

1
00:00:08,570 --> 00:00:12,179
[Music]

2
00:00:17,199 --> 00:00:25,489
welcome to shattered reality with your

3
00:00:20,690 --> 00:00:28,519
hosts Kate Valentine and furs prepare to

4
00:00:25,489 --> 00:00:34,820
have your paradigm shifted in the truths

5
00:00:28,518 --> 00:00:35,750
questioned and now shattered reality hey

6
00:00:34,820 --> 00:00:38,390
Kate

7
00:00:35,750 --> 00:00:41,480
hello Lucia how are you I'm doing pretty

8
00:00:38,390 --> 00:00:44,179
well and here we are again in the

9
00:00:41,479 --> 00:00:46,909
summertime now it's the summertime and

10
00:00:44,179 --> 00:00:49,429
we're here on shattered reality podcast

11
00:00:46,909 --> 00:00:53,209
mm-hmm and you want to slate the day

12
00:00:49,429 --> 00:00:55,399
today's 7-eleven 7-eleven how about in

13
00:00:53,210 --> 00:00:57,560
seven eleven seventeen very lucky number

14
00:00:55,399 --> 00:01:04,519
yet says it's a sort of a palindrome

15
00:00:57,560 --> 00:01:07,820
almost it is it is indeed so today we

16
00:01:04,519 --> 00:01:10,640
are fortunate enough to have a very

17
00:01:07,819 --> 00:01:11,809
interesting fellow he is like a

18
00:01:10,640 --> 00:01:16,340
Renaissance man

19
00:01:11,810 --> 00:01:19,939
his name is Michael J Reddy he is a PhD

20
00:01:16,340 --> 00:01:22,010
he has done medical and cognitive

21
00:01:19,939 --> 00:01:25,599
research at the University of Chicago

22
00:01:22,010 --> 00:01:30,469
and at Columbia University where he also

23
00:01:25,599 --> 00:01:33,829
taught his PhD is in cognitive

24
00:01:30,469 --> 00:01:37,609
linguistics of the English language from

25
00:01:33,829 --> 00:01:40,039
the University of Chicago his Bachelor

26
00:01:37,609 --> 00:01:44,989
of Science is from the University of

27
00:01:40,040 --> 00:01:47,510
Santa Clara in philosophy and physics in

28
00:01:44,989 --> 00:01:50,719
addition he had a seven-year

29

00:01:47,510 --> 00:01:53,659
apprenticeship and shamanic healing and

30
00:01:50,719 --> 00:01:56,689
worked with a person who is a big

31
00:01:53,659 --> 00:01:58,670
favorite of mine son bear and before

32
00:01:56,689 --> 00:02:01,340
Michael gets off the phone with us I

33
00:01:58,670 --> 00:02:04,609
have to ask him about an experience that

34
00:02:01,340 --> 00:02:06,049
I had with son bear once but one of the

35
00:02:04,609 --> 00:02:08,719
things that he's going to talk about

36
00:02:06,049 --> 00:02:11,750
today is what is one of the things he's

37
00:02:08,719 --> 00:02:14,389
doing currently he has studied advanced

38
00:02:11,750 --> 00:02:18,639
German conversation and has been

39
00:02:14,389 --> 00:02:20,329
certified in basic and advanced systemic

40
00:02:18,639 --> 00:02:23,439
constellation training

41
00:02:20,330 --> 00:02:28,490
which is commonly known as family

42
00:02:23,439 --> 00:02:31,789
constellation therapy so Michael are you

43
00:02:28,490 --> 00:02:33,710

here with us I am and glad to be here

44

00:02:31,789 --> 00:02:35,900

thanks Michael

45

00:02:33,710 --> 00:02:38,780

you don't mind us calling you Michael I

46

00:02:35,900 --> 00:02:41,150

mean we both man Michael on a personal

47

00:02:38,780 --> 00:02:44,479

level so I've taken the liberty of

48

00:02:41,150 --> 00:02:49,159

calling him Michael is ok with you

49

00:02:44,479 --> 00:02:54,079

Michael is great but he's also doctor

50

00:02:49,159 --> 00:02:55,759

ready just so you know any anyhow tell

51

00:02:54,080 --> 00:02:57,290

us about the songs that you're gonna

52

00:02:55,759 --> 00:02:59,149

sing at least tell us about the first

53

00:02:57,289 --> 00:03:01,299

one and then we'll talk about the

54

00:02:59,150 --> 00:03:04,730

history of the second one ok

55

00:03:01,300 --> 00:03:06,500

about four years ago Bob Schwartz and I

56

00:03:04,729 --> 00:03:08,419

Bob is executive director of the

57

00:03:06,500 --> 00:03:10,689

Association for comprehensive energy

58
00:03:08,419 --> 00:03:13,129
psychology we've formed a duo and

59
00:03:10,689 --> 00:03:16,069
started writing and singing songs to

60
00:03:13,129 --> 00:03:18,319
introduce keynote speeches at the yearly

61
00:03:16,069 --> 00:03:20,560
conferences of the Association for

62
00:03:18,319 --> 00:03:23,750
comprehensive energy psychology and

63
00:03:20,560 --> 00:03:26,360
we've now I've been we've done this at

64
00:03:23,750 --> 00:03:28,849
ions conference and I also did this

65
00:03:26,360 --> 00:03:31,610
recently at the Society for scientific

66
00:03:28,849 --> 00:03:33,530
education and this this is kind of one

67
00:03:31,610 --> 00:03:36,580
of the favorite songs this is Bob

68
00:03:33,530 --> 00:03:39,830
Dylan's the times they are a-changin

69
00:03:36,580 --> 00:03:42,860
which was a powerful song in the 60s but

70
00:03:39,830 --> 00:03:44,840
the times really didn't change and I've

71
00:03:42,860 --> 00:03:49,510
rewritten it as the paradigm is it

72
00:03:44,840 --> 00:03:49,509
changing so that that's what this one is

73
00:03:56,889 --> 00:04:18,279
skeptics energies that you cannot so you

74
00:04:15,530 --> 00:04:18,279
might just

75
00:04:20,180 --> 00:04:23,290
[Music]

76
00:04:27,189 --> 00:04:30,350
[Music]

77
00:04:31,360 --> 00:04:40,218
don't physicists really let's drop the

78
00:04:35,000 --> 00:04:43,430
charade when no one is looking wave is

79
00:04:40,218 --> 00:04:47,899
arrayed only when you observe it a

80
00:04:43,430 --> 00:04:52,120
particle is made time and space they're

81
00:04:47,899 --> 00:04:55,688
not fundamental you might have to let

82
00:04:52,120 --> 00:05:08,810
consciousness join the parade or the

83
00:04:55,689 --> 00:05:13,520
paradigm interchange cosmologists up

84
00:05:08,810 --> 00:05:17,000
there with all your big bucks or down in

85
00:05:13,519 --> 00:05:19,728
my lucia where string theory plucks for

86

00:05:17,000 --> 00:05:24,050
a billion years distant while we stay

87
00:05:19,728 --> 00:05:28,968
sitting ducks ecosystems collapsing

88
00:05:24,050 --> 00:05:31,000
around us won't have a planet to study

89
00:05:28,968 --> 00:05:43,319
that flux for the

90
00:05:31,000 --> 00:05:43,319
[Music]

91
00:05:46,240 --> 00:05:54,500
how mainstream come media it's time to

92
00:05:50,240 --> 00:05:57,769
wake up you can't drink the truth from

93
00:05:54,500 --> 00:06:02,930
the corporate Cup institutional science

94
00:05:57,769 --> 00:06:04,839
now really holds up the growth of new

95
00:06:02,930 --> 00:06:08,180
knowledge and wisdom

96
00:06:04,839 --> 00:06:11,889
if you drop some of the dogmas new

97
00:06:08,180 --> 00:06:25,129
truths which show up for the paradigm

98
00:06:11,889 --> 00:06:30,319
interchange abattoir we hear now on

99
00:06:25,129 --> 00:06:32,870
others to pound not everyone sees yet

100
00:06:30,319 --> 00:06:35,990

the new things we've found on the

101

00:06:32,870 --> 00:06:40,280

shoulders of giants we sing this new

102

00:06:35,990 --> 00:06:44,509

sound and all have their place in the

103

00:06:40,279 --> 00:06:51,129

music some must be child while some

104

00:06:44,509 --> 00:06:51,129

moldy old brown it's a change

105

00:06:51,699 --> 00:06:55,449

it's a change

106

00:06:56,050 --> 00:06:59,740

it's attained

107

00:07:00,649 --> 00:07:14,729

[Music]

