ashamed, embarrassed, or just not okay with it. So that's a really important place to look at.

**Dotsie:** Okay any other questions?

**Virginia:** Yes, three more. Is aging painful? And do I feel beautiful inside?

**Dotsie:** Okay and I would think that some days these answers could change because there are days when you feel--

**Virginia:** Yes, definitely!

**Dotsie:** Okay, but what we're aiming for is to feel beautiful inside. And what is the last one?

**Virginia:** The last question is at what age did you notice you were beginning to physically age when you looked in the mirror?

**Dotsie:** Okay so put an age on it.

**Virginia:** Or when the arthritis started, or something happened and you started feeling sluggish, or lack of energy. So when did all of that start for each one of us?

**Dotsie:** Okay, I'm going to see if anybody has guts, guts or nerve to share some of their answers with us. Is anyone brave enough to do that today, other than me?

**Caller 1:** Hi, my name is Sondra. You know I think it is kind of a two-edge sword. Sword is not really the right metaphor here, but the idea of accepting our aging I think is just absolutely right. And yet the idea of "young again," remaining young seems in some way to be contradictory. What I'm seeing, or what I'm working with in terms of thought process to really get to what feels really right for me, is some kind of a youthful age. I mean I want to embrace my age. I think one of the things that is so out of balance on the planet today is that we've taken the power away from ourselves in old age. We haven't embraced the old woman within us. That wise old woman. And somehow I think that needs to be accepted and embraced, and drawn out, and prepared for. At the same time, to do that in some way requires that you cultivate, rejuvenate, and gather that vital energy that is useful. It is kind of like what Clarissa Pinkola Estes said at one time that, "*the goal of life to become ageless, like old while young and young while old.*" Am I making sense? What do you think about that, Virginia?

**Virginia:** Well many of the things you said are absolutely true so addressing one would be—first of all, the wise woman or man that is in us because we've had experiences. And experiences give you knowledge. That's how you gain knowledge as a human being, that's through experience. True knowledge...when you know something, it is because you have experienced it.

**Caller 1:** Yes, exactly.

**Virginia:** So we have all of that knowledge, but then also for me, I am looking at many cultures have stayed young for beyond the years that we stay young and healthy, throughout the world. And Yogis have done it. Some of that has to do with diet, depending on the region, and the diet. But others, it's about consciousness. And so looking at just consciousness as a way to actually regenerate, then thinking that it's a potential or a possibility, to actually reverse the aging to some degree, and depending on how that would happen because we don't know, because no one has ever done it. In the movie "What If," there's a man who was bald and through this process that he developed, grew his hair back and he has thousands of clients that have also done this. And it all worked

with thought and emotions. There is something that is real there and that's why that movie—it shows all these people many doing different things throughout the world that are so uncommon; like a man growing a tooth after a tooth fell out.

**Caller 1:** I believe all of those things are real. I think that what I'm really looking at is kind of really working with that thought process where if you are trying to reverse the aging process, how do you hold on to accepting your being proud of the things that you are, and all that has led up to that. So there's that contradiction that's very easy to misalign our thoughts with. When we're wanting to rejuvenate and take back our physical youth, at the same time embracing the age that we are, and our position on the circle.

**Dotsie:** Okay Sandra, if I could just share a little something and then we're going to have to get on to a couple other questions. I totally understand where you are coming from and here's a thought. If there even is a generation that could do it, it would be the baby boomers. And I believe we are doing it; because I have read so many articles and I've also read so many posts by the women in our forum community at [www.BoomerWomenSpeak.com](http://www.BoomerWomenSpeak.com). Women are embracing their age. I think it's like embrace the wisdom, and I don't know; see if you can follow me here, embrace the wisdom and be grateful for who you are at that age, but if there is anything that you can do to make you feel even better, then do that, too.

**Caller 1:** It's like vitality, not vanity.

**Dotsie:** Exactly, exactly. Thank you for speaking up. I really appreciate it and we're going to have to go back to some more of the questions that we have for Virginia Ellen so we can learn a little more of how to go about this. Do you have anything else to say, Virginia Ellen?

**Virginia:** No, I thought your answer was excellent.

**Dotsie:** Okay great, thanks. We want to talk about learning the science of rejuvenation and how the pituitary and the pineal glands work together to cause the cells to vibrate at a frequency that allows them to rejuvenate and regenerate. Okay, that sounds like a mouthful but from what I can tell, you are able to share with us that there is a way that the pituitary and the pineal glands can work together and that actually makes this scientific and makes it all work.