108

00:07:15,139 --> 00:07:21,180

thank you thank you Michael very nice so

109

00:07:18,779 --> 00:07:24,959

that you know that's a really

110

00:07:21,180 --> 00:07:27,540

interesting take on the paradigm

111

00:07:24,959 --> 00:07:31,229

shifting that we talked about so much on

112

00:07:27,540 --> 00:07:34,439

shattered reality podcast I know that

113

00:07:31,230 --> 00:07:38,220

your second song revolves around someone

114

00:07:34,439 --> 00:07:42,870

who had very famously a near-death

115
00:07:38,220 --> 00:07:47,070
experience a person that I'm very very

116
00:07:42,870 --> 00:07:50,430
vaguely acquainted with from the Monroe

117
00:07:47,069 --> 00:07:55,439
Institute so maybe you'd like to just

118
00:07:50,430 --> 00:07:56,610
encapsulate the story of who it is yes

119
00:07:55,439 --> 00:08:00,569
certainly

120
00:07:56,610 --> 00:08:03,000
um so eben Alexander is I believe a

121
00:08:00,569 --> 00:08:05,129
Harvard trained neurosurgeon who's had

122
00:08:03,000 --> 00:08:10,259
appointments in a number of different

123
00:08:05,129 --> 00:08:12,810
hospitals and in 2008 he was he was

124
00:08:10,259 --> 00:08:16,589
somehow infected with gram-negative B

125
00:08:12,810 --> 00:08:19,829
coli bacteria and it literally dissolved

126
00:08:16,589 --> 00:08:22,049
his cortex and he was in a coma for

127
00:08:19,829 --> 00:08:25,709
something like a week and the hospital

128
00:08:22,050 --> 00:08:29,009
declared him dead and while he was quote

129
00:08:25,709 --> 00:08:30,899
dead unquote he was having a you know

130
00:08:29,009 --> 00:08:33,538
what we call a near-death an NDE and

131
00:08:30,899 --> 00:08:35,728
near-death experience and he spent

132
00:08:33,538 --> 00:08:38,429
something like four years thinking about

133
00:08:35,729 --> 00:08:40,770
it I mean it took him a while to recover

134
00:08:38,429 --> 00:08:43,259
after he came back and he wrote a book

135
00:08:40,769 --> 00:08:46,289
called proof of heaven a neuro surgeons

136
00:08:43,259 --> 00:08:49,169
journey into the afterlife which has

137
00:08:46,289 --> 00:08:51,299
become a big bestseller and he's been

138
00:08:49,169 --> 00:08:52,469
all over the world now we had him as a

139
00:08:51,299 --> 00:08:57,000
keynote speaker

140
00:08:52,470 --> 00:09:00,089
I guess at ACF maybe three years ago so

141
00:08:57,000 --> 00:09:02,129
I wrote this song to kind of honor his

142
00:09:00,089 --> 00:09:04,950
journey and this is how we introduced

143

00:09:02,129 --> 00:09:06,809
him Association for comprehensive energy

144
00:09:04,950 --> 00:09:08,370
psychology it's it's interesting to be

145
00:09:06,809 --> 00:09:10,500
there for the keynotes because we

146
00:09:08,370 --> 00:09:13,409
typically try to write some kind of

147
00:09:10,500 --> 00:09:15,870
songs or something that either you know

148
00:09:13,409 --> 00:09:17,350
are humorous or poignant or something

149
00:09:15,870 --> 00:09:19,810
this one is this one

150
00:09:17,350 --> 00:09:23,800
is really just a complete record of his

151
00:09:19,809 --> 00:09:25,149
experience and he was attacked by by by

152
00:09:23,799 --> 00:09:28,509
the media and different at different

153
00:09:25,149 --> 00:09:31,149
times uh by skeptics who didn't believe

154
00:09:28,509 --> 00:09:34,389
his story I just want to add that but go

155
00:09:31,149 --> 00:09:36,669
ahead no he's no don't be sorry

156
00:09:34,389 --> 00:09:38,679
he's he's definitely been attacked and

157
00:09:36,669 --> 00:10:00,099

the song chronicles that part of it is

158

00:09:38,679 --> 00:10:03,579

well it started some virus my cortex got

159

00:10:00,100 --> 00:10:06,370

pride went to this dark place and then

160

00:10:03,580 --> 00:10:10,290

towards the light some girl on a

161

00:10:06,370 --> 00:10:41,830

butterfly flew to my consciousness

162

00:10:10,289 --> 00:10:44,610

consciousness so how can this be where

163

00:10:41,830 --> 00:10:44,610

am I now

164

00:10:45,029 --> 00:11:04,079

still I think all as well my cortex shut

165

00:10:59,889 --> 00:11:08,319

down and there's some missing link baby

166

00:11:04,080 --> 00:11:11,440

the source of my mind the more like the

167

00:11:08,320 --> 00:11:17,850

filter for a light unrefined singing

168

00:11:11,440 --> 00:11:24,700

consciousness consciousness so I really

169

00:11:17,850 --> 00:11:28,149

but are we really well I researched and

170

00:11:24,700 --> 00:11:31,209

pondered and wondered and from it seems

171

00:11:28,149 --> 00:11:34,899

like my worldview had turned upside down

172
00:11:31,208 --> 00:11:39,009
if neurons came last and awareness was

173
00:11:34,899 --> 00:11:39,730
first that meant my Newtonian bubble had

174
00:11:39,009 --> 00:11:42,750
burst

175
00:11:39,730 --> 00:11:48,190
singing consciousness consciousness oh

176
00:11:42,750 --> 00:11:49,419
that's what I maybe that's what we all

177
00:11:48,190 --> 00:11:53,230
are

178
00:11:49,419 --> 00:11:53,229
[Music]

179
00:11:55,320 --> 00:12:02,680
well I rolled up my journey and boy did

180
00:11:59,230 --> 00:12:05,680
it sell but right away skeptics and

181
00:12:02,679 --> 00:12:08,849
cynics all yelled you don't prove a

182
00:12:05,679 --> 00:12:11,528
thing and it's probably faked

183
00:12:08,850 --> 00:12:15,629
consciousness first and it must be

184
00:12:11,528 --> 00:12:23,189
half-baked singing paradigms paradigms

185
00:12:15,629 --> 00:12:31,769
Monday such fun they shape what we see

186
00:12:23,190 --> 00:12:31,770
they determine what's real hey such fun

187
00:12:32,220 --> 00:12:37,060
well I'll stick to my message I'll stick

188
00:12:35,740 --> 00:12:44,500
to my guns

189
00:12:37,059 --> 00:12:48,669
we're far is the fabric of which we are

190
00:12:44,500 --> 00:12:49,570
knit it's the only hypothesis that seems

191
00:12:48,669 --> 00:12:52,479
to fit

192
00:12:49,570 --> 00:12:56,550
singing consciousness consciousness soul

193
00:12:52,480 --> 00:12:56,550
that's what I am

194
00:12:56,740 --> 00:13:11,980
that's what we that was very lovely

195
00:13:09,639 --> 00:13:12,309
thank you thank you yeah that was fun

196
00:13:11,980 --> 00:13:18,759
right

197
00:13:12,309 --> 00:13:22,509
yeah what's cool y'all go ahead please

198
00:13:18,759 --> 00:13:25,120
first well there's a few things that we

199
00:13:22,509 --> 00:13:28,600
want to talk about one of them is your

200

00:13:25,120 --> 00:13:31,779
family constellation therapy work and

201
00:13:28,600 --> 00:13:36,460
the other is your connection to

202
00:13:31,779 --> 00:13:39,909
shamanism and so why don't we start with

203
00:13:36,460 --> 00:13:45,550
the family constellation work and let us

204
00:13:39,909 --> 00:13:48,969
ask you I know the the founder was a

205
00:13:45,549 --> 00:13:50,199
priest named Bert Hellinger I believe in

206
00:13:48,970 --> 00:13:54,009
Germany is that correct

207
00:13:50,200 --> 00:13:56,650
yes it is I mean he's a synthesizer

208
00:13:54,009 --> 00:13:59,110
really he came to the United States and

209
00:13:56,649 --> 00:14:01,779
picked up a lot of what he put into

210
00:13:59,110 --> 00:14:03,610
family constellations actually from

211
00:14:01,779 --> 00:14:05,679
therapists in the United States and he's

212
00:14:03,610 --> 00:14:08,259
he deserves great recognition as a

213
00:14:05,679 --> 00:14:10,479
synthesizer but at the same time he did

214
00:14:08,259 --> 00:14:12,759

not invent this out of whole cloth well

215

00:14:10,480 --> 00:14:16,120

and for those of us unfamiliar with it

216

00:14:12,759 --> 00:14:18,340

could you just give a definition because

217

00:14:16,120 --> 00:14:20,889

I'm not really quite sure what you mean

218

00:14:18,340 --> 00:14:23,530

by it you you can describe family

219

00:14:20,889 --> 00:14:28,539

constellations quickly in a number of

220

00:14:23,529 --> 00:14:30,730

ways it's it's a tool for revealing and

221

00:14:28,539 --> 00:14:32,620

realigning hidden loyalties and family

222

00:14:30,730 --> 00:14:35,379

systems and when we talk about family

223

00:14:32,620 --> 00:14:37,629

systems now we're right in your

224

00:14:35,379 --> 00:14:39,909

shattered reality ballpark because we're

225

00:14:37,629 --> 00:14:43,860

talking about transgenerational psychic

226

00:14:39,909 --> 00:14:47,169

organisms now when you talk about family

227

00:14:43,860 --> 00:14:50,350

is that in specifically family or just

228

00:14:47,169 --> 00:14:53,409

people that are close to you or what

229

00:14:50,350 --> 00:14:57,370

what is the relationship it's it starts

230

00:14:53,409 --> 00:15:00,659

with ancestors but it can extend any

231

00:14:57,370 --> 00:15:04,600

time some kind of profound bond is

232

00:15:00,659 --> 00:15:08,399

formed that shapes the life of a family

233

00:15:04,600 --> 00:15:10,480

then the people that get bonded that way

234

00:15:08,399 --> 00:15:12,939

tend to become

235

00:15:10,480 --> 00:15:16,329

of this family soul or family system for

236

00:15:12,940 --> 00:15:22,269

example combat buddies that you know die

237

00:15:16,328 --> 00:15:25,809

or people well let's just stick with

238

00:15:22,269 --> 00:15:30,459

that one but so it can expand past

239

00:15:25,809 --> 00:15:32,708

actual yeah biological families but it

240

00:15:30,458 --> 00:15:35,649

but ancestors are sort of the key to

241

00:15:32,708 --> 00:15:38,349

this is that correct your voice is just

242

00:15:35,649 --> 00:15:42,190

a little fuzzy I'm sorry yeah ancestors

243
00:15:38,350 --> 00:15:47,040
are just the key to this ancestors are

244
00:15:42,190 --> 00:15:51,579
the key I mean it's sort of the basic

245
00:15:47,039 --> 00:15:55,028
the key unit the key to it ancestors are

246
00:15:51,578 --> 00:15:57,039
the primary yeah there's two kinds of

247
00:15:55,028 --> 00:15:59,500
trauma in the world there's the kind you

248
00:15:57,039 --> 00:16:01,838
experience yourself and there's the kind

249
00:15:59,500 --> 00:16:05,078
that your ancestors experienced and

250
00:16:01,839 --> 00:16:08,740
never dealt with and that that energy

251
00:16:05,078 --> 00:16:11,229
stays in this transgenerational family

252
00:16:08,740 --> 00:16:15,220
system and it comes up in later

253
00:16:11,230 --> 00:16:16,829
generations there's some epic there's

254
00:16:15,220 --> 00:16:20,139
there's increasing evidence in

255
00:16:16,828 --> 00:16:23,049
epigenetics for the transmission of this

256
00:16:20,139 --> 00:16:29,049
kind of stuff but a lot of it is just

257

00:16:23,049 --> 00:16:32,289
it's psychic you know looking out at

258
00:16:29,049 --> 00:16:36,278
what I've researched on the web about

259
00:16:32,289 --> 00:16:38,349
this subject some people bring it into a

260
00:16:36,278 --> 00:16:40,809
very psychic realm I mean some

261
00:16:38,350 --> 00:16:45,250
therapists tend to bring it into a very

262
00:16:40,809 --> 00:16:47,018
psychic realm while others seem to you

263
00:16:45,250 --> 00:16:49,958
know work with it more or less as

264
00:16:47,019 --> 00:16:52,990
transactional psychology if that's a

265
00:16:49,958 --> 00:16:56,099
good description don't worry do you find

266
00:16:52,990 --> 00:16:59,079
that there that the group of family

267
00:16:56,100 --> 00:17:01,540
constellation therapists fall on one

268
00:16:59,078 --> 00:17:04,599
side or the other of that equation

269
00:17:01,539 --> 00:17:09,369
um they fall all over the place frankly

270
00:17:04,599 --> 00:17:14,048
okay family constellations is a fairly

271
00:17:09,369 --> 00:17:16,838

new modality it's it's in almost every

272

00:17:14,048 --> 00:17:19,650
country of the world it lags a lot in

273

00:17:16,838 --> 00:17:22,000
North America because we're very

274

00:17:19,650 --> 00:17:23,919
individualistic here and we're

275

00:17:22,000 --> 00:17:26,500
rootless in the sense that we're mostly

276

00:17:23,919 --> 00:17:30,940
immigrants you know several generations

277

00:17:26,500 --> 00:17:33,069
back in any case so there are people who

278

00:17:30,940 --> 00:17:35,440
regard family I mean when you look at

279

00:17:33,069 --> 00:17:37,750
how a constellation looks it looks like

280

00:17:35,440 --> 00:17:41,350
unscripted in the workshop form it looks

281

00:17:37,750 --> 00:17:44,380
like unscripted psychodrama oK you've

282

00:17:41,349 --> 00:17:47,369
got people standing up and someone

283

00:17:44,380 --> 00:17:51,100
someone presents an issue a problem and

284

00:17:47,369 --> 00:17:54,399
the inner the facilitator interviews

285

00:17:51,099 --> 00:17:57,849
that person briefly and and sets up what

286

00:17:54,400 --> 00:18:00,669

he or she thinks are likely roots of the

287

00:17:57,849 --> 00:18:02,980

problem so you you might have someone

288

00:18:00,669 --> 00:18:06,788

representing the grandfather and someone

289

00:18:02,980 --> 00:18:10,240

else representing an uncle and this is a

290

00:18:06,788 --> 00:18:14,589

in this form this becomes a kind of

291

00:18:10,240 --> 00:18:19,690

group channeling it's quite fascinating

292

00:18:14,589 --> 00:18:21,069

almost I'm never seen there are people

293

00:18:19,690 --> 00:18:24,400

who come into these kind of workshops

294

00:18:21,069 --> 00:18:27,849

very skeptical and at the same time they

295

00:18:24,400 --> 00:18:31,919

start to do this they in some sense

296

00:18:27,849 --> 00:18:35,259

share their awareness with an ancestor

297

00:18:31,919 --> 00:18:38,288

it's an amazing thing to watch it's very

298

00:18:35,259 --> 00:18:42,788

very interesting and what we're trying

299

00:18:38,288 --> 00:18:44,200

to do is to sort out the fates of the I

300
00:18:42,788 --> 00:18:46,808
hope I'm not going too fast but we're

301
00:18:44,200 --> 00:18:50,140
trying to sort out the fates of the

302
00:18:46,808 --> 00:18:54,399
people in the family if if if my

303
00:18:50,140 --> 00:18:57,390
grandfather was teaching explosives it

304
00:18:54,400 --> 00:19:01,320
wasn't but if he was teaching explosives

305
00:18:57,390 --> 00:19:05,200
in in a World War one or something and

306
00:19:01,319 --> 00:19:07,899
he got he you know a faulty grenade blew

307
00:19:05,200 --> 00:19:09,669
up and it crippled him and he came home

308
00:19:07,900 --> 00:19:11,470
instead of being a hero he came home

309
00:19:09,669 --> 00:19:14,080
kind of a buffoon because he was an

310
00:19:11,470 --> 00:19:16,659
instructor and he couldn't even handle a

311
00:19:14,079 --> 00:19:20,889
grenade it wasn't his fault

312
00:19:16,659 --> 00:19:23,440
and then I may well be somebody as a

313
00:19:20,890 --> 00:19:27,538
grandson who has a lot of trouble giving

314

00:19:23,440 --> 00:19:31,750
public speeches because in my in my

315
00:19:27,538 --> 00:19:35,109
inheritance is a kind of sentence that

316
00:19:31,750 --> 00:19:35,558
says public speeches can cripple you all

317
00:19:35,109 --> 00:19:37,418
right

318
00:19:35,558 --> 00:19:40,960
that makes sense did I go too fast only

319
00:19:37,419 --> 00:19:43,269
it made sense but only I think where

320
00:19:40,960 --> 00:19:47,220
that was a little missing link in there

321
00:19:43,269 --> 00:19:49,538
was that the grandfather was giving an

322
00:19:47,220 --> 00:19:54,038
instruction in the form of the speech to

323
00:19:49,538 --> 00:19:56,440
a group of soldiers is why yes so that

324
00:19:54,038 --> 00:19:59,019
part was missing but other than that I

325
00:19:56,440 --> 00:20:01,450
think that we've gotten it now one thing

326
00:19:59,019 --> 00:20:04,929
I want to say right off the bat and that

327
00:20:01,450 --> 00:20:07,950
is that Michael has a book dr. Michael

328
00:20:04,929 --> 00:20:11,559

ready health happiness and family

329

00:20:07,950 --> 00:20:14,830

constellations how ancestors family

330

00:20:11,558 --> 00:20:18,069

systems and hidden loyalties shape your

331

00:20:14,829 --> 00:20:22,720

life and what you can do about it you is

332

00:20:18,069 --> 00:20:28,589

emphasized so perhaps you'll tell us how

333

00:20:22,720 --> 00:20:31,808

you got into this in 2008 I developed

334

00:20:28,589 --> 00:20:34,808

sensory neuropathies in my feet kind of

335

00:20:31,808 --> 00:20:37,118

out of the blue and they got really bad

336

00:20:34,808 --> 00:20:40,778

and I tried about five different

337

00:20:37,118 --> 00:20:44,019

alternative therapies acupuncture and I

338

00:20:40,778 --> 00:20:46,089

had a regular therapist homeopathy and

339

00:20:44,019 --> 00:20:47,859

nothing was working and I finally went

340

00:20:46,089 --> 00:20:50,558

to mainstream medicine which I am loathe

341

00:20:47,859 --> 00:20:53,769

to do but I did and they just put me on

342

00:20:50,558 --> 00:20:56,648

some kind of stuff that I had to get off

343
00:20:53,769 --> 00:21:03,159
of it didn't really help it was it was

344
00:20:56,648 --> 00:21:05,648
some kind of steroid you know it was

345
00:21:03,159 --> 00:21:10,059
medicine for psychological problems

346
00:21:05,648 --> 00:21:12,428
anxiety medicine and so wait wait your

347
00:21:10,058 --> 00:21:15,398
feet hurt and they gave you anxiety

348
00:21:12,429 --> 00:21:17,200