**Virginia:** Yes, first of all, we are energy beings. The Aramaic language, which is the language that Jesus spoke, and I have learned some of this language through wisdom I have received, one of the basic things is that "life" in Aramaic means energy. And so every time we read "life" that he said "life" he said energy. "*I've come to give you more energy.*" That's "hi alma;" more energy. And if you say that, you will feel more energy. If we all just said, "hi alma, hi alma, hi alma," you're going to feel energy moving in your body; more energy. And the body has

energy centers. They are called “sacred seals.” They work with the thoughts, the pineal and the pituitary are working with the thoughts; so when we begin to embrace, so in other words I accept that I am 65 and a half, and I am smiling. So I have embraced that I am 65 and a half. And I accept that I am getting younger. Physically younger. So now something is happening in my body because I’m feeling excited about both ends of the process. It’s kind of like I’m doing something that nobody could do! You know it is exciting to be a pioneer on the frontier of something brand new that us baby boomers can do, and will do, and are doing. So there’s excitement which is that energy of joy which is needed, so when you have a thought, particularly when the feeling is involved, then—and this is a high thought, a positive, loving thought, particularly a prayer; when you are praying to the Divine, and you can call it whatever you call it, but there is something in this universe that created everything and it created us. And it is inside of us. And so that is what you can look at as part of you. You can talk to it.

The Lost Science of Prayer was to speak to this father within me, rather than outside of me. So I began to pray to the beloved father within me and feel the love. And that love grew daily, and daily, until my whole body was vibrating, and tingling, and excited and alive because that light or life, was coming alive in my body. So my brain took the thought, and the pineal then; one of its functions is it communicates with the body. So the frequency of the thought was shot down my central nervous system and every nerve ending started tingling with this energy. And my body started like waking up. You know, waves of energy would be waking up in my body. Sometimes its warm, and sometimes it’s cool, sometimes it makes you shake and shiver. And it’s real! It’s a real physical experience.

**Dotsie**: Okay so that explains how there is actually science behinds this.

**Virginia**: If you want energy, you just say it; Hi Alma, and you’ll feel energy moving in your body. Understanding that we are an energy being rather than just a human being, begins to open the mind up to see itself a little differently. And if you are an energy being and you put in the right thoughts, that energy is going to speed up. It’s going to change.

**Dotsie**: Interesting. Anything else about that or how that works, scientifically?

**Virginia**: Yes well you have these energy centers, these fields that are in your body and there is a code, or keys to these fields. And each key is a word. And those keys release energy within your body, and it starts moving again through the body. It works with the *Law of Acceptance* so the first key is “I accept that it’s possible for me to get younger.” That would be something if you were wanting to actually physically, or heal. Maybe you have some sort of disorder. I accept that it is possible for my body to heal. I was diagnosed with something that was incurable a year ago and I didn’t believe that that was true. So I’ve used this and I’m up walking around doing everything, and my doctor is amazed just because it

is not on the list of curables. So by doing this there is an energy of healing that can come from within my body and from the universe to change things.

**Dotsie**: Okay and I'm just curious. Do you work with cancer patients or people who have disease; different diseases?

**Virginia**: I do. I work with everything from money to disease, to low self-esteem, to you know, just anything; depression; it's really good for depression. So it's just a fascinating science and like I say, there's now people who have done the studies that have proven all of these things. So that's what's so remarkable. It's just beginning. The science is just beginning. It's going to keep going now.

**Dotsie**: How does the energy and emotion of love change the cells of our bodies?

**Virginia**: Love is the highest frequency that we can hold. Love which is joy, it also leads to joy. And so as we love the Divine and maybe you're not into that, but you could love the sunset, or your grandchildren, and really feel the love. Feel the love; like *really* feel your love. Just let it take over. Maybe the tears come because you feel this love. So the love then begins to move through your body because you are conceived in love, you were made in love, the love of God and you are love itself. So you return to the love that you are.

**Dotsie**: Because I know personally myself; I know some people who are very loving people but who are very dragged down by this world, or a certain situation in their lives. And that somehow overtakes the love. So I think to change the focus to love, as opposed to all of the negativity, certainly helps.