medication they don't know what to do

349
00:21:15,398 --> 00:21:24,928
with what they call idiopathic

350
00:21:17,200 --> 00:21:28,298
neuropathy so I didn't I'm sorry okay so

351
00:21:24,929 --> 00:21:29,679
your feet were bothering what how no

352
00:21:28,298 --> 00:21:31,778
when you say if you were bothering you I

353
00:21:29,679 --> 00:21:33,999
mean obviously there's it can be really

354
00:21:31,778 --> 00:21:36,609
serious pain like plantar fasciitis and

355
00:21:33,999 --> 00:21:38,740
so on which I've had and it's no joy and

356
00:21:36,609 --> 00:21:41,408
there is absolutely no treat before it

357
00:21:38,740 --> 00:21:43,750
does in time but I mean what was your

358
00:21:41,409 --> 00:21:46,480
pain like it was like your whole foot

359
00:21:43,750 --> 00:21:48,490
hurt or it was Walker

360
00:21:46,480 --> 00:21:51,339
it was the hot

361
00:21:48,490 --> 00:21:55,690
cold stinging Bernie's okay and they

362
00:21:51,339 --> 00:21:58,119
they got really bad really bad and high

363
00:21:55,690 --> 00:22:00,850
I wasn't sure I even wanted to live

364
00:21:58,119 --> 00:22:03,250
anymore cuz vicodin and other things

365
00:22:00,849 --> 00:22:08,049
like that didn't really help and it was

366
00:22:03,250 --> 00:22:10,269
constant it came in spells came this

367
00:22:08,049 --> 00:22:13,480
spells at last 18 hours or so until I

368
00:22:10,269 --> 00:22:17,308
whoa whoa that's a pretty long yes it

369
00:22:13,480 --> 00:22:21,849
was long and I read a book that said

370
00:22:17,308 --> 00:22:24,609
that this might not be mine that this

371

00:22:21,849 --> 00:22:27,069
might belong to an ancestor and it

372
00:22:24,609 --> 00:22:29,889
suddenly dawned on me that my mother had

373
00:22:27,069 --> 00:22:31,990
told me that my father had terrible

374
00:22:29,890 --> 00:22:34,900
trouble with his feet in the Pacific in

375
00:22:31,990 --> 00:22:37,240
World War two mm-hmm and I just had this

376
00:22:34,900 --> 00:22:39,850
big flash and I got somebody to drive me

377
00:22:37,240 --> 00:22:42,730
down to South Carolina in a workshop

378
00:22:39,849 --> 00:22:44,949
where the guy that had written the book

379
00:22:42,730 --> 00:22:49,360
was leading the workshop and I had this

380
00:22:44,950 --> 00:22:51,670
constellation in which I basically gave

381
00:22:49,359 --> 00:22:54,479
back I mean I was care my father became

382
00:22:51,670 --> 00:22:58,240
an alcoholic and he never dealt with his

383
00:22:54,480 --> 00:23:00,279
experiences in the war there was no help

384
00:22:58,240 --> 00:23:06,308
back then did you understand me I mean

385
00:23:00,279 --> 00:23:08,710

they barely existed then right and I I

386

00:23:06,308 --> 00:23:11,379

had kind of a mystical experience and I

387

00:23:08,710 --> 00:23:14,860

actually ended up taking a walk in a

388

00:23:11,380 --> 00:23:18,130

graveyard after this constellation and

389

00:23:14,859 --> 00:23:20,289

had I it's hard I mean it's written in

390

00:23:18,130 --> 00:23:23,850

the prologue of the book it was a very

391

00:23:20,289 --> 00:23:26,319

profound experience and I just felt this

392

00:23:23,849 --> 00:23:30,250

honestly the truth is I felt all these

393

00:23:26,319 --> 00:23:31,899

these people in these graves saying to

394

00:23:30,250 --> 00:23:33,929

me listen you need to stay on the planet

395

00:23:31,900 --> 00:23:36,640

and learn how to do this and try to help

396

00:23:33,929 --> 00:23:39,070

mm-hmm

397

00:23:36,640 --> 00:23:41,350

and it took took maybe two or three

398

00:23:39,069 --> 00:23:43,769

months but the neuropathies basically

399

00:23:41,349 --> 00:23:46,629

went away on their own after that mm-hmm

400
00:23:43,769 --> 00:23:49,389
but but I was living my father's faith I

401
00:23:46,630 --> 00:23:51,130
mean he he never he never dealt with his

402
00:23:49,390 --> 00:23:54,280
experience do you understand me he just

403
00:23:51,130 --> 00:23:56,170
drowned himself in alcohol and that

404
00:23:54,279 --> 00:23:59,799
experience stayed in the family system

405
00:23:56,170 --> 00:24:02,289
and as his oldest son I held it for him

406
00:23:59,799 --> 00:24:04,329
it's it's a bonding

407
00:24:02,289 --> 00:24:09,430
that happens I think when your very very

408
00:24:04,329 --> 00:24:12,599
little very very young hmm I've seen

409
00:24:09,430 --> 00:24:15,160
things of this nature in my work with

410
00:24:12,599 --> 00:24:17,829
clients doing intuitive and psychic

411
00:24:15,160 --> 00:24:21,840
readings that sometimes they carry

412
00:24:17,829 --> 00:24:25,389
forward issues from their family group

413
00:24:21,839 --> 00:24:29,559
particularly immigrants do this a lot

414
00:24:25,390 --> 00:24:32,740
maybe almost more than general Americans

415
00:24:29,559 --> 00:24:34,839
but that might be that may or may not be

416
00:24:32,740 --> 00:24:38,589
true might just be my area of the

417
00:24:34,839 --> 00:24:44,889
experience that being said perhaps you

418
00:24:38,589 --> 00:24:49,119
would like to describe how a session

419
00:24:44,890 --> 00:24:52,300
what with one person might go in other

420
00:24:49,119 --> 00:24:55,239
words I understand from your book that

421
00:24:52,299 --> 00:24:57,639
there are generally a group of people

422
00:24:55,240 --> 00:25:01,059
anywhere from six to thirty people that

423
00:24:57,640 --> 00:25:03,340
gather in a circle in it's in this sort

424
00:25:01,059 --> 00:25:06,750
of it is a type of group therapy we'd

425
00:25:03,339 --> 00:25:08,889
have to say but what sets it apart and

426
00:25:06,750 --> 00:25:12,609
how does it proceed

427
00:25:08,890 --> 00:25:15,190
well there's this comes in two forms the

428

00:25:12,609 --> 00:25:17,199
one of them is the group form and it

429
00:25:15,190 --> 00:25:20,799
looks like unscripted psychodrama

430
00:25:17,200 --> 00:25:25,930
basically the other way is in private

431
00:25:20,799 --> 00:25:28,210
sessions you basically set up objects

432
00:25:25,930 --> 00:25:31,269
now I'm a shaman so I call them object

433
00:25:28,210 --> 00:25:33,340
persons which is like you know the

434
00:25:31,269 --> 00:25:35,829
Native Americans my teachers would talk

435
00:25:33,339 --> 00:25:38,649
about the stone people and the plant

436
00:25:35,829 --> 00:25:43,419
people and little little household

437
00:25:38,650 --> 00:25:46,090
objects get set up in a pattern and you

438
00:25:43,420 --> 00:25:49,509
and the client take turns going and

439
00:25:46,089 --> 00:25:52,959
playing this child's game of pretending

440
00:25:49,509 --> 00:25:56,920
to be whoever it is that that little

441
00:25:52,960 --> 00:25:59,860
object is representing so if you go over

442
00:25:56,920 --> 00:26:02,529

and you stand next to your dad's little

443

00:25:59,859 --> 00:26:04,559

object person you you try to become your

444

00:26:02,529 --> 00:26:07,980

dad and you try to look at the other

445

00:26:04,559 --> 00:26:10,450

other object persons the other

446

00:26:07,980 --> 00:26:14,079

representatives in the constellation as

447

00:26:10,450 --> 00:26:15,590

if you were dad so I'm not Michael I'm

448

00:26:14,079 --> 00:26:18,859

dad

449

00:26:15,589 --> 00:26:20,569

and I get I get my clients doing this I

450

00:26:18,859 --> 00:26:23,299

tell them it's a child game we're just

451

00:26:20,569 --> 00:26:25,849

playing dolls and so much of what I

452

00:26:23,299 --> 00:26:30,379

learned around shamanism was very

453

00:26:25,849 --> 00:26:32,809

childlike it's so too simple for for a

454

00:26:30,380 --> 00:26:34,790

lot of us to you know us educated people

455

00:26:32,809 --> 00:26:38,720

to deal with very easily but you

456

00:26:34,789 --> 00:26:40,639

basically feel into being that that

457
00:26:38,720 --> 00:26:42,890
person and you have this array of

458
00:26:40,640 --> 00:26:46,100
objects set out in some kind of pattern

459
00:26:42,890 --> 00:26:49,580
and as the constellation develops and

460
00:26:46,099 --> 00:26:52,549
you and the client take turns feeling

461
00:26:49,579 --> 00:26:55,069
into being different parts of the system

462
00:26:52,549 --> 00:26:58,190
you begin to get a sense of what the

463
00:26:55,069 --> 00:27:00,649
larger system is doing like where who's

464
00:26:58,190 --> 00:27:03,559
holding what who who what are the

465
00:27:00,650 --> 00:27:06,710
secrets what what needs to happen for

466
00:27:03,559 --> 00:27:09,049
the goal that the client came in with to

467
00:27:06,710 --> 00:27:12,019
become realizable as opposed to all

468
00:27:09,049 --> 00:27:15,079
blocked what sense am I making is this

469
00:27:12,019 --> 00:27:18,500
good so far yes it's good I wonder if

470
00:27:15,079 --> 00:27:21,019
you could give examples of maybe two or

471
00:27:18,500 --> 00:27:23,630
three or more types of goals people

472
00:27:21,019 --> 00:27:25,690
might typically either come to the group

473
00:27:23,630 --> 00:27:29,510
session or the personal session with

474
00:27:25,690 --> 00:27:32,840
well a very common one is I've got some

475
00:27:29,509 --> 00:27:36,049
kind of illness I've got like Michael's

476
00:27:32,839 --> 00:27:41,349
my neuropathies or I had a I had a

477
00:27:36,049 --> 00:27:43,730
person with with cancer and we set up

478
00:27:41,349 --> 00:27:45,079
now this is this is not a private

479
00:27:43,730 --> 00:27:46,849
constellation do you want a private

480
00:27:45,079 --> 00:27:48,859
constellation or a workshop or does it

481
00:27:46,849 --> 00:27:52,269
matter it doesn't really matter we just

482
00:27:48,859 --> 00:27:57,589
want to know um how this modality works

483
00:27:52,269 --> 00:28:00,559
this was a group and we set up a mother

484
00:27:57,589 --> 00:28:02,119
the clients mother we you you set up a

485

00:28:00,559 --> 00:28:04,940
representative for the client the client

486
00:28:02,119 --> 00:28:07,639
sits next to you and watches so that the

487
00:28:04,940 --> 00:28:10,910
client can get a sense of looking at the

488
00:28:07,640 --> 00:28:12,800
system from the outside and it may be at

489
00:28:10,910 --> 00:28:16,220
the end you'll put the client into in

490
00:28:12,799 --> 00:28:19,339
for the representative but often

491
00:28:16,220 --> 00:28:21,430
sometimes not anyway we set up her the

492
00:28:19,339 --> 00:28:25,849
clients mother we set up a grandmother

493
00:28:21,430 --> 00:28:28,750
who had lived in some town in Germany

494
00:28:25,849 --> 00:28:28,750
and

495
00:28:28,769 --> 00:28:33,779
and I also set up the cancer I had a

496
00:28:31,650 --> 00:28:35,850
representative for the cancer so the

497
00:28:33,779 --> 00:28:39,149
cancer was like a being in other words

498
00:28:35,849 --> 00:28:44,459
the cancer was where were personifying

499
00:28:39,150 --> 00:28:48,780

everything here and we set up a woman

500

00:28:44,460 --> 00:28:50,519

who was the cancer and the cancer when

501

00:28:48,779 --> 00:28:52,379

we watch that in this kind of

502

00:28:50,519 --> 00:28:55,680

constellation we're watching the

503

00:28:52,380 --> 00:28:58,830

behavior of the representatives and this

504

00:28:55,680 --> 00:29:02,340

happens slowly it happens without a lot

505

00:28:58,829 --> 00:29:04,409

of words in some cases it might take an

506

00:29:02,339 --> 00:29:08,549

hour and a half or two hours to develop

507

00:29:04,410 --> 00:29:11,490

but the cancer was the cancer was the

508

00:29:08,549 --> 00:29:14,399

the person representing the cancer kept

509

00:29:11,490 --> 00:29:17,789

coming around and seeming like she was

510

00:29:14,400 --> 00:29:21,870

trying to protect the person who had the

511

00:29:17,789 --> 00:29:25,409

cancer and so of course we start to ask

512

00:29:21,869 --> 00:29:28,649

you know what what is this disease doing

513

00:29:25,410 --> 00:29:31,290

what is it here for and in this case

514
00:29:28,650 --> 00:29:33,030
this went back to this town in Germany I

515
00:29:31,289 --> 00:29:35,809
don't know if I can remember all the

516
00:29:33,029 --> 00:29:38,160
details but there was the grandmother

517
00:29:35,809 --> 00:29:43,500
something happened to the grandmother in

518
00:29:38,160 --> 00:29:49,519
Germany and she was very very she was

519
00:29:43,500 --> 00:29:54,269
ostracized and you know sort of cast out

520
00:29:49,519 --> 00:30:01,170
and the the cancer was trying to somehow

521
00:29:54,269 --> 00:30:03,180
get get this get the grandmother deal

522
00:30:01,170 --> 00:30:07,650
with the issues that the grandmother had

523
00:30:03,180 --> 00:30:09,330
never dealt with I don't know this is

524
00:30:07,650 --> 00:30:11,220
kind of hard to talk about and I may not

525
00:30:09,329 --> 00:30:16,289
be making as much sense as I would like

526
00:30:11,220 --> 00:30:21,329
but the resolution of this was in fact

527
00:30:16,289 --> 00:30:24,480
that we had to go back and I mean this

528
00:30:21,329 --> 00:30:28,980
gets complicated folks we've had to go

529
00:30:24,480 --> 00:30:32,220
back and help the soul of this

530
00:30:28,980 --> 00:30:35,789
grandmother who had suffered greatly and

531
00:30:32,220 --> 00:30:38,880
had never never happened helped with it

532
00:30:35,789 --> 00:30:41,339
never had any clarity around it

533
00:30:38,880 --> 00:30:42,750
should I keep on going on yeah yeah I

534
00:30:41,339 --> 00:30:45,480
was just thinking the person

535
00:30:42,750 --> 00:30:47,519
had the cancer had no direct connection

536
00:30:45,480 --> 00:30:50,789
with the grandmother I mean she had

537
00:30:47,519 --> 00:30:54,000
already passed on she would yes she had

538
00:30:50,789 --> 00:30:56,399
passed on this this one was very bonded

539
00:30:54,000 --> 00:30:59,519
to this grandmother oh she will new her

540
00:30:56,400 --> 00:31:02,880
in other words they were that was her

541
00:30:59,519 --> 00:31:03,569
favorite ancestor okay I mean but did

542

00:31:02,880 --> 00:31:05,730
she

543
00:31:03,569 --> 00:31:09,450
the woman was alive at the time she knew

544
00:31:05,730 --> 00:31:12,870
her or not the grandma was still alive

545
00:31:09,450 --> 00:31:14,340
when this person who had the cancer well

546
00:31:12,869 --> 00:31:16,889
the person who had the cancer was in her

547
00:31:14,339 --> 00:31:19,079
60s so the grandmother was gone right

548
00:31:16,890 --> 00:31:21,750
but as a child this woman did know the

549
00:31:19,079 --> 00:31:24,299
grandmother yeah okay okay so you sort

550
00:31:21,750 --> 00:31:27,599
of have to have it can't be like a

551
00:31:24,299 --> 00:31:33,299
distant ancestor that you never met it

552
00:31:27,599 --> 00:31:35,759
might be oh but she had a close bond to

553
00:31:33,299 --> 00:31:37,680
this lady that was ostracized and was

554
00:31:35,759 --> 00:31:40,379
suffering and couldn't really resolve

555
00:31:37,680 --> 00:31:43,650
that issue was she being shunned like in

556
00:31:40,380 --> 00:31:45,870

that in the typical European manner this

557

00:31:43,650 --> 00:31:47,820
was this was breast I'm trying to

558

00:31:45,869 --> 00:31:51,029
remember this this was breast cancer I

559

00:31:47,819 --> 00:31:54,230
believe and this this grandmother had

560

00:31:51,029 --> 00:31:58,740
had a child out of wedlock and had been

561

00:31:54,230 --> 00:32:02,579
ostracized and the the the you know the

562

00:31:58,740 --> 00:32:05,130
connection was around you know Maternity

563

00:32:02,579 --> 00:32:08,879
basically was around okay

564

00:32:05,130 --> 00:32:10,680
but what we're trying to do this gets

565

00:32:08,880 --> 00:32:13,470
into what happens after people die I

566

00:32:10,680 --> 00:32:15,210
mean I think is you you guys probably

567

00:32:13,470 --> 00:32:18,630
have talked about people don't just

568

00:32:15,210 --> 00:32:21,090
disappear when they die their souls if

569

00:32:18,630 --> 00:32:23,940
they have entanglements if they're if

570

00:32:21,089 --> 00:32:25,949
they're if they've got children and

571
00:32:23,940 --> 00:32:29,820
grandchildren who are carrying their

572
00:32:25,950 --> 00:32:31,470
fate who are living lives where they're

573
00:32:29,819 --> 00:32:33,359
walking around and instead of

574
00:32:31,470 --> 00:32:35,789
experiencing their own life they've got

575
00:32:33,359 --> 00:32:38,219
a huge block that really belongs to a

576
00:32:35,789 --> 00:32:40,529
grandparent then that grandparent

577
00:32:38,220 --> 00:32:43,710
doesn't seem to go all the way into the

578
00:32:40,529 --> 00:32:47,009
light that grandparent seems to stay in

579
00:32:43,710 --> 00:32:49,440
the astral or mental if whatever I would

580
00:32:47,009 --> 00:32:52,230
guess those if you want to talk that way

581
00:32:49,440 --> 00:32:54,269
and what we're doing in the

582
00:32:52,230 --> 00:32:56,099
constellation is lending our

583
00:32:54,269 --> 00:32:58,730
consciousness lending our

584
00:32:56,099 --> 00:33:02,369
lending our physical and etheric bodies

585
00:32:58,730 --> 00:33:06,690
to these to these you know deceased

586
00:33:02,369 --> 00:33:09,239
people that aren't present and helping

587
00:33:06,690 --> 00:33:12,090
them accept what happened to them

588
00:33:09,240 --> 00:33:14,670
and giving them some support and comfort

589
00:33:12,089 --> 00:33:18,209
around what happened to them and thereby

590
00:33:14,670 --> 00:33:20,220
trying to free the client from carrying

591
00:33:18,210 --> 00:33:23,250
it for them carrying the burden of the

592
00:33:20,220 --> 00:33:25,079
ancestor yes yes exactly

593
00:33:23,250 --> 00:33:27,779
and you seem to have success with this

594
00:33:25,079 --> 00:33:30,389
obviously it's it's I mean it doesn't

595
00:33:27,779 --> 00:33:33,299
work all the time yes it did the cancer

596
00:33:30,390 --> 00:33:35,430
disappeared within a couple months I

597
00:33:33,299 --> 00:33:37,319
have to say to be honest I believe it

598
00:33:35,430 --> 00:33:39,299
came back two or three years later and I

599

00:33:37,319 --> 00:33:40,799
wasn't involved in that but it did go

600
00:33:39,299 --> 00:33:44,819
away mm-hmm

601
00:33:40,799 --> 00:33:47,099
there are a lot of uncanny successes in

602
00:33:44,819 --> 00:33:50,609
this work people are doing this all over

603
00:33:47,099 --> 00:33:53,879
the world literally all over the world

604
00:33:50,609 --> 00:33:58,469
it's it's still very it's not very

605
00:33:53,880 --> 00:34:00,030
organized people kind of you know

606
00:33:58,470 --> 00:34:01,740
there's no there's no professional

607
00:34:00,029 --> 00:34:03,899
Society in the United States yet or

608
00:34:01,740 --> 00:34:06,930
anything like that there's there's one

609
00:34:03,900 --> 00:34:08,700
in in Europe the International systemic

610
00:34:06,930 --> 00:34:10,530
constellation Association but it's

611
00:34:08,699 --> 00:34:12,869
fallen to pieces a couple times and then

612
00:34:10,530 --> 00:34:17,730
put back together again it's still very

613
00:34:12,869 --> 00:34:20,130

new and Bert Hellinger is a kind of he's

614

00:34:17,730 --> 00:34:23,789

kind of like a mountain man he he will

615

00:34:20,130 --> 00:34:26,340

he just you know he explored but he's

616

00:34:23,789 --> 00:34:28,769

not a great example for therapists to

617

00:34:26,340 --> 00:34:31,110

follow and he's not going to build roads

618

00:34:28,769 --> 00:34:34,619

for people did you understand me he's

619

00:34:31,110 --> 00:34:37,950

not going to help people get to the

620

00:34:34,619 --> 00:34:41,009

place that he's gotten to let me ask a

621

00:34:37,949 --> 00:34:45,179

question about what do you do if there's

622

00:34:41,010 --> 00:34:47,640

somebody who has no family or very

623

00:34:45,179 --> 00:34:51,059

little family and has one of these

624

00:34:47,639 --> 00:34:53,940

problems yeah okay so I worked at one

625

00:34:51,059 --> 00:34:55,980

point with a Korean War baby and if you

626

00:34:53,940 --> 00:34:58,079

know what a Korean war baby is it's

627

00:34:55,980 --> 00:35:00,960

during the Korean War there were all

628
00:34:58,079 --> 00:35:03,929
these parentless children who were

629
00:35:00,960 --> 00:35:06,030
shipped over to the United States they

630
00:35:03,929 --> 00:35:08,789
were orphans and they were called the

631
00:35:06,030 --> 00:35:10,019
Korean War babies so I did a

632
00:35:08,789 --> 00:35:13,590
constellation with

633
00:35:10,019 --> 00:35:18,449
with a woman in her 30s several years

634
00:35:13,590 --> 00:35:21,480
ago who was a Korean War baby and you

635
00:35:18,449 --> 00:35:23,969
know we didn't really know anything and

636
00:35:21,480 --> 00:35:26,010
we just knew that she had an adopted

637
00:35:23,969 --> 00:35:28,589
family and we weren't interested in that

638
00:35:26,010 --> 00:35:31,740
at this point though in some cases we

639
00:35:28,590 --> 00:35:33,600
might be but we weren't so I said you

640
00:35:31,739 --> 00:35:36,689
know we set up and this was a one-to-one

641
00:35:33,599 --> 00:35:39,869
constellation we set up an object person

642
00:35:36,690 --> 00:35:43,139
for her birth father and one for her

643
00:35:39,869 --> 00:35:47,099
birth mother and we took turns and went

644
00:35:43,139 --> 00:35:49,199
and stood and felt in to the father and

645
00:35:47,099 --> 00:35:52,529
the mother and you get all kinds of

646
00:35:49,199 --> 00:35:56,879
different reactions he this is a this is

647
00:35:52,530 --> 00:35:59,220
a form of channeling and the reaction we

648
00:35:56,880 --> 00:36:02,039
both got without comparing them I mean I

649
00:35:59,219 --> 00:36:03,839
don't tell them what I am experiencing I

650
00:36:02,039 --> 00:36:05,849
usually let the client tell me first

651
00:36:03,840 --> 00:36:07,200
because I don't want to impose you know

652
00:36:05,849 --> 00:36:09,929
I'm the authority and I don't want to

653
00:36:07,199 --> 00:36:12,389
impose on them but we both felt that

654
00:36:09,929 --> 00:36:15,539
both parents were very very interested

655
00:36:12,389 --> 00:36:18,000
in this person they were not they were

656

00:36:15,539 --> 00:36:21,090
not it's like they didn't get rid of her

657
00:36:18,000 --> 00:36:24,869
willingly or anything and at that point

658
00:36:21,090 --> 00:36:27,300
the client remembered that the only fact

659
00:36:24,869 --> 00:36:29,849
that she knew and we hadn't said

660
00:36:27,300 --> 00:36:32,910
anything about this before the only fact

661
00:36:29,849 --> 00:36:35,639
that she knew was that they had left her

662
00:36:32,909 --> 00:36:38,849
in a trash can right by the police

663
00:36:35,639 --> 00:36:41,489
station and the client had always felt

664
00:36:38,849 --> 00:36:45,449
like this meant that they had thrown her

665
00:36:41,489 --> 00:36:48,119
out and in the course of this you know

666
00:36:45,449 --> 00:36:51,029
feeling into the parents and feeling the

667
00:36:48,119 --> 00:36:53,519
energies of the parents that there was

668
00:36:51,030 --> 00:36:56,940
this huge cognitive shift in the client

669
00:36:53,519 --> 00:36:59,429
it was like oh my god my my parents

670
00:36:56,940 --> 00:37:01,440

loved me deeply and they could not take

671

00:36:59,429 --> 00:37:04,529

care of me and the best they could do

672

00:37:01,440 --> 00:37:08,340

for me was put me where they knew the

673

00:37:04,530 --> 00:37:11,640

police would find me and she walked out

674

00:37:08,340 --> 00:37:13,680

of that constellation in some sense now

675

00:37:11,639 --> 00:37:16,289

is this fact I mean I don't know what

676

00:37:13,679 --> 00:37:19,469

but it changed her does that make sense

677

00:37:16,289 --> 00:37:20,750

yes it does it makes a lot of sense it

678

00:37:19,469 --> 00:37:24,219

makes a lot of sense

679

00:37:20,750 --> 00:37:27,190

suddenly felt that she had been loved

680

00:37:24,219 --> 00:37:28,659

in a tragic and difficult situation I

681

00:37:27,190 --> 00:37:32,679

made all the difference in the world to

682

00:37:28,659 --> 00:37:35,858

her it makes a lot of sense and for some

683

00:37:32,679 --> 00:37:39,219

reason I I have to mention this even

684

00:37:35,858 --> 00:37:43,150

though it's a slightly off topic that in

685
00:37:39,219 --> 00:37:46,118
Japan in past generations it was

686
00:37:43,150 --> 00:37:51,849
considered extraordinarily unlucky to be

687
00:37:46,119 --> 00:37:56,410