**Virginia**: Yeah, and I mean I know we were raised to love our neighbor, and be really good; especially women, you know, sacrifice for your family. You know women have done it for years and years and years, eons and eons. But this is not about that. This is about loving what's real, and God, and the source of your life. The source of life itself, if you want to go beyond religion. Of course I don't want to get hung up on anybody's religion, so it's just, you know, loving becoming love. And of course that's a little bit different from doing good deeds. Good deeds will come from that, of course, but it's not to be a martyr, sacrifice one's self, but to embrace love. So there's a difference there. And so some people yes, are very giving, and very loving, but they deplete themselves, so there is a lack of self love, and self care, so that isn't good either.

**Dotsie**: Right and I'm sure that's something you really delve deeper into when you coach. We have quite a few more things to touch base on, and this is something that I think is huge, especially in women, and that is the inner judge and critic and how that can impede the rejuvenation process.

**Virginia:** Yes, women have for some reason, felt that we have to have this perfect body, and of course if you open a magazine, there are all of these ads about being a certain size and having buns of steel and all of these different things that are out there. The young women, it's very sad that they buy into this. So we lose our identity. We think we have to be a certain way and then there's a critic in there that's—you know I have clients that when they were 11 years old, embraced that they were not pretty. I mean I have one woman who is lovely, attractive, beautiful bone structure, and when we went in she was eleven and had freckles. People teased her and so she didn't ever do anything to, like use skin care or put on makeup. She had a boy's haircut all the time; really severe, because she didn't think she was pretty. So she didn't allow herself to do and have those feminine qualities. Like she would never take a bubble bath. You know, those kinds of things. And so that changed her whole life; that letting go of not being pretty because she had freckles and embraced the truth and she's beautiful! She was like 60 years old and went out and bought skin care products for the first time. You know, she started taking care of herself.

That inner critic, which can come from a real old past experience; because teenage years is very challenging, and preteens, you know going through those hormonal changes and trying to get into a different form of life, which includes boys now, is really hard. And so those are some of the things that we take on, and then we ever let them go. And so we look at our bodies and we still think we're heavy, and that's really what the Bulimia and the eating disorders are, even though they're thin; they can't see that they're not. So we never see our beauty. We start realizing what many of you probably already have. You start looking at pictures of when you were 30 or 40 or 20, God, I was really pretty and I didn't think so. I thought I was this or I thought I was that. Too skinny; too fat; too tall; too short. And you look at yourself and oh my God, I wasted all of those years thinking I wasn't, when I really was.

**Dotsie:** So one of the things that you do when you work with women is probably talk to them about what their inner critic has been saying through these years; or their inner judge; and taking those things and dismantling them, I'm sure. Do we have time for the experience of changing the frequency of cells in our bodies? Do you have time for that?

**Virginia:** Yes I do and I'm going to use an Aramaic word because the Aramaic language is a very vibrational language. And so Shim is the word we're going to use and that means, "your rhythm," because the whole language was different, so you were to move in your own rhythm. So it meant your name, your light essence; that this was your light. So they knew that they were the light that was in your body, and that this light had it own rhythm. And so we're just going to say to this—talk to this Shim. This is how you might, say, raise your frequency, or you could use the word "pray" if you wanted. And so you just close your eyes and you put your hand on your body and you're going to use love because that's what's going to change your frequency, and you would say, "I love you my Shim. I love

you my holy Shim. I love you my holy Shim. I love you my light. I love you my Shim, my beautiful Shim. My beautiful light.” And you feel your body. You feel energy in your body.

**Dotsie**: And it helps you stay focused and let those thoughts seep deep within.

**Virginia**: Yeah, you just keep saying it out loud. You always say these that we call them attunements, or prayers, because you’re tuning yourself to a frequency. So loving this energy that’s in your body, which is called the Shim, and the Shimaya is the light around you; the Debash Maya is heaven. So it’s all about this Shim that’s in all these different pieces of we came from heaven and it’s in our body; the Shim. So it’s our personal Shim which is your personal light essence; you might call it your spirit. And it’s also your rhythm. You move differently than I move. You know, we’re different people so we have different movements. And so connecting to that source of who you are and loving it, blessing it, and just feeling it, and repeating it out loud, because word is creation; and so you create with your word. You are the word, you were created in the word. So we’re going back to the word, and you speak it out loud and that creates movement of energy. Now you can take any thought. I just used that because it’s in all of us and it’s not going against any particular religion and not using God. But you could use that word. You could use any word that makes you feel comfortable.

**Dotsie**: And that actually changes the cells in the body?

**Virginia**: Yes, it will begin to vibrate you, and you will begin to feel this energy in your body. So accepting anything and loving the Divine Essence that you are, or some people like to call it the Divine Intelligence because something intelligent is running our body, you can’t deny that. So some people call it Divine Intelligence. Loving what is within you that makes you alive, because that’s the source that’s going to regenerate you. You can call it anything you want, you know, whatever fits your belief system you would use.