a twin and families often took one of

688
00:37:51,849 --> 00:37:59,019
the twins and gave them to a person who

689
00:37:56,409 --> 00:38:02,469
might be a farmer or in a rural

690
00:37:59,018 --> 00:38:05,348
neighborhood as a and gave them maybe

691
00:38:02,469 --> 00:38:09,009
some money or something to adopt the

692
00:38:05,349 --> 00:38:12,249
twin and I've read some like very moving

693
00:38:09,009 --> 00:38:15,039
literature about what it's like to be

694
00:38:12,248 --> 00:38:18,399
one of the one of those rejected twins

695
00:38:15,039 --> 00:38:21,970
in Japan that I believe the practices

696
00:38:18,400 --> 00:38:25,239
now stopped but it was going on up until

697
00:38:21,969 --> 00:38:27,548
let's say before the Second World War

698
00:38:25,239 --> 00:38:29,289
that's an aside and it doesn't exactly

699
00:38:27,548 --> 00:38:30,940
have to do with what you were saying but

700
00:38:29,289 --> 00:38:33,400
I couldn't help thinking of it when you

701
00:38:30,940 --> 00:38:37,329
were telling the story of the Korean War

702
00:38:33,400 --> 00:38:41,440
baby which was very moving do you want

703
00:38:37,329 --> 00:38:44,769
to mention anything about your website

704
00:38:41,440 --> 00:38:48,220
or maybe where people can take a look at

705
00:38:44,768 --> 00:38:55,738
a film of one of these constellations

706
00:38:48,219 --> 00:38:55,738
happening so my website is WWE

707
00:38:56,048 --> 00:39:07,150
double DUI it's not re ad Y and you can

708
00:39:02,710 --> 00:39:11,710
see some people in Munich have put

709
00:39:07,150 --> 00:39:14,710
together a a cloud-based software system

710
00:39:11,710 --> 00:39:16,298
in which you have these 3d avatars that

711
00:39:14,710 --> 00:39:18,249
you can use to set up remote

712
00:39:16,298 --> 00:39:22,509
constellations on both you and the

713

00:39:18,248 --> 00:39:26,409
client can see these and so I have this

714
00:39:22,509 --> 00:39:30,248
15 minute model of a constellation done

715
00:39:26,409 --> 00:39:37,599
with these 3d avatars and that's just

716
00:39:30,248 --> 00:39:43,149
that is at tiny URL right tiny URL STI

717
00:39:37,599 --> 00:39:47,170
my url dot-com forward slash and then

718
00:39:43,150 --> 00:39:49,599
just constellation 3d its numeral three

719
00:39:47,170 --> 00:39:52,680
and D and that's that is probably the

720
00:39:49,599 --> 00:39:55,599
most compact picture of a constellation

721
00:39:52,679 --> 00:39:58,119
anywhere in the world that's on the web

722
00:39:55,599 --> 00:40:01,360
well that sounds like it would be really

723
00:39:58,119 --> 00:40:04,809
good for our listeners because I think

724
00:40:01,360 --> 00:40:07,990
that they will then be able to more

725
00:40:04,809 --> 00:40:11,170
clearly conceptualize what it is that

726
00:40:07,989 --> 00:40:13,829
happens don't you yeah I I think it's a

727
00:40:11,170 --> 00:40:18,700

very wonderful teaching tool frankly

728

00:40:13,829 --> 00:40:21,369

okay so moving away from this just a

729

00:40:18,699 --> 00:40:26,739

little bit and talking a little bit

730

00:40:21,369 --> 00:40:28,779

about your work as a shaman a prior to

731

00:40:26,739 --> 00:40:31,809

getting involved with the constellations

732

00:40:28,780 --> 00:40:37,900

which I realize can be seen as a form of

733

00:40:31,809 --> 00:40:40,539

shamanism in itself indeed yes so tell

734

00:40:37,900 --> 00:40:45,820

us about your training with a Sun Bear

735

00:40:40,539 --> 00:40:49,719

for instance I apprenticed formally to

736

00:40:45,820 --> 00:40:58,120

Sun bear in 1986 and was apprentice to

737

00:40:49,719 --> 00:41:02,139

him through 92 when he died I in 1989

738

00:40:58,119 --> 00:41:04,299

I organized and ran the something called

739

00:41:02,139 --> 00:41:07,299

the lower Hudson bear tribe Sun bears

740

00:41:04,300 --> 00:41:09,670

group was called a bear tribe right and

741

00:41:07,300 --> 00:41:11,170

the lower Hudson bear tribe which we

742
00:41:09,670 --> 00:41:12,579
called it lower Hudson because we didn't

743
00:41:11,170 --> 00:41:14,980
want to use the word New York City

744
00:41:12,579 --> 00:41:19,960
mm-hmm but basically it was New York

745
00:41:14,980 --> 00:41:22,179
City based and and also it went up into

746
00:41:19,960 --> 00:41:25,869
the Catskills too so so it was lower

747
00:41:22,179 --> 00:41:28,359
Hudson but we we became the largest of

748
00:41:25,869 --> 00:41:31,059
the local groups we had a 500-person

749
00:41:28,360 --> 00:41:35,730
mailing list back in the 90s when it was

750
00:41:31,059 --> 00:41:39,670
really mail physical mail right and

751
00:41:35,730 --> 00:41:43,539
basically we had various elders come and

752
00:41:39,670 --> 00:41:47,409
teach and I slowly learned to do various

753
00:41:43,539 --> 00:41:50,079
rituals and ceremonies and I have to say

754
00:41:47,409 --> 00:41:51,788
however though I was you know was an M

755
00:41:50,079 --> 00:41:55,699
mate all

756
00:41:51,789 --> 00:42:00,319
educated white man so there was always

757
00:41:55,699 --> 00:42:02,210
some flak around me and and you probably

758
00:42:00,318 --> 00:42:06,679
know Sunbear was controversial too

759
00:42:02,210 --> 00:42:08,750
because he was one of the many Native

760
00:42:06,679 --> 00:42:11,179
American indigenous people who felt that

761
00:42:08,750 --> 00:42:12,889
the medicine should be shared that it

762
00:42:11,179 --> 00:42:15,528
was too important that it was a

763
00:42:12,889 --> 00:42:19,068
spiritual legacy you know for the whole

764
00:42:15,528 --> 00:42:21,440
world and that if it wasn't shared it

765
00:42:19,068 --> 00:42:25,389
would it would not help save the planet

766
00:42:21,440 --> 00:42:28,190
and it would perhaps fail the other

767
00:42:25,389 --> 00:42:32,480
perspective on that which we heard

768
00:42:28,190 --> 00:42:36,108
constantly from many sources was you're

769
00:42:32,480 --> 00:42:37,909
stealing our religion that really

770

00:42:36,108 --> 00:42:40,278
doesn't make sense if I take a nickel

771
00:42:37,909 --> 00:42:42,828
from you you don't have it anymore

772
00:42:40,278 --> 00:42:45,559
but if I take your way of life and

773
00:42:42,829 --> 00:42:48,798
Sicily learn it and practice it and

774
00:42:45,559 --> 00:42:52,250
spread it you still have it and a lot of

775
00:42:48,798 --> 00:42:54,170
other people have it too yes and I never

776
00:42:52,250 --> 00:42:56,599
made any money I'm not like Lynne

777
00:42:54,170 --> 00:42:59,119
what's-her-name who you know I'm not

778
00:42:56,599 --> 00:43:01,278
Carlos Castaneda I didn't ever write

779
00:42:59,119 --> 00:43:09,970
books and you know I went bankrupt doing

780
00:43:01,278 --> 00:43:14,809
this frankly but it we you know we we we

781
00:43:09,969 --> 00:43:17,209
brought a lot of elders I and some of

782
00:43:14,809 --> 00:43:19,278
them some of them you know I can names I

783
00:43:17,210 --> 00:43:22,670
can mention and others don't want their

784
00:43:19,278 --> 00:43:26,449

names mentioned in in conjunction with

785

00:43:22,670 --> 00:43:29,450

either me or Sunbear because there was

786

00:43:26,449 --> 00:43:32,480

just you know we were called the plastic

787

00:43:29,449 --> 00:43:35,439

medicine people out there may I ask you

788

00:43:32,480 --> 00:43:39,108

if there were a lot of Vietnam vets

789

00:43:35,440 --> 00:43:43,130

involved in this group this lower Hudson

790

00:43:39,108 --> 00:43:45,409

Sun bear group son there were some I

791

00:43:43,130 --> 00:43:46,338

wouldn't say a lot I can think of three

792

00:43:45,409 --> 00:43:52,788

offhand

793

00:43:46,338 --> 00:43:57,619

okay when in the 90s I was a student at

794

00:43:52,789 --> 00:44:00,620

jeevan mukti yoga studio run by David

795

00:43:57,619 --> 00:44:03,590

Lyfe and Sharon Gannon

796

00:44:00,619 --> 00:44:06,109

they had every once in a while every

797

00:44:03,590 --> 00:44:08,690

couple of months or maybe as often as

798

00:44:06,110 --> 00:44:12,950

once a month from time to time a guest

799

00:44:08,690 --> 00:44:17,829

come to their yoga studio which was then

800

00:44:12,949 --> 00:44:22,909

on Second Avenue around ninth Street and

801

00:44:17,829 --> 00:44:27,460

one evening they had Sunbear there and I

802

00:44:22,909 --> 00:44:31,909

went to this gathering and I was

803

00:44:27,460 --> 00:44:34,550

interested in what he was doing and he

804

00:44:31,909 --> 00:44:36,649

had a nice evening with some chanting

805

00:44:34,550 --> 00:44:39,769

and drumming and some other stuff and he

806

00:44:36,650 --> 00:44:42,920

asked everybody to stand up and say

807

00:44:39,769 --> 00:44:45,230

where their ancestry was from I I never

808

00:44:42,920 --> 00:44:51,170

understood why he wanted to know that

809

00:44:45,230 --> 00:44:53,630

but he did and then I liked it I was I

810

00:44:51,170 --> 00:44:55,700

thought he was a decent a very decent

811

00:44:53,630 --> 00:44:58,490

individual you know a very heartfelt

812

00:44:55,699 --> 00:45:01,129

indecent individual but I really didn't

813
00:44:58,489 --> 00:45:06,709
know what to think beyond that but when

814
00:45:01,130 --> 00:45:08,900
I got home from that event other people

815
00:45:06,710 --> 00:45:10,220
were going to be going out but I I don't

816
00:45:08,900 --> 00:45:12,590
know I didn't have the money or I didn't

817
00:45:10,219 --> 00:45:14,779
have the time or whatever and I kind of

818
00:45:12,590 --> 00:45:17,840
missed going out with the group but I

819
00:45:14,780 --> 00:45:21,890
came back home and all of a sudden I

820
00:45:17,840 --> 00:45:25,160
found myself running around my living

821
00:45:21,889 --> 00:45:28,609
room in circles just running around I

822
00:45:25,159 --> 00:45:32,239
had to do it it sounds sort of crazy but

823
00:45:28,610 --> 00:45:35,870
it was as though this energy was

824
00:45:32,239 --> 00:45:38,750
transmitted to me in some way that I

825
00:45:35,869 --> 00:45:41,359
cannot to this day explain I mean I can

826
00:45:38,750 --> 00:45:43,610
explain it but I can't really say for

827

00:45:41,360 --> 00:45:48,730
certainty that that's what happened but

828
00:45:43,610 --> 00:45:52,130
this is not not my my normal way of

829
00:45:48,730 --> 00:45:55,219
acting I don't generally run around my

830
00:45:52,130 --> 00:45:57,349
living room kind of in circles sort of

831
00:45:55,219 --> 00:45:59,869
whooping it up a little bit and it was

832
00:45:57,349 --> 00:46:03,739
no music nothing I do dance and I enjoy

833
00:45:59,869 --> 00:46:06,019
dancing but this was just hours at least

834
00:46:03,739 --> 00:46:10,179
two hours of running around in a circle

835
00:46:06,019 --> 00:46:13,759
basically and I'm not generally hyper

836
00:46:10,179 --> 00:46:14,419
can I ask you a question sure so how

837
00:46:13,760 --> 00:46:19,760
were you feel

838
00:46:14,420 --> 00:46:22,278
as this happened a little bit excited a

839
00:46:19,760 --> 00:46:25,220
little bit just filled with energy

840
00:46:22,278 --> 00:46:27,500
really it's it's all about energy I was

841
00:46:25,219 --> 00:46:30,649

filled with energy I did not feel

842

00:46:27,500 --> 00:46:32,750

unhappy I wouldn't say I felt in any way

843

00:46:30,650 --> 00:46:35,900

sad but I wouldn't say that I was

844

00:46:32,750 --> 00:46:37,880

exactly joyous but I was more on the

845

00:46:35,900 --> 00:46:39,980

positive side of the needle than the

846

00:46:37,880 --> 00:46:43,579

negative side of the needle but I just

847

00:46:39,980 --> 00:46:46,608

thought as a person who obviously knew

848

00:46:43,579 --> 00:46:50,000

Sunbear you might be able to shed some

849

00:46:46,608 --> 00:46:52,400

light on this conundrum of mine well I

850

00:46:50,000 --> 00:46:53,659

mean a couple things come to mind can

851

00:46:52,400 --> 00:46:57,170

may I ask you another question

852

00:46:53,659 --> 00:46:59,000

oh yeah which hand was towards the

853

00:46:57,170 --> 00:47:02,838

center of the circle your right hand or

854

00:46:59,000 --> 00:47:06,528

your left hand do you remember you know

855

00:47:02,838 --> 00:47:10,268

I believe my right hand was but I to say

856
00:47:06,528 --> 00:47:14,358
that I knew that that I know that now

857
00:47:10,268 --> 00:47:18,018
twenty odd years later would be saying

858
00:47:14,358 --> 00:47:22,848
as much you know almost all indigenous

859
00:47:18,018 --> 00:47:25,959
societies dance around a fire you can go

860
00:47:22,849 --> 00:47:30,200
to neo pagan festivals to this day and

861
00:47:25,960 --> 00:47:32,240
you you'll get big fires at night with a

862
00:47:30,199 --> 00:47:35,179
lot of drummers and a lot of dancers and

863
00:47:32,239 --> 00:47:37,750
they're they're typically moving sunwise

864
00:47:35,179 --> 00:47:40,250
that is to say with their right hand

865
00:47:37,750 --> 00:47:43,358
towards the center of the circle or

866
00:47:40,250 --> 00:47:46,250
towards the fire around the circle so

867
00:47:43,358 --> 00:47:48,259
the form I mean the first thing that

868
00:47:46,250 --> 00:47:51,259
strikes me is the form of what you were

869
00:47:48,259 --> 00:47:52,849
doing is an indigenous dance form I

870
00:47:51,259 --> 00:47:55,219
don't know I mean what are you really

871
00:47:52,849 --> 00:47:57,470
running or were you you were moving

872
00:47:55,219 --> 00:48:00,288
quickly I was moving quickly

873
00:47:57,469 --> 00:48:02,899
I went from I think sometimes I was

874
00:48:00,289 --> 00:48:05,059
actually running but I I don't

875
00:48:02,900 --> 00:48:08,000
you've seen me Michael and you know that

876
00:48:05,059 --> 00:48:12,470
I'm not exactly Swift in my my movements

877
00:48:08,000 --> 00:48:14,838
so I wasn't really fast running fast if

878
00:48:12,469 --> 00:48:18,018
I was running but it was I felt

879
00:48:14,838 --> 00:48:22,068
compelled to do it and this is not my

880
00:48:18,018 --> 00:48:26,598
normal behavior I am by and large a very

881
00:48:22,068 --> 00:48:28,338
spiritual but not a joiner per se and it

882
00:48:26,599 --> 00:48:31,039
was an unusual

883
00:48:28,338 --> 00:48:33,920
variance for me let me say that one more

884

00:48:31,039 --> 00:48:35,660
question sure as long as I get to say no

885
00:48:33,920 --> 00:48:36,489
if I don't want to answer no go ahead

886
00:48:35,659 --> 00:48:40,190
Michael

887
00:48:36,489 --> 00:48:47,769
what is your ethnicity what is your

888
00:48:40,190 --> 00:48:51,318
ancestry at Northern European okay just

889
00:48:47,768 --> 00:48:54,768
unfortunately not not any Native

890
00:48:51,318 --> 00:48:58,548
American at all as far as you know the

891
00:48:54,768 --> 00:49:02,238
the people at the at the genome testing

892
00:48:58,548 --> 00:49:04,009
thing tell me well there's there's two

893
00:49:02,239 --> 00:49:07,639
ways to look at this Native American

894
00:49:04,009 --> 00:49:10,369
thing right I don't think that the souls

895
00:49:07,639 --> 00:49:12,739
that were incarnated into Native

896
00:49:10,369 --> 00:49:15,528
American bodies two three four hundred

897
00:49:12,739 --> 00:49:18,108
years ago are the same kind of souls

898
00:49:15,528 --> 00:49:21,170

that are incarnated into Native American

899

00:49:18,108 --> 00:49:25,098

bodies now and I don't know what sort of

900

00:49:21,170 --> 00:49:28,719

past life stuff you have but but you're

901

00:49:25,099 --> 00:49:33,769

you were doing an indigenous dance form

902

00:49:28,719 --> 00:49:38,900

somehow compulsively and I find that

903

00:49:33,768 --> 00:49:41,899

first of all fascinating and you know

904

00:49:38,900 --> 00:49:44,749

we'll we'll see if I can't feel into

905

00:49:41,900 --> 00:49:46,608

that a little bit okay I practice I do

906

00:49:44,748 --> 00:49:48,679

something called slow intuition people

907

00:49:46,608 --> 00:49:50,719

asked me questions about a dream or

908

00:49:48,679 --> 00:49:52,669

something and I say well give me a

909

00:49:50,719 --> 00:49:54,469

little bit sometimes that means sleeping

910

00:49:52,670 --> 00:49:57,829

on it overnight I sit on these things

911

00:49:54,469 --> 00:50:01,219

like eggs and they hatch the symbols

912

00:49:57,829 --> 00:50:03,950

hatch out indeed indeed I do know what

913
00:50:01,219 --> 00:50:06,349
you're saying and I just wanted to throw

914
00:50:03,949 --> 00:50:09,828
that out there because of my one

915
00:50:06,349 --> 00:50:12,469
connection with mr. Sun bear there who

916
00:50:09,829 --> 00:50:15,440
is no longer with us I believe and sadly

917
00:50:12,469 --> 00:50:18,108
missed well I mean you obviously were

918
00:50:15,440 --> 00:50:21,889
energized and second of all you were

919
00:50:18,108 --> 00:50:25,940
moving in a sacred circle yes so that

920
00:50:21,889 --> 00:50:28,338
much we can say what else that had to do

921
00:50:25,940 --> 00:50:30,528
with anything I don't know at this point

922
00:50:28,338 --> 00:50:33,469
but it's fascinating well we can take

923
00:50:30,528 --> 00:50:35,900
this up at a later date you know but I

924
00:50:33,469 --> 00:50:37,729
thought that maybe the our listeners

925
00:50:35,900 --> 00:50:40,548
would find that to be kind of an

926
00:50:37,728 --> 00:50:42,199
interesting experience because it was I

927
00:50:40,548 --> 00:50:44,710
would describe it

928
00:50:42,199 --> 00:50:50,328
an unexpected transmission of energy

929
00:50:44,710 --> 00:50:52,429
yeah I hear you well I just to get back

930
00:50:50,329 --> 00:50:54,740
to the healing aspect of this I mean

931
00:50:52,429 --> 00:50:58,940
certainly psychosomatic medicine has

932
00:50:54,739 --> 00:51:01,549
some I guess some belief within modern

933
00:50:58,940 --> 00:51:05,289
medicine and it seems like I mean to use

934
00:51:01,550 --> 00:51:08,240
a really trite term mind over matter and

935
00:51:05,289 --> 00:51:12,050
as someone who has absolutely no

936
00:51:08,239 --> 00:51:13,939
experiences to the different modalities

937
00:51:12,050 --> 00:51:18,800
that you're speaking about it just

938
00:51:13,940 --> 00:51:24,349
strikes me as being something of giving

939
00:51:18,800 --> 00:51:26,720
a person not an excuse but like no not a

940
00:51:24,349 --> 00:51:31,030
message just relieving them the

941

00:51:26,719 --> 00:51:34,389
responsibility of not adhering to a

942
00:51:31,030 --> 00:51:38,180
modality that they are familiar with but

943
00:51:34,389 --> 00:51:42,549
actually utilizing something other than

944
00:51:38,179 --> 00:51:45,379
that but sort of freeing themselves from

945
00:51:42,550 --> 00:51:47,510
the bondage of Western medicine if you

946
00:51:45,380 --> 00:51:50,380
will but you know certainly of the mind

947
00:51:47,510 --> 00:51:53,089
does have a lot of ability to heal and

948
00:51:50,380 --> 00:51:55,369
most of us don't believe that it does

949
00:51:53,088 --> 00:51:58,568
and I think what you're doing is freeing

950
00:51:55,369 --> 00:52:01,099
that up and allowing us to believe

951
00:51:58,568 --> 00:52:05,389
that's what strikes me from what you've

952
00:52:01,099 --> 00:52:08,450
been saying um I have to apologize

953
00:52:05,389 --> 00:52:19,429
because Kate your voice oh I'm sorry I'm

954
00:52:08,449 --> 00:52:22,219
sorry is that better let me say this I I

955
00:52:19,429 --> 00:52:26,169

think that mm-hmm it's people's belief

956

00:52:22,219 --> 00:52:29,480

systems are are very powerful in healing

957

00:52:26,170 --> 00:52:31,280

the placebo effect has gotten to the

958

00:52:29,480 --> 00:52:35,030

point now where people are realizing

959

00:52:31,280 --> 00:52:38,269

that they need to study it and and that

960

00:52:35,030 --> 00:52:39,980

it so like and I work with people I work

961

00:52:38,269 --> 00:52:43,039

with some people who are very much into

962

00:52:39,980 --> 00:52:45,260

mainstream medicine and then I am you

963

00:52:43,039 --> 00:52:47,900

know I I try to help them with that and

964

00:52:45,260 --> 00:52:50,540

I try to help them avoid the structural

965

00:52:47,900 --> 00:52:53,269

problems of mainstream medicine like you

966

00:52:50,539 --> 00:52:54,969

know too many cover-your-ass tests and

967

00:52:53,269 --> 00:52:57,820

things like this

968

00:52:54,969 --> 00:53:00,849

but you know I mean you probably know

969

00:52:57,820 --> 00:53:03,150

that there are many just amazing

970
00:53:00,849 --> 00:53:07,269
experiences that have been written up of

971
00:53:03,150 --> 00:53:08,800
people who's you know plus able cures I

972
00:53:07,269 --> 00:53:11,619
mean the one in particular is the guy

973
00:53:08,800 --> 00:53:14,680
who was given a drug that was supposed

974
00:53:11,619 --> 00:53:16,809
to be some brand new drug and and was

975
00:53:14,679 --> 00:53:19,659
supposed to be miraculous and it cured

976
00:53:16,809 --> 00:53:22,090
him of cancer and then he read he read a

977
00:53:19,659 --> 00:53:27,279
newspaper a few months later that said

978
00:53:22,090 --> 00:53:29,710
oh no then this is theirs so then the

979
00:53:27,280 --> 00:53:33,160
doctor found out that no he hadn't given

980
00:53:29,710 --> 00:53:35,260
him the miracle drug then he got cancer

981
00:53:33,159 --> 00:53:37,480
the cancer came back so this time he

982
00:53:35,260 --> 00:53:39,760
gave him the miracle drug and the cancer

983
00:53:37,480 --> 00:53:42,429
went away and then a few years later

984
00:53:39,760 --> 00:53:44,530
they found out that now this drug really

985
00:53:42,429 --> 00:53:46,269
wasn't a miracle drug and it didn't do

986
00:53:44,530 --> 00:53:48,760
it and the cancer came back and he died

987
00:53:46,269 --> 00:53:50,170
there were three different well

988
00:53:48,760 --> 00:53:52,720
that's what I'm saying I think what you

989
00:53:50,170 --> 00:53:54,820
do is just allow people to have their

990
00:53:52,719 --> 00:53:57,309
face that they can cure themselves I

991
00:53:54,820 --> 00:53:59,710
think most of us don't believe what

992
00:53:57,309 --> 00:54:02,500
you're saying because it we just haven't

993
00:53:59,710 --> 00:54:05,590
been taught to think along those lines

994
00:54:02,500 --> 00:54:09,969
and when you do start thinking along

995
00:54:05,590 --> 00:54:12,070
those lines it does allow you to free up

996
00:54:09,969 --> 00:54:14,799
all the abilities that you've had to

997
00:54:12,070 --> 00:54:16,570
cure and I think what you've been doing

998

00:54:14,800 --> 00:54:21,300
and what other people have been doing is

999
00:54:16,570 --> 00:54:21,300
just allowing this belief to surface

1000
00:54:22,590 --> 00:54:28,240
okay I'm closer to the microphone

1001
00:54:25,570 --> 00:54:29,530
I would totally agree with you and I can

1002
00:54:28,239 --> 00:54:35,069
hear you much better now I don't know

1003
00:54:29,530 --> 00:54:37,990
what you did it's a powerful thing yeah

1004
00:54:35,070 --> 00:54:40,360
you know like even Christian Science is

1005
00:54:37,989 --> 00:54:42,729
fine but you know it's like you really

1006
00:54:40,360 --> 00:54:46,059
have to believe I mean you can't just

1007
00:54:42,730 --> 00:54:49,420
say well this is or you know like even a

1008
00:54:46,059 --> 00:54:51,039
shaman you have to believe and then

1009
00:54:49,420 --> 00:54:52,659
there are some things that cannot be

1010
00:54:51,039 --> 00:54:55,869
cured there are actually physical

1011
00:54:52,659 --> 00:55:02,739
problems I mean if I have an appendix

1012
00:54:55,869 --> 00:55:04,839

attack I'm definitely going surgery okay

1013

00:55:02,739 --> 00:55:06,859

well that makes sense that makes a

1014

00:55:04,840 --> 00:55:12,070

license

1015

00:55:06,860 --> 00:55:15,380

work with chronic illness and and I do

1016

00:55:12,070 --> 00:55:17,720

what I loose Lee call acute illnesses

1017

00:55:15,380 --> 00:55:21,410

then you go to mainstream medicine for

1018

00:55:17,719 --> 00:55:23,000

that and there was also something else

1019

00:55:21,409 --> 00:55:27,469

but I can't think of it right now it got

1020

00:55:23,000 --> 00:55:30,639

lost all of a sudden in any case now you

1021

00:55:27,469 --> 00:55:32,509

know we were gonna share there's one

1022

00:55:30,639 --> 00:55:34,940

there's one thing I'd like to say about

1023

00:55:32,510 --> 00:55:42,170

this constellation work in terms of

1024