**Dotsie**: So let’s see if anyone has any questions because I have a few more questions for you and I wouldn’t want to get down to the end of the call and nobody have a chance to ask any questions. And if no one has a question, I’ll just continue on with the questions that we have. <pause> Let’s talk a little bit about self love. We’ve touched on it a little bit. Do you have anything else to say about it?

**Virginia**: Well I think that loving yourself is part of this cycle of rejuvenation. First you would love creation, the creator, is the first step in moving through this cycle because it is moving around. It is like a spiral. The circle of energy. Everything moves in circles in the universe. You know the planets are orbiting in circles. Everything; you know, seasons, it’s all about circles and cycles. So you have to start the cycle. The cycle of rejuvenation. And you do that by loving this

Divine source. Whatever you want to call it. Around you, and within you. Then eventually, you have to love the personality self, the human *you* self which could be your hips, your nose, or whatever part, or your personality, your abilities which you've achieved in this lifetime, or not achieved, or coming to terms, you might say; or peace...or forgiving yourself for things you may not have accomplished but you always wanted to. You know, failures we could call it, depending on what everybody has inside of you. And that's the final step is loving yourself. You know in the New Testament, it says love yourself as your neighbor, love your neighbor as yourself. Well if you can't love yourself, how could you love your neighbor?

**Dotsie:** I've said that many times before.

**Virginia:** So really loving yourself is not easy. It's probably the hardest thing you'll ever do. I teach classes on how to even begin this process. Doing mirror work is really extraordinary. You'll cry, you know, but like just holding the mirror and looking at your nose, and just saying your name, "I really love your nose." I like your nose because it's this or that; going beyond the judgment you might have of your nose, or any other body part. If it's with women that's always a really big one, you know, that we have either judged or someone has judged a part of us.

**Dotsie:** Right, okay. How about you telling us about some of these programs that you have that can walk people through these experiences and really teach them this whole idea of rejuvenation and regeneration. Tell us about some of the products because I know on your Web site you have different things that people can purchase, and then how does your coaching work by phone? Do you want to fill us in a little bit about those things?

**Virginia:** Okay, the *Cycle of Rejuvenation* is actually a formula on my Suddenly Younger. A formula for rejuvenation which talks about how this cycle moves. And then there is a formula of working with these sacred seals that releases the energy in your body so you're thinking thoughts and your brain is involved. And then the inner centers begin to release energy. So that's there and it's very reasonable. And also the book, ***Sacred Heart Yoga*** teaches the practice that begins this love for this source of life that is within us and that leads you again into—you follow up of the Aramaic Lords Prayer. So it's a prayer, a practice of transformation, and creation. So you transform the old and you create the new. It's thoughts, feelings, and its physical energy. You know, you feel it in all of the different places as you are because you give God your body, your mind, your emotions, your words outwardly speaking, so you're giving all that you are to this Divine in this practice, and then all this starts happening in your body. So that's something on there like the beginning steps, and I have CDs, also for the Yoga and for some of the rejuvenation.

**Dotsie:** Okay so the CDs are things that people can purchase and there's no coaching that goes with it? Actually whatever needs to be done you are taught through the CD. It's your voice telling them what to do, is that right?

**Virginia:** Yes, exactly. And then I do have my personal coaching. And what I do there is people give me what they would like to change, and then I'm able to read the unconscious mind from the energy in the body and find out the root cause of why we have this situation; and then together, I teach you how, I do it with you, and then people generally start crying and have deep experiences because we're talking about something that is deep inside of you and it's trying to change. And then there's homework to do. You keep doing it. I give you homework so that you continue to move forward and up this spiral to a higher place.

**Dotsie:** And how many times—like when people meet with you, I saw some of the things on your Web site, is that like, ah, what's a good place to start? Like three, one-hour sessions? How does that work?

**Virginia:** Well normally I have a package that you get four. You pay for three; you get one free. You can do one. Most people they try one and then they end up doing the four because they really like it. They can actually feel it happening inside of them. And that's very exciting that you can believe that something is happening because you feel it.

**Dotsie:** I thought I would ask one last question. We want to get to the resources, so we'll do that last; any resources that you might have. Can you share, of course without using someone's name, maybe something from a woman at midlife who has worked with you and let's say her issue was low self-esteem or something she had been holding on to since childhood, and how her life has changed? If you can think of anyone in particular.

**Virginia:** I do have a number of them. I met a woman who bought my book in Spoken, Washington where she was visiting. And she called and started doing personal coaching and then after a while, she started coming to my retreats and events. And she wore a hat every time she came; different kinds, little caps and different things; hiding herself. She was very quite; hardly ever spoke. She was in an abusive relationship, and now she is—her hair is gorgeous. It's auburn, it's long, it's thick, it's naturally curly. And she is an entrepreneur. She has left the relationship. She is very intelligent. She's beautiful and she just keeps blooming; and blooming, and blooming as she keeps finding these pieces that have stopped her from being who she really is; this miraculous woman, which was all from low self-esteem; afraid to talk, and now she's starting to speak on radio shows. I mean, she keeps getting bigger.

**Dotsie:** Yeah and it's all because she's worked with you and you've allowed her to work through these issues and be more intentional I guess, about what she is doing and what she's being called to do in this life.

**Virginia:** Yes, she's actually changed her whole cellular mass. She changed it.

**Dotsie:** Now how do you know that?

**Virginia:** Because the *Law of Attraction* works that you draw to you the frequency that you are; so if the thought and the motion creates the frequency and moves it and you change that cellularly, because the way I do it actually changes the cells by using these keys words; and you feel it vibrationally, and all of these old memories, because in the body is these stored the memories in cells, so the past is being released. So all of the pictures of the past; you see them and they are being released, and now you're putting in through this prayer of creation; you're creating a life that's based on the truth of who you really are; you know? And that you have all of these gifts and abilities, and now because you are free, it set you free; the truth, you're just different. And you won't even do anything to be different, you know, because you did the inner work and for the outer world build your inner mansion, and you have a mansion, an outer world that matches it. So that's really what we do. We use thought as a tool to build the inner mansion and then the world reflects it to us.

**Dotsie:** Very good. I just think its very inspirational and hopeful. If someone wants to get in touch with you, they can get in touch with you through your site, [www.virginiaellen.net](http://www.virginiaellen.net) or [www.suddenlyyoungagain.net](http://www.suddenlyyoungagain.net) and then tell us if you have any other resources so women can delve deeper into this topic.

**Virginia:** Well I have some really great, they're all men, however, but they're more in the researching field, but they have great information.

[www.Greggbraden.com](http://www.Greggbraden.com) has a new book called *Fractal Time* and it's really about this cycle and which you could call the wheel of karma, or what goes around, comes around. But its all through the scientific base and also ancient teachings. So he combines them both because he is a scientist. So that book is really interesting. And then [www.brucelipton.com](http://www.brucelipton.com) is *Think Beyond Genes* and he's proven the biology of beliefs. So that's another really great resource. On his Web site, there's DVDs and he's a really charismatic, exciting, and alive person to listen to, you know, as a speaker.

And then Dr. Emoto who's from Japan. You may have heard of some of his *Miracle of the Water* and I've heard him speak also. He has actually proven since we are about 90% water, that the water in our body actually is crystal and it forms these crystals, depending on our thought. So you can watch it, up on the screen and the whole audience started to sing Heart Break Hotel. So we were all thinking and saying out loud the same thought. And the form of water upon the

screen became a broken heart. So when we say my heart is broken, it's happening! When we say I'm sick of this, it's happening. We have to really understand that the body is so intelligent that when I say the water in the body; when I say love, it is a beautiful crystal. And when you say "thank you," it's a gorgeous crystal. So staying in gratitude and love; and just saying that, my whole body is tingling because I'm changing my crystals; my energy. So all of these men have proven it in a different way. He actually has you tape on your water bottle, or your glass of water, like love, or gratitude, or happiness, or peace, or financial abundance. And you take that frequency and you drink it. I haven't done that, but that's part of what he is telling people to do. So it's all the same thing, but different.

**Dotsie:** Right. Right. Okay, I think we've packed an hour in and we still had a couple of questions, but is it possible for you to send us those questions that you asked in the beginning so that we could share them with maybe the women in our forum community? Or perhaps with some of the information that we send out with the links to listen.

**Virginia:** Yes.

**Dotsie:** That would be great. Virginia Ellen, I just want to thank you so much for being with us and opening our eyes to another way of living in a positive light and I'm sure we'll be in touch. So have a great day!

**Virginia:** Thank you very much. I've enjoyed it.

**Dotsie:** Thank you.