00:55:34,940 --> 00:55:45,710

shamanism think about this a second if

1025

00:55:42,170 --> 00:55:48,230

if I take us some objects and I have the

1026

00:55:45,710 --> 00:55:51,260

client distribute them around the an

1027
00:55:48,230 --> 00:55:56,990
open floor of a room and we use that as

1028
00:55:51,260 --> 00:56:01,820
a as a starting point yeah that's a form

1029
00:55:56,989 --> 00:56:04,129
of divination the essential essentially

1030
00:56:01,820 --> 00:56:05,750
where we're laying out you know and my

1031
00:56:04,130 --> 00:56:07,460
teachers the way my teachers would talk

1032
00:56:05,750 --> 00:56:11,150
they say oh you called spirits into

1033
00:56:07,460 --> 00:56:13,300
those objects and that's fine I mean I

1034
00:56:11,150 --> 00:56:16,849
could talk that way too but I

1035
00:56:13,300 --> 00:56:18,890
western-educated boy I tend to say those

1036
00:56:16,849 --> 00:56:23,360
objects have come into resonance with

1037
00:56:18,889 --> 00:56:25,579
something unseen but that's you you you

1038
00:56:23,360 --> 00:56:27,620
know if a client the only way a client

1039
00:56:25,579 --> 00:56:31,099
can mess this up is that if they try to

1040
00:56:27,619 --> 00:56:33,139
make an intellectual pattern they mess

1041
00:56:31,099 --> 00:56:34,460
it up immediately like if they're if our

1042
00:56:33,139 --> 00:56:38,150
minds know the answer we wouldn't be

1043
00:56:34,460 --> 00:56:40,699
doing this so random is better than that

1044
00:56:38,150 --> 00:56:42,980
anything you think up in terms of laying

1045
00:56:40,699 --> 00:56:46,279
this pattern out that's like divination

1046
00:56:42,980 --> 00:56:49,639
and if a constellation works which

1047
00:56:46,280 --> 00:56:52,490
requires respect and patience and a

1048
00:56:49,639 --> 00:56:55,639
careful effort to preserve the resonance

1049
00:56:52,489 --> 00:56:57,859
that has begun to exist between either

1050
00:56:55,639 --> 00:57:01,489
the people who are representing in

1051
00:56:57,860 --> 00:57:03,500
workshop or the object persons and

1052
00:57:01,489 --> 00:57:06,079
that's my language given that are

1053
00:57:03,500 --> 00:57:09,679
representing on the floor in a private

1054
00:57:06,079 --> 00:57:13,279
session that is just what to compare my

1055

00:57:09,679 --> 00:57:15,769
concern just going to say that in my

1056
00:57:13,280 --> 00:57:18,860
mind especially what you're doing when

1057
00:57:15,769 --> 00:57:20,780
you're doing your the constellations as

1058
00:57:18,860 --> 00:57:24,320
a family alters sort of

1059
00:57:20,780 --> 00:57:27,950
situation that it is clearly sympathetic

1060
00:57:24,320 --> 00:57:30,140
magic when you're using the people it

1061
00:57:27,949 --> 00:57:33,919
then it becomes more like a channeling

1062
00:57:30,139 --> 00:57:38,029
thing yeah so would you like to give

1063
00:57:33,920 --> 00:57:40,250
your where people can reach you and

1064
00:57:38,030 --> 00:57:42,560
maybe repeat the name of your book and

1065
00:57:40,250 --> 00:57:44,989
your website and all of that stuff

1066
00:57:42,559 --> 00:57:52,880
because we're drawing to a close at this

1067
00:57:44,989 --> 00:57:54,829
juncture certainly yes yeah let me just

1068
00:57:52,880 --> 00:57:56,480
let me just give a quick definition of

1069
00:57:54,829 --> 00:57:59,630

sympathetic magic if I may I mean

1070

00:57:56,480 --> 00:58:01,519

sympathetic sympathetic magic means that

1071

00:57:59,630 --> 00:58:05,900

we've established some kind of resonance

1072

00:58:01,519 --> 00:58:07,389

between objects and other you know think

1073

00:58:05,900 --> 00:58:12,110

of the voodoo doll or something right

1074

00:58:07,389 --> 00:58:14,449

and what what we're doing is it we reach

1075

00:58:12,110 --> 00:58:16,670

we reach the point if we're careful and

1076

00:58:14,449 --> 00:58:19,879

respectful and and have a certain belief

1077

00:58:16,670 --> 00:58:23,389

in this where what we do to the objects

1078

00:58:19,880 --> 00:58:28,430

goes into the unseen and bubbles up in

1079

00:58:23,389 --> 00:58:28,730

reality someplace else and how to reach

1080

00:58:28,429 --> 00:58:31,579

me

1081

00:58:28,730 --> 00:58:34,369

you know I'm Mike already you can always

1082

00:58:31,579 --> 00:58:37,789

call me on the phone at six one oh four

1083

00:58:34,369 --> 00:58:40,969

six nine seven five eight eight I'm

1084
00:58:37,789 --> 00:58:47,199
located right near Philadelphia just

1085
00:58:40,969 --> 00:58:47,199
just west of Phoenix Ville my website is

1086
00:59:07,539 --> 00:59:10,539
www.antakungfu.com

1087
00:59:13,579 --> 00:59:16,650
[Music]

1088
00:59:34,608 --> 00:59:40,009
the camera all over the place over these

1089
00:59:37,219 --> 00:59:42,889
3d figures and you can't you can't do

1090
00:59:40,009 --> 00:59:44,838
this you can't do this you know with a

1091
00:59:42,889 --> 00:59:46,699
live constellation you can go to youtube

1092
00:59:44,838 --> 00:59:49,429
and see a lot of live constellations but

1093
00:59:46,699 --> 00:59:55,278
there they take two hours and there you

1094
00:59:49,429 --> 00:59:58,969
can't you can't really see the health

1095
00:59:55,278 --> 01:00:03,440
happiness family constellations how

1096
00:59:58,969 --> 01:00:06,219
ancestors family systems yeah It's shape

1097
01:00:03,440 --> 01:00:09,588
your life and what you can do about it

1098
01:00:06,219 --> 01:00:11,689
thank you so much Michael ready dr.

1099
01:00:09,588 --> 01:00:14,690
Michael ready you've been a lovely guest

1100
01:00:11,690 --> 01:00:17,539
and we very much enjoyed your music at

1101
01:00:14,690 --> 01:00:19,789
the beginning it was excellent and thank

1102
01:00:17,539 --> 01:00:23,028
you for all your work in helping people

1103
01:00:19,789 --> 01:00:25,759
to that's a very very nice thing for you

1104
01:00:23,028 --> 01:00:28,699
have done and hopefully if you have

1105
01:00:25,759 --> 01:00:30,858
descendants they will inherit all your

1106
01:00:28,699 --> 01:00:40,219
good works and none of your bad works

1107
01:00:30,858 --> 01:00:43,159
amen oh all right here I can't be any

1108
01:00:40,219 --> 01:00:46,159
closer you'll have to hear the nice

1109
01:00:43,159 --> 01:00:52,028
words that Kate has said to you when

1110
01:00:46,159 --> 01:00:52,028
when the podcast airs in a day or two

1111
01:00:56,170 --> 01:01:01,190
okay listen thank you both very much

1112

01:00:59,059 --> 01:01:04,130
I've enjoyed this immensely it's an

1113
01:01:01,190 --> 01:01:05,659
honor to be here and I think the work

1114
01:01:04,130 --> 01:01:09,710
you guys are doing is wonderful I've

1115
01:01:05,659 --> 01:01:13,098
listened thank you very much and we

1116
01:01:09,710 --> 01:01:15,429
shall body work okay take care take care

1117
01:01:13,099 --> 01:01:20,450
now bye bye

1118
01:01:15,429 --> 01:01:23,690
so who's very interesting show I really

1119
01:01:20,449 --> 01:01:27,068
it was a little bit complex and I hope

1120
01:01:23,690 --> 01:01:30,528
that our listeners like look into it and

1121
01:01:27,068 --> 01:01:32,808
yeah because it's too complex a subject

1122
01:01:30,528 --> 01:01:35,268
just to brush over I have to actually

1123
01:01:32,809 --> 01:01:38,509
look into it read about it but it's nice

1124
01:01:35,268 --> 01:01:39,528
to be aware that it exists and that's

1125
01:01:38,509 --> 01:01:41,690
the important thing

1126
01:01:39,528 --> 01:01:44,179

yes maybe it'll help somebody out there

1127

01:01:41,690 --> 01:01:47,179

and maybe they'll look into just what

1128

01:01:44,179 --> 01:01:48,469

Michael was speaking about by looking at

1129

01:01:47,179 --> 01:01:51,139

his website and

1130

01:01:48,469 --> 01:01:53,059

going to the to the URL with or getting

1131

01:01:51,139 --> 01:01:57,559

his book let's push the book push the

1132

01:01:53,059 --> 01:02:00,349

book family constellations how ancestors

1133

01:01:57,559 --> 01:02:03,049

family systems and hidden loyalties

1134

01:02:00,349 --> 01:02:07,190

shape your life and what you can do

1135

01:02:03,050 --> 01:02:09,680

about it Michael J Reddy PhD and I

1136

01:02:07,190 --> 01:02:11,599

wanted to ask him now that it's done

1137

01:02:09,679 --> 01:02:14,779

unfortunately I remembered that I wanted

1138

01:02:11,599 --> 01:02:18,050

to ask him about a constellation where

1139

01:02:14,780 --> 01:02:20,390

an ancestor prior to this had been

1140

01:02:18,050 --> 01:02:23,420

unknown to the person aside from just

1141
01:02:20,389 --> 01:02:25,250
the Korean War baby one which I mean she

1142
01:02:23,420 --> 01:02:27,380
knew she had a mother and father so but

1143
01:02:25,250 --> 01:02:30,019
where something came up but we'll we'll

1144
01:02:27,380 --> 01:02:34,730
save that for next time he's speaking of

1145
01:02:30,019 --> 01:02:37,608
next time this Valentine this our next

1146
01:02:34,730 --> 01:02:41,800
show mm-hmm will feature two

1147
01:02:37,608 --> 01:02:45,559
accomplished ladies okay one of whom is

1148
01:02:41,800 --> 01:02:48,890
Nancy Smith who works with the

1149
01:02:45,559 --> 01:02:52,130
International remote viewers Association

1150
01:02:48,889 --> 01:02:55,480
and who has also attended the Monroe

1151
01:02:52,130 --> 01:03:01,420
Institute and she's attended classes

1152
01:02:55,480 --> 01:03:01,420
that I've taken with Russell Targ and

1153
01:03:02,440 --> 01:03:09,170
all of a sudden I can't think of the

1154
01:03:05,449 --> 01:03:11,299
man's first name Dean Dean ready no I'm

1155
01:03:09,170 --> 01:03:13,730
not doing writing Schwartz of the

1156
01:03:11,300 --> 01:03:16,519
Schwartz report I can't be sorry well

1157
01:03:13,730 --> 01:03:17,300
but mr. Schwartz mr. Schwartz yes it's

1158
01:03:16,519 --> 01:03:20,269
just weird

1159
01:03:17,300 --> 01:03:22,430
it's old age I think but in any case

1160
01:03:20,269 --> 01:03:26,358
there may be an ancestor blocking you

1161
01:03:22,429 --> 01:03:28,129
maybe Nancy Smith Nancy Smith is coming

1162
01:03:26,358 --> 01:03:31,549
on and talking about

1163
01:03:28,130 --> 01:03:35,809
amongst other things remote viewing and

1164
01:03:31,550 --> 01:03:40,880
dreaming and then we have one

1165
01:03:35,809 --> 01:03:45,739
Lucina Stone who has written a book

1166
01:03:40,880 --> 01:03:49,070
called Santa where they and she is a

1167
01:03:45,739 --> 01:03:52,338
regular listener to shattered reality

1168
01:03:49,070 --> 01:03:55,280
podcast didn't we have someone with

1169

01:03:52,338 --> 01:03:58,820
santa wart what we did have two people

1170
01:03:55,280 --> 01:04:01,100
yeah I discussed these things that go on

1171
01:03:58,820 --> 01:04:04,059
in Latin America mmm one of

1172
01:04:01,099 --> 01:04:07,730
whom was Andrew chestnut right who is a

1173
01:04:04,059 --> 01:04:09,769
professor of religion at a university in

1174
01:04:07,730 --> 01:04:13,190
Virginia with the name of which

1175
01:04:09,769 --> 01:04:16,130
currently escapes me and the other of

1176
01:04:13,190 --> 01:04:19,579
whom was cm Mayo who was talking about

1177
01:04:16,130 --> 01:04:21,800
spiritism and the Mexican Revolution so

1178
01:04:19,579 --> 01:04:25,429
while these things are not quite the

1179
01:04:21,800 --> 01:04:27,830
same they do feed into this and I can

1180
01:04:25,429 --> 01:04:30,739
only hope that miss Lucina Stone who is

1181
01:04:27,829 --> 01:04:36,259
our regular listener was was somehow

1182
01:04:30,739 --> 01:04:38,089
inspired by our podcast in some of her

1183
01:04:36,260 --> 01:04:41,420

fictional writing which is quite

1184

01:04:38,090 --> 01:04:44,120

impressive so she's going to be in on

1185

01:04:41,420 --> 01:04:46,400

the show in the the second part of it

1186

01:04:44,119 --> 01:04:48,230

which is our listeners corner but in

1187

01:04:46,400 --> 01:04:50,840

this case our listener is very

1188

01:04:48,230 --> 01:04:56,389

accomplished certainly most of them are

1189

01:04:50,840 --> 01:05:00,460

yes yes they are so I think that's it

1190

01:04:56,389 --> 01:05:23,289

for today okay all right hi from

1191

01:05:00,460 --> 01:05:23,289

shattered reality what was it

1192

01:05:28,929 --> 01:05:30,989

you